

LISA ANDERS, PHD, RN, IBCLC

University of North Carolina at Greensboro School of Nursing

EDUCATION

- 2017-2021 Marquette University College of Nursing, PhD, Nursing
Dissertation: *Experiences of Exclusively Expressing Breast Milk for Term Infants: A Qualitative Analysis*
- 2005-2009 University of Wisconsin, Madison, School of Nursing, B.S., Nursing

PROFESSIONAL EXPERIENCE**Academic**

- 2021-Present Assistant Professor of Nursing, tenure-track
University of North Carolina at Greensboro School of Nursing
- 2020-2021 & 2017-2018 Graduate Research Assistant
Marquette University College of Nursing

Clinical

- 2018-2020 Lactation Consultant, *Aurora Healthcare*
- 2015-2017 Labor/Delivery/Recovery, and Postpartum RN, *ThedaCare*
- 2009-2015 Labor/Delivery and Operating Room RN, *Aurora Healthcare*

PEER REVIEWED PUBLICATIONS

- Anders, L.A.**, Rabaja, K., Golman, M., Sullivan, C., & Espinoza, L. (2026). Flange size, complications, and feeding outcomes in exclusive expressers. *Clinical Lactation*, advanced online. <http://dx.doi.org/10.1891/CL-2025-0025>
- McDonnell, K., Percy, J., **Anders, L.A.**, Brown, M.J., Richman, A., Deardorff, J., Ruiz, M.S., Liu, J., Russel, K., Snyder, A., & Marshall, C. (2025). Investing in the development of the next generation of MCH leaders. *Frontiers in Public Health*, 13(1606108). <https://doi.org/10.3389/fpubh.2025.1606108>
- Anders, L.A.** (2025). Response to letter to the editor: Flange fit in the real world: A NICU clinician's perspective on pumping research. *Journal of Human Lactation*, 41(4), 534. <https://doi-org.proxy180.nclive.org/10.1177/08903344251367072>
- Anders, L.A.**, Mesite Frem, J., & McCoy, T.P. (2024). Flange size matters: A comparative pilot study of the Flange FITS™ Guide versus traditional sizing methods. *Journal of Human Lactation*, 41(1), 54-64. <https://doi.org/10.1177/08903344241296036>
- Anders, L. A.**, & Yasin, R. (2023). Pumping knowledge and information needs of lactation consultants and registered nurses. *Clinical Lactation*, 14(4), 153-160. <https://doi.org/10.1891/CL-2023-0024>

- Anders, L.A.** & Yasin, R. (2023). “At the end of the day, my goal is to help people feed their babies human milk”: A qualitative exploration of the pumping attitudes of lactation care providers. *Journal of Human Lactation*, 39(4), 711-719. <https://doi.org/10.1177/08903344231195628>
- Anders, L.A.**, Robinson, K., Ohlendorf, J., & Hanson, L. (2023). Comparing experiences of women who were direct breastfeeding and women who used expressed breast milk to feed their infants. *MCN The American Journal of Maternal Child Nursing*, 48(2), 96–102. <https://doi.org/10.1097/NMC.0000000000000892>
- Ohlendorf, J.M., & **Anders, L.A.** (2022). Running as a way fat women re-story their bodies and construct a runner identity in a North American sociocultural context. *Psychology of Sport and Exercise*, 63(2022), 1-9. <https://doi.org/10.1016/j.psychsport.2022.102278>
- Anders, L.A.**, Robinson, K., Ohlendorf, J., Hanson, L. (2022). Unseen, unheard: A qualitative analysis of women experiences of exclusively expressing breast milk. *BMC Pregnancy and Childbirth*, 22(58), 1-12. <https://doi.org/10.1186/s12884-022-04388-6>
- Ohlendorf, J. M., & **Anders, L.A.** (2022). Coaching for childbearing health: A theory synthesis. *Advances in Nursing Science*, 45(3), 240-255. <https://doi.org/10.1097/ANS.0000000000000401>

