

The Center for Nursing Research

Newsletter

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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 & health care research that can improve the health, well-being and quality of life of individuals, families and communities.

Dean Doreen Harper Elected to the Board of the American Academy of Nursing (AAN)



Congratulations to Dean Doreen Harper, who was recently elected to the AAN Board of Directors. The academy's ten member board oversees the financial management and provides direction for the academy's strategic planning. Academy members comprise more than 1500 nurse leaders in education, management, research, and

practice. The academy examines and anticipates national and international trends in health care and addresses critical issues influencing health care policy.



From the Desk of Karen Meneses

The new year brings anticipation of fulfilled promise of novel ideas and innovative projects. The new year also brings a fresh start to new programs. Together with SON faculty, CNR Staff have several new ideas and projects in the works that we are excited to implement this year.

First, we invite you to attend the inaugural event of the Endowed Chair Lecture Series. The series highlights the research and scholarship of the SON's endowed chairs. The first presentation will be given by Dr. Linda Moneyham, Rachel Z. Booth Endowed Chair, on January 24. The title of her presentation is "Designing Interventions for Poor, Rural Women in the United States." We have

briefly highlighted Dr. Moneyham in this issue. Second, we are pleased to announce a new Research Interest Group focusing on scholarly writing. A monthly Writer's Interest Group (WIG) will meet on the 3rd Tuesday of each month at 11:00 in GO10Q beginning January 15, 2008. The purpose of the WIG is to help nurse authors increase the number of tools in their writing toolboxes. Dr. Teena McGuinness will lead this group and will provide practical suggestions and writing encouragement.



Happy New Year!! *Karen Meneses*

Announcements



Dr. Linda Moneyham

"Designing Interventions for Poor, Rural Women in the United States"

January 24, 2008

3:00-5:00

Reception to follow
CEUs will be offered
Please RSVP to
Lauren (lar@uab.edu)

CANS Reminder!

January 15, 2008 is the deadline for abstract submissions to the 2008 National State of the Science Congress on Nursing Research
[\(http://cans.](http://cans.abstractcentral.com/)

[abstractcentral.com/\)](http://cans.abstractcentral.com/)

Dean's Scholar Awards Reminder!

Letters of intent are due by
January 14, 2008,
to Trissi Gray
(tsggray@uab.edu)

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

PASS By High Blood Pressure

In 2002, Dr. Marti Rice was awarded a grant from the National Institute of Nursing Research to test interventions in which physical activity and cognitive/behavioral strategies are used to reduce anger and stress and to enhance self-concept. One of the many outcome measures investigated was blood pressure readings. The researchers found an alarming pattern of elevated blood pressure readings at or above the 90th percentile in more than 22 % percent of the 500-plus children enrolled. Almost 15% of the children had readings at or above the 95th percentile for blood pressure; this percentage is three to seven times greater than what would be expected in a well-child population.

Furthermore, there is evidence to suggest that having even one elevated blood pressure reading as a child can progress to having elevated readings as an adult.

To respond to these findings and to disseminate information from the project, the PASS research team developed the program PASS by High Blood Pressure. This program is aimed at educating both parents and children about blood pressure. Administered in coordination with the various parent-teacher organizations (PTSO, PTO, or PTA), the parent program includes information and materials about blood pressure and elevations in blood pressure; factors influencing blood pressure; measures to prevent elevated blood pressure; including nutrition, exercise, and stress/anger management; and yearly well-child visits. The child program consists of the following educational modules presented in the classroom: circulatory system, nutrition, physical education, and stress management. For more information, contact Dr. Marti Rice (schauf@uab.edu).

PASS
Promoting Anger
Management, Stress
Management, and
Enhancement of
Self Concept

Linda Moneyham, Rachel Z. Booth Endowed Chair



We are pleased to announce that Dr. Linda Moneyham will be the inaugural speaker in the CNR Endowed Chair Lecture Series. Her presentation will take place on January 24, 2007, from 3:00 to 5:00 in GO20. A reception will follow the lecture. If you would like to attend, please RSVP to Lauren Antia (lar@uab.edu).

Dr. Moneyham's program of research evolved from a focus on the effects of stress and coping on health outcomes of women to a focus on the adaptational outcomes of women with HIV. Her current research involves the testing of interventions supportive of rural women with HIV. Currently, Dr. Moneyham is testing a peer-based

social support intervention designed to increase social support and coping effectiveness as a means of impacting depressive symptoms, disease management (including adherence), and quality of life of rural women with HIV.

SNRS Reminder!

The 22nd Annual SNRS Conference, "Health Disparities: Evidence into Action", will be held on February 21-23, 2008, at the Sheraton Birmingham. (<http://www.snrs.org/annualconf/2008annualconference.html>).

Recent Grant Submissions

Dr. Jean Ivey-HRSA-Culturally Competent Distance Accessible Post-Master's DNP Program. This post master's DNP program, developed by the University of Alabama School of Nursing at Birmingham and by the College of Nursing at the University of Alabama in Huntsville will increase access to high-quality care for rural and underserved Alabamians by enhancing the ability of advanced practice nurses prepared at the master's level to provide evidence-based, culturally competent, innovative, cost-effective high quality, health care.

