

CURRICULUM VITAE

Cynthia A. Esteban, M.S.N., M.P.H.

Business Address: Pediatric Allergy and Immunology Clinic
Hasbro Children’s Hospital
593 Eddy St
Providence, RI 02903
cesteban1@lifespan.org

EDUCATION

Undergraduate B.A. Behavioral Neuroscience, Lehigh University, 1993
Cum Laude, Honors in Behavioral Neuroscience
Elected to Phi Beta Kappa
Trustee Merit Scholarship (four years tuition), first class of scholars to graduate

Other Advanced Degrees

R.N. Yale University School of Nursing, 1998
M.S.N. Yale University School of Nursing, 2000
M.P.H. Yale University School of Public Health, 2000
Magee Fenn Scholarship, Yale University Women’s Organization
Eight and Forty Lung and Respiratory Disease Nursing Scholarship, American Legion
Sigma Theta Tau International, Honor Society in Nursing
Graduate Student Research Award, National Association of Pediatric Nurse Practitioners Foundation
Milton & Anne Sidney Prize for Research, Yale School of Nursing

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

Rhode Island: Registered Nurse, Nurse Practitioner
Pediatric Nurse Practitioner, American Nurses Credentialing Center

ACADEMIC APPOINTMENTS:

Clinical Assistant Professor
Department of Pediatrics
Brown Medical School,
November 2013 – 2017,
February 2021 -

HOSPITAL APPOINTMENTS:

Pediatric Nurse Practitioner, Hasbro Children's Hospital
Division of Respiratory and Immunology
August 2003 – March 2017

Research Nurse Practitioner, Massachusetts General Hospital for Children
Food Allergy Center
March 2017 – Jan 2021

Pediatric Nurse Practitioner, Massachusetts General Hospital for Children
Division of Pediatric Allergy and Immunology
March 2017 – Jan 2021

Pediatric Nurse Practitioner, Hasbro Children's Hospital
Division of Respiratory and Immunology
February 2021-

OTHER APPOINTMENTS:

Ad-Hoc Reviewer 2014-present, Pediatric Allergy, Immunology, and Pulmonology

MEMBERSHIP IN SOCIETIES

National Association of Pediatric Nurse Practitioners, 2000
American Public Health Association, 2000
American Thoracic Society, 2008, 2011
American College of Allergy, Asthma & Immunology, current
American Academy of Allergy, Asthma & Immunology, current

PUBLICATIONS LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Koinis Mitchell, D., McQuaid, E., Seifer, R., Kopel, S. Esteban, E., Klein, R., Garcia Coll, C., Canino, G., & Fritz, G. K. (2007). Multiple Urban and Asthma-related Risks and their Association with Asthma Morbidity in Urban Children. Journal of Pediatric Psychology. 32, 582-595.
2. McQuaid, E.L., Vasquez, J., Canino, G., Fritz, G.K., Ortega, A.N., Colon, A., Klein, R.B., Kopel, S.J., Koinis-Mitchell, D., Esteban, C.A., & Seifer, R. (2009). Beliefs and

