

The Center for Nursing Research

The University of Alabama School of Nursing, UAB

August 2008



CNR Mission Statement

As a Center for Nursing Research in a Research I University, the mission of the CNR is to initiate, innovate, facilitate and support the development, implementation & evaluation of nursing & healthcare research that can improve the health, well-being and quality of life of individuals, families and communities.

Announcements

Lunch-n-Learn

Carrie Klima, PHD, RN

University of Illinois at Chicago

"Centering Pregnancy"

August 28, 2008

Noon

Trissi Gray, MBA-HCM

"Grant Mechanisms"

September 4, 2008

NOON

Lisa Ennis, Lister Hill

"PubMed- Precision Searches"

September 23, 2008

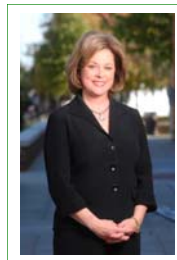
NOON

**Need editing for
your grant or
journal
manuscript?
Contact Trissi Gray
tgray@uab.edu**

Newsletter Item?



Empowering Patients Through Improved Health Literacy



Through her diverse roles as a nurse educator, instructor, and now assistant dean for student affairs, Joy Deupree, MSN, APRN has always had a special interest in addressing the needs of underserved populations.

Deupree is currently beginning work on a study that will identify the major problems with low health literacy that contribute to adverse drug reactions for patients 60 years and older. From this study, she plans to design an intervention using evidenced-based practice to improve utilization of medications. "As a nurse, more times than I can remember, I have witnessed patients who do not understand the instructions given to them by a health care provider," says Deupree.

Preliminary research indicates that patients do not always think to tell physicians about the medications they are taking at the direction of other health care providers, potentially causing life-threatening complications and dangerous interactions of medications. Additionally, it is rare that a health

care provider spends enough time with each patient to make sure the patient fully understands his or her condition and how medications should be taken. The complications of low health literacy can lead to wasted dollars through additional visits to health care providers due to relapse, misuse or underuse of prescribed medications, and avoidable emergency room visits. In extreme cases, low health literacy can cause death.

In addition to addressing the needs of the elderly population, Deupree has designed interventions to educate low literate parents in identifying and understanding how to care for a child with a true fever. Given the proper education, nurses are the most logical point in patient care where these interventions can be effectively implemented.

Over the next few years, Deupree hopes to integrate health literacy as a component in curriculum for the health profession schools at UAB. She believes that almost all patients with low health literacy are capable of understanding physician instructions if communication focuses on clarity and avoids lengthy medical jargon. "Seeing patients become empowered is one of the greatest rewards of my research" says Deupree.

From the Desk of Karen Meneses

Please join me in congratulating the SON recipients of the 2008 HRSA awards. Dr. Elizabeth Stullenbarger will lead the new academic program "Enrichment for Academic Nursing Success" that focuses on helping disadvantaged and minority students to complete their baccalaureate degree. Anne Turner-Henson's project "Leadership Education in Child-Health Nursing (LECH) Program will build capacity and leadership in child health nursing.

Teena McGuinness' project "Psychiatric Nurse Practitioners for the Rural Deep South" will prepare psychiatric nurse practitioners to increase access to mental health services in underserved areas of Alabama and Mississippi. On the next page, read more about these exciting programs to be launched in the SON this academic year.



Karen Meneses

Health Resources and Service Administration (HRSA) Awardees 2008

Enrichment for Academic Nursing Success

Elizabeth Stullenbarger, DSN, RN, Professor



This project is designed to increase Alabama's Bachelor of Science in Nursing (BSN) prepared registered nurse (RN) workforce by providing educational opportunities for individuals from disadvantaged backgrounds. The Enrichment for Academic Nursing Success (EANS) program will focus on pre-entry preparation, retention, and provision of scholarships and stipends to support disadvantaged and minority students to complete the BSN degree, pass the NCLEX, and become RNs.

The 3-year project will feature: 1) a pre-entry program for high school, college pre-nursing, and associate degree nursing students, 2) a recruitment and retention program for disadvantaged/minority nursing students, 3) an annual institute for many of the state's BSN nursing faculty to enhance their knowledge of health disparities, culturally sensitive care, and strategies for ensuring disadvantaged students' success, 4) an annual 3 credit hour elective for EANS students to strengthen their knowledge of health disparities, vulnerable populations, and the delivery of culturally sensitive care, and 4) a stipend and scholarship program for EANS students.

At the end of the project, a minimum of 12 EANS high school graduates will enter college as pre-nursing majors, 8 pre-entry nursing students will be accepted into the UASON BSN program, and 24 EANS BSN graduates will serve as RNs to deliver culturally sensitive nursing care, serve as role models for other disadvantaged Alabamians.



