



SOUTHERN
CONNECTIONS
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President's Pen: Dog Days of Summer

The phrase "dog days of summer" typically is used to describe the hot, sultry days of summer between early July and early September characterized by heat, drought, lethargy, and stagnation. Certainly one of the most uncomfortable parts of summer, the Southern Region has had its share of these hot, sultry days these past two months!

Summer months are difficult for most volunteer organizations to be productive since members go on vacation, go off the grid, and meetings become difficult to schedule. I have enjoyed a two-month reprieve to the mountains to write and relax. However, the business of the Southern Nursing Research Society continues regardless of the time of year. Thanks to the remarkable staff at our management company (Kellen) and your board members, SNRS continues to plan activities through the summer. Many of the committees have been working during these summer months planning for fall events and our 2018 Annual Conference. Carolyn Reilly and the Program Committee have been working diligently and have some great new ideas that will be implemented based on input from last year's attendees.

Following the success of last year's community outreach activity, the Minority RIG is planning a community activity again for the 2018 Annual Conference.

Tracy Yap's Grants Committee completed the SNRS Dissertation Award presented to Whitney Thurman of University of Texas (Austin) for her project entitled, *A Grounded Theory Study of Adults with Disabilities in Rural Communities*. The STTI/SNRS grant was awarded to Patricia B. Wright from the University of Arkansas for Medical Science for her study, *A Pilot Study of Barriers and Facilitators to Utilizing Antagonist Medication-Assisted Treatment from the Perspective of Persons Seeking Treatment for Prescription Opioid Use Disorder*. Congratulations to Whitney and Patricia

for their timely and important work.

The Membership Committee, under the guidance of Lovoria Williams, has representatives from each state within the Southern Region. My thanks to each of them for taking on the important work as state liaisons to make sure our members needs and concerns are heard.

Mariya Kovaleva is providing excellent leadership to the Student Network, which now has student representatives to all of our established committees! We value the Student Network's input to help us make more SNRS valuable to students!

I am thankful to all the Board of Directors, members of their committees and especially SNRS members who have emailed me with their comments, suggestions, and concerns.

I also want to recognize two scientists from the Southern Region highlighted by the Council for the Advancement of Nursing Science (CANS). Dr. Ryan Shaw (Duke University), founder and Director of the Duke Health Innovation Lab, a multidisciplinary partnership; and, Dr. Elizabeth Corwin (Emory University), Associate Dean for Research and Professor for her work on bio-behavioral determinants of the microbiome and preterm birth in black women. This work is an example of the outstanding research that emerges from Southern Region nurse scientists.

Finally, I hope that you will consider attending CANS' Advanced Methods Conference focused on Pragmatic Trials October 4-5, 2017, in Washington, DC.

So as I get ready to drive back from the mountains, I feel rejuvenated and eager to work with the Board of Directors and staff to move SNRS forward this year. That is, if I can get through the hundreds of emails that have piled up while I was away!

Nan Smith-Blair, PhD, RN
SNRS President

Editor's Note

September is "awareness month" for a number of health-related issues such as baby safety, prostate cancer, cholesterol education, assisted living, and Alzheimer's disease. In reflecting on the work of SNRS

members highlighted at the conference this year, I am overwhelmed by the important research contributions being made in these and many other areas.

Another way we can contribute to and promote awareness of research is to become research participants. Many of you may participate already in the Nurses' Health Study, which has been active for 40 years with over 235,000 nurse-participants. The Nurses' Health Study has produced valuable evidence about disease and health among women. Key findings from the Nurses' Health Study can be found [here](#).

For those of you who are not enrolled, I encourage you to enroll. If you are already a participant, please consider encouraging your students and colleagues to participate! The link to information about the study and the enrollment portal can be accessed [here](#).

