

NICOLA V. K. SINGLETARY
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EDUCATION

Doctor of Philosophy	North Carolina State University, Nutrition	March 2018
Master of Nutrition	North Carolina State University, Nutrition	December 2013
Master of Arts in Teaching	University of North Carolina Chapel Hill, Science Education	August 2004
Bachelor of Science	Meredith College, Biology Chemistry minor	August 2000

ACADEMIC EMPLOYMENT

North Carolina State University, Raleigh, NC August 2019 to Present
Lactation Consultant Training Program Manager

- Administered the lactation consultant training program
- Co-taught NTR 495/594, *Public Health Perspectives in Infant Feeding*, NTR 495/594, *Clinical Concepts in Infant Nutrition*, and accompanying clinical laboratory
- Developed online content for distance education academic and continuing education students: interactive lectures, online discussion forums, assessments, and supplemental materials
- Served as a preceptor for students in the lactation training program
- Served as the content lead for developing immersive and interactive video content for clinical lactation courses
- Mentored a small group for ALS 398H, College of Agriculture and Life Sciences Honors Seminar: *Global Babies: Cultural and Scientific Perspectives on Raising Infants*

North Carolina State University, Raleigh, NC April 2018 to August 2019
Postdoctoral Scholar

- Assisted with development of the clinical lactation training program
- Co-taught and developed NTR 495/594, *Public Health Perspectives in Infant Feeding*, NTR 495/594, *Clinical Concepts in Infant Nutrition*, and accompanying clinical laboratory
 - Developed course lectures, assignments, and assessments for in-person and online delivery
 - Coordinated guest speakers
 - Assured content reflects requirements for LEAARC approval
 - Coordinated guest families and supplies for the clinical lactation laboratory
- Served as a preceptor for students in the lactation training program

Central Carolina Community College, Sanford, NC August 2015 to July 2016
Adjunct Instructor, Biology

- Taught BIO 110, *Principles of Biology Laboratory*
 - Planned, implemented and instructed laboratory content
 - Organized supplies needed for lab
- Taught BIO 155, *Introduction to Nutrition*
 - Developed lectures, assignments, and assessments
 - Taught adult and traditional age students in a hybrid environment

North Carolina State University, Raleigh, NC

September 2013 to July 2015

Teaching Assistant

NTR 410/510 *Maternal and Infant Nutrition*

- Developed and taught complementary feeding lecture
- Graded literature review papers

NTR 301 *Introductory Nutrition*

- Graded course assignments and tests

HESM 284 *Women's Health Issues*

- Graded course assignments and tests

Wake County Public Schools, Raleigh, NC

September 2012 to June 2013

Middle and High School Online Teacher, Science

January 2011 to June 2011

- Developed online content for 7th grade science and high school earth sciences courses for students on long-term suspension
- Maintained communication with students, parents, and counselors regarding student progress

Maureen Joy Charter School, Durham, NC

August 2006 to July 2007

Middle School Teacher, Science/Math

- Taught 7th and 8th grade math and science
- Created interdisciplinary math and science lessons

PreEminent Charter School, Raleigh, NC

August 2004 to June 2006

Middle School Teacher, Science/Math

- Appointed middle school team leader 2005/2006
- Taught science and math to 7th grade students
- Offered afterschool tutoring for students below grade level in math
- Coordinated school science fair

STUDENT MENTORING

Zoha Waqar Farooqi (Master's student)

- Qualitative interview training for fieldwork in Pakistan
- Collaboration on interview guide on infant feeding knowledge, beliefs and care practices of lady health workers in Punjab, Pakistan

Jesse McGinley (Master's student)

- NTR 693 Supervised Research—Breastfeeding in Pakistan: A review of beliefs, practices and interventions regarding breastfeeding
- Lactation consultant career advising

Savannah Pressley (Master's student)

- Lactation consultant career advising and clinical lactation shadowing
- Qualitative methods advising for “Barriers and Facilitators for Minority Women in Obtaining their IBCLC Credential”

Catherine Smith (Post-baccalaureate student)

- Coordinating preceptor for IBLCE Pathway Three, 500hr clinical training program
- Lactation consultant career advising and clinical lactation shadowing

Cara Mead (Undergraduate student)

- Capstone project advising for “Breastfeeding Support Efficacy of Triangle Area Deliver Locations”
- Lactation consultant career advising and clinical lactation shadowing

GRANT SUPPORT

Funded

DELTA Exploratory Grant.

