

Katelyn Webster-Dekker PhD, RN
(previously Katelyn Webster)
University of Michigan School of Nursing
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Ann Arbor, MI 48109
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EDUCATION

08/2011-05/2015 Bachelor of Science in Nursing, Hope College, Holland, Michigan
08/2017-12/2021 PhD in Nursing, University of Michigan School of Nursing, Ann Arbor, Michigan
01/2022-06/2024 Postdoctoral Fellowship, Indiana University School of Nursing, Indianapolis, Indiana

TRAINING

08/2017-08/2020 Predoctoral Fellow, T32 NR016914, National Institute of Nursing Research, *Complexity: Innovations in Promoting Health & Safety*, University of Michigan School of Nursing
09/2020-12/2021 Predoctoral Fellow, F31 NR018784, National Institute of Nursing Research, University of Michigan School of Nursing
01/2022-12/2023 Postdoctoral Fellow, T32 NR018407, National Institute of Nursing Research, *Advanced Training in Self-Management Interventions for Serious Chronic Conditions*, Indiana University School of Nursing
01/2024-06/2024 Postdoctoral Fellow, Center for Enhancing Quality of Life in Chronic Illness, Indiana University School of Nursing

CERTIFICATION AND LICENSURE

American Heart Association BLS, 03/2012-present
Michigan RN Licensure 4704314590, 07/2015-present
Certificate in Nursing Education, University of Michigan School of Nursing, completed 12/2021

ACADEMIC, ADMINISTRATIVE, AND CLINICAL APPOINTMENTS

05/2014-05/2015 Research Assistant, Hope College, Holland, Michigan
Developed laboratory protocols for designing primers to detect single nucleotide polymorphisms within the oxytocin receptor gene.
07/2015-07/2017 Registered Nurse, Orthopedic & Progressive Care Unit, Spectrum Health System, Grand Rapids, Michigan
Delivered inpatient nursing care to adult patients with a wide range of diagnoses, including acutely ill patients and orthopedic surgical patients.
09/2017-12/2021 Graduate Student Research Assistant, University of Michigan School of Nursing, Ann Arbor, Michigan
Performed recruitment, data collection, intervention delivery, and data analysis for research studies related to physical activity of older adults with COPD and in assisted living (PI Janet Larson).
07/2020-09/2020 Pre-PhD Summer Institute Coordinator, University of Michigan School of Nursing, Ann Arbor, Michigan
Planned a workshop on writing for incoming nursing PhD students.
09/2020-12/2020 Peer Writing Coach, University of Michigan School of Nursing, Ann Arbor, Michigan
Coached first year PhD students on their writing for a theory course.
04/2022-present Adjunct Clinical Instructor, University of Michigan School of Nursing, Ann Arbor, Michigan
Ongoing affiliation for purposes of data access and analysis.

08/2024

Assistant Professor Tenure Track, University of Michigan School of Nursing, Ann Arbor, Michigan

Accepted position to start Fall 2024.

RESEARCH INTERESTS

Physical activity, older adults, assisted living, physical function, intervention development

GRANTS**Active**

Katelyn Webster-Dekker, PhD, RN (Primary Investigator)	03/2023-03/2024 (extension request under review)
Midwest Nursing Research Society Seed Research Grant	\$7,500
Feasibility of Measuring Real-Time Fatigue and Physical Activity in Assisted Living Residents with Diverse Levels of Physical Function	
Co-Is: Eileen Hacker, PhD, APN, AOCN, FAAN & Yvonne Lu, PhD, RN, FGSA, FAAN	
Purpose: The purpose of this study was to assess the feasibility of measuring real-time fatigue and free-living physical activity of older adults in assisted living and to describe and compare the temporal, dynamic relationship between real-time fatigue and free-living physical activity in three groups of assisted living residents based on ambulation status (ambulates independently, ambulates with assistive device, or uses a wheelchair/motorized scooter for mobility).	