By the way, September is also when many observe International Chocolate Day (on the birthday of Milton Hershey, September 13th). Fortunately, current evidence suggests that the phytochemicals found in dark chocolate may help reduce blood pressure and insulin resistance. So, celebrate September and celebrate research by joining the Nurses' Health Study and enjoying some chocolate! (I have no relevant financial or nonfinancial relationships with the chocolate industry to disclose).

Rebecca Green, DNS, NCSN, RN
Editor, SNRS Southern Connections

2017 SNRS Award Recipients

The awards luncheon at the 2017 SNRS Annual Conference in Dallas, TX, was a wonderful celebration of the amazing work of our members who contribute to advances in research throughout the SNRS region.

The 2017 Leadership in Research Award was given to Cindy Munro, PhD, RN, ANP-BC, FAAN, FAANP, FAAS of the University of South Florida. This award, bestowed by the SNRS Board of Directors, recognizes outstanding leadership, contribution, and promotion of nursing and healthcare research.

The 2017 Distinguished Researcher Award was given to Donna Hathaway, PhD, RN, FAAN of the University of Tennessee Health Science Center. This award recognizes the contribution of an individual whose established program of research has enhanced the science and practice of nursing in the SNRS region.

The 2017 Award for Research in Minority Health was given to Coretta Jenerette, PhD, RN, of the University of North Carolina at Chapel Hill. This award recognizes the contributions of an individual or group conducting and/or promoting research that has significance for improving the health care of minorities and other underrepresented groups in the SNRS region.

The 2017 Early Science Investigator Award was given to Lucinda Graven, PhD, ARNP of Florida State University. This award recognizes the contributions of a nurse scientist early in his or her research career who shows potential to develop a sustained program of research to enhance nursing science and practice.

The 2017 Research in Nursing and Health (RINAH) Authorship Award was given to Donna L. Schminkey, PhD, MPH, CNM of the University of Virginia. This award recognizes the SNRS member who disseminated research findings, or important theoretical or methodological advances, in the official SNRS journal, RINAH, within the past year.

The 2017 SNRS/ John A. Hartford Foundation Geriatric Research Award was given to Graham Joseph McDougall, PhD, RN, FAAN, FGSA of the University of Alabama. This award recognizes the contributions of an individual whose established program of research has enhanced the science and practice of geriatric nursing in the SNRS region.

The 2017 Clinical Researcher Award was given to Kathie S. Zimbro, PhD, RN of Sentara Healthcare. This award recognizes the contribution of an individual, with greater than 50% of their appointment working as a researcher in a clinical setting, whose established program of research has enhanced the science and practice of nursing in the SNRS region.

Finally, three students were recognized for Top Student Poster awards at the annual conference: First place was awarded to Christina Jones, RN of the University of Florida Gainesville College of Nursing for her poster entitled "Mental well-being of rural Latino adolescents: Family, social, and community environments." Second place was awarded to Carson Swartz, BSN student of the University of Kentucky College of Nursing for her poster entitled "Exploring alcohol and tobacco use among women experiencing intended and unintended pregnancies." Third place was awarded to Y'Esha Williams, PhD student of the University of Tennessee Health Sciences Center, for her poster entitled "Associations among depressive symptoms, body mass index z-scores, and physical activity self-efficacy in African American children."

**A Message from the Southern Nursing Research Society Director of Awards:
Patricia Kinser, PhD, WHNP-BC, RN**

A number of annual award opportunities are offered to the members of the Southern Nursing Research Society. Please consider recognizing yourself and your colleagues for the important research work that is done by our members: the call for 2018 nominations opens from August 1- October 1 2017. More information may be found about the awards on the SNRS Website [here](#).

**Countdown to SNRS 32nd Annual Conference
in Atlanta**

Psst... did you hear about next year's Annual Conference in Atlanta? We are changing some things. First, the conference is going to be just a tad later than usual to try to prevent being snowed out (or in), which has been troublesome over the past few years. Join us for a beautiful spring conference March 21-24, 2018.

