

24th Annual  
Conference of the  
Southern Nursing Research Society

Austin, TX

PRELIMINARY PROGRAM

# Health Care Challenges in the Next Decade

Keynote Speaker:  
Ada Sue Hinshaw, PhD,  
RN, FAAN, sponsored  
by the Council for  
the Advancement of  
Nursing Science.

*Gor • di • an knot, gar dē • an not, n.  
a legend associated with Alexander  
the Great. It is often used as a metaphor  
for an intractable problem, solved by a  
bold stroke.*

February 3–6, 2010

Hosted by  
The University  
of Texas at Austin

# SNRS 2010 Annual Conference ■ February 3–6

The SNRS Board of Directors and the University of Texas at Austin Local Planning Committee are pleased to present the program for the 24th Annual SNRS Conference, *Health Care Challenges in the Next Decade*. We look forward to welcoming you to beautiful Austin, Texas where the weather is perfect with mild winters of cool nights and crisp, clear days. Austin is the Live Music Capitol and a variety of live music venues are within walking distance of the hotel. To assist in planning your visit, check out the Austin Visitors Website at <http://www.austintexas.org/visitors>.

Please review the Schedule at a Glance and make your plans to join us in February 2010 in Austin. We look forward to seeing you!

## Important Information

### Meeting Dates: February 3-6, 2010

The 2010 SNRS Annual Conference will be held at the **Hilton Austin**, 500 East 4th Street, Austin, Texas.

A special rate of \$189/single, \$209/double (plus applicable taxes) has been arranged. Please call the hotel directly and identify yourself as an SNRS attendee to receive the special rate. The reservation cut off date is **January 13, 2010**; thereafter the hotel will accept reservations on a space available basis.

### To make your hotel reservations:

- Use the convenient on-line reservation site designed specifically for SNRS Conference attendees located on the SNRS Website.
- Dial 1-512-482-8000

### Travel to Austin:

Airline and rental car reservations can be made through **Wee Travel Services** at 1-800-327-4006 or 1-303-465-2118, Monday-Friday, 9:00 a.m.-6:00 p.m. (MST). Please identify yourself as an SNRS attendee, and ask for Gail Kooima. Please visit [www.snrs.org](http://www.snrs.org) for information on traveling to Austin via auto, air and ground transportation.

## General Information

### Continuing Education Credits:

This program has been approved by the Alabama State Nurses Association (ASNA) for continuing education credits. Alabama State Nurses Association (ASNA) is an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). ASNA adheres to the standards and guidelines set forth by ANCC.

### Exhibits:

Visit with colleagues and meet with representatives to learn about job opportunities, new products, and educational programs related to nursing research. The afternoon breaks and educational poster sessions will provide a comfortable atmosphere for networking and information gathering.

### Registration Information:

Three ways to Register:

1. Register online at [www.snrs.org](http://www.snrs.org)
2. Mail the enclosed registration form with check made payable to SNRS, or credit card payment to: SNRS, 10200 W. 44th Avenue., Suite 304, Wheat Ridge, CO 80033
3. FAX your completed registration form with credit card information to 303-422-8894.

Note: Visa, MasterCard, American Express and Discover are accepted for all types of registration.

### Registration Confirmation

Conference registration confirmation will be sent by email for all registrations.

### Refund/Cancellation Policy

Substitution is encouraged if unable to attend the conference. Cancellation of program registration will be refunded less a \$50 processing fee if received in writing by SNRS by **January 22, 2010**. **NO** refunds will be granted after January 22, 2010. Refunds are processed following the conference. SNRS reserves the right to substitute speakers, cancel or reschedule session due to any unforeseen circumstances. If SNRS must cancel the conference, registrants will receive a full credit or refund of the paid registration fee. SNRS will not be responsible for any other losses incurred by registrants, including but not limited to airline cancellation charges or hotel deposits.

### Registration Fees

Conference registration includes tuition, all handout materials, a CD ROM of all accepted abstracts, beverage breaks, luncheon, reception and exhibits as listed in the program schedule unless otherwise stated.

**Member Registration:** You must be a SNRS member in good standing at the time you register to take advantage of the discounted member fees.

**Student Member Registration:** If you are presenting in the Student Poster Session you must become a student member of SNRS. Documented proof of student status (e.g., faculty letter and course registration receipt) is required with your membership application.

**Student Non-Member Registration:** If you are a full-time undergraduate or graduate nursing student and you are not presenting in the Student Poster Session,

you can register for the conference at the student discounted fee. Documented proof of student status (e.g., faculty letter and course registration receipt) is required with your conference registration.

**Join and Register:** For \$75 you can become a regular member of SNRS and be eligible to register for the conference at the reduced regular member rate. For \$50 you can become a student or retired member and be able to register for the conference at the student or retired member rate. Just check the appropriate "join and register" option on the registration form.

**Conference Registration Deadlines:** The Early-Bird registration deadline is **January 8, 2010**. We strongly urge you to register by this date to take advantage of the early-bird registration discount. The **Regular** registration dates are

**January 9** through **January 22, 2010**. After this date you must register on-site. Speaker handouts and other amenities may not be available to on-site registrants.

