



National Institute
of Nursing Research

NINR and Nursing Research: Yesterday, Today, and Tomorrow

HUP 4th Annual Nursing Research Conference
September 29, 2015



Patricia A. Grady, PhD, RN, FAAN

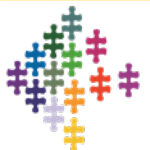
Director, National Institute of Nursing Research





Topics

- **Nursing science and evidence-based practice**
- **NIH and NINR missions**
- **Dissemination and implementation of NINR-supported nursing science**
- **Looking to the future**





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Nursing Science and Evidence-based Practice

The Role of Nursing Science in Health Research

- **Leading change in healthcare environments through evidence-based practice**
- **Fostering cross-disciplinary teams**
- **Keeping pace with the latest techniques, initiatives, and innovations in science**
- **Building scientific foundation for clinical practice**



Research Utilization in Nursing Protocols

Selected Survey Question: Elimination of lactose from tube- feeding diets	(n=216)
Aware of findings	47%
Persuaded that the finding was useful	46%
Sometimes used intervention	19%
Always used intervention	20%

Brett JL. 1987. Nurs Res.

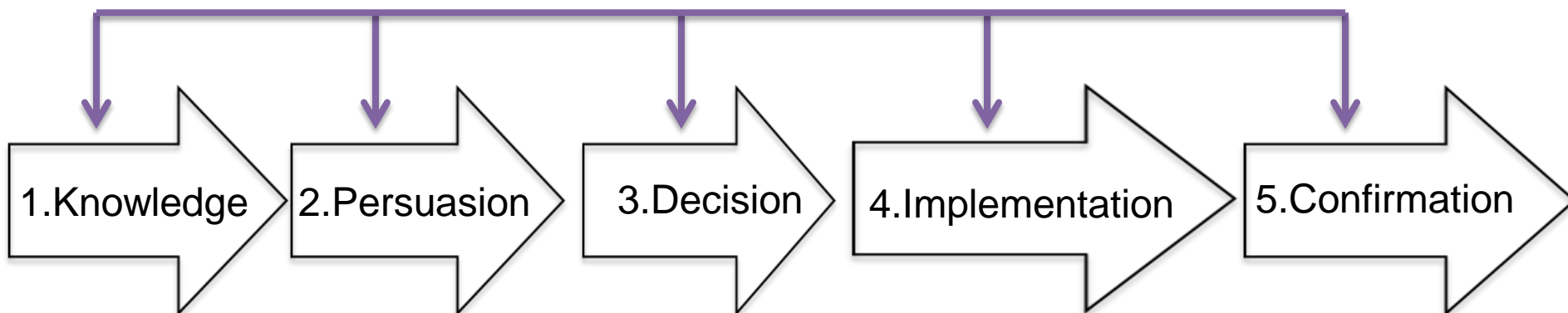


The Innovation-Decision Process

Prior conditions

Previous practice
Needs or problems

Communication Channels



adapted from Rogers EM, 2003. *Diffusion of Innovations*



One Definition of Translational Research

“Translation is the process of turning observations in the laboratory and clinic into interventions that improve the health of individuals and the public — from diagnostics and therapeutics to medical procedures and behavioral changes.”

National Center for Advancing Translational Science (NCATS)



Research Translation

Requirements for Successful Translation

- **Formulation of research questions**
- **Large cohorts for generalizable populations**
- **Effectiveness evaluation**
- **Care delivery evaluation**
- **Sustainability planning**



Research Translation



T1



T2



T3

T4

Potential Application

Efficacy

Effectiveness

Population-Based

Basic
Scientific
Discovery



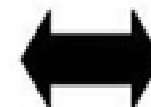
Potential
Clinical
Application



Evidence
Based
Guidelines



Clinical Care
of
Intervention



Health of
Community or
Population

*Basic
Knowledge*

*Theoretical
Knowledge*

*Efficacy
Knowledge*

*Applied
Knowledge*

*Public Health
Knowledge*

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Nurse Involvement in NIH's CTSA Program

Accelerating Discoveries Toward Better Health

CTSA Clinical & Translational[®]
Science Awards

Nurses have made contributions to CTSA efforts in:

- **Community engagement**
- **Implementation science**
- **Training**



Sampselle CM, et al. Clin Transl Sci 2013

<http://www.ncats.nih.gov/research/cts/ctsa/ctsa.html>





Overview

Topics

- Nursing science and evidence-based practice
- **NIH and NINR missions**
- Dissemination and implementation of NINR-supported nursing science
- Looking to the future

