Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

Welcome to Nightintales. This podcast was created during the International Year of the Nurse and Nurse Midwife. And what a year that was? This podcast is dedicated to telling stories of nurses from across our profession. Our goal is to introduce you to the seemingly infinite possibilities in nursing and encourage you to find your true passion within this work. I'm your host, Jessica Spruit, and I'm so glad you're here.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

Welcome back to another episode of Nightintales, you guys today we have with us, Dr. Dalia Khalil. Dalia is an assistant professor at the College of Nursing at Wayne State University, and she is, what we would consider, a nurse researcher. She is fairly early in her career. So, I know if you've been listening to this podcast, you've heard from students who elected to pursue the PhD, that terminal degree in nursing. You've also heard from nurse scientists and experts who have been doing this work, but I'm excited to share with you Dr. Khalil's information and her story.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

One thing that made me choose her is that I feel like I often get emails about Dr. Khalil and her latest grant award or the latest success that she's had. And so, I think she'll be just a perfect person to interview and share some of her tips and strategies for those of you who are thinking about pursuing a terminal degree, including the PhD in nursing. I think we'll all be inspired by her work and her journey. So Dr. Khalil, thank you so much for joining us today. I really appreciate it.

Dalia Khalil, PhD, RN:

Well, thank you very much, Dr. Spruit, it's actually my pleasure to be here with you today, and this is a great opportunity to talk about my achievements and what I'm doing as a PhD prepared researcher. And this is really great to encourage our nurses and nursing students to maybe seek something related to work with research and seek a PhD, maybe. Yeah.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

That is so important because what we know in nursing is that there is a lot of opportunity for nurses to pursue a PhD, and to do this work we know that we need nursing research. We need this kind of work to better our profession and to, most importantly, better the care that we deliver to the families and patients that we care for. So, I'm excited to hear about your journey. If you don't mind, let's just start with, tell me a little bit about when you became a nurse, what was your first job? What led you to electing to pursue the PhD?

Dalia Khalil, PhD, RN:

Well, I actually started to think about that when I was in high school. So, while I was in high school, I was thinking about like, "What I'm going to study, where should I go for my work and everything?" So at that time, I remember my dad, he had a surgery and he got admitted to the hospital and I was with him with my brothers and my mom, and we took care of him at that time. I saw the nurse who was taking care of my dad and giving him the medications and taking care of his surgical sites. So, it was so exciting to me at that time. I was in high school and I was like, "Wow, this is awesome. This is exactly what I want to do."

Dalia Khalil, PhD, RN:

So, it started at that time, and then I graduated from high school. I had a very high grades that I was able to go to medical school or pharmacy or even engineering. I had a lot of my friends and colleagues who went to these colleges at the same university, but I chose to go to nursing school. When I went to the college of nursing at that time, I was too young. It was like immediately after high school, I was 18 years old. I started the BSN program, because in the country where I am from ... I'm Palestinian and I was raised in a typical Palestinian family. So, in our country, you cannot go for an associate degree or diploma nursing. If you want to be a registered nurse, you have to have a bachelor degree.

Dalia Khalil, PhD, RN:

So I immediately went to the university and I got my BSN degree in 2007. So at that time, a professor who taught us in psychiatric nursing, he was talking to me about pursuing my MSN program and PhD program. And he was encouraging me to apply to universities in the United States because he had his graduate degree from the United States. So at that time, when I graduated, he encouraged me to teach and I was a clinical instructor at the university. I taught there for a whole year, and during that year I prepared my transcripts, my papers and everything, and I took some exams in order to be prepared for the NCLEX.

Dalia Khalil, PhD, RN:

Yeah, I applied to three universities and I chose to go to the University of Pittsburgh in Pennsylvania for MSN program in psychiatric mental health nursing. That was in 2009. At that time I got married. So I got married, I traveled with my husband. I was like going for this Amazon program, and that was my very first time traveling to the United States. I had no families in the United States, no friends, I know nobody, it's just me and my husband. At that time I started to think about ... It gave me the roots to think about my research because I was an immigrant. I was an immigrant. I became a mother.