**Registration Confirmation:** Confirmation letters will be sent via mail until **January 25, 2010**. After this date, registrations will only be processed on-site.

## Program Changes and Cancellations

SNRS reserves the right to substitute speakers or to cancel or reschedule sessions due to any unforeseen circumstances. If SNRS must cancel its conference, registrants will receive a full credit for or refund of their paid registration fee. SNRS can make no refunds for lodging, airfare or other conference-related expenses.

## 2009 Exhibit Hall Schedule

### Wednesday, February 3, 2010

2:00PM - 5:00PM Decorator Setup  
5:00PM - 10:00PM Exhibitor Move-in

### Thursday, February 4, 2010

7:30AM - 8:30AM Continental Breakfast/  
Exhibits Open  
9:45AM - 10:15AM Break/Exhibits Open  
11:30PM - 1:30PM Exhibits Open  
3:00PM - 3:30PM Break/Exhibits Open  
4:45PM - 6:00PM Exhibits Open

### Friday, February 5, 2010

7:30AM - 8:15AM Continental Breakfast/  
Exhibits Open  
10:40AM - 11:00AM Break/Exhibits Open  
12:30PM - 2:00PM Exhibits Open  
4:15PM - 4:45PM Break/Exhibits Open  
5:00PM Exhibits Close

### Saturday, February 6, 2010

7:30AM - 8:15AM Continental Breakfast/  
Exhibits Open  
10:00AM - 10:45AM Break/Exhibits Open  
11:00AM - 1:00PM Exhibitor Teardown

For information on becoming an exhibitor or a conference sponsor, please contact Delfie Castro, SNRS Meetings Assistant, at [dcastro@resourcenter.com](mailto:dcastro@resourcenter.com) or call 303-327-7548.

# Schedule at a Glance

## Wednesday, February 3, 2010

7:30AM – 5:00PM

Registration

9:00AM – 12:00PM

### Pre – Conference Workshops

W1— Publishing your Research

12:00PM – 1:00PM

Lunch on your own

1:00PM – 4:00PM

### Doctoral Student Pre – Conference Workshop

W2—Authorship: Your Rights and Responsibilities

4:00PM – 5:30PM

Networking Session for Doctoral Students

## Thursday, February 4, 2010

7:30AM – 5:00PM

Registration

7:30AM – 8:30AM

Continental Breakfast / Exhibits Open

7:30AM – 8:30AM  
Poster Session I Setup

8:00AM – 8:25AM

Room Moderator and Monitor Orientation

8:30AM – 8:45AM

Welcome/Introduction by SNRS President

8:45AM – 9:45AM

### Keynote Address

by Dr. Ada Sue Hinshaw, Dean and Professor, Graduate School of Nursing, Uniformed Services University

9:45AM – 10:15AM

Break / Exhibits Open

10:15AM – 11:30AM

### Concurrent Sessions – A

Session A1: The Challenge of Cancer

Session A2: Methodological Considerations

Session A3: Symposium: Biobehavioral Markers of Stress Related Alterations in Health

Session A4: Growing the Next Generation: Education

Session A5: Poster Discussion Session 1: Evidence-based Practice

11:30AM – 12:30PM

Lunch on your own

11:30AM – 12:30PM

State Liaison Luncheon Meeting

RIG meetings

11:30AM – 1:30PM

Exhibits Open

12:00PM – 7:30PM

### Silent Auction Opens

12:30PM – 1:30PM

Poster Session I with Authors

1:30PM – 3:00PM

### Concurrent Sessions – B

Session B1: Poster Discussion  
Session 2: Pick of the Litter (Doctoral Student Posters)

Session B2: Healing the Hearts

Session B3: Nursing Interventions to Improve Health

Session B4: Qualitative Research

Session B5: Symposium: Conducting Research in School Settings: Issues, Challenges, and Strategies

3:00PM – 3:30PM

Break / Exhibits Open

3:30PM – 4:45PM

### Plenary Session

SNRS Board Panel: Referencing Hearing  
Membership input is sought on topics that are slated for discussion and vote at the Annual Business Meeting on Friday. All members are strongly encouraged to attend.

4:45PM – 5:30PM

### Networking Sessions

Deans & Directors, Meet the Editors/RIG Meetings

4:45PM – 7:30PM  
Exhibits Open

6:00PM – 7:30PM  
Opening Reception

7:30PM – 8:30PM  
Teardown Poster Session I

7:30PM

Dinner on your own

RIG Leadership Meeting (offsite)

## Friday, February 5, 2010

7:30AM – 5:00PM

Registration

7:30AM – 8:00AM

Poster Session II Setup

7:30AM – 8:00AM

Room Moderator and Monitor Orientation

7:30AM – 8:15AM

Continental Breakfast / Exhibits Open

8:15AM – 9:15AM

### Plenary Session

The Future of NINR – Dr. Joan Austin

9:20AM – 10:45AM

### SNRS Annual Business Meeting

(Quorum required for Business Meeting)