Completed

Katelyn Webster, BSN, RN (Pre-doctoral student)	10/2019-12/2021
University of Michigan School of Nursing New Investigator Award	\$5,818
Feasibility and Acceptability of a Pilot Intervention to Reduce Sedentary Behavior and Increase Light Physical Activity in Assisted Living Residents	
Purpose: The purpose of this study was to determine the feasibility and acceptability of an intervention for reducing sedentary behavior and increasing light physical activity in older adults who live in assisted living.	

F31 NR018784 Katelyn Webster, BSN, RN (Pre-doctoral student)	09/2020-12/2021
National Institute of Nursing Research - Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (Parent F31)	\$55,500
Feasibility and Acceptability of an Intervention to Reduce Sedentary Behavior and Increase Light Physical Activity in Assisted Living Residents	
Janet Larson, PhD, RN, FAAN (Primary sponsor), Natalie Colabianchi, PhD, MA (Co-sponsor), Robert Ploutz-Snyder, PhD, Pstat® (Co-sponsor)	
Purpose: The primary purpose of this pilot study was to determine feasibility and acceptability of an intervention for reducing sedentary behavior and increasing light physical activity in older adults who live in assisted living and determine feasibility and acceptability of collecting measures on sedentary behavior, light physical activity, self-efficacy for exercise, participants' value of physical activity, self-rated health, physical function, anxiety, depression, and fatigue.	

Katelyn Webster, PhD, RN (Primary Investigator)	09/2022-09/2023
Gerontological Advanced Practice Nurses Association Foundation Barbara Resnick Health Promotion Grant	\$2,000
Factors Influencing Changes in Disability Outcomes and Transfers to Nursing Home Among Assisted Living Residents with Diabetes	

Co-Is: Eileen Hacker, PhD, APN, AOCN, FAAN & Yvonne Lu, PhD, RN, FGSA, FAAN	
Purpose: The purpose of this study was to use a home healthcare dataset to investigate whether disablement model factors (risk factors, impairments, functional limitations, extra-individual factors) are associated with changes in mobility, changes in activities of daily living performance, and transfer from assisted living to nursing home among assisted living residents with diabetes receiving home health care.	

Katelyn Webster-Dekker, PhD, RN (Primary Investigator)	11/2022-05/2024
Sigma Theta Tau Alpha Chapter Nursing Research Grant	\$5,000
Feasibility of Measuring Real-Time Fatigue and Physical Activity in Assisted Living Residents with Diverse Levels of Physical Function	
Co-Is: Eileen Hacker, PhD, APN, AOCN, FAAN & Yvonne Lu, PhD, RN, FGSA, FAAN	
Purpose: The purpose of this study was to assess the feasibility of measuring real-time fatigue and free-living physical activity of older adults in assisted living and to describe and compare the temporal, dynamic relationship between real-time fatigue and free-living physical activity in three groups of assisted living residents based on ambulation status (ambulates independently, ambulates with assistive device, or uses a wheelchair/motorized scooter for mobility).	

Unfunded

Katelyn Webster, BSN, RN (Pre-doctoral student)	Grant submitted 12/10/2018 (scored, not funded)
National Institute of Nursing Research - Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (Parent F31)	
Feasibility and Acceptability of an Intervention to Reduce Sedentary Behavior and Increase Light Physical Activity in Assisted Living Residents	
Janet Larson, PhD, RN, FAAN (Primary sponsor), Natalie Colabianchi, PhD, MA (Co-sponsor), Robert Ploutz-Snyder, PhD, Pstat® (Co-sponsor)	
Purpose: The primary purpose of this pilot study was to determine feasibility and acceptability of an intervention for reducing sedentary behavior and increasing light physical activity in older adults who live in assisted living. Secondary aims include exploring the effects of the intervention on sedentary behavior, light physical activity, self-efficacy for exercise, participants' value of physical activity, self-rated health, physical function, anxiety, depression, and fatigue.	

