



# SOUTHERN CONNECTIONS

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## President's Pen

SNRS is 25 years old! Our annual meeting was a wonderful gathering and celebration of this event. A tremendous debt of gratitude is owed to all who helped to make this meeting such a success: the Program Planning Committee and Dr. Anne Turner-Henson, Drs. Elaine Amella and Trisha Crane, co-chairs for the Gala, Dr. Debra Wallace for all of the pictures and

memorabilia, Drs. Janet Allen and Jean McSweeney for their keynote noting our history and our current organization, Ms. Ann Mehan Crosse, our Executive Director, and Ms. Delfie Castro, member of the RC staff, for their many efforts, and all of the members who attended this event.

In Jacksonville, for SNRS 2011, we had the second highest attendance of any meeting of our organization! Many of our past presidents, vice-presidents, and editors of SOJNR as well as founding members and charter members were present and recognized. It was such a privilege to be there and to note the growth of this organization. Our research efforts from the Southern region have and will continue to make a difference.

At the annual meeting, the membership voted to disband the SOJNR as an in-house journal. A Task Force chaired by Richard Cowling has been established to review other mechanisms for publishing SOJNR. The membership voted to increase dues \$25.00 for regular and student members. This increase will help to insure that the organization can go forward in offering research grants and member services and to be a viable organization.

Finally, I would like to thank the outgoing members of the Board, Dr. Jennifer Wenzel and Dr. Ann Malecha. Their efforts on the Board to move this organization forward were much appreciated. I would also like to welcome Dr. Donna Neff and Dr. Robin Bartlett as incoming Board members, and to thank the other members of the Board for their continuing service

and hard work. We are fortunate to have such a strong Board. Finally, I would like to thank all who have supported me.

**Marti Rice, PhD, RN  
President**

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### Treasurer's Report

As of February 2011, The total SNRS assets are \$444,751, up from last year's total of \$283,617. This increase in assets is primarily due to increased attendance for the Conference, coupled with the increase in registration fees for 2011. SNRS's net income year-to-date (YTD) is \$160,217 as compared to \$81,507 last year at this time. This net income is also attributable to the increase in annual conference attendance and the increase in registration fees. A total income of \$5,375 was received in February for dues, bringing the YTD total to \$68,383. Income received from the Annual Conference YTD is \$302,235, which is above the budgeted income of \$257,540.

Our total direct expenses YTD are currently \$200,563, plus general expenses of \$21,846, bringing total expenses YTD to \$222,409. This reflects 62 percent of the budgeted total expenses of \$358,760. The major expenses for this year's annual conference have been paid.

This year's annual conference income and the SNRS dues increase will place our organization in a positive fiscal position to continue to meet our mission and provide services that promote and support nursing research in our southern region.

Respectfully submitted,  
**Demetrius Porche, DNS, PhD, APRN, FAANP, FAAN  
Treasurer**

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### Conference News

26th SNRS Annual Conference  
**February 22-25, 2012**  
Hilton New Orleans Riverside  
New Orleans, LA

#### **Abstract Submission Site Now Open**

The [online submission](#) process for symposia, podium presentations, and posters (except student posters) is now open. There will **NOT** be an extension this year. The deadline for submissions is **Friday, June 10, 2011 at 5 PM, Central Time**. Please note that the student poster and late breaker abstract submissions will open September 15, 2011.

The Southern Nursing Research Society Annual Conference provides an opportunity for SNRS members to report ongoing and completed research as well as theoretical, conceptual, and methodological projects to colleagues. **Please read all directions carefully.** You will need your SNRS member ID# in order to submit your abstract. SNRS membership is **NOT** required at the time of abstract submission. However, SNRS membership is **REQUIRED at the time of presentation.**

Please review the [submission guidelines](#), which contains important information and items that you will need prior to starting the abstract submission process. Reviewing this information in advance will greatly facilitate the submission process.

We will be posting exemplar abstracts for guidance on the [SNRS Annual Conference website](#).

- **Podium (paper) and symposium** presentation abstracts must show evidence that the research (or theoretical/conceptual/methodological work) is complete at the time of abstract submission.
- **Poster** presentation abstracts may include work in progress and/or preliminary data analysis, though data collection and analysis must be complete at the time of the conference presentation.

**Please note:**

We encourage you to enter all of your information **exactly** as you wish it to appear in the program. **Title case only** will be accepted for abstract titles (capitalize the first letter of words other than short conjunctions, articles and prepositions). Example: This is a Title.

Please include complete information for additional authors, including institution and credentials. Author information (institution and credentials) will be used for the abstract information listed in the program (onsite, online) and abstract CD. Please check your author information carefully, this cannot be changed after the abstract decisions are made.

We look forward to receiving your 2012 abstract and seeing you in New Orleans, LA.

**Anne Turner-Henson**  
**Vice President, SNRS**

Questions or issues with abstract submission should be directed to:

Southern Nursing Research Society

email: [snrs@resourcenter.com](mailto:snrs@resourcenter.com)

phone: (877) 314-7677

web: <http://www.snrs.org>

The SNRS 25th Anniversary Conference and Gala in Jacksonville, FL were a big success! There was plenty of fun for everyone! [Memories, photos, awards & videos](#).

### **SNRS Leadership in Research Award**

The Leadership in Research Award is to recognize outstanding leadership, contribution, or promotion of nursing and health care research. This award is bestowed by the SNRS Board of Directors. The 2011 recipient is **Martha Hill, PhD, RN, FAAN**, Dean, School of Nursing, Johns Hopkins University.