10:45AM – 11:00AM

Break / Exhibits Open

11:00AM – 12:30PM

### Concurrent Sessions – C

Session C1: Improving Nurse Practice

Session C2: Overcoming Neonatal Challenges in Life

Session C3: Symposium: Health Promotion: A Catalyst to Enhance Quality of Life in Persons Living with Chronic Disabling Conditions

Session C4: Biobehavioral Perspectives

Session C5: Poster Discussion Session #3 – Late Breakers

Session C6: Symposium: Innovative Use of Single Subject Experimental Methods in Clinical Research

12:30PM – 2:00PM

Awards Luncheon

2:00PM – 2:45PM

### Poster Session II

with Authors

## Saturday, February 6, 2010

7:30AM – 8:00AM

Poster Session III Setup

7:30AM – 8:30PM

Continental Breakfast / Exhibits Open

7:00AM–7:45 AM

Funding Panel Breakfast

7:30AM – 12:00PM

Registration

8:00AM – 8:35AM

NIH Funding Mechanisms and New NIH Guidelines – Paul Cotton and Xenia Tigno

8:30AM – 9:45AM

### Concurrent Sessions – F

Session F1: Improving Health in Communities

Session F2: Supporting New Mothers

Session F3: Symposium: Health Care Challenges of the Next Decade: Sleep Disturbances in Older Adults

Session F4: Symposium: Asian Women's

2:30PM

### Silent Auction Closes

2:45PM – 4:15PM

### Concurrent Sessions – D

Session D1: The Challenge of Responding to Disasters

Session D2: Living in the Child's World

Session D3: The Challenge of Balancing Energy

Session D4: RIG – Sponsored Symposium: Community Health Bailouts! Diverse Approaches to Improving Health in Diverse Populations in Hard Economic Times.

Session D5: Symposium: Conducting Research after a Natural Disaster: Lessons Learned

Session D6: Symposium: Stress and Inflammation in Health and Disease

4:15PM

Silent Auction Winners Posted

4:15PM – 4:45PM

Break / Exhibits Open

4:45PM – 6:00PM

### Concurrent Sessions – E

Session E1: Aging Ain't for Wimps or The Challenges to Healthy Aging

Session E2: Dealing with Perinatal Loss

Session E3: Poster Discussion Session #4 – Late Breakers

6:00PM – 7:00PM

### SNRS Committee Meetings

RIG Meetings

7:00PM – 7:30PM

Teardown Poster Session II

7:30PM

Dinner on your own

Health Research Network (ASIA – WH):

Developing an International Collaborative Organization

9:45AM – 10:00AM

Break / Exhibits Open

10:00AM – 10:45AM

### Poster Session III

with Authors

10:45AM – 12:00PM

### Concurrent Sessions – G

Session G1: Monitoring the Work Environment

Session G2: Challenges in Cognition

Session G3: Dealing with Stress and Anxiety

Session G4: Symposium: J.A. Hartford Fellows and Scholars: Challenges of Caring for Aging Baby Boomers

12:00PM – 12:15PM

Teardown Poster Session III

SNRS Committee Meetings



# Preliminary Program

10200 W 44th Ave Suite 304  
Wheat Ridge, CO 80033-2840  
877-314-7677

## About SNRS

**SNRS Membership provides the following benefits:**

- Discount registration to annual SNRS conferences
- Networking with 500+ researchers, clinicians, and students
- Opportunities for small grant funding
- Research awards for achievements
- Research Interest Groups
- Access to research colleagues in 14 states
- International contacts with members in Latin America, Caribbean and Bahamas
- Opportunities for research career enhancement
- Newsletter, *Southern Connections*
- Free online journal, *Southern Online Journal of Nursing Research* (SOJNR)
- Reduced subscription rate for *Research in Nursing & Health* for \$50 if you are a SNRS member. Contact Tony Le at 1-800-511-3989, extension 28693. Or write to:  
John Wiley & Sons, Inc.  
Attention J. Rella,  
111 River Street,  
Hoboken, NJ 07030-9441.
- Discounted membership to Council for the Advancement of Nursing Science
- Website for online information, news, and discussion groups at [www.snrs.org](http://www.snrs.org)

## Mission

**The mission of the Society is to:**

- Advance nursing research
- Promote dissemination and utilization of research findings
- Facilitate the career development of nurses and nursing students as researchers
- Enhance communication among members
- Promote the image of nursing as a scientific discipline

**Southern Nursing Research Society was founded in 1986 when sixty nurses met in Atlanta and debated the possibility of an organization for nursing researchers in the southern region. In 1987, SNRS was declared an independent organization. There are 14 states in the Society region: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, South Carolina, Tennessee, Texas, Virginia, and West Virginia. In 1991, the boundaries were expanded to include the Caribbean, Latin America and the Bahamas. In 1992 and 1993, several organizational procedures were streamlined and formalized, Society archives were established and strategic planning was initiated.**