

# The Center for Nursing Research

The University of Alabama School of Nursing, UAB

December 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.

## Herbal Remedies in Rural Communities

Dr. Glenda Smith is a CRNP and Assistant Professor in the School of Nursing Family/Child Health & Caregiving Department. For most of her time as a clinical nurse, Dr. Smith has worked with African American patients in rural settings. When getting to know her patients, she learned that many of her families were using herbal and other remedies prior to seeking health care in the clinic, and that within many African American communities there still exists a rich tradition of herbal remedies. Just as Africans brought their customs, traditions and beliefs with them, they also brought their medicinal remedies and cures. Many of the herbal treatments being used today have been handed down for generations.



Dr. Smith believes that there is value in many these herbal treatments and that the survival of these traditions speaks to the tenacity of a people and their culture.

While Dr. Smith has found herbal remedies to be

commonly used among her patient population, there is little in the literature regarding African American herbal use with children. It is essential that healthcare providers be aware that herbal treatments are used, not only as a complement to healthcare, but sometimes as the only care some patients receive.

Says Smith, "If the medical community dismisses this practice or does not feel that this is important enough to ask patients about, serious complications may arise. For example, many African Americans will not discuss herbal use with their health care provider for fear of ridicule. In order to provide safe and effective healthcare, it is vital that the healthcare community be educated about herbal remedies and that they discuss the use of home or herbal remedies with patients to avoid potential drug interactions."

In 2007, Dr. Smith was awarded funding from the Purdue-UAB Botanicals Research Center for her project, "The Pharmacokinetics and Bioavailability of Herbal Remedies Used by Rural African Americans." The aim of her project is to develop methods to investigate the safety and efficacy of herbal remedies, and perhaps use them in clinical practice instead of expensive medications.

## From the Desk of Karen Meneses

This is truly a remarkable time in our School's history, and an exciting time to be part of the UAB SON community. As an integral part of the SON, the CNR continues towards providing the SON with excellent service and support for research and scholarly activities. We embrace and embody the tenets of the SON Core values with an eye towards constant improvement in how

we can better serve you.

During this holiday season I hope you take pause and join us in both looking back at the past year and looking forward to the challenges, hopes, and rewards that the New Year promises to bring. Finally, we wish you a joyous holiday season!



*Karen Meneses*

## Announcements

### IRB Training Update

Sheila Moore, CIP,  
Director of IRB

December 4, 2008

11:30-1:00

SON Auditorium

Attendance will satisfy the IRB certification requirement for the year.

### Stats Rounds

Dr. Andres Azuero

"A Fresh Look on Some Oldies but Goodies: A Modern Approach to ANOVA & ANCOVA"

December 11, 2008

12:00-1:00

G020

Newsletter item? Send to  
Lauren Antia  
(lar@uab.edu)



## SON Core Values

### Desired Characteristics of Our Work & Learning Environment

- Support is given and received by all.
- Opportunity exists for professional and personal growth for all.
- Opportunity exists for everyone to be a leader.
- Creativity is present here, valued and allowed to flow.
- Community connections and responding to needs are valued.
- Diversity is valued and embraced.
- Engaged citizenship is valued and promoted.
- Teamwork and team spirit are supported.
- Communication is timely, open, and transparent.



## KOMEN Race for the Cure

Congratulations to **Dr. Andres Azuero** and his co-investigators: **Drs. Karen Meneses; Patrick McNees; & Angela Jukkala** for winning 1st place in the 2008 Birmingham - Komen Race for the Cure poster contest. Dr. Azuero's and the team donated the \$250 award to the local Komen for the Cure Foundation.



## Health Care Hero



Congratulations to **Dr. Mardell Davis** for receiving the Health Care Hero of the Year Award from the Alabama Black Nurses Association!

## Sigma Theta Tau International Regional Conference Update

The Sigma Theta Tau International (STTI) Region 8 Conference was held on October 16-18, 2008, in Birmingham, AL. The conference coincided with the Open House at the School of Nursing and UAB Homecoming. Guests were invited to celebrate with present and former faculty and to tour the newly renovated school and state-of-the-art nursing lab. One comment heard from a visiting STTI member was, "I always wanted to see the nursing lab at UAB, as I heard it was great. I was not at all disappointed. It was fabulous."