Leadership Education in Child-Health Nursing (LECHN) Program: Building Capacity and Leadership in Child-Health Nursing

Anne Turner-Henson, DSN, RN, Professor

The US is facing a critical shortage of Child-Health Nursing (CHN) faculty with the skills, knowledge, research, and leadership abilities to prepare future providers and leaders in Child-Health Nursing. The overall goal of this project is to address the shortage by preparing CHN faculty leaders who will train and mentor future CHN leaders to provide culturally sensitive, family-centered, evidence-based care for children and families in interdisciplinary and collaborative partnerships in community-based settings. Specifically, the project seeks to: 1) increase the number of PhD-prepared CHN faculty and provide specific in-

struction in leadership and research to CHN, 2) increase the number of PhD-prepared CHN faculty who can lead and conduct CHN research, 3) increase the number of PhD-prepared CHN faculty who can lead in advocacy for the health and well-being of children and families as well as train and mentor future CHN leaders in the advocacy role, 4) provide medium-term and short-term graduate CHN training, and 5) To provide TA/consultation, CE, and collaboration to CH agencies, community-based groups, and health care professionals at the national, regional, state and community levels.



Psychiatric NP for the Rural Deep South

Teena McGuiness, PhD, APRN, BC, Professor

Eighty percent of the counties located within a 150-mile radius of the University of Alabama at Birmingham are rural and designated as medically underserved. Large areas of these underserved counties contain communities consisting of 80% minority populations. To compound these problems, mental health provider shortages abound: of 67 counties in Alabama, 64 carry a mental health professional shortage area designation. To address these shortages, this project will prepare advanced practice nurses as psychiatric nurse practitioners. The purposes are to increase access to mental health care by increasing the number of primary mental health care providers in rural and underserved areas of Alabama and Mississippi and to implement a new nurse practitioner program. The Psychiatric NP Program will prepare MSN students to provide evidence-based psychiatric nursing care to individuals, families, or populations in primary, acute, or tertiary settings with a later option of bridging into a post-masters DNP program at UAB. Objectives are to develop an online Psychiatric-Mental Health NP (PMH-NP) program that will admit a minimum of 10 MSN students per year, to formulate a curriculum which integrates concepts of health disparities, cultural competence, and mental health into the PMH-NP didactic and practicum courses, and to recruit, enroll, and retain BSN-prepared nurses from rural, medically underserved counties in Alabama and Mississippi. Because this is a distance accessible program, students from rural and underserved areas will be able to stay and work near their homes, families, and communities, thereby increasing the likelihood that they will practice where they are most needed.

Research Interest Group Updates

Since January of 2008 four Interests Groups have been formed and have met 24 times with an average attendance between 4-10 individual attending. Participants in each group have been both faculty members and doctoral students.

Behavioral Research Interest Group (BRIG)

The purpose of the BRIG is to provide a forum for discussion of topics and issues related to research of behavior as it relates prevention of illness, health promotion, and maintenance and restoration of health in the context of illness. Particular interests of the group include behavioral theories supportive of nursing interventions, high risk populations, health disparities, and research design and methods for community-based research. For more information contact Dr. Linda Moneyham (moneyham@uab.edu).

Biobehavioral Research Interest Group (BRRIG)

The purpose of the (BRRIG) is to share resources and facilitate research activities of biobehavioral interactions in relation to various health outcomes. The key activities include the development of a group biobehavioral research project, writing a group paper on stress and inflammation, sustaining a journal club for discus-

sion of conceptual and methodological issues in biobehavioral research, and developing a resource list on biobehavioral topics. For more information contact Dr. Duck-Hee Kang (kangd@uab.edu).

Intervention Research, Technology and Population Science – Research Interest Group

This multi-disciplinary forum is for individuals interested in developing and validating the effects of multi-component intervention packages, performing large-scale population-based studies, and the use of technological research tools and applications. The group supports investigators from idea formulation, pilot work and methodological considerations to funding support. For more information contact Dr. Patrick McNees (mcneesp@uab.edu).

The Writers' Interest Group (WIG)

The WIG is a group that seeks to encourage the writings of faculty, students, and staff through supportive interaction. Popular recurring topics include addressing reviewers' comments, knowing when the paper is "good enough" to submit, and resources for developing writing skills. For more information contact Dr. Teena McGuinness (tmcg@uab.edu).

Doctoral Student Corner



Carrie Ann Long

Prior to entering the PhD Program, Carrie Ann Long worked as a critical care travel nurse. In the spring of 2005, Ms. Long attended a conference hosted by the National Coalition of Ethnic Minority Nurse Association, and it changed the direction of her life. "I had

to see what nursing research is all about; at that conference I made the decision to become a nurse researcher, and I haven't looked back," says Ms. Long.