PRESENTATIONS

Invited (Oral)

- Anders, L.A.** (2026, August 4). *Dynamic flange fitting: An evidence-informed approach to assessment and clinical decision-making* [Oral presentation and workshop]. North Carolina Agricultural and Technical State University Pathway 2 Cohort Kick-off, Greensboro, NC.
- Draper, L. & **Anders, L.A.** (2026, March 19). *Leading nursing education in the age of artificial intelligence* [Oral presentation]. NC Conference of Directors of ADN and PN Programs, Asheville NC.
- Anders, L.A.** (2025, November 1). *Towards Evidence-Based Practice in Flange Fitting and Pumping* [Oral presentation]. iLactation 27th Online Breastfeeding Conference, Virtual.
- Anders, L.A.** (2025, July 1). *Pumps and Milk Expression* [Oral presentation]. LILAC Fellowship in Breastfeeding and Lactation Medicine at University of Rochester, Virtual.
- Anders, L.A.** (2024, November 8). *Generative AI: Navigating Opportunities and Challenges During Your PhD Journey* [Oral presentation]. University of North Carolina School of Nursing PhD Program Seminar, Greensboro NC
- Anders, L.** & Hubbard, L. (2023, October 2). *Beyond the latch: Supporting parents using breast pumps* [Oral presentation]. Carolina Perinatal Association Perinatal Partnership Conference, Myrtle Beach, SC.
- Anders, L.A.** (2021, September 17). *Exclusive pumping: Learning from parent experiences to improve care* [Oral Presentation]. Wisconsin Association of Lactation Consultants Quarterly Meeting, Virtual.

Refereed (Oral)

Anders, L.A. & Hall, T.F., (2025, June 23). *Teaching Postpartum Hemorrhage Interventions with Rapid Cycle Deliberate Practice*. Association of Women's Health, Obstetric and Neonatal Nurses National Convention, Orlando, FL.

Ohlendorf, J., **Anders, L.A.**, & Mattson, N. (2023, June 22). *Online communities: Belonging, empowerment, and self-management* [Presentation]. Association of Women's Health, Obstetric and Neonatal Nurses National Convention, New Orleans, LA.

Refereed (Poster)

Anders, L.A., Golman, M., Rabaja, K., Sullivan, C. (Accepted, 2026, October 9). *Dimensions of the breast milk expression experience and their relationship to human milk feeding duration in exclusively pumping parents* [poster presentation]. 23rd Conference of the International Society for Research in Human Milk and Lactation, Munich, Germany.

Golman, M., **Anders, L.A.**, & Rabaja, K. (Accepted, 2026, November 1). *Finding the perfect fit: How exclusive pumpers rely on community and clinical sources for flange size selection* [poster presentation]. APHA 2026—Together We Thrive: Health Across the Lifespan, San Antonio, TX.

Draper, L. L., Gibson, T., **Anders, L. A.** (2025, December 2). *Bridging the gap: Faculty readiness for artificial intelligence in education* [poster presentation]. Teaching Professor Conference on AI in Education, Virtual.

Anders, L. A., Golman, M., Rabaja, K., Espinoza, L.(2025, November 7-9). *Exploring flange size, complications, and feeding goals among exclusive pumpers* [poster presentation], 2025 Annual Conference of the International Lactation Consultant Association, Tampa, FL. **(AWARD: People's Choice)**

Golman, M., Obiora, O. L., **Anders, L. A.** (2025, November 7-9). *Perception, barriers, and facilitators to obtaining the International Board Certified Lactation Consultant (IBCLC) certification among healthcare practitioners in the USA* [poster presentation] 2025 Annual Conference of the International Lactation Consultant Association, Tampa, FL.

