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President's Pen Nan Smith Blair, PhD, RN

President's Pen

Greetings! I would like to report on the privilege of representing SNRS on the national stage. As President of SNRS, I serve on the Leadership Council for the Council for the Advancement of Nursing Science (CANS). CANS is an open member entity of the American

Academy of Nursing and was conceived as a partnership with existing research organizations and groups providing substantial research support. CANS serves as a national voice for nursing science in support of development, conduct and utilization of nursing science. Members on the Leadership Council represent nursing organizations with a focus on nursing science and include the 4 regional nursing organization Presidents (SNRS, WIN, MNRS, and ENRS), representatives from the National Institute of Nursing (Deputy Director, NINR, DESP), the American Nurses Foundation (ANF), Sigma Theta Tau International (STTI), and the American Academy of Nursing (AAN Board of Directors Liaison), and elected members from CANS (Chair, Chair-Elect, Immediate Past Chair, Councilor of Finance and Records, and Councilor at Large). CANS sponsors two conferences including the national State of the Science Congress on Nursing Research in the even years and an Advanced Methods Conference in the odd years. Additionally, each year SNRS and CANS has collaborated to provide a \$5000 dissertation research grant to support doctoral students in the Southern region enrolled in research-focused programs as they initiate a program of nursing research to advance nursing science and practice. Recently the Leadership Council (photo above) met for 1 ½ days in Washington, DC for strategic planning that resulted in a draft of a new 3-year plan for CANS that emphasizes increased services and connection with members and strengthening the voice of nursing science at the national



National Leadership Council 2017

level.

I also represented SNRS at the National Nursing Research Roundtable (NNRR) an event co-hosted by the National Institute of Nursing Research (NINR) and this year the American Association of Colleges of Nursing (AACN). The purpose of this annual meeting is to bring together individuals representing member organizations- nurse scientists, practitioners, and educators to discuss and disseminate nursing research findings to strengthen nursing practice and improve client outcomes. Dr. Patricia Grady, Director of the NINR and Dr. Deborah Trautman, President and CEO of AACN co-chaired the roundtable discussions around the theme of Preparing Nurse Scientists for Sustainable Careers: Scientific Innovations and Transdisciplinary Collaborations. Distinguished presentations by Dr. Grady, Dr. Trautman, Dr. Antonia Villarruel, Professor and Dean of Nursing, University of Pennsylvania School of Nursing, Dr. Patti Brennan, Director, National Library of Medicine/NIH, and Dr. Kathleen Hickey, Associate Professor of Nursing at Columbia University set the stage for breakout sessions where attendees discussed the following:

1. What are the practice, education and policy implications of science innovations and transdisciplinary collaborations in sustaining the careers of nurse scientist?
2. What strategies (through education, practice and policy) could NNRR organizations use to highlight the importance of science innovations and transdisciplinary collaborations in sustaining the careers of nurse scientists?

Summary of recommendations will be shared with participants and participating organizations when completed. SNRS will have the privilege of co-hosting the 2018 NNRR with NINR demonstrating our important role not only within the Southern region but on the national level as well.

I came away from both of these activities invigorated and with a true sense of affirmation that SNRS is an important partner in the national voice for nursing science.

Serving SNRS,
Nan Smith-Blair, President

Associate Editor's Note

In February, I had the privilege of attending our 2017 Annual Spring Conference in Dallas, TX, as a "Roving Reporter" - a position that gave me access to fascinating researchers and presentations. My fellow Roving Reporter, Dr. Rasheeta Chandler, SNRS Director of Communication, and I wanted to broaden the visibility of SNRS conference activities on social media - the accomplishments and research of our members. I took photos, tweeted, and interviewed members, and Dr. Chandler took photos and live-streamed video on SNRS Facebook among other tasks. Dr. Chandler noted that our efforts "promoted engagement from membership and associated institutions that were tagging our social media pages with their own notable conference moments - there was positive response to having a strategic social media presence at this year's annual conference." This Spring 2017 edition of Southern Connections is written to share with you just a few of the marvelous presentations and people who made the conference such a success.

Sincerely,

Maryellen Potts, PhD.

The Nuts and Bolts of Advancing Research in Clinical Settings - A Report from the Pre-conference Workshop

At the SNRS conference, I attended the pre-conference workshop designed to inform nurse scientists and students about the opportunities in non-affiliated, free-standing facilities. The points below are only some of the considerations involved in negotiating a relationship between an academic and clinical setting.