Dalia Khalil, PhD, RN:

So, all of these things just helped me to build up my research program, which is basically focusing on mental health among immigrant women who are having babies. So yeah, this is like, I would say briefly of how I graduated and how I became in the MSN program. Then at university of Pittsburgh, I started to work as a research assistant while I am a student in the MSN program. So I got exposed to research and I found it so much interesting, I loved it. During that time also I worked as a registered nurse. It was my first RN job in the University of Pittsburgh Medical Center.

Dalia Khalil, PhD, RN:

I worked there with patients with autism, children and adults. It was like about a year of experience. During that time I started to think about research, and I knew at that time that I didn't really want to stay in the clinical field. It's not because I hated, I loved it. But what I was interested in is research. I really want to seek a higher degree, which is a PhD degree. And during that time, I started to think about transferring to the PhD program, and this is how I got to the PhD program.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

Oh my gosh. This is so interesting to me too, we are colleagues, but I didn't necessarily know all of this story, Dr. Khalil. I love that you took something that was so personal, an experience that was all your own. I think of how brave it must have been to come to the United States for the first time to enter a graduate nursing program, but how you turn that into your passion and now it's your work, it's what you do every day, and I just think, "Wow, if that doesn't highlight for us, the fact that nursing can offer you anything that you are passionate about, I don't know what it does." Right? You took your own personal experience, what you encountered and you made that your work to support women who are in the very shoes that you yourself were in. It's amazing to me.

Dalia Khalil, PhD, RN:

When I started in the graduate program in Pittsburgh, I had my first baby, so I was an immigrant, I had a baby, I had no support other than my husband. He was really, really supportive. He's a nurse and he loves children and he loves to take care of them. So, whenever I have a class, whenever I go to work, he would be taking care of our first son, and he would change him, feed him, making sure that he's doing fine.

Dalia Khalil, PhD, RN:

So, at that time I was thinking about how much stress I was going through. I was going through the stress of school, work, being an immigrant, I was just getting used to the new language and the new culture. Everything was different to me. So, I was thinking about those other moms who were immigrants and going through postpartum and postpartum blues and depression, and they don't have that support. They don't have family and friends around them.

Dalia Khalil, PhD, RN:

So that what got me interested in going for my PhD. I remember I applied to Wayne State University because of a lot of reasons. First of all, it's an urban environment. So there is a lot of diversity. There's a lot of immigrants around this area. And I knew that there is a large Arab community here that when I was reading through the literature, I couldn't find anything about postpartum depression among Arab American women who are immigrants. Yeah, I can find articles about women back home, but I didn't find something about the stressors that these women are going through after birth and while they are resettling in the United States.

Dalia Khalil, PhD, RN:

That was my research interest. It was about postpartum depression among immigrant women. I have discussed that during my PhD interview and I have showed my interest, even though I'm still in the MSN program. I have said that I'm interested in the BSN to PhD program and pursuing my PhD, and if I can't have any of my courses that I had during my MSN, then I can transfer them to Wayne State University. Another thing I loved about being at Wayne State University is that, they have the dual title degree. So I was able to be in the dual title degree of PhD in nursing and infant mental health.

Dalia Khalil, PhD, RN:

So, I took the extra courses. It was like 12 credits that I had to take extra over my PhD program in order to have the infant mental health degree. And in 2017, I graduated with my PhD in nursing and infant mental health. And during that year, I got hired at the university here, Wayne State University as an assistant professor. So, it was amazing to stay here, keep up my connections. The professors who taught me, I stayed here so I can work with them. I can work with the community in order to improve mental health among immigrant women.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

What a journey so far? When I think about this, you have already accomplished so much. Can you tell us a little bit about your research and what it means to be a nurse researcher? So, day to day or month to month, what does this look like for you, Dr. Khalil?

Dalia Khalil, PhD, RN:

So, during my PhD program, I was talking to the professors about my interest in general. So I didn't really ... it was like a general idea. It was broad and you still have to narrow it down to something specific. So I remember those kind of questions that they always ask us. "So what? Okay, you're interested in postpartum depression, so what? What is it, what you want to do with it?" So, I wrote two literature reviews. The first one it was about postpartum depression among immigrants in general, and about postpartum depression among Arab American women. I have stated in that paper, that there's a huge gap that we don't know about those women in the United States.