HONORS AND AWARDS

- 2011 National Merit Scholarship
- 2011 Hope College Presidential Scholarship
- 2011-2015 Hope College Dean's List
- 2012 Hope College Pre-Nursing Award
- 2014 Hope College Dean's Science Division Summer Research Award
- 2014 Sigma Theta Tau: Kappa Epsilon Chapter
- 2015 Phi Beta Kappa
- 2015 Sigma Xi Research Award
- 2015 Hope College Senior Nursing Award
- 2018 University of Michigan School of Nursing Research Day Poster Award (PhD Student Division)

MEMBERSHIPS IN PROFESSIONAL SOCIETIES

- 2018-2022 Council for the Advancement of Nursing Science
- 2021-2023 Society of Behavioral Medicine
- 2022-2024 Gerontological Advanced Practice Nurses Association

2018-present	Gerontological Society of America
2018-present	American College of Sports Medicine
2018-present	Midwest Nursing Research Society
2019-present	Sedentary Behavior Research Network

COMMITTEE AND ORGANIZATIONAL SERVICE

2013	Wellness Program Volunteer, Hope College
2013-2015	Nurses Christian Fellowship, Hope College
2013-2015	Nursing Department Faculty/Student Development Committee, Hope College
2013-2015	Klesis Scholars Program, Hope College
2014-2015	Mortar Board, Hope College Alcor Chapter
2019-2020	PhD Advisory Committee Member, University of Michigan School of Nursing
2020	PhD Student Seminar Leader, University of Michigan School of Nursing
2023-present	Gerontological Society of America Annual Scientific Meeting iSessions Workgroup
2023-present	Research Core National Network Affiliate, Center for Excellence in Assisted Living

SEMINARS AND EXTRAMURAL INVITED PRESENTATIONS

National Invited Presentations

2/11/2019 National Nursing Practice Network, Online Journal Club

BIBLIOGRAPHY

PEER-REVIEWED JOURNALS AND PUBLICATIONS

1. Larson, J. L., & Webster, K. E. (2020). Feasibility and acceptability of active for life with COPD, an intervention to increase light physical activity in people with COPD. *Heart & Lung, 49*(2), 132–138. <https://doi.org/10.1016/j.hrtlng.2020.01.002>
2. Webster, K. E., Zhou, W., Gallagher, N. A., Smith, E. M., Gothe, N. P., Ploutz-Snyder, R., Colabianchi, N., & Larson, J. L. (2021). Device-measured sedentary behavior in oldest old adults: A systematic review and meta-analysis. *Preventive Medicine Reports, 23*, 101405. <https://doi.org/10.1016/j.pmedr.2021.101405>
3. Webster, K. E., Colabianchi, N., Ploutz-Snyder, R., Gothe, N., Smith, E. L., & Larson, J. L. (2021). Comparative assessment of Actigraph data processing techniques for measuring sedentary behavior in adults with COPD. *Physiological Measurement, 42*(8), 085006. <https://doi.org/10.1088/1361-6579/ac18fe>
4. Vos, C. M., Ambrose-Gallagher, N., Webster, K. E., & Larson, J. L. (2022). Physical activity and sedentary behavior in assisted living residents: A preliminary study. *Research in Gerontological Nursing, 15*(3), 117-123. <https://doi.org/10.3928/19404921-20220408-02>
5. Zhou, W., Webster, K. E., Smith, E., Chen, W., Veliz, P., Reddy, R., & Larson, J. L. (2022). Physical activity in surgical lung cancer patients: A systematic review. *Supportive Care in Cancer, 30*(8), 6473-6482. <https://doi.org/10.1007/s00520-022-07018-1>
6. Zhou*, W., Webster*, K. E., & Larson, J. L. (2022). Profiles of sedentary behaviors in the oldest old: Findings from the National Health and Aging Trends Study. *Aging Clinical and Experimental Research, 34*(9), 2071-2079. <https://doi.org/10.1007/s40520-022-02157-1> *co-first authors
7. Webster, K. E., Seng, J., Gallagher, N., Gothe, N., Colabianchi, N., Smith, E., Ploutz-Snyder, R., & Larson, J. L. (2023). Physical activity programming for older adults in assisted living: Residents' perspectives. *Western Journal of Nursing Research, 45*(2), 105-116. <https://doi.org/10.1177/01939459221107579>
8. Zhou, W., Reddy, R. M., Lavoie Smith, E. M., Veliz, P. T., Chen, W., Webster, K., & Larson, J. L. (2023). Objectively measured physical activity in patients with lung cancer after surgery: Feasibility and

acceptability of a longitudinal approach. *J Geriatr Oncol*, 14(3), 101467.

