

Southern Connections



SNRS Board Members Directory 2005-2006

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President's Message



During this year's conference keynote address Dr. Carolyn Yucha shared some interesting data to illustrate how biological and behavior outcomes are inextricably linked. Her story about raising adolescent boys resonated with many of us on a personal level but also struck a chord with our organization as well. This year SNRS is moving out of our teen years and will be entering our 20th year as an organization. We've seen it grow and mature, become more sophisticated and complex, perhaps make some mistakes as most adolescents do, and now begin a new era as we contemplate the next stage of our life as an organization.

As we begin the task of planning for the next 20 years it's important to take note of a couple observations. First, students seem to be more active and present within SNRS than ever before. How great for the organization and for our future to see the next generation of leaders so active early in their careers! We must as an organization capitalize on their talents and provide the mentorship they come to SNRS to acquire. In addition to students, we're also seeing some of our senior scientists and deans stepping forward and expressing support for the critical role SNRS plays for our profession.

How rewarding to see these accomplished individuals giving back the organization and profession. We must as an organization capitalize on their talents and provide avenues for them to contribute to our mission and profession.

As we enter adulthood as an organization and contemplate the direction our future will take we need the active involvement of all segments of our membership to move our organization to the next level. Our students are our future and we them engaged in SNRS so they will flourish as scientists and perpetuate our organization. Our mid-career scientists are our heart and soul, we need them engaged in SNRS to facilitate their endeavors and contribute to the work of our organization and profession. Our senior scientists are our legacy and we need them engaged in SNRS so their wisdom and legacy can be shared and passed on to our next generation. Our deans are our benefactors who helped launch SNRS and we need them engaged so they can be even more effective champions our mission.

The challenge in front of us as an organization is to move from adolescence to adulthood. Since an organization is nothing more than a group of individuals it will be up to individuals to accept the challenge to take us forward. Planning is underway so don't wait to be asked. President-Elect Patty Gray is leading a task force that will chart the course for SNRS as we enter our second decade, contact her if you are ready to make a difference in this organization and the advancement of nursing research.

Dr. Donna Hathaway



From the Editor

With Dr. Patty Gray's election to the office of President-Elect this year, she and the SNRS Board of Directors sought a volunteer to assume editorial responsibilities associated with the SNRS newsletter; Southern Connections. When asked to consider supporting SNRS by accepting these editorial tasks, how could I refuse? Over the last several years, Dr. Gray has been instrumental in enhancing Southern Connections as our organization's newsletter by leading the way in its conversion to a totally online format. This will allow greater accessibility of the newsletter to our members and also allow for the addition of content previously precluded by traditional page limits. Dr. Gray will continue to collaborate with me as I take on this new responsibility. Please know how grateful I am for her ongoing support.



Additional time has been required to transition the newsletter in terms of formatting and design, I am pleased to report that that task is complete! This issue is reflective of the 2005 Annual Meeting held in Atlanta. By year's end we hope to publish two additional issues. Needless to say, many of you will be hearing from me soliciting reports and information that need to be disseminated in the upcoming months. Your help will be much appreciated! Also, your ideas and suggestions for additional columns, topics, and special features are welcomed and encouraged!

Please feel free to call me at 205-934-0630 or you may email me at burragej@uab.edu. I look forward to working with and hearing from you in the upcoming months.

A handwritten signature in cursive script, appearing to read 'Joe Burrage'.

Joe Burrage, PhD, RN

Incoming Board Members

D. Patricia Gray **President-Elect**

As SNRS approaches its 20th anniversary, I believe it is time to chart the direction of our next 20 years—building on the strengths we have developed over the past 20 years and crafting a vision of what we would like to become over the next 20 years. I am delighted to have the opportunity to serve as President-Elect during this exciting time. I am currently the Chair of the Department of Adult Health at the School of Nursing, Virginia Commonwealth University in Richmond, Virginia. I came to VCU in 1996, after serving on the faculty of Georgia State University School of Nursing for 12 years. The focus of my research has been on experiences associated with HIV disease; I have been funded for the past 6 years as a co-investigator on two NIH funded grants. I have been involved with SNRS since its inception and I have served for 3 years as the Newsletter Editor for SNRS's *Southern Connections*.