Dalia Khalil, PhD, RN:

We know about Mexican women, we know about Indian women, but we might not know about urban American women. And there's a lot of differences in culture, in language, a lot of differences in terms also of childbirth and caring for a child and caring for a postpartum mother. I started conducting ... It was my first pilot study, I conducted in 2014, 2015, and among 50 women, I found that 36% of them reported high risk of postpartum depression, and they reported high scores of postpartum depression.

Dalia Khalil, PhD, RN:

And at that time I made some connections with the WIC program in Dearborn, where they have a lot of immigrant women of Arabic descent. And I remember interviewing these women, and when I was talking to them, a lot of them will start crying because of how much stress they were going through and nobody have talked to them about it. So, a lot of mothers, they think that it is not normal to feel sad, and I shouldn't express this to anyone. The time when you start talking to mothers about this, they start crying because they want to talk about it. They want to have someone understand their feelings and not judge them because of those feelings.

Dalia Khalil, PhD, RN:

So, after that, I wrote another literature review about acculturative stress and acculturation and how is that related to postpartum depression. And at the that time, I didn't find any study about women who are Arab American women. So I did my literature review about Hispanic women, because this is what I found in the literature, and it was interesting for me to summarize that in order to point out the gap. That was the gap for my dissertation study. So I conducted my PhD dissertation about acculturation and acculturative stress and the relationship between those factors and postpartum depression.

Dalia Khalil, PhD, RN:

We are currently at 115 women, and we found 25% of them reported high risk of postpartum depression, and lack of social support was very significant predictor of postpartum depression, as well as acculturative stress. I remember meeting with those women, and I remember once, a dad, like a mom who came with her husband, and I remember she was answering the questions and at the end, her husband was just kidding, and he was saying like, "Why are you just asking her, what about the father?" I laughed at that time, and I said, "Do you know what? This is going to be my next project. I will have the fathers and I will include them in my studies."

Dalia Khalil, PhD, RN:

And this is exactly what I did, after I graduated my first project, it was about stress and depression among mothers and father, and how's that affecting infants and infant mental health. So I expanded my work, I expanded my research and I started to include fathers and mothers as well as their babies in order to have a bigger picture, and in order to understand how immigration related stressors can affect the whole family unit and how is that can be tremendously important for infants and infants mental health. So, this is exactly what I'm doing right now. And again, as an assistant professor in a tenure track position, I have to write and write and write.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

I know you're not underestimating that when you say how much you have to write. I wanted to point out ... before we talk about that, because I think Dr. Khalil, that's an important point to bring up, but I wanted to just highlight to the listeners what you've heard, Dr. Khalil say a couple of times is, there was a gap. There was a gap in this. So she recognized there was something that she felt was important. She went to the literature to try to find a solution or more information for it, and recognize that we haven't yet published, we as a scientific community, I should say, haven't yet published on information like that.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

And so, it was that gap that made, I think, this pursuit of the PhD, this nursing research so necessary and so appropriate for you. Would you agree? I'm just thinking about if someone listening is thinking, "PhD versus DNP and thinking about research versus translation of evidence into practice." I think, as I keep hearing you say, Dr. Khalil, it was the gap, it was the gap. There wasn't anything. So you need to establish that body of evidence before we can then build on that. Do you want to clarify that or say anything more about that?

Dalia Khalil, PhD, RN:

Yeah, absolutely. So in the PhD program, or if you want to pursue a PhD program, you really need to, first of all, have a general interest. So, what is your interest? What is the specific area that you might be interested in? And then it can come from your practice, it can come from your personal experiences, but you really need to read about it. You really need to know what has been established about this idea, about this phenomena in order to know where's the gap, and then you want to know if this is a good area for you to produce knowledge. Because there is a lot of literature about postpartum depression, and I have read a lot, and there is a lot about risk factors of postpartum depression and predictors of postpartum depression and consequences of postpartum depression.

Dalia Khalil, PhD, RN:

But what I found is that there is a piece that is missing. First of all, the partner, the father of the baby. In the Arab American community, he is the husband. So, this is so unique. If you have an immigrant family and you know those immigrant families, they are always accompanied by the father of the baby, then this is very unique and you really need to see if this is going to be a helpful thing that we can envision, in the future we can propose an intervention to help moms and dads take care of each other and their stressors as immigrant family, and how's that can improve the infants mental health. And this is what's called co-parenting.