- barriers to medication use in parents of Latino children with asthma. Pediatric Pulmonology, 44, 892-898.
3. Canino, G., McQuaid, E., Alvarez, M., Colon, A., Esteban, C., Febo, V., Klein, B., Koinis-Mitchell, D., Kopel, S., Montealegre, F., Ortega, A., Rodriguez-Santana, J., Seifer, R., Fritz, G., (2009). Issues and Methods in Disparities Research: the Rhode Island-Puerto Rico Asthma Center. Pediatric Pulmonology, 44, 899-908.
 4. Esteban, C., Klein, B., McQuaid, E., Fritz, G., Seifer, R., Kopel, S., Rodriguez Santana, J., Colon, A., Alvarez, M., Koinis Mitchell, D., Ortega, A., Martinez-Nieves, B., & Canino, G. (2009). Conundrums in Childhood Asthma Severity, Control, and Healthcare Utilization in Puerto Rico and Rhode Island. Journal of Allergy and Clinical Immunology, 124, 238-44.
 5. Fritz, G. K., McQuaid, E. L., Kopel, S. J., Seifer, R., Klein, R. B., Koinis-Mitchell, D., Esteban, C., Rodriguez-Santana, J., Colon, A., Alvarez, M., & Canino, G. (2010). Ethnic Differences in Symptom Perception: A Factor in Pediatric Asthma Disparities? American Journal of Respiratory and Critical Care Medicine, 182, 1, 12-8.
 6. Koinis Mitchell, D., McQuaid, E., Ortega, A., Seifer, R., Kopel, S., Esteban, C., Cespedes, E., Canino, G., Klein, R., & Fritz, G. (2010). Cultural-Related, Contextual, and Asthma-Specific Risks Associated with Asthma Morbidity in Urban Children. Journal of Clinical Psychology in Medical Settings, 17, 1, 38-48.
 7. Koinis Mitchell, D., Sato, A., Kopel, S., McQuaid, E., Seifer, R., Klein, R., Esteban, E., Lobato, D., Ortega, A., Canino, G., & Fritz, G. (2011). Immigration and Acculturation-related Factors and Asthma Morbidity in Latino Children. Journal of Pediatric Psychology, 36 (10), 1130-43.
 8. McQuaid, E.L., Everhart, R.S, Seifer, R., Kopel, S.J. Koinis Mitchell, D., Klein, R.B., Esteban, C.A., Fritz, G.K., & Canino, G. (2012). Medication adherence among Latino and Non-Latino White children with asthma. Pediatrics, 129, 1404-1410.
 9. Canino, G., Garro, A., Alvarez, M.M., Colón-Semidey, A., Esteban, C.A., Fritz, G.K., Koinis-Mitchell, D., Kopel, S.J., Ortega, A.N., Seifer, R. & McQuaid, E.L. (2012). Factors Associated with Disparities in ED Use among Latino Children with Asthma. Annals of Allergy, Asthma & Immunology, 108 (4), 266-270.
 10. Koinis-Mitchell, D., Craig, T., Esteban, C., and Klein, R.B. (2012). Sleep and Allergic Disease: A Summary of the Literature and Future Directions for Research. Journal of Allergy and Clinical Immunology. 130 (6), 1275-81.
 11. Sato, A. F., Kopel, S. J., McQuaid, E. L., Seifer, R., Esteban, C., Coutinho, M. T., Klein, R., Fritz, G. K., & Koinis-Mitchell, D. (in press, 2013). The home environment and family asthma management among ethnically diverse urban youth with asthma. Families, Systems, and Health, 31(2), 156-70.