<https://doi.org/10.1016/j.jgo.2023.101467>

9. **Webster-Dekker**, K. E., Zhou, W., Woo, S., Son, J. Y., Ploutz-Snyder, R., & Larson, J. L. (2023). Prolonged bouts of sedentary behavior in people with chronic obstructive pulmonary disease and associated factors. *Heart & Lung*, 62, 129-134. <https://doi.org/10.1016/j.hrtlng.2023.07.004>
10. **Webster-Dekker**, K. E., Hacker, E., Perkins, S. M., Chang, P. S., Ellis, J., Winton, R., Otis, L., Gates, M., & Lu, Y. (2023). Risk factors for inpatient facility admission among home health care patients with diabetes. *Nursing Outlook*, 71(6), 102050. <https://doi.org/10.1016/j.outlook.2023.102050>
11. Son, J. Y., Zhou, W., **Webster-Dekker**, K. E., Marriott, D. J., & Larson, J. L. (2024). Association between accelerometry measured patterns of sedentary behaviors and functional status in older adults. *Aging Clinical and Experimental Research*, 36(1), 11. <https://doi.org/10.1007/s40520-023-02644-z>.
12. Park, S., Lee, S., Woo, S., **Webster-Dekker**, K. E., Chen, W., Veliz, P., Larson, J. L. (in press). Sedentary Behaviors and Physical Activity of the Working Population Measured by Accelerometers: A Systematic Review and Meta-analysis. *BMC Public Health*.
13. **Webster-Dekker**, K. E., Lu, Y., Perkins, S., Ellis, J., Gates, M., Otis, L., Winton, R., & Hacker, E. (in press). Factors associated with change in activities of daily living performance in home health care patients with diabetes. *Geriatric Nursing*.

ABSTRACTS

1. Hulteen, J. M., **Webster**, K. E., & Goris, E. D. Oxytocin receptor gene (OXTR) as a candidate gene for apathy among persons with Alzheimer Disease. Poster presentation. Hope College Chemistry Department Summer Research Symposium. Holland, MI (07/2014).
2. **Webster**, K. E., Hulteen, J. M., & Goris, E. D. Primer design for detecting single nucleotide polymorphisms within the oxytocin receptor gene (OXTR) among persons with Alzheimer Disease. Poster presentation. Sigma Theta Tau International Kappa Epsilon at-Large Chapter and Spectrum Nursing Research Council Fall 2014 Education/Research Event. Grand Rapids, MI (10/2014).
3. **Webster**, K. E., Hulteen, J. M., & Goris, E. D. Primer design for detecting single nucleotide polymorphisms within the oxytocin receptor gene (OXTR) among persons with Alzheimer Disease. Poster presentation. Michigan Academy of Science, Arts, & Letters Annual Conference. Berrien Springs, MI (03/2015).
4. **Webster**, K. E., Johnson, J., Kerr, M., Hulteen, J. M., & Goris, E. D. Primer design for detecting single nucleotide polymorphisms within the oxytocin receptor gene (OXTR) among persons with Alzheimer Disease. Poster presentation. Celebration of Undergraduate Research and Creative Performance. Holland, MI (04/2015).
5. **Webster**, K. E., Goris, E. D., & Dunn, S. Primer design for detecting single nucleotide polymorphisms within the oxytocin receptor gene (OXTR) among persons with Alzheimer Disease. Poster presentation. Hope College Nursing Department Research Poster Symposium. Holland, MI (04/2015).
6. **Webster**, K. E., & Larson, J. L. Objectively-measured sedentary behavior in community-dwelling older adults: A scoping review. Poster presentation. University of Michigan School of Nursing Research Day. Ann Arbor, MI (04/2018).
7. **Webster**, K. E., & Larson, J. L. Objectively-measured sedentary behavior in community-dwelling older adults: A scoping review. Accepted for podium presentation. Council for the Advancement of Nursing Science State of the Science Congress on Nursing Research. Washington D.C. (09/2018).
8. **Webster**, K. E., & Larson, J. L. Objectively-measured sedentary behavior in community-dwelling older adults: A systematic review. Poster discussion presentation. Midwest Nursing Research Society Annual Research Conference. Kansas City, MO (03/2019).
9. **Webster**, K. E., Dechert, R., & Larson, J. L. Comparative assessment of ActiGraph data processing methods for measuring sedentary behavior in older adults with COPD. Poster presentation. University of Michigan School of Nursing Research Day. Ann Arbor, MI (04/2019).