Golman, M., Obiora, O. L., **Anders, L. A.** (2025, November 7-9) *The impact of comprehensive maternity care access on breastfeeding initiation rates: A study of Texas counties* [poster presentation]. 2025 Annual Conference of the International Lactation Consultant Association, Tampa, FL.

Anders, L.A., & Hall, T.F. (2024, October 25). *Using a Multi-Patient OB Scenario to Simulate Realistic Situational Analysis and Decision-Making Under Pressure* [Poster presentation]. 18th Annual Southeastern Nurse Educator Symposium, Concord, NC.

Anders, L.A., & Mesite Frem, J. (2023, November 9-12). *Flange fitting to optimize breast milk removal and comfort for pumping parents: A pilot study* [poster presentation]. Annual International Meeting of the Academy of Breastfeeding Medicine 2023, Schaumburg, IL.

- Anders, L.A., & Yasin R.** (2022, September 21-24). *Human milk expression knowledge, information needs and attitudes of lactation consultants* [poster presentation]. New Horizons in Clinical Lactation: United States Lactation Consultant Association 2022 Conference, Norfolk VA.
- Anders, L.A.** (2021, March 24-27). *Experiences of exclusive breast milk expression*. Midwest Nursing Research Society Student Poster Competition, Virtual.
- Ohlendorf, J., & **Anders, L.A.** (2021, March 24-27). What women's goals reveal about self-regulation and health promotion through the pregnancy transition [paper presentation]. Midwest Nursing Research Society Paper Presentation, Virtual.
- Anders, L.A., & Robinson, K.** (2020, Cancelled due to Covid-19). *Mothers' perceptions of breast milk feeding: A pilot study* [poster presentation]. Wisconsin Association for Perinatal Care, Elkhart Lake, WI.
- Anders, L.A.** (2019, May 7). *Breast milk expression for term infants: A critical review of the literature* [poster presentation]. Marquette University College of Nursing Doctoral Student Celebration, Milwaukee WI.
- Anders, L.A.** (2018, May 8). *Examining the decision-making processes of women who exclusively express breast milk* [poster presentation]. Marquette University College of Nursing Doctoral Student Celebration, Milwaukee WI.

MEDIA COVERAGE/APPERANCES

- Robertson, B. (2026, August). "All things breastfeeding: Interview with Lisa Anders" [Audio Podcast Appearance]. All Things Breastfeeding. <https://lactalearning.com/podcast-2/>
- Burtch, A. (2026, January 26). UNCG nursing innovates training to improve maternal health outcomes [Interview/Feature]. UNCG News. <https://www.uncg.edu/news/uncg-nursing-training-maternal-health/>
- Salty, M. & **Anders, L.A.** (2025, August 13). Rethinking Flange Fit: A Conversation with Dr. Lisa Anders [Audio Podcast Appearance]. Behind the Latch: Inspiration and Evidence for Lactation Professionals. <https://margaretsalty.com/2025/08/13/episode-54-rethinking-flange-fit-a-conversation-with-dr-lisa-anders/>
- Kopinsky, A., Chetwynd, E., **Anders, L.A.** & Mesite Frem, J., (2025, January 20). Flange Fit Matters: A Deep Dive into Pumping Comfort and Milk Output [Audio podcast episode appearance]. The Journal of Human Lactation Podcast. <https://podcasts.apple.com/us/podcast/the-journal-of-human-lactation-podcast/id1761240088>
- Eglash, A., & Bodnar, K. (Hosts). (2025, January 20). Bone Density and Vitamin D During Lactation, and the Science of Flange Sizing [Audio podcast episode coverage of article]. Breastfeeding Medicine/IABLE Podcast. <https://lacted.org/podcasts/bone-density-and-vitamin-d-during-lactation-and-the-science-of-flange-sizing/>
- Eglash, A., & Bodnar, K. (Hosts). (2022, June 22). Maternal Vitamin D Supplementation & Infant Bone Density. Experiences of Women Who Planned to Exclusively Pump. [Audio podcast episode coverage of article]. Breastfeeding Medicine/IABLE Podcast.