Dalia Khalil, PhD, RN:

So, reading through the literature also have led me to the idea of co-parenting, which is the idea that the mom and the dad and how both of them are taking care of the baby might affect their wellbeing and the baby's wellbeing. So, reading is so important, establishing that background and the body of the literature, you really need to know what has been done, and where is the gap, and according to that, you start to build on your research project.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

That's perfect. And you kind of answered my next question, because I was thinking, for someone listening to this, okay, so you established that 36% of that initial pilot study had risk factors for postpartum depression, okay, and it's kind of what you said even your application process that, so what? So what is your hope Dr. Khalil, that as you do this work and you're dedicating so much of your time and energy and your passion to this, what is your hope to come out of the research that you're doing right now with these families?

Dalia Khalil, PhD, RN:

So, what I am doing right now is, I am building my project step by step, because eventually I want to propose an intervention to help immigrant families in general. So, when you conduct research about immigrants in general, it is important to understand where is their origin, because that will help you understand their acculturation and their resettlement experiences. Because if you are an immigrant from Europe, it's going to be different if you are an immigrant from the Middle East, or if you are an immigrant from other countries.

Dalia Khalil, PhD, RN:

So, understanding the origin and the culture of your origin is so important when you acculturate in your new country. So for me, I'm focusing on Arab American women at this point and Arab American families, but I am hoping in the future to collaborate with other professors in order to conduct some more comparisons and studies among different immigrant groups, because this will help us generalize the stressors that all immigrants can go through, and then that will help us improve their health by conducting interventions.

Dalia Khalil, PhD, RN:

And one of the basic elements that I have learned from my own work is, social support is very important piece for these immigrant families, and I'm talking about recent immigrants who came to the United States within 10 years, because this is my focus. Now, the longer you are here, the better you acculturate and then the better your health will become. But I'm talking about those new immigrants who are establishing new families with children and young children. Those are the ones who are really having high levels of stress.

Dalia Khalil, PhD, RN:

Now, I started also to measure biomarkers. So, I started to measure hair cortisol in infants because it gives us a picture of the chronic stress that the infant is going through during the past one to three months. It's like a measurement of chronic stress among infants. And also I am measuring telomere length among parents and infants. So, what I'm hoping right now is, I'm conducting my studies and everything is still in progress, but I really want to understand how are these immigration related stressors could affect the biology of the human beings, specifically children.

Dalia Khalil, PhD, RN:

So, telomere length is the ending of the chromosomes of the cells. And telomeres are shortening with aging, like with aging, telomeres are getting shorter, but with stressors, it gets even shorter. So, I have read some research articles about telomere length among parents and moms and babies among African American families, but I haven't seen anything about immigrants, all immigrants, and this is a big huge gap. So, in my current study, we got an NIH funded study from NICHD, which is the National Institute of Child Health and Human Development. This is an R3, and they got funded my project, which is about family stress, co-parenting and family resources, and how's that related to infant development among Arab American immigrant women and families.

Dalia Khalil, PhD, RN:

So, I am recruiting currently triads, mothers, fathers, and babies of the family. We are collecting data about their stressors, and we're collecting hair cortisol of the babies, and we're collecting telomere length of babies and their parents. So this is one of the studies that we have currently. And another study, I am also launching, it's a new study. It got funded by the Brain & Behavior Development Foundation. This is another study that will focus also on immigrant and refugee Arab American families who have children. So, older children. So one of my studies is focusing on families who have infants.

Dalia Khalil, PhD, RN:

And the other study is focusing on families who have older children, seven years to 18 years old, and also we are examining their social stressors, immigration related stressors as well as telomere length. So in the future, I really want to see our results, and I want to see how stress might affect those families at the cellular level and the aging of their cells. And that will lead us to even bigger studies in order to seek federal funding to expand our research and expand our knowledge about how these stressors affecting immigrant families and how can we propose an intervention to decrease the tremendous effects of stress on the family unit as parents and children.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

