

Valeria Cardenas

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EDUCATION

University of Southern California, Leonard Davis School of Gerontology Los Angeles, CA
PhD, Gerontology Expected: May 2023
Master of Aging Services Management December 2017

Marquette University, College of Arts and Sciences Milwaukee, WI
BA, Social Welfare and Justice May 2015
BA, Public Relations

RESEARCH EXPERIENCE

USC Leonard Davis School of Gerontology, Los Angeles, CA May 2017 - Present
Graduate Research Assistant (Enguídanos Lab) August 2018- Present

- Participate in research related to palliative care, hospice care, and end-of-life care.

Project Assistant (Enguídanos Lab) July 2017 – August 2018

- Served as Assistant to Project Manager on Dr. Susan Enguídanos' research study: Expanding Access to Home-Based Palliative Care (HBPC) through Primary Care Medical Groups.
- Oversaw six undergraduate research assistants, providing training, research updates, and mentoring recruitment calls.
- Assisted with research materials by tracking changes in study.

Research Assistant (Enguídanos Lab) May 2017 - July 2017

- Assembled training manuals for healthcare providers participating in palliative care study.
- Interpreted and analyzed data results in qualitative study, evaluating online reviews and CMS's Nursing Home Compare scores.

Aging 2.0, San Francisco, California June 2017 - August 2017

Summer Research Associate

- Researched content for Aging 2.0's Grand Challenges, an initiative to drive collaboration around the biggest challenges and opportunities in aging.
- Gathered international data points from eight categories: caregiving, care coordination, brain health, end of life, engagement and purpose, financial wellness, mobility and movement, and daily living and lifestyle.
- Developed a reading list for those unaware with the topics surrounding the Grand Challenges.

TEACHING EXPERIENCE

Teaching Assistant to Susan Enguídanos, PhD, Los Angeles, CA August 2020 – November 2020

- Class title: End-of-Life Care (GERO 507) August 2019 – December 2019
- Graded student essays and quizzes; monitored and shared online discussions in class.
- Designed weekly lecture materials and held office hours for a class of 30 students.

Guest Lecturer

- **Cardenas, V.** (November 2020). Who Elects Physician Assisted Suicide? GERO 507: End-of-Life Care. Los Angeles, CA
- **Cardenas, V.** (February 2020). Death with Dignity Act: Physician-Assisted Death. GERO 437: Social & Psychological Aspects of Death and Dying. Los Angeles, CA
- **Cardenas, V.** (October 2019). Breaking the Bad News: Communication Issues at End of Life. GERO 507: End-of-Life Care. Los Angeles, CA

PEER-REVIEWED PUBLICATIONS

- Cardenas, V., Rahman, A., Giulioni, J., Coulourides Kogan, A., & Enguidanos, S. Patient and Physician Perspectives on Engaging in Palliative and Health Care Trials: A Qualitative Study. *BMC Palliative Care* (R&R)
- **Cardenas, V.**, Rahman, A., Zhu, Y., Enguidanos, S. (2021). Reluctance to Accept Palliative Care and Recommendations for Improvement: Findings from Semi-Structured Interviews with Patients and Caregivers. *The American journal of hospice & palliative care*, 10499091211012605. Advance online publication. <https://doi.org/10.1177/10499091211012605>
- Enguidanos, S., **Cardenas, V.**, Wenceslao, M., Hoe, D., Mejia, K., Lomeli, S., & Rahman, A. (2020). Health Care Provider Barriers to Patient Referral to Palliative Care. *American Journal of Hospice and Palliative Medicine*. <https://doi.org/10.1177/1049909120973200>
- Rahman, A., **Cardenas, V.**, Singleton, M, Zhu, Y, Kaur, T. & Enguidanos, S. (2020). What Consumers Say about Hospices in Online Reviews. *Journal of Palliative Medicine*. <http://doi.org/10.1089/jpm.2019.0591>
- Liu, M., **Cardenas, V.**, Zhu, Y., & Enguidanos, S. (2019). YouTube Videos as a Source of Palliative Care Education: A Review. *Journal of Palliative Medicine*, 22(12), 1568–1573. <https://doi.org/10.1089/jpm.2019.0047>
- Kellogg, C., Zhu, Y., **Cardenas, V.**, Vazquez, K., Johari, K., Rahman, A., & Enguidanos, S. (2018). What Consumers Say About Nursing Homes in Online Reviews. *The Gerontologist*, 58(4), e273–e280. <https://doi.org/10.1093/geront/gny025>

PRESENTATIONS

Scientific Conferences

- **Cardenas, V.**, Rahman, A., Zhu, Y., Enguidanos, S. (November 2020). Reasons for Refusing Home-based Palliative Care. Poster presented at 2020 Gerontological Society of America Annual Scientific Meeting: Online
- **Cardenas, V.**, Rahman, A., Singleton, M., Zhu, Y., Kaur, T., Enguidanos, S. (November 2019) What Consumers Say about Hospices in Online Reviews. Poster presented at the 2019 Gerontological Society of America Annual Scientific Meeting; Boston, MA.
- **Cardenas, V.**, Rahman, A., Wenceslao, M., Enguidanos, S. (May 2019) Variation in Home-based Palliative Care Team Composition and Service Provision in California. Poster presented at the UCLA Research Conference on Aging. Los Angeles, CA.
- Kellogg, C., Zhu, Y., **Cardenas, V.**, Vazquez, K., Johari, K., Rahman, A., Enguidanos, S. (November 2018) What Consumers Say About Nursing Homes in Online Reviews. Poster presented at the 2018 Gerontological Society of America Annual Scientific Meeting. Boston, MA.
- Kellogg, C., Zhu, Y., **Cardenas, V.**, Vazquez, K., Johari, K., Rahman, A., Enguidanos, S. (May 2018) What Consumers Say About Nursing Homes in Online Reviews. Poster presented at the UCLA Research Conference on Aging. Los Angeles, CA.