Linda Holbrook Freeman **Vice-President-Elect**

Our newly installed Vice President, is a Professor at the University of Louisville School of Nursing. She has served as the SNRS Archivist and as chairperson of the Local Planning Committee for the 2004 conference in Louisville. Her interest in historical research methodology has allowed her access to multiple homes of Florence Nightingale, where she found previously unknown original letters that served as primary sources for one study on Nightingale. She is currently a contributing author to the *Collected Works of Florence Nightingale*, a multi-volume collection of Nightingale letters with analysis. One of the major roles of the Vice President is to chair the Planning Committee for the annual conference. New Orleans promises to be an exciting venue, and the Planning Committee will be hard at work this year to match the excitement of the city with a program the members will remember.

Darlene Gilcreast **Secretary**

Darlene Gilcreast, RN, Ph.D., CDE, Secretary of Southern Nursing Research Society is an Assistant Professor at the Department of Chronic Nursing Care School of Nursing, The University of Texas Health Science Center, San Antonio, TX. Dr. Gilcreast and has extensive experience in research and diabetes. She is a Certified Diabetes Educator and a retired Lieutenant Colonel of the U.S. Army Nurse Corps. She just completed the study, "Water Fitness to Reduce Weight and Improve Blood Glucose," a study researching the influence of water aerobics on the complications of diabetes. This research was completed with her research mentor, Dr. Kelly Dunn. Darlene is dedicated to patients who are combating the effects of diabetes, especially minorities and the underprivileged. Dr. Gilcreast's dissertation was studied, "The Effects of Electrical Stimulation on Foot Perfusion in Subjects With, or At Risk For, Diabetic Foot Ulcers." Which tested an intervention to improve wound healing in diabetic patients. She was Chief, Nursing Research at Brooke Army Medical Center for July 1999 to September 2001 Dr. Gilcreast has conducted or been involved in conducting 10 TriService Nursing Research Grants in which she was either Principal Investigator or a Co-Investigator. Dr. Gilcreast is the Publicity Chairperson for the Delta Alpha Chapter of Sigma Theta Tau International At Large, Treasurer of the Alamo Association of Diabetes Educators, and the RN Approver Unit for the Professional Development and Resources Committee of the American Association of Diabetes Educators. Dr. Gilcreast's publications include the results of her doctoral dissertation research in *Wound Regeneration and Rehabilitation* (1998), "Type 2 Diabetes, Health Disparities, and Exercise: A Review of the Literature, in the *Journal of Multicultural Nursing and Health* (2004), and "Outcomes of a Heel-Pressure-Ulcer Prevention Program," *Journal of Wound, Continence, and Ostomy Nurses* (2005); "Treating Severe Anemia in a Trauma Patient Who Is a Jehovah's Witness," *Critical Care Nurse* (2000).





Marti Rice
Treasurer

First of all, I want to thank everyone for allowing me to serve as the Treasurer of this organization for a second term. I feel like I finally have a “handle” on the finances and a clearer picture of the income and outlay and can make more informed decisions. Hopefully, during my second term, we can work on funding more grants, particularly a Dissertation Award, or funding current grants at a higher level. In my position as Associate Professor of Graduate Studies at the University of Alabama at Birmingham, I serve as the PI of a federally-funded grant addressing anger and stress management with school-age children so I am constantly working with budgets there as well. Along with my research efforts, I teach research methods, measurement, and statistics to PhD students which keeps me busy. I look forward to the next two years. If you have questions or comments, please don't hesitate to contact me at UAB.

Judy Carbage Marti
Awards Committee Chairman

Dr. Martin is the Chief of Nursing, a public health specialist, and a certified Family Nurse Practitioner at the Memphis and Shelby County Health Department. After 15 years as a graduate and doctoral level associate professor (tenured) at the UT College of Nursing, she accepted a Shelby County government appointment at the health department. She continues to mentor and chair dissertation research of students in the nursing program as an Adjunct Professor for the UT College of Nursing and public health residencies for doctoral students at the University of Memphis and St. George's University (West Indies).