Dr. Teena McGuinness-HRSA - Psychiatric NP Program for the Rural Deep South. This 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 and will include a later option of bridging into a postmaster's DNP program at UAB.

Dr. Elizabeth Stullenbarger-HRSA-Advanced Education Nursing Traineeship Program. The purpose of this proposed project is to support nurses seeking to upgrade their skills and competencies through advanced education and practice. The support will be provided by awarding professional traineeship funds for support of tuition and fees to qualified students matriculating in an advanced practice nursing major.

The funds will be awarded to students in the following advanced practice areas: nurse executive and informatics roles, clinical nurse specialist, nurse educator, nurse practitioner, and first-year nurse anesthetist.

Dr. Anne Turner-Henson-HRSA-Leadership Education In Child-Health Nursing (LECHN) Program: Building Capacity and Leadership in Child-Health Nursing. The proposed project will prepare Child-Health Nursing (CHN) faculty leaders to train and mentor future CHN leaders who will provide culturally sensitive, family-centered, evidence-based care for children and families in interdisciplinary and collaborative partnerships in community-based settings.

Doctoral Corner

Focus On

Connie White-Williams, Doctoral Student



Connie White-Williams is a second-year doctoral student in the PhD program in the School of Nursing. Her research focus is in social support after heart transplantation. Stated White-Williams, "Long-term survival and risk factors for transplant patients have been examined extensively; however, the focus of psychosocial outcomes related to quality of life and survival of long-term recipients of heart transplantation have not been studied at all."

Like many of the School of Nursing's distinguished doctoral students, White-Williams has an extensive record of clinical experience and professional recognitions. Since 1986, she has been at UAB Hospital and is currently the Cardiothoracic Transplant Coordinator. She is an instructor and preceptor in the UAB BSN program. White-Williams is the recipient of the 2007 Marie O'Koren Scholarship and the 2007 Alabama Board of Nursing scholarship. In 2006, she was inducted as a Fellow in the American Academy of Nursing.

Recent Graduates

Vicki Bingham, PhD, RN

"The Recovery Experience for Persons with a Myocardial Infarction and Their Spouses/Partners"

Chair: Dr. Barbara Habermann



Wilma Powell Stuart, PhD, RN

"A Grounded Theory Study: Hispanic Adolescents' Experience of Being Overweight"

Chair: Dr. Marti Rice

Getting to Know Patrick Packer, Program Manager



Tell me about your job: I am a dual Program Manager for Clinical Simulation & Technology and Research, Innovation & Technology. I assist in the design and implementation of technology and systems in the SON to support research, education, and practice. I manage efforts using tools, tactics, and strategies for promoting multidisciplinary collaborative research and clinical service projects and expansion of team-science initiatives at UAB.

What degrees do you have? I hold bachelor's degrees in finance and economics, and I am an alumnus of UAB.

Who has had the most influence in your life? My parents have influenced my life the most, followed by the young people I have met through my community service work and by the individuals I have met while working with incarcerated individuals in the "I Still Care" impact rehabilitation project, which prepares participants for life after prison.

Do you have a personal motto?

The world is waiting on you and needs your brilliance.

Have you ever met anyone famous? Yes, Nelson Mandela.

What was the last book you read? "Some Love, Some Pain, Some Time: Stories", by J. California Cooper. I would recommend this author to others over and over again.

What is your favorite movie? *The Godfather I, II, III.*

What is your favorite Birmingham lunch (near UAB)? Surin West and also the UAB Cafeteria for a double bacon and cheese burger with French fries.

Angel's Advice-Intrastate Travel



Beginning January 1 2008, the standard mileage rates for the use of a personal vehicle (including vans, pickups, or panel trucks) will be 50.5 cents per mile for business miles driven. All travel before January 1, 2008 will be processed at the current rate of 48.5 cents/mile.

Per Diem-Base Area: Employees will be classified as intrastate travelers when they travel within the state of Alabama but outside their base

area on authorized state business and will be entitled to the authorized travel allowances for such travel. For employees based at the main UAB campus, the base area is defined as the corporate city limits of the city of Birmingham, Alabama.

Meal Allowances: For intrastate travel, state regulations specify that no travel allowance shall be paid for a trip of less than six hours. For a trip of more than six hours but less than twelve hours where an overnight stay is not required, the trav-

eler shall be paid a daily meal allowance, is currently \$11.25. If the trip exceeds twelve hours where an overnight stay is not required, the allowance is currently \$30.00. Because an overnight stay is not required, IRS regulations state that these meal allowances are subject to federal tax; and therefore, such meal allowances must be included in the traveler's taxable income and will appear on the employee's UAB Form W-2 Wage and Tax Statement.

IRB Certification

Need your IRB certification? You can do it online via the UAB Web site:<http://main.uab.edu/show.asp?durki=56078>

IRB policy requires that researchers update their training at least once between January and December of each

year. Some researchers use a "12-month" system in which they complete their training at approximately the same time each year. According to IRB policy this is acceptable as long as at least one training event is completed during each calendar year (January-December).

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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