Next, we are going to shift some things around and have some new sessions. While we work out these changes, here is one thing we know for sure: We have not just one, but *two* fantastic keynote speakers this year. Our keynotes will be jump-starting Thursday and Friday mornings to bring us differing research perspectives on our theme, **Expanding Nursing Science in Population and Global Health**.

On Thursday, we welcome Dr. Marianne Baernholdt, PhD, MPH, RN, FAAN, from Virginia Commonwealth University School of Nursing. Her research focuses on how quality of care is defined and factors affecting quality of care in global rural areas across the healthcare continuum. She has been a primary investigator and co-investigator on several federal grants using a diverse set of methods to examine quality and safety in rural areas.

On Friday morning, Dr. Nancy E. Glass, PhD, MPH, RN, FAAN, from The Johns Hopkins University School of Nursing will present on her work with community-partnered interventions to improve economic security, health and gender equity in conflict affected and fragile settings. She will present findings and lessons learned from recently completed impact evaluations of two community led microcredit/product asset transfer programs, Pigs for Peace and Rabbits for Resilience with rural families (women, men and youth) in the Democratic Republic of Congo.

Stay tuned for more updates about this annual meeting and put the dates on your calendar now...you will not want to miss this Annual Conference!

Carolyn Miller Reilly, PhD, RN, CHFN-K, CNE, FAHA
SNRS Vice President and Program Committee Chair

RIG Corner: Health Systems/Health Policy

The use of telehealth technology is rapidly transforming healthcare. Nurses play a critical role in coordinating care, monitoring patients remotely, and evaluating health outcomes in these transformational care models. Additional research is needed to better understand how telehealth and use of telehealth technology can improve health outcomes, health care services, and reduce costs.



As part of the SNRS Health System/Health Policy RIG and organized by co-chair, Lynne C. Andrus, PhD, RN, a recent webinar entitled, "Telehealth: Building an Evidence-Based Model of Care" was conducted on May 4, 2017.

Kristi Henderson, DNP, Vice President of Innovation and Virtual Care at Ascension Health was the presenter. Dr. Henderson reviewed 1) the state of telehealth and trends - uses for patient care, limitations, and future adoption; and 2) the body of evidence supporting telehealth use and its implications for nursing research and practice. If interested, you may access the webinar [here](#).

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Senior Researcher Spotlight Ryan J. Shaw, PhD, RN

Ryan J. Shaw, PhD, RN is an Associate Professor at Duke University. He holds the Elizabeth C. Clipp Term Chair of Nursing. He is the Director of the Duke Health Innovation Lab and faculty at the Duke University School of Nursing and the Duke Center for Applied Genomics and Precision Medicine. He has collaborative appointments at the Duke Center for Health Informatics and MEDx - Duke's Medicine & Engineering Initiative.



Dr. Shaw identifies and optimizes novel, useful methods of collecting, visualizing, and disseminating healthcare data to (1) better inform our understanding of human disease and (2) improve patient and clinical decision-making. He is a pioneer in mobile health, technologies that give researchers, clinicians, and patients real-time information about biophysical and behavioral health in everyday environments. Dr. Shaw was also one of the first scientists to demonstrate and publish that patients could feasibly use multiple mobile technologies to manage their health.

What influenced you to become a nurse scientist?

I've always been quite interested in science and technology since I was a child. As a teenager I built my own computer, and growing up in rural North Carolina, I had to figure out a way to get access to this new thing called the Internet. A Radio Shack 14.4k modem exposed me to what was a growing online world.

When I started college I began as a computer science and math major and then after two years switched into nursing. I was looking for a more meaningful career path and something where I felt I could help people. The work I do now has combined the two fields and reflects these two interests.

When I started my career as a registered nurse, clinicians could only see a snapshot of patients' health when they were actually in the clinic or hospital. The electronic health record was starting to become widely adopted and mobile technologies were emerging. And yet, there was little knowledge on how to combine these emerging tools to improve care delivery and health outcomes. There really weren't answers yet, so the path I saw forward was to pursue a PhD and become a scientist who could help develop solutions. Fifteen years after I first went into nursing, I've found a niche where my background blends well with needs in our healthcare environment and an evolving technological world.