12. Koinis Mitchell, D., Esteban, C., Kopel, S.J., Jandasek, B., Dansereau, K., & Klein, R. B. (2013). Perceptual accuracy of upper airway compromise in children: clinical relevance and future directions for research. Allergy and Asthma Proceedings, 4 (2), e54-62.
13. Everhart, R. S., Kopel, S., Esteban, C., McQuaid, E. L., Klein, R., McCue, C., & Koinis-Mitchell, D. (2014). Allergic rhinitis quality of life in urban children with asthma. Annals of Allergy, Asthma, and Immunology. 112 (4), 365-70.
14. Esteban, CA, Klein RB, Kopel SJ, McQuaid EL, Fritz GK, Seifer R, York D, Golova N, Jandasek B, & Koinis-Mitchell D (2014). Underdiagnosed and undertreated allergic rhinitis in urban school-aged children with asthma. Pediatric Allergy, Immunology, and Pulmonology. 27 (2), 75-81.
15. Koinis-Mitchell, D., Kopel, S.J., Boergers, J., Ramos, K., LeBourgeois, M., McQuaid, E.L., Seifer, R., Esteban, C.A., Fritz, G.K., & Klein, R.B. (2015). Asthma, allergic rhinitis, and sleep problems in urban children. Journal of Clinical Sleep Medicine. 11 (2), 101-10.
16. McQuaid, E.L., Farrow, M.L., Esteban, C.A., Jandasek, B.N., & Rudders, S.A. (2015). Topical review: Pediatric food allergies among diverse children. Journal of Pediatric Psychology. 1-5.
17. Koinis-Mitchell, D., Kopel, S.J., Boergers, J., McQuaid, E.L., Esteban, C.A., Seifer, R., Fritz, G.K., Beltran, A.J., Klein, R.B., & LeBourgeois, M. (2015). Good sleep health in urban children with asthma: A risk and resilience approach. Journal of Pediatric Psychology. 40 (9), 888-903.
18. Martin, S.R., Boergers, J., Kopel, S.J., McQuaid, E.L., Seifer, R., LeBourgeois, M., Klein, R.B., Esteban, C.A., Fritz, G.K., & Koinis-Mitchell, D. (2017). Sleep hygiene and sleep outcomes in a sample of urban children with and without asthma. Journal of Pediatric Psychology. 42 (8), 825-836.
19. Koinis-Mitchell, D., Kopel, S.J., Seifer, R., LeBourgeois, M, McQuaid, E.L., Esteban, C.A., Boergers, J., Nassau, J., Fritz, G.K., Klein, R.B. (2017). Asthma-related lung function, sleep quality, and sleep duration in urban children. Sleep Health. 3 (3), 148-156.
20. Esteban, C.A., Everhart, R., Kopel, S.J., Klein, R.B., and Koinis-Mitchell, D. (2017). Allergic sensitization and objective measures of sleep in urban school-age children with asthma. Annals of Allergy, Asthma & Immunology. 119 (3), 238-245.
21. Esteban, C.A., Shreffler, W.G., Virkud, Y.A., Pistiner M. (2020). Oral food challenge outcomes in children under 3 years of age. Journal of Allergy and Clinical Immunology in Practice. 8 (10), 3653-3656.

22. Roy IR, Hazi A, Esteban CA, André M, Virkud Y, Shreffler WG, Pistiner M. (2022). Evaluation of a Group Visit Model for Access to Infant and Toddler Oral Food Challenges. Journal of Allergy and Clinical Immunology in Practice. Feb 3: S2213-2198(22)00116-7.
23. Cushman, G. K., Durkin, K., Noga, R., Cooke, F., Herbert, L., Esteban, C., & McQuaid, E. L. (Under Review). Psychosocial functioning in pediatric food allergies: A scoping review.

BOOKS AND BOOK CHAPTERS

McQuaid, E.L., Koinis Mitchell, D., & Esteban, C.A., (2006). Allergies and Asthma. (G. Bear and K. Minke, Eds.) Children's Needs III: Development, Prevention and Intervention. Washington DC: National Association of School Psychologists.

ABSTRACTS:

1. Koinis Mitchell, D., McQuaid, E., Esteban, C., Seifer, R. Canino, G., Garcia-Coll, C., Klein, R., & Fritz, G. (April, 2006). Cultural-related, Contextual, and Asthma-specific Risks Associated with Asthma Morbidity in Urban Children. Paper presented at the Child Health Psychology Conference. Gainesville, FL.
2. Koinis Mitchell, D., McQuaid, E., Esteban, C., Kopel, S., Klein, R., Seifer, R., Canino, G., & Fritz, G. (May, 2006) Caregivers' Perceptions of Context as Contributing Factors to Asthma Health Disparities. Paper presented at the American Thoracic Society. San Diego, CA.
3. Koinis Mitchell, D., McQuaid, E., Esteban, C., Kopel, S. J., Seifer, R., Klein, R., Canino, G., & Fritz, G. (October, 2006). Ethnic Group Differences in Asthma Symptom Reporting: What Do They See and Hear? Paper presented at the International Society for the Advancement of Respiratory Psychophysiology. Newport, Rhode Island.
4. Esteban, C. A., McQuaid, E., Kopel, S., Nassau, J., Devin, J., Klein, R., Mansell, T., Koinis Mitchell, D., Camillo, C., & Houlihan, E. (October, 2006). Effect of Controlled Medication Adherence on Exhaled Nitric Oxide Levels in an Asthma Camp Setting. Poster presented at the International Society for the Advancement of Respiratory Psychophysiology. Newport, Rhode Island.
5. Koinis Mitchell, D., McQuaid, E., Esteban, C., Kopel, S., Klein, R., Seifer, R., Canino, G., & Fritz, G. (May, 2007) Resilience in Urban Children with Asthma. Paper presented at the American Thoracic Society. San Francisco, CA.
6. McQuaid, E., Fritz, G., Canino, G., Colon, A., Klein, B., Kopel, S., Esteban, C., Koinis