Kathy Jo Ellison
Membership & State Liaison Chairperson

I am an Associate Professor and Research Coordinator at the Auburn University School of Nursing. I serve on the Institutional Review Boards of Auburn University and East Alabama Medical Center. I serve as the general Faculty Liaison for Auburn University's IRB and I am certified as an IRB Professional by the Applied Research Ethics National Association. I began a Memory and Healthy Aging Center this past year and have concentrated most of my research interests in caregiver education and support and health promotion for the elderly. I am also interested in cross cultural educational experiences in nursing student education. I am very pleased to be joining the board as a Member-at-Large. My primary responsibility will be to chair the Membership and State Liaison Committee. I hope to continue to develop communication with the state liaisons, schools, and medical centers to grow membership in SNRS. I will also continue to explore new ways to promote membership renewal. I welcome any member's ideas on mechanisms to expand membership in the organization.

Barbara Habermann
Bylaws Chairperson & Research Interest Group Coordinator

I am an Associate Professor, Graduate Nursing at the University of Alabama at Birmingham. I teach PhD courses in Qualitative Research, and Family Theory Development. My overall research interest is how individuals and their families manage adult chronic neurological illness. Specifically I am interested if how families manage a chronic illness influences health outcomes. I currently have two projects that keep me busy. The first is a randomized clinical trial of a caregiver intervention that is being tested in Alzheimer's and Parkinson's disease caregivers. We have over 130 participants in this study so far. The other project is a national survey of research coordinators examining their beliefs, perceptions and experiences with scientific misconduct. We are in the data analysis phase currently.

My role on the Board is Bylaws and the Research Interest Groups. The Bylaws Committee worked on some changes this past year that will be voted on by the membership in Atlanta. Over the last year, steps have been taken to reassess and redesign the RIGS in order to better meet the needs of members. This information will be shared at the Re-launching the RIGS session in Atlanta and through future newsletters.





2005 SNRS Award Recipients

2004 SNRS Small Grant Award

Vicki L. Ziegler, MSN (\$2,000 in Summer 2004)

2004 SNRS Small Grant Award

Blair P. Short, MSN (\$2,000 in Summer 2004)

2005 Graduate Student Poster Awards

Marla J. DeJong, RN, MS - 1st place (\$100)

“Appraising Symptom Seriousness in Acute Myocardial Infarction:
Emotional-Cognitive Variables are Most Influential”

Diane Monsivias, CCRN, MSN - 2nd place (\$75)

“Minority Patients with Chronic Pain: Healthcare Jeopardy”

Jennifer Wenzel, RN, MS (PhC) - 3rd place (\$50)

“I Made it Through”: Stories of Diagnosis among Rural African Americans with Diabetes”

Judi Daniels, MSN, RN - 4th place

“Women’s Experience with Weight Loss: The Influence of Family and Friends”

Theresa Chapple, BA - 4th place

“Utilization of Well-Child Care Services by Rural African American Pre-term Infants”

Carolyn McKenzie, MSN, RN - Honorable Mention

“Comparison of Outcomes of Community-based versus Traditional Basic Baccalaureate Programs:
Report of Preliminary Findings of Pilot Study”

Nancy R. Ahern, MSN, RN - Honorable Mention

“Symptom-Focused Management: A Conceptual Model to Improve Health Outcomes
for Older African American Women with Type 2 Diabetes”

2005 D. Jean Wood Nursing Scholarship Award

Eun-Ok Im, Ph.D., RN

2005 Hartford Institute Geriatric Nursing Award

Patricia C. Clark, Ph.D., RN (\$500)