Teaching Clinical Lactation through Virtual Reality: \$8,000

May 2019

Role: Principal Investigator and academic team lead

Association of Teachers of Maternal and Child Health Innovative Teaching Grant

December 2016

Optimum Infant Feeding Externship for Physicians and Advanced Practice Nurses: \$3,000

Role: Co-Principal Investigator and curriculum writer with Costello, Fogleman, Goldstein, Sanchez, Sullivan, and Wulff

Triangle Breastfeeding Alliance Grant for FCS Teacher Incentives: \$3,000

October 2015

Role: Principal Investigator

DELTA Course Improvement Grant for NTR 301 Introductory Nutrition: \$8,000

August 2015

Role: Co-author with Fogleman

Unfunded

Association of Teachers of Maternal and Child Health Innovative Teaching Grant.

October 2018

Infant Feeding Education Curriculum

Role: Principal Investigator with team members Fogleman and Stage

HRSA Maternal and Child Health (MCH) Nutrition Training Program

July 2018

Leaders in Equity and First Foods (LEAFF): A Training Program to Develop Culturally Competent, MCH Nutrition Leaders with Knowledge and Experience in Breastfeeding and Young Child Feeding Support.

Role: Co-author for Needs Assessment Section

NC State Extension Innovation Grant

March 2018

Infant Feeding Curriculum for Family and Consumer Sciences (FCS) Classrooms

Role: Co-author with Fogleman

Pending

National Institutes of Health (NIH) R-21

March 2020

Effects of Community Health Worker (CHW) Exclusive Breastfeeding Training on Birth Intervals and Maternal and Infant Health Outcomes in Punjab, Pakistan

Role: Co-PI with Duke University School of Economics Development Lab

CLINICAL EXPERIENCE

Harmony Lactation, Raleigh, NC

November 2013 to Present

Lactation consultant/owner

- Provided in-home breastfeeding assessment, support, and counseling
- Taught prenatal group breastfeeding classes
- Communicated care plan with primary care providers
- Completed paperwork for insurance reimbursement
- Managed small business website, marketing, accounting

UNC Healthcare, Chapel Hill, NC

October 2016 to October 2018

Lactation consultant, per diem

- Provided breastfeeding assessment, support, and counseling for inpatients: newborn, preterm, and older infants
- Provided outpatient support for breastfeeding dyads
- Consulted with the medical team regarding breastfeeding care plans
- Served as a preceptor for lactation students and postpartum nurses
- Co-taught breastfeeding education for nurses

Lactation consultant, per diem

- Provided breastfeeding assessment, support, and counseling
- Followed-up with patients by phone and email
- Consulted with physicians and nurses on breastfeeding care plan

PUBLICATIONS

Singletary, N., Goodell, S., Fogleman, A. (2019). Exploring North Carolina Family and Consumer Sciences Teachers' Attitudes Towards Breastfeeding and Infant Feeding Education Practices. *Journal of Human Lactation*.

Fogleman, A., **Singletary, N.**, Allen, J. Chapter 7. Biochemistry of Human Milk. *Core Curriculum for Lactation Consultant Practice*. Publication date: 2018.

Singletary, N., Chetwynd, E., Goodell, S., Fogleman, A. (2017) Stakeholder Views of Breastfeeding Education in Schools: A Systematic Mixed Studies Review of the Literature. *International Breastfeeding Journal*.

Manuscripts in Development

Singletary, N., Bruce, J., Goodell, S., Fogleman, A. Exploring Teachers' Attitudes Towards Breastfeeding Education in Family and Consumer Sciences Classrooms.

