

Southern Connections



SNRS NEW OFFICERS



THIS ISSUE
FOCUSES
ON OUR
NEWLY
ELECTED
OFFICERS
AND
UPCOMING
ELECTIONS

This issue of *Southern Connections* focuses on a group of individuals who volunteer considerable time and energy to the Southern Nursing Research Society in order to facilitate the functioning of the organization. These are our elected officers. In this issue, you can get to know our newly elected officers a little better. You may also discover more about the functions of the officer positions that will be open for election in the coming year. And, you will find the nomination form which you can use to either nominate your colleagues or yourself for office in SNRS. Nominations are due September 15. Please consider the contributions you might make to the organization through service as an officer. As a volunteer organization, our future is in your hands!

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PRESIDENT'S MESSAGE

JEAN McSWEENEY, Ph.D., RN, FAHA



I recently represented SNRS at the National Nursing Research Roundtable and the Council for Advancement of Nursing Science (CANS) meetings in Washington, DC. The Steering Committee of CANS is comprised of the Presidents of the four regional research societies, and representatives from Sigma Theta Tau International, American Nurses Foundation, the American Academy of Nursing, and National Institute of Nursing Research. This committee voted to serve as a sponsor for the 2004 State of the Science Conference. Also, we are initiating a membership campaign to solicit new members and to encourage current members to renew their membership. CANS will have its website operational soon and further announcements will be forthcoming. The second meeting of CANS will be held in conjunction with the NightinGala (September 11-13, 2003). The theme of the meeting will be unleashing the potential of nurse researchers whose primary appointments are in the service sector or in research institutes. I will be sending an e-letter with further details.

UNLEASHING THE POTENTIAL OF NURSE RESEARCHERS!

It is that time of year to remind you to consider nominating a fellow member or yourself for one of our numerous awards. It is a goal of SNRS to honor and recognize our members. It is sad that we did not have nominations for each of our awards this year. I encourage you to view our website for specific information about each award and the due dates for submission of materials (www.snrs.org).

It is not too soon to begin to think about nominations for SNRS Board and Officer positions (see feature on nominations in this issue). We had an excellent slate of candidates last year, and I encourage interested persons to contact one of the Officers or Board members to inquire about duties associated with each position that will be open. These include Secretary, two At-Large positions and two members of the

Nominating Committee.

Mark your calendars for the dates of our 2004 conference. It will be held in Louisville, Kentucky on February 19-21, 2004. Student poster abstracts must be postmarked by October 1, 2003 to be eligible for consideration. To submit as a student, you must be a student on October 1, 2003. Please see other criteria and guidelines on our website or contact the University of Texas at Arlington, (817) 272-2778, to request the information.

Remember that the dues increase approved by members at the conference will go into effect on July 1, 2003. Dues for students will be \$50 and for all others will be \$75 annually. Our dues will remain the lowest of any of the regional nursing research associations. Have a great summer!

Jean McSweeney, President



INTRODUCING DONNA HATHAWAY, Ph.D., RN PRESIDENT - ELECT



SNRS's President Elect is Donna Hathaway, Ph.D., RN, Dean and Professor of Nursing at the University of Tennessee Memphis College of Nursing. The focus of her program of research over the past 15 years has been on quality of life in posttransplant, kidney-pancreas recipients. Her other research interests include medication adherence, the influence of immunosuppressant side effects on quality of life, secondary complications of diabetes, and biobehavioral outcomes of transplantation.

Dr. Hathaway reflects on the development of her research career: "They say as you get older time seems to slip away quicker and quicker. I suppose I must then be getting older because it only seems like yesterday that I was fresh out of my doctoral program and beginning my first position as a "real" faculty member.

"One of my assignments in this new position included getting a research program underway in our small university hospital. Being totally naïve and inexperienced I trotted over the hospital and began what ultimately evolved into a program of research that has spanned almost two decades and provided me opportunities I could never have imagined.

"The research environment I entered as a new scientist was critical to any successes I was able to enjoy as my career evolved. Because the research I undertook with the organ transplant program at The University of Tennessee Health Science Center was with a population I had not previously worked, the partnerships I formed were particularly important to the growth of our program as well as my personal development. This environment vigorously nurtured the values of multidisciplinary collegiality, research dissemination, professional networking, organizational leadership, mentoring new scientists, practice-based research, research utilization, and the general quest for new knowledge. It is the personal growth and opportunities afforded me during my experiences in this research environment that I hope to create for others."