2005 Minority Nursing Research Award

Drs. Mary Lou Bond, Carolyn Cason, & Mary Elaine Jones

2005 Distinguished Researcher Award

Marion Broome, Ph.D., RN, FAAN



2005 Hartford Institute Geriatric Nursing Award Patricia C. Clark, Ph.D., RN



Patricia C. Clark, Ph.D., RN, FAHA received her MSN in geriatric nursing from the University of Kentucky and her PhD from the University of Rochester, New York. She is currently an Associate Professor, Adult & Elder Health Department, Nell Hodgson Woodruff School of Nursing and has an adjunct appointment in the Division of Gerontology and Geriatric Medicine, Emory University, Atlanta, GA. Her program of research is about family caregivers of persons with chronic illness, more specifically stroke and heart failure. She is PI of a multi-site study of family function, stroke recovery, and caregiver outcomes funded by the National Institute of

Nursing Research (NINR) and co-investigator of a national clinical trial for improving upper extremity function using constraint-induced therapy (EXCITE) after stroke. In addition, Dr. Clark received funding from the Alzheimer's Association to study dementia symptom recognition in African American caregiving families and is co-investigator of a study funded by NINR to test a family partnership intervention to improve adherence in persons with heart failure.

Dr. Clark and her colleague, Dr. Sandra B. Dunbar, recently published an article describing this Family Partnership Intervention in *AACN Clinical Issues* and this article was selected to receive the 2004 Clinical Article of the Year award from the Cardiovascular Nursing Council of the American Heart Association (AHA). Dr. Clark has published in journals such as *Nursing Research*, *Research in Nursing & Health*, *Journal of Gerontological Nursing*, and *Progress in Cardiovascular Nursing*.

Dr. Clark has presented her work at numerous national conferences such as the AHA Scientific Sessions and Sigma Theta Tau International's 37th Biennial Convention. Dr. Clark was an invited participant for the NINR Research in Informal Caregiving workgroup and the National Institute for Neurological Disorders and Stroke Health Disparities in Stroke panel. She was recently elected as a Fellow in the American Heart Association and has been awarded the 2003 Eva Tupman Nurse Researcher award by the Georgia League for Nursing, the 2002 Georgia Nurse Researcher of the Year by the Georgia Nurses Association, and the 2001 Sigma Theta Tau International Regional Mentor award.

2005 Minority Nursing Research Award Drs. Mary Lou Bond, Carol Cason, & Mary Elaine Jones



Dr. Mary Lou Bond and Dr. Mary Elaine Jones co-founded the Center for Hispanic Studies in Nursing and Health at The University of Texas at Arlington School of Nursing (UTASN) in 1996. They began the Hispanic cultural educational initiative in 1991. These programs are designed to assist health care providers gain knowledge and skills to deliver increasingly culturally sensitive and competent care to persons of Hispanic origin.

Early initiatives included a nursing continuing education program in Medical Spanish and a nursing elective that incorporated a two-week “intensive cultural immersion” and language experience in Cuernavaca, Mexico. In 1996, a research dimension was added to the mission of the Center. The goal is to foster understanding between health care professionals and peoples of Hispanic origin for the purpose of increasing understanding of health and healing through research of variables influencing health outcomes. In 1997, Dr. Carolyn L. Cason, Director of the Center for Nursing Research at UTASN joined Drs. Bond and Jones, providing expertise in research design and statistical measurement.

The research program has two distinct foci: assessment of health care provider knowledge, skills and attitudes toward caring for persons of diverse cultures; and study of the relationship between acculturation and health promoting lifestyle behaviors, birth outcomes, family planning and post birth care among Hispanic immigrant women. Findings from four studies with health providers and six studies of Hispanic immigrant pregnant women support the need for continuing research in both areas. Challenges in carrying out research in culture and with diverse populations include framing the appropriate research questions, identification of appropriate research instruments, recruitment and retention of study participants, communicating with and collecting data from persons whose primary language is Spanish.

The team gratefully acknowledges the contributions of graduate students who have become an integral part of the research. Special thanks to Dr. Andrea Smith, Director of the Office of Grants and Research, Cook Children’s Health Care System, Fort Worth, TX, for her insight and support of program efforts.