It's so exciting. It's so easy to get excited about this work, Dr. Khalil, when I hear you describe it, and when you share your knowledge of this on so many levels. I feel this really represents the holistic foundation that nursing is, you're thinking about their wellbeing, and you're also applying science as you look at telomeres and you look at cortisol levels. It's just very easy listening to you be so passionate about this. It's very easy to want to rally behind you and get excited about this work as well, because I can only imagine the difference that it will make in the lives of families, immigrant families and the added support that we could potentially offer them with your interventions in the future.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

And this is all part of the research process. Right? It's first establishing what you know and what you don't, and then filling in what you don't, and then trying to make that better. I love how well you've articulated that for us, and I think this picture that you've painted for us, which is very clear of your role as a nurse researcher and why it's so important that we have nurse researchers leading the way on work like this. It makes me really excited about nursing, because this is a face of nursing that we don't often think about. I think that sometimes we forget to talk about this, and it's really exciting.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

I heard you talk about, in my job as a tenured track assistant professor, I write and write and write, and I heard you talk about grant funding that you've received from the NICHD and other organizations, and I'm curious, one, how you have enough time for all of these things, but if you could tell us just briefly what it is to be an assistant professor on the tenure track, and I imagine that writing is a piece of it and obtaining funding to conduct your research is a piece of it. And if you could tell us a little bit about that role, please.

Dalia Khalil, PhD, RN:

This actually was my goal since I was in the PhD program, I really wanted to go for a tenure track position. So, in tenure track, you are required to conduct research as well as teaching. So there is a percentage for teaching, research and scholarship, and you have control over your time to manage these three roles of your job. So for me, I really have to balance between teaching, research and service, and I really have to be engaged in all three of them because they are all important for my career.

Dalia Khalil, PhD, RN:

So in terms of, I would say first teaching, I put one day in a week for teaching and that's it for it. I do focus on it for the whole day. If I have to prepare, if I have to prepare PowerPoints, read, write exams, grade assignments, anything related to teaching, I put a day for it. However, I keep responding to my students all over the week, but I put a day just for teaching purposes in terms of teaching and preparing and grading. The rest of the week, I plan at least three days for my scholarship. Other than that, it won't work, because I have to write a lot, I have to think a lot. There's a lot of things that are going on that I need to do. So, I do proposal writing, and this is how I get funding.

Dalia Khalil, PhD, RN:

And in order to write a proposal, I really have to know what is in the literature about my area. I have to keep updating my readings in order to understand what is missing and where is the gap. So, proposal writing is so important and it is time consuming because, to me, to write a proposal, it's a process. It takes time. I need to meet with a lot of colleagues and tail to different people to develop a proposal, but writing a paper might be easier for me. So, proposal writing is so essential in my career, and I have to keep up with my research study. For example, this time I have two studies that are going on, that I have to train my research assistants.

Dalia Khalil, PhD, RN:

I have to follow up with IRB, because at my stage, as a junior schooler, I still don't have a project manager who will manage all these things for me. I have to go over it all. So, I did IRB forms, I submitted them, I did train my research assistants, and I go with them for data collection whenever I can, but definitely I have to be with them at the beginning in order to make sure they are well trained. Also, I do dissemination. So during the three days that I put in a week for research, I have some time to write and publish because I have to publish the results that we get in order to disseminate that, and spread the knowledge.

Dalia Khalil, PhD, RN:

You want to spread it so that other people would learn about it and find a gap and produce knowledge. Dissemination is so important in terms of publications and presentations. So I always look for presenting in conferences, symposia. A lot of times I get invited also as a guest lecturer or a speaker in order to talk about my work and my research. At sometimes I do review manuscripts, but to be honest with you, I don't do it a lot, but whenever I have a chance and I see an interesting paper and I get invited to review, I really would love to review those because it really adds to my knowledge and my experience, and I get to know what other researchers are doing in conducting at the same time.

Dalia Khalil, PhD, RN:

So, whenever I have a chance, I do review manuscripts and abstracts also for conferences. In the academic career that I have, I have control over my time, but I have to be smart about time management, because if I don't, I might get caught up by teaching or I get caught up by service. I have to put some specific days and specific times for research in order to be productive. I don't have to work during the morning, because sometimes I can't focus a lot in writing. I really love quietness. A lot of times when my kids go to sleep, I stay up for two or three hours and that's the best time for me to write.