And in her role as SNRS President-Elect, she notes: "As nurse scientists in the southern region, the Southern Nursing Research Society is one of the key elements of our research environment. I hope that during my tenure in a leadership position with SNRS I can enact some of the values that helped me grow as a scientist throughout our organization to the benefit of our membership. Clearly we already have a strong organization comprised of a great many stellar nurse scientists. It is my hope that through SNRS we can all contribute back to the community of scholars that helped us grow as scientists, and pave the way for a new generation of scientists while supporting the excellent work of our colleagues with established research careers."





INTRODUCING MARTI RICE, Ph.D., RN TREASURER

Dr. Marti Rice, Ph.D., RN, is an Associate Professor at the University of Alabama School of Nursing at Birmingham where she has held a faculty appointment for the past six years. She writes about her goals as Treasurer for SNRS: "I am so pleased to be serving as the Treasurer of such a dynamic and upward moving organization. As the new Treasurer of the Southern Nursing Research Society, I have two goals:

- 1) Along with the Finance Committee, manage SNRS funds in a responsible manner to insure that the mission and goals of SNRS can be accomplished; and,
- 2) Work collaboratively with other members of the Board to advance the strategic plan and goals of SNRS. In particular, I would like to see SNRS increase the number of small grants awarded and to institute a yearly Dissertation Award. The latter are both part of the strategic plan and ones with definite relevance for the Finance Committee."

She shares an overview of her academic life, research career and personal life: "At UAB, I teach research methods and statistics and have an active research program. For the past 14 years, my research team and I have addressed anger and blood pressure in children. In 2002, we received four years of funding from NINR to test the effects of an intervention to help 9 and 20 year-olds manage anger and stress and enhance self-concept. The intervention includes both cognitive/behavioral and physical activity strategies. Each cohort of children from Alabama schools will be involved in the study for 17 months. Outcome measures include psychological (anger, patterns of anger expression, stress, self-concept, perceived resources for coping), behavioral (use of coping strategies, in-school behavioral problems), physiological (blood pressure, salivary cortisol, secretory IgA), and health (number of viral infection, illness related absences) variables. As an extension of this research, we received funding from the UAB Comprehensive Youth Violence Center to examine anger and stress and physiological outcomes in teachers—important people in a child's school environment.



"In my private life, I am a wife and the mother of two teen-agers, Brian and Jessica. My family keeps me grounded and I am very grateful that I have them."

INTRODUCING SUZANNE YARBROUGH, Ph.D., RN VICE-PRESIDENT



Suzanne Yarbrough, Ph.D., RN, is an Assistant Professor at the University of Texas Health Sciences Center in San Antonio. Her research interest is in the area of health promotion behaviors regarding breast cancer screening in older women. She has used qualitative methods to explore aspects of older women's experiences of caring for self and women's processes of making choices about breast cancer screening.



She writes about her role as SNRS Vice-President: "Thank you to the membership of SNRS for electing me to serve as your Vice President. My goal while serving in this position is to continue the work of those who have preceded me in this office, assuring the members that we will have a valuable forum each year for sharing our scholarly work. I have great big shoes to fill—those of Marge Miles and the program planning committee that has served for the last two years. Fortunately, the ongoing team and I will benefit from Marge's continued membership on the committee. This is no small task, and I am grateful that those who have participated in a couple of years of planning will be there to guide me and the new committee members as we plan the next two meetings: February 19-22, 2004, in Louisville, Kentucky; and 2005, in Atlanta, Georgia.

"Of course, no meeting would ever succeed without the input from the SNRS membership. I believe that the success of previous meetings has resulted mainly from the quality of the presentations that are possible only because the members of the organizations are doing top-quality nursing research. Thank you all for presenting in the past. By the time you receive this newsletter, I hope that all of you will have submitted your abstracts for podium presentations, symposia and poster sessions for the 2004 meeting.

"There is no greater dilemma than that of having to select presenters from among a large number of submissions. Again, I have to thank the SNRS membership for participating in the abstract review process. Accomplishing a fair review of the three to four hundred abstracts that are submitted requires hours of careful reading from a strong group of reviewers. Reviewers take time out of their summers to read and critique 10 - 20 abstracts each. Believe me, that effort is recognized and appreciated.

"I promise to do my best to follow the tradition of growing excellence in program planning. Thank you, SNRS members, for all of the support that you provide to make this possible."