https://lacted.org/podcasts/breastfeeding_vitamin-d-supplementation_infant-bone-density_women-who-planned-exclusively-pump/

GRANTS

Current:

2026-2027 Community Engaged Design Methods for Maternal Wellness. UNCG Internal Research Award, \$23,906. Submitted October 2025. **Role: Co-Investigator (2% Effort)**

Prior:

2023-2026 Leadership, Education, and Diversity in Maternal Child Health, Health Resources and Services Administration Maternal Child Health Pipeline Training Award, \$470,767.
Role: Project Director (12-20% Effort)

2024 AI Implementation Award, University of North Carolina at Greensboro Teaching and Learning, \$1,500

2023-2024 Flange Fitting to Optimize Breast Milk Removal and Comfort for Pumping Parents: A Pilot Study, University of North Carolina at Greensboro Internal Research Award, \$5,000. **Role: Principal Investigator**

2020-2021 Experiences of Mothers Who Exclusively Express Breast Milk, Wisconsin Association of Lactation Consultants, \$800. **Role: Principal Investigator**

2018-2020 Graduate Assistance in Areas of National Need, U.S. Department of Education Fellowship Award

TEACHING

Graduate

NUR 703 Qualitative Research Methods in Nursing (Synchronous Online, PhD)
NUR 798 Directed Research

Undergraduate

NUR 360 Childbearing and Reproductive Health (Face-to-Face Didactic, BSN)
NUR 360L Practicum for Childbearing and Reproductive Health (Face-to-Face Clinical, BSN)
NUR450 Evidence-Based Practice and Nursing Research (Face-to-Face, BSN)
NUR 473 Nursing Research (Asynchronous Online, RN-to-BSN)

SERVICE

University

2025-Present AI in the Classroom Task Force
University of North Carolina Greensboro, Role: Member
2025-2026 Scholarly Communications Committee
University of North Carolina Greensboro, Role: Member
2025-Present Career Readiness Task Force
University of North Carolina Greensboro, Role: Member
2024-2026 Assessment Technologies Institute (ATI) Champion Task Force

2023-Present	University of North Carolina at Greensboro School of Nursing, Role: Member Disciplinary Honors Liaison to the School of Nursing
2023-2025	University of North Carolina at Greensboro Lloyd International Honors College Enrichment, Recognition, and Awards Committee
2022-2023	University of North Carolina at Greensboro School of Nursing, Role: Chair Faculty Matters Committee
	University of North Carolina at Greensboro School of Nursing, Role: Member

Professional

2022-Present	Reviewer: <i>Journal of the American Medical Association</i> <i>BMC Pregnancy and Childbirth</i> <i>The Journal of Obstetric, Gynecologic, and Neonatal Nursing</i> <i>Nursing for Women's Health</i> <i>Sexual and Reproductive Wellness</i> <i>Journal of Human Lactation</i> <i>Clinical Lactation</i> <i>International Breastfeeding Journal</i> <i>PLOS One</i>
2022-2023	Triangle Breastfeeding Alliance Raleigh, NC Role: Treasurer

PROFESSIONAL MEMBERSHIPS

2025-present	International Society for Research in Human Milk and Lactation
2024-2025	Southern Nursing Research Society
2023-2025	North Carolina Perinatal Association
2022-present	Association of Women's Health, Obstetric, and Neonatal Nurses
2021-2023	North Carolina Lactation Consultant Association
2021-2023	Triangle Breastfeeding Alliance
2018-present	United States Lactation Consultant Association
2017-present	International Lactation Consultant Association

LICENSURE AND CERTIFICATIONS

2021-2028	Registered Nurse (330753) State of North Carolina
2009-2021	Registered Nurse State of Wisconsin
2018-2028	International Board-Certified Lactation Consultant (L-141090) IBCLC Commission
2004-2026	Basic Life Support American Heart Association