PRESENTATIONS AND INVITED LECTURES

Funny Tasting Milk: The Biochemistry and Clinical Oxidation of Human Milk Oxidation vs. High Lipase Action, <i>GOLD Online Lactation Conference</i> . (Invited webinar)	April 2019
Breastfeeding Education in Schools: Research and Application for Lactation Professionals, <i>GOLD Online Lactation Conference</i> . (Invited webinar)	March 2018
Breastfeeding Education in Schools: Research and Application for Lactation Professionals, <i>Art of Breastfeeding Conference</i> . Chapel Hill, NC (Invited presentation)	August 2017
Community Lactation Consulting: Tools for Planning and Building Your Outpatient Practice, <i>United States Lactation Consultants Association Annual Conference</i> . San Antonio, TX	May 2017
Unique Approaches to Breastfeeding Massage and Milk Expression/Breastfeeding Education, <i>North Carolina WIC, Region VI Quarterly Training</i> . Greenville, NC (Invited presentation)	August 2016
Starting a Private Practice: from Idea to Income, <i>North Carolina Lactation Consultants Association Conference</i> . Wilmington, NC	June 2016
Stakeholder Views of Breastfeeding Education in the K-12 Environment, <i>Breastfeeding and Feminism International Conference</i> . Chapel Hill, NC	March 2016
Breastfeeding in the First Hour After Birth/Careers in Lactation, <i>North Carolina State University Nutrition Club</i> . Raleigh, NC (Invited presentation)	September 2015
Benefits of Breastfeeding, <i>North Carolina State University Nutrition Club</i> . Raleigh, NC (Invited presentation)	October 2014

POSTER PRESENTATIONS

Singletary, N., Fogleman, A. Stakeholder views of breastfeeding education in schools: a systematic mixed studies review of the literature. <i>Triangle Global Health Conference</i> . Raleigh, NC	September 2018
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Singletary, N. Funny Tasting Milk: The Biochemistry and Clinical Applications of Human Milk Oxidation vs. High Lipase Action. <i>North Carolina Lactation Consultants Association Conference</i> . Greenville, NC	August 2018
Singletary, N., Goodell, S., Fogleman, A. North Carolina Family and Consumer Sciences Teachers' Infant Feeding Education Practices and Attitudes: A Mixed Methods Study. <i>Society of Nutrition Education and Behavior Annual Conference</i> . Minneapolis, MN	July 2018
Chetwynd E., Costello R., Goldstein A., Sanchez A., Singletary N., Sullivan C., Wulff S., Fogleman A. Designing a Breastfeeding Medicine Elective Rotation for Medical Students, Residents and Advanced Practice Nurses. <i>Academy of Breastfeeding Medicine 22nd Annual International Conference</i> . Atlanta, GA	November 2017
Singletary, N., Fogleman, A. Investigating Infant Feeding Education in North Carolina Family and Consumer Sciences Classrooms. <i>United States Lactation Consultants Association Annual Conference</i> . San Antonio, TX	May 2017
Singletary, N., Fogleman, A. Investigating Infant Feeding Education in North Carolina Family and Consumer Sciences Classrooms. <i>Triangle Breastfeeding Alliance</i> . Raleigh, NC	April 2017
Singletary, N., Fogleman, A. North Carolina Family and Consumer Sciences Teacher Attitudes and Practices Regarding Infant Feeding Education in Secondary School Classrooms. <i>Triangle Breastfeeding Alliance</i> . Raleigh, NC	May 2016
Singletary, N., Fogleman, A. Stakeholder Views of Breastfeeding Education in the K-12 Environment: A Review of the Literature. <i>Eastern NC AHEC</i> . Greenville, NC	August 2015

LICENSES AND CERTIFICATIONS

International Board Certified Lactation Consultant (IBCLC), October 2012

North Carolina Certification in Science (Grades 6-12)

North Carolina Certification in Middle Grades Math (6-9)

North Carolina Certification in Family and Consumer Sciences and Health Occupations Education (6-12)

PROFESSIONAL TRAINING

Basic Life Support Provider September 2016-present
American Heart Association, Chapel Hill, NC

Perinatal Mental Health Training April 2018
Postpartum Support International, Raleigh, NC

PROFESSIONAL SERVICE

Conference Planning Committee 2016-present
Art of Breastfeeding Conference. Raleigh, NC

Journal Reviewer

- International Breastfeeding Journal
- Journal of Human Lactation
- Breastfeeding Medicine
- Health Promotion Practice

EXTENSION AND OUTREACH

North Carolina Breastfeeding Coalition: Secretary, North Carolina 2018-present

Triangle Breastfeeding Alliance: Member, Raleigh, NC 2015-present