INTRODUCING JOANNE YOUNGBLUT, Ph.D., RN, FAAN MEMBER -AT- LARGE

JoAnne M. Youngblut, Ph.D., RN, FAAN, is a Professor of Nursing and Coordinator of Research at Florida International University School of Nursing. An At-large Member of the SNRS Governing Board, she is the Membership Chair and the State Liaison Coordinator. With respect to her research career, Dr. Youngblut is well-known for her 16-year program of funded research on families raising vulnerable children. She has headed or participated in 15 research grants - funded by the NINR, NIH's Office of Research on Women's Health, among others - and 4 research training grants, including an institutional NRSA from NINR and a Center for Excellence in Pediatric Nursing grant from the Maternal Child Health Bureau.

Dr. Youngblut's work has been published in prestigious interdisciplinary and nursing journals, including *Nursing Research*, *Research in Nursing & Health*, *American Journal of Critical Care*, *Pediatric Nursing*, *Journal of Pediatric Nursing*, *Journal of Perinatology* and *Psychology of Women Quarterly*. Dr. Youngblut has served on NIH grant review panels since 1993, reviewing minority research grants for the National Institute of General Medical Sciences and the National Institute of Mental Health, NRSA fellowships for NINR, and research grants for the Center for Scientific Review's nursing study section.



Dr. Youngblut represented nursing and the ANA in the Clinical Research Summit of the AMA and the Association of America Medical Colleges. She was the Associate Dean for Research and Founding Director of the Sarah Cole Hirsh Institute for Best Nursing Practices Based on Evidence at the Bolton School of Nursing, Case Western Reserve University. She has provided consultation on research throughout the USA, Asia and Africa.

Dr. Youngblut is a member of the Board of Directors of the Miami Children's Hospital. She received the Excellence in Nursing Research Award from the Ohio Nurses Association, Distinguished Lecturer for Sigma Theta Tau International, and the Werley New Investigator Award and the Pediatric Section Research Award from MNRS. Dr. Youngblut received her BSN from Indiana University of Pennsylvania and her MS and Ph.D. from the University of Michigan.

INTRODUCING KATHLEEN SAWIN, DNS, RN, FAAN NOMINATIONS COMMITTEE CHAIR



Dr. Kathleen Sawin is an Associate Professor at VCU School of Nursing and was the winner of the 2003 SNRS Leadership in Research Award. Dr. Sawin's program of research has addressed adaptation outcomes in individuals with disabilities or chronic conditions as well as outcomes of their families. She has a special interest in exploring resilience and protective processes in children, adolescents and women.



In reflecting upon her election as the Chair of the Nominations Committee, she notes: "I have an on-going commitment to the important tasks of this committee as I think the committee builds the foundation of our leadership team. As it was when I first served on the nominating committee early in our history, the major emphasis of this committee is developing a slate of candidates who can provide the organization with leadership both in the region and nationally."

She goes on to comment: "As members of the Nominating Committee, we (a) assist the members to understand leadership responsibilities and benefits, (b) encourage submission for positions from members, and (c) develop a slate that reflects our membership and its directions for approval by the Governing Board. Members on this committee need to be aware of the challenges, demands and talents that each position requires and solicit strong and diverse candidates for our positions.

"The upcoming years will be challenging ones for each of us as we deal with multiple demands. It is critical to the growth of the organization that we have election slates that consist of members who will continue to meet the emerging needs of the Society. Please, take a moment and review the Leadership Opportunities described on page 8. Nominate yourself or a colleague!"



LEADERSHIP OPPORTUNITIES: WHERE DO YOU FIT?

BY KATHLEEN SAWIN, NOMINATIONS COMMITTEE CHAIR

An important opportunity for members is that of serving on the Governing Board of SNRS. This leadership group sets goals, priorities, activities, and future direction of the Society. It establishes the major administrative policies governing affairs of the Society, oversees the finances of the Society, and transacts the Society's business, both internal (e.g., conferences) and external (networking with other research-intensive nursing organizations). The regional research organizations have moved to the forefront of research leadership in the nation in partnership with NINR, the National Research Roundtable, and other nursing organizations. Becoming a member of the governing board puts individuals in the thick of nursing research activity in our country.

The Governing Board consists of the officers (President, President-elect, Vice-President, Secretary, Treasurer and four Members-at-Large). Members of the Governing Board attend three board meetings (summer, pre-conference and post-conference) and carry out their assigned responsibilities in an ongoing manner. Some positions carry heavier responsibilities; experience in SNRS facilitates carrying out those responsibilities. If you are considering running for a position, you are encouraged to contact the person who currently holds that position to gain a better understanding of the responsibilities. Positions to which members will be elected for the 2004-2006 term are described below:

Secretary: Responsible for creating and maintaining the official records of the Society (Governing Board meeting, Executive Committee meetings, the annual business meeting minutes) and maintaining records for Governing Board meetings. Monitors electronic voting for the governing board and executive committee and facilitates communication between the governing board and the nominating committee by serving as the board liaison to the Nominating Committee.