### **SNRS Distinguished Researcher Award**

The purpose of the SNRS Distinguished Researcher Award is to recognize the contribution of an individual whose established program of research has enhanced the science and practice of nursing in the Southern region.

The 2011 recipient is, **Jean McSweeney, PhD, RN, FAHA, FAAN**, Professor & Associate Dean for Research, College of Nursing, University of Arkansas for Medical Sciences.

### **SNRS/John A. Hartford Foundation Geriatric Research Award**

The purpose of the SNRS/John A. Hartford Foundation Geriatric Research Award is to recognize the contributions of an individual whose established program of research has enhanced the science and practice of geriatric nursing in the Southern region.

The 2011 recipient is **Teresa J. Kelechi, PhD, GCNS-BC, CWCN**, Associate Professor and Department Chair, College of Nursing, Medical University of South Carolina.

### **D. Jean Wood Nursing Scholarship Award**

The purpose of the D. Jean Wood Nursing Scholarship Award is to recognize the contributions of a researcher who has enhanced the science and practice of nursing in the Southern region. The award is named in honor of the first SNRS President, D. Jean Wood, whose leadership set the course for the positive growth and development of the Society. The 2011 recipient is **Barbara Waag Carlson, PhD, RN**, School of Nursing, The University of North Carolina at Chapel Hill.

### **SNRS Award for Research in Minority Health**

The purpose of the SNRS Award for Research in Minority

Health is to recognize the contributions of an individual or group conducting and/or promoting research that has significance for improving the health care of minorities and other under-represented groups in the Southern region.

The 2011 recipient is **Nelda Christine Martinez, PhD, RN**, Associate Professor, School of Nursing; Director, Center for Nursing Research and Evaluation; and Senior Fellow, Hispanic Health Disparities Research Center, The University of Texas at El Paso.

### Grants and Dissertation Awards

The 2010 STTI/SNRS Small Grant Award awards recipient was **Lisa Brown**, for *Mothers' Attention and Preterm Infant Feeding*.

**Monica Messer** was the recipient of the 2010 Council for Advancement of Nursing Science/Southern Nursing Research Society Nursing Science Advancement Dissertation Grant Award. The title of her dissertation was, *Development and Psychometric Evaluation of a Tool to Assess Pressure Ulcer Risk in Ancillary Services Patients*.

The 2010 SNRS Research Grant award was presented to **Mary Grace Umlauf**, for her research, *Sleep Disturbance and Behavior in Adolescents*.

The 2010 SNRS Dissertation Award was presented to **Valentina Lucas**, The title of her dissertation was *Perceived Stress and Surgical Wound Cytokine Patterns*.

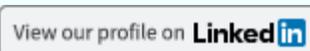
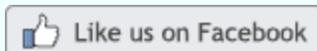
### Doctoral Student Poster Awards

- 1st Place--**Susan Walsh, PhD**
- 2nd Place--**Kristen Barbee**
- 3rd Place--**Leslie Nelson, PhD, RN**

### RIG Announcements

Catch up with the latest RIG news here: [RIG Pages](#).

### Student's Corner



Doctoral Student's Network



Getting What You Came For: Essential Lessons For the Graduate Student  
By Joy Bailey, PhD Student

As we begin the New Year and approach the end of the semester, we are all probably highly stressed about upcoming final exams, 20-page papers, comps or dissertation

defenses for those blessed enough to be at that stage. Embarking on a doctorate program is an onerous task for most, and a major accomplishment when it is done. So, what does it take to reach this coveted goal? Why do some of us make it and some of us do not? How often have you questioned yourself as to whether or not you have chosen the right path? I certainly remember sitting with a friend at the end of my first semester and debating whether I should continue. Thankfully, she talked me out of doing so, as I still believe this is one of the most stimulating and worthwhile adventures I have ever taken.

Several months ago, I was registering for classes at the beginning of the first semester of my doctoral program. A professor, also new to the campus, sensed my frustration and consternation and kindly reassured me that it would be just fine, and it was worth embarking on this long road. However, she suggested that I should consider purchasing and reading a book that had helped her through her journey.

*Getting What You Came For* by Robert Peters, PhD is an excellent primer for doctoral students. This book discusses every aspect of the process from selecting a college through tossing the mortarboard. It addresses the essentials for success and proposes ideas for managing the sojourn through graduate studies. There are tips for managing yourself, playing politics, selecting a committee, writing your proposal, writing your thesis, and defending your thesis.

Managing stress well is also crucial to the graduate student's success. Peters tells the story of a frustrated Stanford graduate student in mathematics who bludgeoned to death one of his advisers after he was asked to revise his thesis during a thirteen-year pursuit in futility. Hopefully none of us will ever experience that level of frustration and despair. Doctoral studies are stressful, especially when some of us have to raise young children, take care of older or ailing parents, cater to husbands and wives, and contend with demanding bosses at full time jobs. The chapter on stress is especially helpful. Some of the suggestions are intuitively sensible, pragmatic and invaluable; increase human contact, act like we're not depressed, avoid negative thoughts, do not procrastinate and identify and escape from traps. The writer also prescribes developing and nurturing strong relationships with fellow students; that is probably one of the most important ingredients for success. Many may not welcome this thought; however, there is always the option to consider leaving school. I hope that none of us will ever have to do that, but it may not be a bad thing to make the decision to withdraw and embrace mental wholeness rather than succumb to the vicissitudes of academic pressure. This is a great book for graduate students. I would recommend reading it!

#### Reference

Peters, R. L. (1997). *Getting what you came for*. New York, NY: Farrar, Straus & Giroux.