Long's research interests relate to HIV/AIDS prevention among young adult African American women. She hopes to identify the relationship between sexual empowerment and sexual pressure to condom use in young adult African American and Caucasian women while examining racial similarities and differences among these populations. Eventually Ms. Long plans to develop a sexual empowerment framework that can be used to guide HIV prevention interventions targeting African American women.

Dr. Linda Moneyham is her Committee Chair and mentor; Dr. David Vance is also a mentor and a member of her dissertation committee. When talking about her mentors, Long has nothing but praise, saying, "They have both gone above and beyond to assist me with developing my research focus and writing skills."

Over the past 2 years, Long has been the recipient of many awards and scholarships, including the UAB

Nursing Alumni Association Outstanding Graduate Student of the Year for 2008.

Ms. Long offers this advice to new doctoral students: "The doctoral race is not a quick and easy road, so you can't sprint all the way to the finish line. Pace yourself, set attainable goals, and drink plenty of water as you run the race."

Recent Graduates

Kimberly Nichols

Relationships among Anger, Patterns of Anger Expression and Blood Pressure, Cortisol and Glucose in Overweight School-Aged Children

Chair: Marti Rice, PhD, RN

Sunun Sinsuesatkul

An Exploration of Factors Related to Hypertension Control in African American and Caucasian Municipal Employees

Chair: Michael Weaver, PhD, RN, FAAN

Ashley Wood

Effects of Music Therapy on Preterm Infants in the Neonatal Intensive Care Unit

Chair: Lynda Harrison, PhD, RN

Getting to Know Peter Tofani, MS, LTC(R), Director of Student Affairs



Tell me a little bit about your job.

Recently, I have joined the School of Nursing as the Director of Student Affairs. I will have the pleasure of helping students through the acceptance and administrative requirements. I am beginning my fourth year with the university. My previous position on campus was a professor of military science.

Tell me about your family. I have been married for eighteen years to my wife, Jodi. We have two children, Olivia and Jake.

Do you have any pets? Our family has one dog, whom we named Harley. He followed my wife home from a run through the neighborhood. After posting "Found Dog" posters for a month, I realized we had a new member of the family.

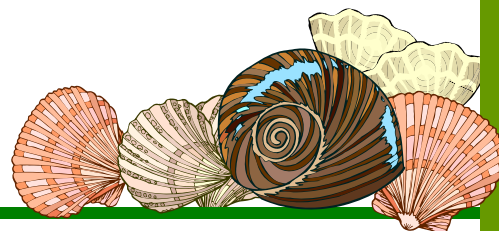
Who has had the greatest influence on your life? Besides my parents, a significant positive impact was made by my high school track coach. He taught his athletes to be competitive, fair, and to be good people.

What was the last book you read? I recently read *The Leadership Secrets of Colin Powell*, by Oren Harari. I enjoyed the approach the book took in expla-

nation and the insights it gave into Powell's leadership and management style.

Where is your favorite vacation spot? The beach tends to be the place where we spend our free time. We recently went to the Florida Keys and had a great time swimming, snorkeling, and fishing.

Is there anything else about yourself that you would like to share? I look forward to meeting and working with everyone here in the School of Nursing.



Grantsmanship Corner-Trissi Gray



Welcome to the Grantsmanship Corner! This column is designed to provide School of Nursing faculty, students, and staff with help-

ful hints during the pre- and post-award management phases for research and training proposals housed within the School of Nursing. During the next few months, this column will offer suggestions for ways to search funding mechanisms through federal agencies, foundations, and other funding organizations as well as provide pre- and post-award management guidelines for research and training programs. It is our hope that these suggestions will assist you in seeking

out the funding opportunities that will enhance faculty career development, promote scholarly productivity, and provide the School of Nursing with additional resources to support our education, service, and research mission.

Please mark your calendars and plan to attend the Grant Mechanism Lunch-n-Learn scheduled for September 4th in the CNR, G020. This seminar will provide information about helpful links and search engines for locating active program announcements through agencies and foundations such as the National Institute of Health (NIH), the Health Resources and Services Administration (HRSA), the Environmental Protection Agency (EPA), the Robert Wood John-

son Foundation (RWJF), and the American Heart Association (AHA). Stay tuned for more to come!

CNR Services

Grant Preparation

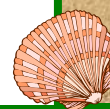
Application preparation
Budget development
Institutional grant processing
Statistical consultation

Grant Management

Post award management
Hiring personnel
Budget forecasting

Editorial Services

Research grant review
Research manuscript review



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