

Lisa Kelly, MSN, RN, PhD Student



Short Professional Biography:

Lisa Kelly, MSN, RN, is a PhD student in Nursing at Texas Woman's University, adjunct faculty at the University of Tulsa, and a clinical project and quality manager with nearly two decades of nursing experience. A U.S. Army veteran, Lisa brings a deep commitment to equity, access, and person-centered care to her work. Her research focuses on the lived experiences of individuals with Multiple Sclerosis—particularly those navigating cognitive impairment, identity shifts, and meaning-making throughout the illness journey. Her transition into MS research was informed in part by personal experience, lending her work a unique perspective grounded in both clinical knowledge and lived insight. Lisa is especially passionate about the role of nurse-led, purpose-driven interventions in improving quality of life and expanding access to holistic care. Through research and storytelling, she aims to elevate patient voices and inspire systems-level change in MS care.

Brief Description of Your Project:

The Impact of a Nurse-Led Purpose-Building Intervention on Quality of Life in Individuals with Relapsing - Remitting Multiple Sclerosis explores how cultivating a strong sense of purpose can contribute to an improved quality of life and better outcomes for people living with MS. Current research indicates that a clear sense of purpose is associated with reduced inflammation, increased resilience, and enhanced overall well-being. Many individuals with MS are actively seeking non-pharmacological options to complement their treatment plans—approaches that support both physical health and emotional resilience. This study evaluates the role nurses can play in facilitating purpose-building through structured, nurse-led group sessions. By focusing on meaningful reflection and goal-setting, the intervention aims to offer a scalable and accessible solution to support the holistic needs of individuals with MS.