What advice would you give to aspiring nurse scientists?

Believe in yourself. Science is a challenging path but very rewarding. The most successful nurse scientists I've seen got there through perseverance. It may appear that success just came naturally or was even easy, but the truth is that it took years to get there and it was likely a difficult path fraught with many rejections and failures. If you keep at it though, eventually you will succeed. Becoming a scientist is a journey on a path where you discover knowledge that doesn't exist yet. And that path requires many changes from the one you thought you would take and quite frankly a thick skin. I believe Albert Einstein said it best, "If we knew what it was we were doing, it would not be called research, would it?"

Greetings from the SNRS Student Network!

This year, we are pleased to work with Dr. Lovoria Williams, Associate Professor of Nursing at Augusta University and Director of Membership at SNRS. Dr. Williams is our Student Network advisor, and is working with eight SNRS Student Network leaders from various institutions across the Southern region. Currently, we are planning

the program for students at the SNRS 32nd Annual Conference in Atlanta.

The events will include a pre-conference workshop for doctoral students with speakers who will deliver information on successful strategies for dissertation completion and building a career in nursing research; a doctoral student reception - a networking opportunity on the evening of the pre-conference day; and a doctoral student lounge which will be open on all days of the conference.

A new feature this year will be "chats" at the student lounge. These will be scheduled discussions led by recent PhD graduates on topics of relevance for graduate students, such as time management, publication, and securing funding. This way, students who may be unable to attend a more formal lecture at the pre-conference workshop will have an opportunity to have their questions answered by peers who have successfully completed a doctoral program.

We are working hard to prepare events that will be interesting and inspiring to all student attendees! In the mean time, please contact me with questions and suggestions about planning for student events at the conference - we are here for you!

Mariya Kovaleva, RN, BSN
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Student Spotlight Jacqueline B. Vo, BSN, RN

My name is Jacqueline B. Vo, BSN, RN, and I am a PhD student at the University of Alabama at Birmingham (UAB) School of Nursing, working under the mentorship of Karen Meneses, PhD, RN, FAAN, Professor and Associate Dean of Research for UAB School of Nursing. I am also a Robert Wood Johnson Future of Nursing Scholar, Susan G. Komen Graduate Trainee in Disparities Research, and recipient of the American Cancer Society Doctoral Degree Scholarship in Cancer Nursing (DSCN-17-076-01). My long-term career goal is to become an established cancer nurse scientist at a research intensive academic medical center. My research interests are in comorbidities among cancer survivors and health disparities among the medically underserved. My dissertation examines cardiovascular disease risk among breast cancer survivors. My background as a child of Vietnamese immigrants, my uncle's battle with cancer, and my work as a bedside nurse in the cardiothoracic intensive care unit at UAB Hospital have all inspired my passion for research in cancer survivorship.



Jacqueline Vo BSN, RN has produced publications and presentations on cardiovascular disease and breast cancer.

SNRS Student Network Staff

Jenna Brager, BSN-RN, MS, is in her fourth year of her PhD studies at the Johns Hopkins

University School of Nursing. She serves a secretary to the SNRS Student Network. Her research interests include mHealth and eHealth, as well as mental health issues. She was the recipient of the mHealth Summit Scholarship for 2015 and 2016, and was the APNA Board of Director's Scholar for 2016.



Tamara O. Perdue, MSN, RN, attends East Carolina University College of Nursing.

She is in her third and final year of the PhD program. She serves as the SNRS student representative to the SNRS Development Committee, a position she also held last year. She has three main research interests: medication adherence and concordant beliefs in health provider students; building interprofessional collaborations; and obesity.

Her dissertation research is on the psychological adjustment to normal weight in post-operative bariatric surgery patients.



Sent on Behalf of the Southern Nursing Research Society,
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