1. Know what facility is interested in a partnership. Review their nursing annual report and the strategic initiatives. Learn what is going and find a fit with your own research direction - your research needs to affect their strategic priorities. Think about what the staff nurses are interested in and build a case for that project.
2. Be aware of compliance issues and PHI access for non-affiliated versus an affiliated settings.
3. Learn about data ownership negotiations, legal contracts, student research, and research authorizations for non-affiliated versus affiliated settings.
4. Understand that a barrier to staff nurses conducting aspects of the study is protected time impacting other nurses who feel overworked. A grant may be needed

- to hire someone to do enrollment or other aspects of the study.
5. Be aware of the trajectory of the next study - look retrospectively, look at literature reviews, and go for the gaps.
 6. For students, understand the timing of a clinical setting: Going through the trainings, the IRBs, spending 9-12 months on the protocol, and doing this as a team with everyone working full time can take another year to finish. Total time is 18-24 months including analysis and being ready to disseminate the findings.
 7. When disseminating findings, understand the difference in the ordering of authors for work conducted in non-affiliated versus affiliated settings. In an affiliated setting, you must credit the hospital system/research institute in the acknowledgements and encourage staff nurses to take a role in publications.

Workshop presenters: Mary Cazzell, PhD, RN; Kathleen Ellis, PhD, RN; Cheryl S. Postlewaite, MSN, RN, CWCNV; Doreen Wagner, PhD, RN, CNOR; Casey S. Hopkins, PhD, RN, WHNP-BC; Ceryle A. Smith-Miller, PhD, RN-BC; Robin Herrmann, CRNA, PhD candidate

Community Town Hall: A Bridge to Engage Community Members and Researchers

The Minority Health and Community Health RIGS hosted the first of its kind community outreach as part of the annual SNRS conference at the Diabetes Health and Wellness Institute (DHWI) at Juanita J. Craft Recreation Center in Dallas, TX.



Melody Waller, co-chair of the Minority RIG along with Kristen Rawlett, said that the inspiration behind the event was to get SNRS more involved in communities to help community members know what researchers do and why it is important.

Presenters and panel members included SNRS nurse researchers, faith leaders, health providers, community members and partners, social workers, and psychotherapists. The program topics ranged from breast cancer and Hispanic immigrants perceptions of US healthcare to the importance of including minorities and communities in research.

Cindy Munro, SNRS immediate past president, gave opening remarks stressing the importance of bringing research to the

community to partner with people in finding health solutions. Dr. Don Wesson, president of the DHWI and Sr Vice President of Baylor, Scott & White Health Weight Management Services, spoke on how the health care model should shift from a "sick care system" to preventative system. Research will pay a large part in reaching into communities to encourage healthy behaviors, he believes.

Kristen Rawlett spoke about why disseminating research is important in communities. She gave options on how to deliver the results to community members: newsletters, town hall Q&As, social media, and more. And, she noted, let the community decide how to use the information in creating its own action plan, funding programs, and other activities.

Meka Godbolt, the Community Outreach Coordinator at "Our Community Pantry" that serves low-income families in the area, stated that she came to this town hall event because of her interest in diabetes and because the word "bridge" in the invitation caught her eye. As a community health worker, she understands the need to bridge the distance between patients in the community and their doctors. She believes that researchers can become trusted partners with the community to bring about better health for all.

Senior Researcher Spotlight **Dr. Sandra (Sandi) Petersen, DNP, APRN, FNP-BC, GNP-BC, PMHNP-BE, FAANP**

Sandra Petersen, Professor, is the Director of the Doctor of Nursing Practice Program and serves as an instructor in the Family Nurse Practitioner Program at the University of Texas at Tyler, Texas. After her undergraduate career, she earned an MSN from the University of Texas and several post-masters certificates.

Dr. Petersen also received a Doctorate in Nursing Practice from Rush University School of Nursing in Chicago, IL.



Among other accomplishments, in 2007, she received the Heart of Hospice Award from the National Hospice and Palliative Care Organization and in 2016, was elected as a Fellow of the American Academy of Nurse Practitioners.