2005 Distinguished Researcher Award Marion E. Broome



Lessons Learned Chasing Rainbows

These past twenty-four years, I've come to think of my research career with ill children and their families as chasing rainbows. These beautiful displays of color are illusive, just beyond reach, yet always there waiting to be found if you just look hard enough. My research experiences have challenged and stretched me beyond anything I could have imagined. With deepest gratitude to the author Robert Fulghum, I'd like to share what I've learned by using his guide to life - that of all the things we learned in kindergarten.

Fulghum's first premise is to "Keep the wonder". As a young nurse researcher I was keenly aware of the wonder in children and worked hard to sustain

my own. I chose to study a phenomenon that others, early on, denied existed (i.e. pain in children), yet it was one I knew was real. It was the skills I developed while in my PhD program at the University of Georgia that truly prepared me to study pain in children, as well for the life of a researcher and scholar. Thankfully, we've seen great advances in understanding and alleviating the pain and suffering of children through the years. I'm awed at the part I was able to play in this evolution.

Fulghum's next three lessons focus on fairness – with yourself, your colleagues and your ideas. To be a scholar means mastering the delicate interplay between observing, theorizing and original thinking. You need to know how much time to spend here, moving on when necessary, and to be careful not to take what isn't yours. Sharing is critical because no idea is developed in isolation and critique always makes for a better product. Make sure to tell your story to others so they can learn, too, and be careful with credit; it's something you get back tenfold the more you give it away. Own your own thoughts and speak up for yourself and others, but don't allow petty grievances to get in the way of good ideas. Discuss the rules of play early and often, that way everyone is on the same playing field.

Be good to yourself and others by living a balanced life. Expand your horizons-join a committee outside your area of expertise. You'll meet some great people and surprise yourself with the things you learn. Teach something you don't know to stretch your mental capacity. Lead when someone asks you- or maybe before even though you don't think you are ready.



Doctoral Student Corner

“Georgia, Georgia...”

Like the famous old Ray Charles song says, “Georgia” was definitely on my mind this February. Not because of the “ole sweet song”, but because this was the site of the Annual SNRS convention. As a doctoral student, I look forward to hearing research presentations from all across the South. However, I especially look forward to the “Mentoring Marketplace” sessions for doctoral students. The marketplace offers a potpourri of advice and support for all levels of students progressing through a doctoral program in nursing. I attended the lecture entitled “*The Dissertation: Opportunities, Challenges, and Outcomes*”. I received invaluable advice and would like to share what I learned. I had a seasoned researcher tell me the more research he did, the more questions he asked, and consequently more opportunities for research were identified. I find this to be very true. New and exciting topics, arising from my research topic, peak my curiosity. Obviously, this is an expected theme among researchers. Ironically, the first bit of advice given during the marketplace lecture was “keep a list of other areas of interest you want to research later.” In other words, stay focused on your phenomenon of interest. As other “interesting” topics related to your phenomenon of interest come up, write them down for future research.

The challenges of the dissertation process are many. However, the prevailing piece of advice that came from the panelists was to “stay focused”. Writing the dissertation is as much of a challenge in self-discipline as it is anything else. One should expect unanticipated events or failures along the way. Staying focused and getting the job done leads to success in the end. Some of the helpful hints included: 1) setting aside large blocks of uninterrupted time to work on the dissertation; 2) developing a timeline while remembering that your study participants may not always be on the same one; 3) devoting time to your dissertation each day if possible; and 4) breaking up the larger portions of the dissertation into smaller more manageable pieces.

As each doctoral student hopes, the ultimate outcome of the dissertation process is to receive a “Doctorate of Philosophy in Nursing”. However, one must always remember that the dissertation is a process. Therefore, when considering information, one should think “how will this information enhance my dissertation”. Information will inform the direction of our research. Asking this question provides a guiding framework and helps one reach the final goal.

A Final Thought

No one ever said doctoral education is easy; however you don’t have to do it alone. There are opportunities for mentorship along the way. Faculty, fellow students, former students, and colleagues in other disciplines are just some of the examples of possible mentors available. By using their talents and advice, the dissertation process can become relatively painless and build the pathway to a lifetime of opportunity.