- Mitchell, D., Seifer, R. (May, 2007). Beliefs and Barriers to Medication Use in Parents of Latino Children with Asthma. Paper presented at the American Thoracic Society. San Francisco, CA.
7. Lima, L. Esteban, C., Kopel, S., McQuaid, E., and Fritz, E. (October, 2007). "Child Psychiatrists and Enuresis: Attitudes and Treatment Approaches". Poster presented at the Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Boston, MA.
 8. Koinis Mitchell, D., McQuaid, E., Kopel, S., Klein, R., Seifer, R., Esteban, C., Canino, G., & Fritz, G. (May, 2008). Migration and Asthma Morbidity in Latino Children. Paper presented at the American Thoracic Society Annual Conference. Toronto, CA.
 9. Fritz, G., McQuaid, E., Canino, G., Klein, R., Kopel, S., Esteban, C., Koinis Mitchell, D., & Seifer, R. (May, 2008). Ethnic Differences in Asthma Symptom Perception in Mainland and Puerto Rican Children: Rhode Island and Puerto Rico Asthma Center (RIPRAC) Findings. Paper presented at the American Thoracic Society Annual Conference. Toronto, CA.
 10. Koinis Mitchell, D., McQuaid, E., Esteban, C., Kopel, S. J., Seifer, R., Klein, R., Sato, A., Canino, G., & Fritz. (October, 2008). Ethnic Group Differences in Caregivers' Reports of Children's Asthma Symptoms Part II: What Do They See, What Do They Hear, and What Do They Do? Paper presented at the International Society for the Advancement of Respiratory Psychophysiology. Ann Arbor, Michigan.
 11. Koinis Mitchell, D., Kopel, S. J., McQuaid, E., Seifer, R., Klein, R., Esteban, E., Canino, G., & Fritz, G. (October, 2009). Using the Asthma Risk Grid to Classify Children into Symptom Perception Categories. Paper presented at the International Society for the Advancement of Respiratory Psychophysiology. Berlin, Germany.
 12. McQuaid, E., Garro, A., Seifer, R., Esteban, C. A., Kopel, S., Koinis Mitchell, D, Canino, G., & Fritz, G. (October, 2009). Clinician, Parent, and Child Ratings of Asthma Severity and Pulmonary Function Variability. Paper presented at the International Society for the Advancement of Respiratory Psychophysiology. Berlin, Germany.
 13. Esteban, C, Klein, RB, Kopel, SJ, McQuaid, EL, Koinis-Mitchell, D, Seifer, R, Vasconcellos, A, Santana, JR, Colon, A, Alvarez, M, Montealegre, F, Canino, G, and Fritz, GK (November, 2010). Blomia tropicalis sensitization in Rhode Island compared to Puerto Rico. Presentation at the American College of Asthma Allergy and Immunology (ACAAI) Annual Meeting, Phoenix, Arizona.
 14. Koinis Mitchell, D. Esteban, C., Kopel, S. L., Seifer, R., McQuaid, E., Jandasek, B., Fritz, G., & Klein, B. (October, 2011). Asthma and sleep in urban children: Part I. Paper presented at the International Society for the Advancement of Respiratory Psychophysiology, Athens, Greece.