Petersen's recent work is with patients in assisted living memory care settings and robotic pets. Her poster presentation at SNRS was titled: "The PARO Robotic Pet Seal: A Treatment Modality for Symptoms of Anxiety and Depression in Dementia." She says the seal is about 6.6 lbs and responds to a person's verbal and physical cues: wagging its flippers, blinking its eyes, crying and chirping, and wiggling side to side. For patients with dementia who hold the seal, Sandi says it is like holding a baby, and that the

memory of holding a baby seems to raise oxytocin and serotonin levels, and decrease prostaglandin levels.

1. What influenced you to become a nurse scientist?

The desire to give back to nursing, both as an educator and as a clinician, ultimately undergirds my role as a nurse scientist. I feel that research has a tremendous impact on both education and practice, and furnishes the unique opportunity to shape the future of nursing. I also see myself as the eternal "explorer"--I am always looking for something: a change, a challenge, an adventure, a desire to grow and expand. I also like creating new pathways for others to follow and from which they (or others) may benefit. As a clinician I am constantly focused on what I can do to make my patients' lives better; nursing research gives me the venue for vetting new ideas and approaches that may benefit not only my patients, but others in clinical practice.

2. What advice would you give to aspiring nurse scientists?

My advice to aspiring nurse scientists would be to discover what your talents are, and to follow your passion. What are you most curious about? Build enough confidence to think that you can move forward, but not so much confidence that you pass up opportunities to learn from others. You want to value your own ideas, but you also want to value the ideas of others who came before you. There's no real shortcut -- it's a course of trial and error and relentless pursuit. Connect with others who have similar goals and ideas; networking is critical to the nurse researcher. Mentors and colleagues can open doors for you- often when it's least expected.

Correction: In the original newsletter, there was an error in Dr. Petersen's educational background. Dr. Petersen has earned a DNP from Rush University School of Nursing in Chicago, IL not a PhD.

Student Network

Welcome to the SNRS Student Network! It is an honor and a privilege to belong to this organizations of nurse scientists and healthcare professionals and I am looking forward to a successful and productive 2017 for all of our members as well as students who will join the Network this year!

SNRS Student Network is a group of student leaders from various universities in the Southern region. We work closely with the SNRS Board of Directors and in all of our activities we uphold the mission of SNRS.

We come from diverse paths; some of us have transitioned into graduate studies immediately after earning BSN degrees, and others complete a doctorate after many years of working in clinical practice or in other careers. Likewise, we differ in our research interests and vision for career post-graduation. But we all share intellectual curiosity, drive, and passion for research and willingness to make our graduate school experience as enriching and ambitious as possible! I invite you to join SNRS as a student member as it affords numerous privileges, including full voting privileges, staying in communication with SNRS via all newsletters, inclusion in the on-line searchable Membership Directory, and reduced cost of registration for the Annual

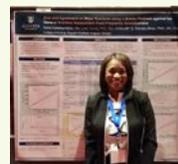
Conference. Our members' research is highlighted throughout the year in Student Spotlight. I especially encourage you to apply for next year's SNRS Student Network leadership positions, as it is an invaluable opportunity to make this student organization your own and gain outstanding leadership and organizational skills while collaborating with both your peers and experienced nurse scientists.

This year, the Student Network will plan events for students during the 32nd Annual Conference held in Atlanta on March 21-24. The Student Network organizes a pre-conference workshop for doctoral students. We invite speakers who have achieved much success in their careers to present doctoral students with strategies for career advancement. I hope to see you at the workshop in Atlanta in 2018!

Mariya Kovaleva, RN, BSN, PhD Candidate, MSN Candidate
Nell Hodgson Woodruff School of Nursing
Emory University

Student Spotlight Karis Casseus, BS, MSN

Karis Casseus received a BS in Nursing from Georgia State University and a MSN in Nursing Education from Mercer University and currently works as a critical care nurse and as clinical faculty. She also teaches at Georgia State University as a Clinical Assistant Professor. Currently, Karis is in her second year of the PhD in Nursing program at Augusta University and researching epigenetics and chronic illnesses. The poster she presented at SNRS was foundational work focused on diet interventions, titled: "Bias and Agreement on Major Nutrients using a Mobile Platform against the General Nutrition Assessment Food Frequency Questionnaire."



Karis states that one of her proudest moments was becoming a registered nurse: "I was officially able to provide care to people in a way that could improve their quality of life." She would like to contribute to the science related to Fibromyalgia: "My hope is that someone suffering from Fibromyalgia will have an improved quality of life as a result of my research."

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