Diana Beckmannmen, a second year doctoral student at The University of Texas Health Science Center at San Antonio, shares interesting information the SNRS conference.

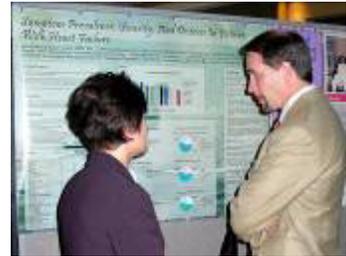
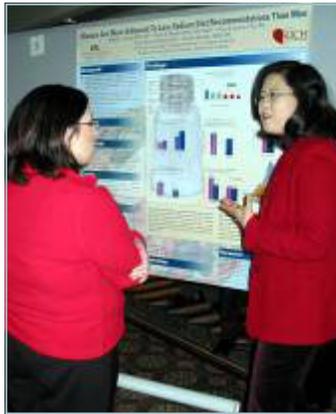
The Doctoral Student Corner gives SNRS student members a chance to “sound off”. It is our voice within the newsletter. Please take the opportunity to send in your reflections. We welcome unique, interesting, informative, and yes, even humorous accounts of your experiences in pursuit of a PhD in Nursing. Please contact Rebecca Bonugli at bonugli@uthscsa.edu for questions and information.



Doctoral Student Corner

Network Opportunity

When conferences end,
 Accumulated knowledge
 Contained in space,
 And constrained by time,
 Must depart for states beyond,
 And disparate knowledge
 Vanishes on wings of gray
 In just one day.



If what is known
 Is not shown,
 Then seeds of knowledge
 Are not sown.



Thus, research multiplication
 And potential replication
 Become opportunities
 Forever lost,
 When contact information,
 A network collaboration
 Is not sought.



SNRS Poster Session

By
 Kristina S. Ibitayo, RN, MSN, CAPA
 UTA PhD in nursing student

2005 Graduate Student Poster Awards



1st place
Marla J. DeJong, RN, MS
 Appraising Symptom Seriousness in Acute
 Myocardial Infarction: Emotional Cognitive
 Variables are Most Influential



2nd place
Diane Monsivias, CCRN, MSN
 Minority Patients with Chronic Pain:
 Healthcare Jeopardy



3rd place
Jennifer Wenzel, RN, MS (PhC)
 "I Made it Through":
 Stories of Diagnosis Among Rural African



4th place
Judi Daniels, MSN, RN
 Women's Experience with Weight Loss: The
 Influence of Family and Friends
 &
Theresa Chapple, BA
 Utilization of Well-Child Care Services by Rural
 African American Pre-term Infants



Honorable Mention
Carolyn McKenzie, MSN, RN
 Comparison of Outcomes of Community-based
 versus Traditional Basic Baccalaureate Programs:
 Report of Preliminary Findings of Pilot Study
 &
Nancy R. Ahern, MSN, RN
 Symptom-Focused Management: A Conceptual
 Model to Improve Health Outcomes for Older
 African American Women with Type 2 Diabetes



Treasurer's Report

August 2004 Board Meeting

Income from the 2004 Annual Conference held in Louisville, KY was \$19,406.44. By comparison, last year's (2003) conference netted \$25, 028.06.

Paying registrants included:
280 Regular SNRS members
214 SNRS Graduate students
18 Nonmembers

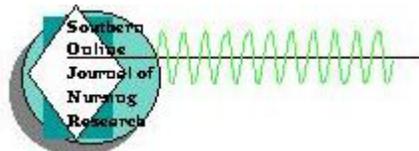
512 Paying Attendees

Pre-conference registrants
Session A 13
Session B 25

Savings Account Balance as of 6/30/04 is \$124, 340.00

Checking Account Balance as of 6/30/04 is \$41, 025.51

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Southern Online Journal of Nursing Research

SOJNR brings you new research discoveries and insights with electronic ease and timeliness. Log on to the SNRS website at <http://snrs.org>, click on the SOJNR access link to view or download articles. Interact with authors and SOJNR Editor by Internet. Recent titles include:

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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