15. Seifer, R., Esteban, C., Kopel, S., McQuaid, E., Jandasek, B., Klein, R., & Koinis Mitchell, D. (October, 2011). Asthma and sleep Part II: Associations between the upper and lower airway. Paper presented at the International Society for the Advancement of Respiratory Psychophysiology, Athens, Greece.
16. Kopel, S., Esteban, C., Seifer, R., McQuaid, E., Jandasek, B., Boergers, J., Fritz, G., Klein, R., & Koinis Mitchell, D. (October, 2011). Asthma and obesity in urban children. Paper presented at the International Society for the Advancement of Respiratory Psychophysiology, Athens, Greece.
17. Esteban, C., Kopel, S. L., Klein, R., McQuaid, E., Fritz, G., Jandasek, B., Seifer, R., & Koinis Mitchell, D. (October, 2011). Rhinitis in school-aged children. Paper presented at the International Society for the Advancement of Respiratory Psychophysiology, Athens, Greece.
18. Koinis Mitchell, D and the Project NAPS research team. Asthma and Sleep in Urban Children (May, 2012). Paper presented at the annual meeting of the American Thoracic Society (May 2012), San Francisco, California.
19. Koinis Mitchell, D and the Project NAPS research team. Asthma, Sleep and the Sleep Environment in Urban Children (October, 2012). Paper presented at the International Society for the Advancement of Respiratory Psychophysiology Conference, Orlando, FLA.
20. Jandasek, B., Esteban, C., Kopel, S.J., Klein, R.B. McQuaid, E.L., Fritz, G.K., Seifer, R., & Koinis Mitchell, D. (October, 2012). Allergic rhinitis and asthma in urban school-aged children. Paper presented at the International Society for the Advancement of Respiratory Psychophysiology Conference, Orlando, FL.
21. Koinis Mitchell, D., K., Kopel, S. J., McQuaid, E. L., Boergers, J., Esteban, C., Coutinho, M.T., Seifer, R., Fritz, G., & Klein, R. B. Asthma, Sleep, and Psychological Functioning in Urban Children. Paper presented at the National Conference in Pediatric Psychology, April 2013, New Orleans, Louisiana.
22. Koinis Mitchell, D., K., Kopel, S. J., Esteban, C., McQuaid, E. L., Seifer, R., Fritz, G., & Klein, R. B. Asthma, Sleep, and School Functioning in Urban Children. Paper presented at the annual meeting of the American Thoracic Society, May 2013, Philadelphia, Pennsylvania.
23. Koinis Mitchell, D. and the Project NAPS research team (October, 2013). Urban Families' Responses to their Children's Asthma Symptoms. Paper presented at the International Society for the Advancement of Respiratory Psychophysiology, Leuven, Belgium.
24. Koinis Mitchell, D and the Project NAPS research team (March, 2014). Does Sleep Mediate the Association between Asthma and Sleep in Urban Children? Paper presented at the Society of Pediatric Psychology Annual Conference, Philadelphia, PA.

25. Koinis Mitchell, D and the Project NAPS research team (May, 2014). Disparities in Asthma and School Outcomes in Urban Children: Is Sleep a Contributing Factor? Paper presented at the American Thoracic Society Annual Conference, San Diego, CA.
26. Esteban, C., Shreffler, W.G., Virkud, Y.V, and Pistiner, M. (February, 2019). Infant/Toddler oral food challenge outcomes. Poster presented at the American Academy of Asthma, Allergy and Immunology (AAAAI) Annual Meeting, San Francisco, California.

GRANTS (current)

1. “Rhode Island Asthma Integrated Response Program (RI-AIR)”, U01 HL138677 NIH/NHLBI, 2/21-6/23. Education Supervisor with E. McQuaid / D. Koinis-Mitchell (MPIs).
2. “Disparities in Sleep, Asthma, and the Sleep Context in Urban Children”, R01HL142058 NIH/NHLBI. 5/19-4/24. Co-Investigator and Study Clinician with D. Koinis-Mitchell/M. Carskadon (MPIs).
3. “Impact of Sleep Duration on Immune Balance in Urban Children with Asthma”, R01 HL156277 NIH/NHLBI, 8/21-7/26. Co-Investigator and Study Clinician with D. Koinis-Mitchell/G. Marshall (MPIs).
4. “Preventing peanut allergy in young children: Identifying barriers to protocol engagement and adherence”, F32AI164614, 7/22-7/24. Consultant to G. Cushman (PI).
5. “Social Context Factors in Pediatric Food Allergy Health Disparities”, Hasbro-Bradley Pilot Research Award, 7/22-7/23. MPI with E. McQuaid.