PROFESSIONAL EXPERIENCE

FOCUS Training, Milwaukee, Wisconsin

June 2015 - Present

Leadership Development Facilitator

- Facilitate interactive workshops (when requested) focused on improving team building, professionalism, vision, and effective communication for students around the United States throughout the year.
- Partner with GEAR UP (Gaining Early Awareness and Readiness for Undergraduate Programs), a federally funded program for low income, first-generation, minority students to provide academic services.

USC Leonard Davis School of Gerontology, Los Angeles, CA

January 2017 - May 2017

Student Aid Worker for Dr. Susan Enguidanos

- Updated lecture slides for undergraduate course: Psychological and Social Aspects of Death and Dying.
- Assisted professor with grading quizzes and reflection papers.

FOCUS Training, Milwaukee, Wisconsin

August 2015 - August 2016

Client Relations Assistant

- Managed electronic marketing materials, including e-mail strategies, designing MailChimp campaigns, and measuring the results of 16,000 subscriber list and eight online marketing campaigns.
- Designed and operated new FOCUS Training websites using Squarespace.
- Trained and supervised twelve interns using Salesforce, MailChimp, Hootsuite, and Data.com.
- Assisted with client programs and took responsibility for task management on Salesforce.

Electronic Marketing Intern

January 2015-August 2015

- Designed e-blasts using MailChimp for the youth and professional market and reviewed analytics.
- Sent follow-up emails to potential clients and tracked potential leads.
- Created an intuitive intern training program using Vimeo.
- Compiled data utilizing Data.com and Kickbox.

Jewish Home and Care Center, Milwaukee, Wisconsin

August 2014 - December 2014

Social Work Intern

- Conducted mini-mental state examination (MMSE) test, mood interview and BIMS interview for Minimum Data Set (MDS), and social history assessment on residents to determine client needs, including psychiatric, social, emotional, and educational needs.
- Assisted social workers with quarterly individualized care plan meetings and advance directive information.
- Completed various sections in the MDS by evaluating resident's chart.
- Supported social workers through an intern rotation program with their nursing home, adult day center, and independent living facility.

LEADERSHIP EXPERIENCE

Ph.D. Student Rountable Co-Chair

August 2020 – Present

- Organize monthly roundtable meetings covering a variety of topics of interest to the PhD students.

Glamour Gals USC Chapter, Los Angeles, California

January 2017 – September 2019

Founding Team, Treasurer, Advisory Board,

- Provided monthly manicures to residents at Belmont Village Hollywood Heights.
- Worked with four USC students to start USC's first Glamour Gals chapter.
- Kept record of volunteering sessions by organizing transportation and Glamour Gal inventory.
- Transitioned from the e-board to being part of the advisory board and mentored e-board members.

Senator (substitute), Graduate Student Government, USC, Los Angeles California

August 2019 – May 2020

- Represented the graduate students in the Leonard Davis School of Gerontology.

Aurora VNA Zilber Family Hospice, Milwaukee, Wisconsin

August 2015 - August 2016

Home Hospice Volunteer

- Conducted home visits and provided companionship to terminally ill patients.
- Provided respite support to patients' caregiver and family members.
- Attended 30+ hours of hospice volunteer training at Aurora Health Care.

Midnight Run at Marquette University, Milwaukee, Wisconsin

January 2012 - May 2015

Co-Coordinator, Site Coordinator, and Volunteer

- Led a student-run service organization that focuses on hunger and homelessness around Milwaukee, serving seven meal sites with 200+ student volunteers.
- Coordinated a group of five to ten student volunteers to attend two meal sites weekly.
- Volunteered on a weekly or bi-weekly basis at various sites:

- Midnight Run's own meal program: Noon Run

January 2012 - May 2015

- St. James: The Gathering
- St. Vincent de Paul South
- St. Ben's Community Meal

August 2013 - May 2014
August 2014 - December 2014
January 2015 - May 2015

AWARDS

- **NIA T32 Multidisciplinary Research Training in Gerontology**, 2021: Predoctoral Trainee
- **Third Place Poster Award**, 2018: "What Consumers Say about Nursing Homes in Online Reviews," California Association of Long-Term Care Medicine (CALTCM)
- **Poster Winner for Social Research, Policy and Practice**, 2018: "What Consumers Say about Nursing Homes in Online Reviews," University of California, Los Angeles Research Conference on Aging
- **Student Leadership Award for Outstanding Contributions to Community Service**, 2014-2015, Marquette University
- **Student Leadership Award for Outstanding Contributions to Community Service**, 2012-2013, Marquette University

Memberships in Professional Organizations

- The Gerontological Society of America
- American Society on Aging

SKILLS

Computer: Abode Illustrator, Basecamp 3, Data.com, Final Cut Pro, Hootsuite, Kickbox, MailChimp, Microsoft Office, Salesforce, Squarespace, Stata and REDCap

Languages: Bi-lingual in Spanish and English