Members-at-Large (2 openings): Participate in the deliberations and leadership activities of the Governing Board and carry out specific designated responsibilities. One current At-Large member whose term expires has responsibility for serving as Awards Committee Chair and the second At-Large member whose term expires currently facilitates the Research Interest Groups and maintains the Bylaws, Policies and Procedures for the membership.

Nominating Committee Members (2 openings): Responsible for: (a) assisting members to understand each position's leadership responsibilities and benefits, (b) encouraging nominations from members, and (c) developing a slate that reflects our diverse membership. They are responsible for preparing the official ballot and submitting it to the Governing Board for approval. They also are responsible for the conduct of elections.

Where do your talents fit? Which position interests you? Contact one of the Nominating Committee members (Kathy Sawin at sawin@hsc.vcu.edu; Ruby Shaw Morrison at rmorriso@bama.ua.edu; or, Deby Armstrong at dsarmstr01@louisville.edu), or one of the Governing Board Members (see directory in this issue) to discuss your interests.

DOCTORAL STUDENT CORNER

BY BECKY BONUGLI



The Worst-Case Scenario Survival Handbook: An Essential Guide for Doctoral students

Several years ago a good friend of mine gave me a book entitled *The Worst-Case Scenario Survival Handbook*. This small book covers diverse topics such as how to escape from quicksand, how to deal with a charging bull, wrestle an alligator and maneuver on top of a moving train in order to get inside. Why do I bring this up? Because I thought it would be interesting to apply the same concept to graduate nursing education. At one time or other I am sure we all could use just such a book. What are the unspoken guidelines that can make or break us, given a "worst-case scenario" during our doctoral program? I turned to the work of Rudestam & Newton (2001) to find some answers. Following are two scenarios and survival approaches that reflect essential skills.

These are just two scenarios. I am sure there are many more scenarios and unspoken rules to be experienced on this path. If you'd like to contribute your worst case scenarios and suggested solutions, or other columns, please see below.

Scenario 1: The chair of your committee totally rebukes your ideas and you learn that you will need to rewrite your proposal for the third time.

Assume feedback is well intentioned and designed to improve your work. Rigorous review and thoughtful feedback are required in order to enhance growth and should be an expectation of every doctoral student. Maintain your composure and gracefully respond to the individual with poise. I am distressed when I witness a peer react defensively to feedback or adamantly refuse to see a different perspective. No, I am not advocating a roll over and die position. Articulate your point of view and be open to the feedback of others. Develop self awareness and insight so you recognize if you are becoming defensive in response to input.

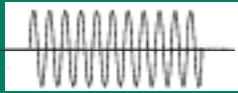
Scenario 2: Two of your committee members make contradictory suggestions slowing the progression of your proposal considerably. Caught between the crossfire, you begin to wonder if you will ever finish the program.

Assess the political climate of your department often and be aware of overt and covert changes. Learn to navigate within the environment in a politically astute fashion. Do not rush to select a chair in your first semester of study. You might find a better fit after you have increased exposure to a variety of faculty members. Assess the relational dynamics of potential committee members prior to selection. Interview numerous faculty members before making your final choice, and find out about their dissertation experiences and their beliefs about their role in the dissertation process. A committee should be able to work well together without letting personality conflicts arise. If and when a conflict arises between members, let the chair deal with it and stay free of the fray. As Rudestam & Newton (2001) emphasize, never play one committee member against another. In psychiatric terms this is called splitting. In a doctoral program it is called the kiss of death.

Reference: Rudestam K. & Newton R. (2001). *Surviving Your Dissertation: A Comprehensive Guide to Content and Process*. (2nd ed.). Thousand Oaks, CA: Sage.

An invitation to SNRS student members

The purpose of this column is to increase communication among SNRS student members. In the spirit of sharing we would like to solicit contributions for future columns. You are invited and encouraged to submit installments. Maximum length 600 words. Next due date: August 15, 2003. Please contact Becky Bonugli (bonugli@uthscsa.edu) with your ideas.