10. Larson, J.L., **Webster**, K. E., Dechert, R. Measuring sedentary behavior in people with chronic obstructive pulmonary disease (COPD). Podium presentation. American Thoracic Society International Conference. Dallas, Texas (05/2019).
11. **Webster**, K. E., Dechert, R., & Larson, J.L. (2019). Comparing ActiGraph data processing methods for measuring sedentary behavior in older adults with COPD. (Abstract 1383). *Medicine & Science in Sports & Exercise* (51)6. Poster presentation. American College of Sports Medicine Annual Meeting. Orlando, FL.
12. **Webster**, K. E., Dechert, R., & Larson, J.L. Processing accelerometer data for older adults with COPD. Poster presentation. Council for the Advancement of Nursing Science Advanced Methods Conference. Washington D.C. (10/2019).
13. Vos, C. M., Gallagher, N., **Webster**, K. E., & Larson, J.L. Characteristics of sedentary behavior and physical activity in assisted living residents. Podium presentation. Midwest Nursing Research Society Annual Research Conference. (04/2020).
14. **Webster**, K. E., & Larson, J.L. Objectively-measured sedentary behavior in community-dwelling older adults: A systematic review. Poster presentation. University of Michigan School of Nursing Research Day. Ann Arbor, MI (04/2020). Conference canceled due to COVID.
15. **Webster**, K. E., Dechert, R., & Larson, J.L. (2020). Processing accelerometer data for older adults with COPD. (Abstract 2690). *Medicine & Science in Sports & Exercise* (52)7. Poster presentation. American College of Sports Medicine Annual Meeting. San Francisco, CA. Conference canceled due to COVID.
16. Vos, C. M., Ambrose-Gallagher, N., **Webster**, K. E., Zhou, W., & Larson, J.L. (2020). Factors influencing sedentary behavior and physical activity in assisted living residents. (Abstract 1991). *Medicine & Science in Sports & Exercise* (52)7. Poster presentation. American College of Sports Medicine Annual Meeting. San Francisco, CA. Conference canceled due to COVID.
17. **Webster**, K. E., Larson, J.L. Developing an intervention to reduce sedentary behavior: Assisted living resident feedback. *Innovation in Aging* (4)Suppl 1. Poster presentation. Gerontological Society of America Annual Scientific Meeting. (11/2020).
18. **Webster**, K. E., Larson, J.L. Refining the Active for Life Intervention to reduce sedentary behavior of assisted living residents: Feedback from resident interviews. Poster presentation. Midwest Nursing Research Society Annual Research Conference. (03/2021).
19. **Webster**, K. E., & Larson, J.L. Feedback from assisted living residents on a proposed intervention to reduce sedentary behavior. Poster presentation. University of Michigan School of Nursing Research Day. (04/2021).
20. **Webster**, K. E., & Larson, J.L. Qualitative feedback from assisted living residents on a proposed intervention to reduce sedentary behavior. (Abstract 695). *Medicine & Science in Sports & Exercise* (53)8S. Poster presentation. American College of Sports Medicine Annual Meeting. (06/2021).
21. **Webster**, K. E., & Larson, J.L. Physical activity programming for older adults in assisted living: Contextual factors to consider. *Innovation in Aging* (5)Suppl 1. Poster presentation. Gerontological Society of America Annual Scientific Meeting. (11/2021).
22. **Webster**, K. E., Woo, S., Zhou, W., Larson, J. Patterns of physical activity in people with COPD. Poster presentation. Midwest Nursing Research Society Annual Research Conference. Schaumburg, IL (03/2022).
23. **Webster**, K. E. & Larson, J. L. A proposed sedentary behavior intervention: Suggestions from assisted living residents and contextual factors to consider. Podium presentation. Council for the Advancement of Nursing Science State of the Science Congress. Washington, D.C. (09/2022).
24. **Webster**, K.E. & Zhou, W. Distinct profiles of sedentary behaviors in oldest old adults. *Innovation in Aging* (6)Suppl 1. Paper presentation. Gerontological Society of America Annual Scientific Meeting. Indianapolis, IN (11/2022).