Dalia Khalil, PhD, RN:

I might be up until 1:00 or 2:00 AM and I am wide open, I'm wide alert, I love to write during that time, and I get more productive during that time. So, it is basically ... I know what I have to do, and I put my own deadlines beside the deadlines that is already for the grant or the paper or whatever I have to do, and I work on my own schedule and my own pace. But again, time management is so much important. I put everything on my calendar. I always have a to-do list in order to follow up and keep going with everything.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

I was thinking that that flexibility is so nice, right, that you get to choose how you spend your days. But then I was thinking about the amount of self discipline that it requires to be as productive as you have been with that, that amount of flexibility. But that's a really good tool that you've shared with us, the way that you schedule that to make sure that you dedicate those days and reserve time for that work, and I think it certainly has paid off. As you talk about yourself being a junior scholar, it is certainly paying off for you. When we hear about this work, and all of the support that you've received already.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

I'm curious, Dr. Khalil, if there's anything else about this journey or about where you're at so far, that you would like to share with our listeners, this has been so informative and I think really illustrated the role of a nurse researcher so well.

Dalia Khalil, PhD, RN:

Well, to be honest, I feel lucky with how the trajectory of my nursing career and research career has been going. I had a chance to work as a research assistant, I had a chance to work as a registered nurse. Maybe I didn't mention it, I also worked here during my PhD. I worked as a full-time nurse for two years, and then I worked as a clinical instructor for another two years. I've been working since I graduated. You know what I'm saying. Since 2007 or no, 2008, I had my bachelor. I've been working since then until today. I didn't regret it, I'm so happy, I love to work, I love to be productive, and being so much passionate about immigrant women and immigrant families is something very interesting to me, and that's what keeps me going.

Dalia Khalil, PhD, RN:

When I see the families and their babies, and when we go to their home for home visits and for assisting them and assisting their babies, it is so much interesting for me because I know that all the work that I'm doing is all going back to them and it's going to help them improve their acculturation and adaptation as being an immigrant within the United States. And again, I feel so much lucky because it came from my own experiences. I feel with those families because at some point I was an immigrant and I was newly coming to the United States and I had a baby, and I went through all the stressors of all mothers, and now I have three kids. I love my work and I love to see it is productive.

Dalia Khalil, PhD, RN:

When I get funded, I get so much happy. I really celebrate. When I get my papers published, I get so much happy because, oh yes, now everyone will read it. I love to present my work. I really love to talk and talk about my work. What I'd like to share with you and our listeners is that, if you are passionate about something and you have your own experiences about it, let that drive you on and on in order to improve it and help others. And as a nurse, we are always learning about helping others.

Dalia Khalil, PhD, RN:

And even if I am not working in a clinical settings right now, but I'm still feeling that I'm helping others through conducting research and through getting my study funded and getting this moving forward, hopefully into an intervention for the future. So, definitely for a nurse or a student nurse, you want to understand what is your passion? You want to think about it from your own experiences or your clinical experiences, and then move on to proceed with it and improve it and show it and disseminate your results.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

I'm so glad that this is your life's work, because I think it's going to really make a difference in the lives of immigrant families for decades and perhaps centuries to come. So, I just would like to thank you for your dedication to that important population of patients and families that we care for and for sharing your time with us today, I know that you've got a lot to do, and I really value that you spent this time so clearly explaining your work, your role as a nurse researcher and what it means to be an assistant professor. So thank you so much, Dr. Khalil, I really appreciate this.

Dalia Khalil, PhD, RN:

Thank you so much, Dr. Spruit, and it is always my pleasure to be here and thanks so much for having me today.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

It was really fun to talk to you. Thank you.

Dalia Khalil, PhD, RN:

Thanks.

Jessica Spruit, DNP, RN, CPNP-AC, CPHON, BMTCN:

Thank you for listening to this episode of Nightintales. As you do, we encourage you to consider the unique nature of each person's journey through this profession. The views shared on this podcast are those of an individual, not the academic institution that they graduated from, their employer or the professional organization that they're active in. The stories of their career path and progression are not intended to suggest that there is a uniform approach to achieving similar accomplishments, but to open your mind to all that is available to you. Each journey in nursing is as unique as each individual that we serve. We hope you'll listen again next time.