The conference keynote address was given by former SON faculty member Dr. Karen Morin, president elect for STTI. Dr. Morin provided highlights of the past and future endeavors of STTI and tips on developing leadership within individuals and chapters.

The breakout sessions focused on

topics to expand the horizons of all STTI chapters: technology innovations, processes for initiating a new chapter, and strategic planning, to name a few. **Dr. Lygia Holcomb** and **Mrs. Loretta Lee** represented the UAB SON by expounding the role of online technology in education.

The UAB SON was also well represented by **Drs. Sylvia Britt, Erica Pryor, and Cecilia Ohman**, who participated in a roundtable discussion on new educational programs.

Our own SON is truly on the forefront of breaking edge educational opportunities to expand the nursing workforce, provide opportunities for PhD students' research, and educate future faculty leaders.

**Dr. Karen Saenz** participated in a panel presentation on international initiatives. Dr. Saenz is well known for her multiple collaborations with the citizens of Honduras. Her work

teams students with deserving research projects in the country of Honduras.

**Dr. Annette Wright** was honored with a third place award for her poster presentation on research in diabetes.

The meeting was well attended and the positive comments were numerous regarding the generosity of faculty, staff and students.

*-D'Ann Somerall*



Dr. Annette Wright

## Getting to Know-Kim Davey, BA, BS, MA-Program Manager



**What do you do at the SON?** I am working on several projects throughout the

SON, from helping with recruiting materials to the school's strategic plan. I am enjoying my work and have particularly appreciated everyone's warm welcome!

**Where did you go to school?** I received a BA in Spanish and a BS in Business from Samford University, and I am currently completing my MBA at Samford. I also earned an

MA in Diplomacy and International Relations from Seton Hall University in South Orange, NJ.

**Where are you from?** I grew up in Calera, Alabama, which is approximately 30 miles south of Birmingham.

**Who has had the greatest influence on your life?** My parents and grandparents. They always told me that an education was something that could never be taken away from you.

**Read any good books lately?** I enjoy modern art, and the last book I read was the Exhibit Guide to MOMA (Museum of Modern Art) in NYC. I would recommend it to art enthusiasts.

**What was your first job?** Throughout high school and college I worked as a lifeguard and swim instructor at Sports First Vestavia and Greystone.

**What is your favorite movie?** *The Godfather: Part I*. I also love foreign films like *Como Agua Para Chocolate*, *Il Postino*, and *Habla con Ella*.

**Do you have any hobbies?** I play the piano, oboe, and clarinet, I am scuba certified, I love visiting aquariums, and I collect art guides from museums of modern art and art. My favorite art museums are the Tate Modern in London, El Prado in Spain, MOMA in NYC, and the Museum of Contemporary Art in Chicago.



## Funding From Foundations



Opportunities through foundations should not be overlooked. Most foundations have mechanisms of support for research pilot programs as well as exploratory funds for a host of research areas of interest. Generally, these funds are not a mode of continuous long-term funding, but they can be used to expand your portfolio and provide a foundation for beginning your program of research or expanding your current program of research. Commonly, foundation calls for proposals are very specific to the individual foundation priorities and are submitted through the foundation host website with limited multiple standard deadline dates like the federal agen-

cies. Here are some search engines that provide mechanisms for supporting your research endeavors:

The Foundation Center  
(<http://foundationcenter.org>) .

Fundsnet Services Online  
(<http://www.fundsnet.com>).

GrantsNet.org  
([www.grantsnet.org](http://www.grantsnet.org))

So as you are relaxing over the holidays and seeking out the funding opportunities that will enhance faculty career development, scholarly productivity, and provide the SON with additional resources to support our education, service and research mission, hopefully these sites will serve as additional resources in your quest!

-Trissi Gray

## Glenda Smith-continued from p 1

Dr. Smith's current pilot looks at catnip (*Nepeta cataria*), an herbal remedy for infant colic in the African American rural population. Along with other scientists from Rutgers and Purdue, she hopes to analyze catnip for its biochemical constituents, grow specimens, and then test a tea made from the plants in an animal model for safety and efficacy. Eventually, she plans to study the efficacy of catnip in a population of children.

For Dr. Glenda Smith, a major reward would be the verification of traditional herbal remedies used in the African American population and publication of the information in a compendium for health care providers.

## 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

## CNR Services

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Published in-house, by the UAB CNR  
<http://main.uab.edu/Sites/nursing/Research/>

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