25. **Webster, K.E.**, Hacker, E., Ellis, J., Winton, R., & Lu, Y. How do older adults with diabetes receiving home health care in the community or assisted living compare? Symposium presentation. Midwest Nursing Research Society Annual Research Conference. Des Moines, IA (03/2023).
26. **Webster, K. E.**, Chang, P., Hayes, V., Winton, R., Ellis, J., Otis, L., Haase, J., Hickman, S., & Lu, Y. Perspectives of home health care staff on the Daily Engagement in Meaningful Activity-Professional Intervention (DEMA-Pro). Poster presentation. Society of Behavioral Medicine Annual Meeting. Phoenix, AZ (04/2023).
27. Larson, J.L., Dechert, R., Tucker, S., **Webster, K. E.**, Zhou, W., Woo, S., Son, J. Self-efficacy enhancing intervention increases physical activity in people with chronic obstructive pulmonary disease. Mini symposium presentation. American Thoracic Society International Conference. Washington, D.C. (05/2023).
28. **Webster-Dekker, K. E.**, Zhou, W., Woo, S., Son, J. Y., Ploutz-Snyder, R., Larson, J. L. Factors associated with prolonged sedentary behavior bouts in adults with chronic obstructive pulmonary disease. (Abstract 886). *Medicine & Science in Sports & Exercise* (55)9S. Poster presentation. American College of Sports Medicine Annual Meeting. Denver, CO (05/2023).
29. **Webster-Dekker, K. E.**, Hacker, E., Perkins, S., Chang, P., Ellis, J., Winton, R., Otis, L., Gates, M., Lu, Y. Risk factors for inpatient facility admission among home health care patients with diabetes. Poster presentation. Gerontological Advanced Practice Nurses Association meeting. New Orleans, LA (09/2023).
30. **Webster-Dekker, K. E.**, Lu, Y., Perkins, S., Ellis, J., Otis, L., Winton, R., Hacker, E. Activities of daily living recovery in home health patients with diabetes. Paper presentation. Gerontological Society of America Annual Scientific Meeting. Tampa, FL (11/2023).
31. **Webster-Dekker, K.**, Lu, Y., Matthews, S., & Hacker, E. Assisted living residents with different levels of mobility: A comparative analysis. Poster presentation. Midwest Nursing Research Society Annual Research Conference. Minneapolis, MN (02/2024).
32. Son, J.Y., Zhou, W., **Webster-Dekker, K.E.**, Marriott, D.J., Larson, J.L. Objectively measured sedentary behavior patterns and associations with functioning among US oldest-old: National Health Aging Trends Study (NHATS) 2021-2022. Poster presentation. 2024 Research, Scholarship & Innovation (RS&I) Symposium. Ann Arbor, MI (04/2024).
33. Park, S., Lee, S., Woo, S., **Webster-Dekker, K.**, Chen, W., Veliz, P., Larson, J. L. Sedentary Behaviors and Physical Activity in the Working Population Measured by Accelerometry: A Systematic Review and Meta-analysis. Poster presentation. American Association of Occupational Health Nurses Virtual National Conference. (06/2024).

PAPERS AND ABSTRACTS UNDER REVIEW

1. **Webster-Dekker, K.**, Lu, Y., Hacker, E. Real time fatigue and physical activity of older adults in assisted living with diverse levels of physical function. Under review for *The Journals of Gerontology: Series A-Medical Sciences*.

PAPERS AND ABSTRACTS IN PREPARATION

1. Lu, Y., **Webster-Dekker, K. E.**, Chang, P., Haase, J. E., Perkins, S. M, Hickman, S. E., Tang, Q., Ellis, J., Otis, L., Winton, R., & Gates, M. Pragmatic trial pilot testing of a family-centered intervention for home healthcare patients with subjective cognitive impairment.