SOJNR: Milestones of our Online Research Journal

BY BARBARA HOLTZCLAW, SOJNR EDITOR

The *Southern Online Journal of Nursing Research* marks its fourth year of publication in 2003: A milestone that gives us cause to celebrate and reflect on the journal's origins and progress. The launch of an official peer-reviewed electronic research journal in 2000 realized a ten-year old dream for the Southern Nursing Research Society (SNRS), although decisions to "go electronic" were relatively recent. The SNRS Board of Directors first began deliberations toward developing a traditional print version of a nursing research journal when the society was barely four years old. Society members were enthusiastic, energy for providing a new outlet for research dissemination was high, but overall costs were prohibitive. The society could not feasibly provide the start-up funds, staff and publisher's assurances, and other capital to begin a quality research journal. The dream was tabled for six more years, but the energy remained. Members and officers began thinking of new ways to offer a publication without the high cost of print. More important, there grew a plan that tapped into some of the organization's best-known talents: electronic networking.

SNRS and the Internet: SNRS was an early adopter of the Internet, offering a conference workshop on communicating by email as early as 1991. Three Board members parlayed this workshop into a manuscript for *Computers in Nursing* and published one of the first articles on accomplishing research activities over the Internet in 1993. "Mail by Modem: the BITNET Connection" (Holtzclaw, Boggs & Wilson, 1993) was written collaboratively online and provided insight into how individuals could teach, supervise, author, and collaborate in research by electronic networking. With the institution of an organizational website (<http://www.snrs.org>), it was not surprising that the electronic highway finally provided both the opportunity and the format for realizing the long-awaited research journal.

The use of the electronic format for an online journal was proposed in 1996 by President-elect Craig Stotts at the 10th Annual Research Conference of SNRS. Stotts also proposed the journal's

financial commitment for the journal. In addition, Stotts enlisted computer and Internet web page support services of his home institution at that time, the University of Arkansas for Medical Sciences (UAMS), and served as the journal's first Webmaster. This expertise and experience made him a natural for later appointment as SOJNR's Managing Editor.

***The launch of
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name: the Southern Online Journal of Nursing Research and gained member support and

SOJNR's Focus: The focus of *SOJNR* is nursing research; and data-based reports of research findings are the most sought-after manuscripts. A smaller proportion of research methodology papers are accepted as articles. The purposes of *SOJNR* are to report completed research that contributes to the knowledge base of nursing; present scientific evidence that improves the practice of nursing; and provide educational discussion of research methodology and findings. In keeping with SNRS goals to advance nursing research

SOJNR *CONTINUED* and GOVERNING BOARD DIRECTORY



(Continued from previous page)

and mentor new investigators, the journal provides instructive feedback to authors and learning opportunities beyond the content of the article. Articles are in an "interactive" format, allowing readers to query or respond to scientific or methodological elements of the publication. The electronic format encourages and stimulates online commentary to reader questions and comments. All submitted articles undergo a blinded peer review by at least three reviewers who are experienced in research and publication. Selection of articles for publication is based on their contribution to knowledge, strength and logic of methodology, adequacy of design, statistical and/or analytical sufficiency, editorial presentation and readability. The time from submission to publication is generally faster than with most print journals because accepted articles are published on-line as soon as all review, resubmission, and editorial issues are resolved and releases are signed. Two recent accomplishments will likely increase the international readership of *SOJNR*. First, the listing of all *SOJNR* articles in the Cumulative Index to Nursing & Allied Health (CINAHL) makes research readily retrievable from its database. Finally, free access to the journal by any Internet reader makes articles accessible to anyone (SNRS, 2000). The story of *SOJNR*'s origin and progress caught the interest of the Online Journal of Issues in Nursing in 2001 for their issue on electronic publication. A full description of the history, development, and future dreams about *SOJNR* is found at that journal's website below (Holtzclaw, 2001).

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Southern Nursing Research Society. (2000). Information for Authors. Retrieved May 31, 2000 from the World Wide Web: <http://www.snrs.org/members/author-information.html>

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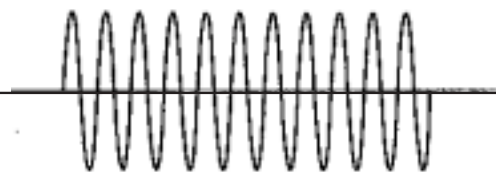
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Southern Online Journal of Nursing Research

Call for Manuscripts

Research reports related to the knowledge base and practice of nursing are invited. Articles dealing with instrumentation and methodology are also sought. Listed in CINAHL, accessible to all at SNRS website. Author guidelines and examples of format are found at <http://snrs.org/members/author-information.html>

Submit manuscripts or inquiries to:



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