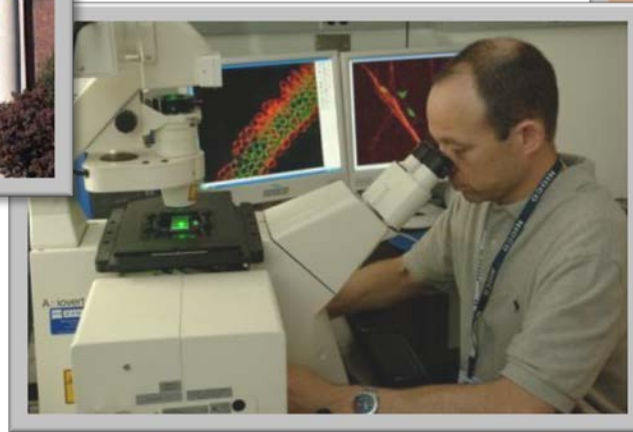




NIH Mission

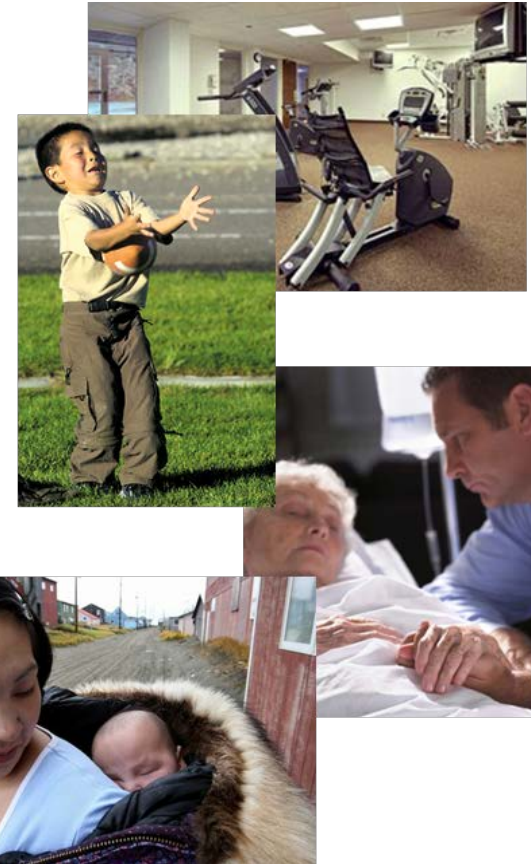
NIH: Steward of Medical and Behavioral Research for the Nation

“NIH’s mission is to seek **fundamental knowledge about the nature and behavior of living systems and the **application of that knowledge** to extend healthy life, and reduce the burdens of illness and disability.”**



NINR Mission

- To promote and improve the health of individuals, families, and communities
- To understand and manage wellness and health across the lifespan
- To improve quality of life for individuals and their caregivers





NINR's Areas of Research

Scientific Focus Areas to Implement NINR's Strategic Plan

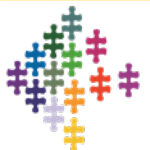
- **Symptom Science**
- **Wellness**
- **Self-Management**
- **End-of-Life and Palliative Care**
- **Technology**





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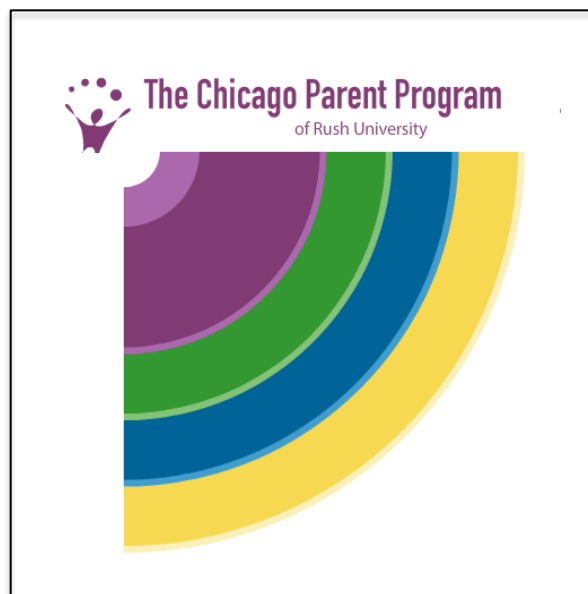


Dissemination and Implementation

Chicago Parent Program Makes a Difference in Primary and Secondary Prevention



Gross D, et al.
J Prim Prev 2011



Deborah Gross, DNSc
Johns Hopkins University



Breitenstein SM, et al.
Res Nurs Health 2012

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Dissemination and Implementation

NINR Pediatric Palliative Care Campaign



PALLIATIVE CARE
Conversations Matter™

Easing symptoms and enhancing lives

Goals:

- To raise awareness of and improve communications about pediatric palliative care
- To increase the use of palliative care for children living with serious illnesses



www.ninr.nih.gov/conversationsmatter

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Dissemination and Implementation

Internet-based Psycho-educational Interventions for Teens with Type I Diabetes

Adolescents with type 1 diabetes who completed a coping skills education program AND a diabetes management education program had better glycemic control and quality of life outcomes



Grey M, et al. Diabetes Care 2013



Dissemination and Implementation

Creating Opportunities for Personal Empowerment (COPE)

Intervention for adolescents targeting obesity, social skills, and mental health

- **Builds cognitive behavioral skills**
- **Potential to prevent and treat overweight and obesity in teens**
- **Implemented by teachers rather than health professionals**



Melnyk BM, et al. Am J Prev Med 2013



Dissemination and Implementation

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BEST-EVIDENCE

Sister-to-Sister: Group Skills-building & One-on-one Skills-building

[Intervention Description](#)

[Intervention Package Information](#)

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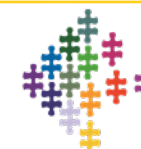
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Loretta Sweet Jemmott, PhD, RN, FAAN
University of Pennsylvania

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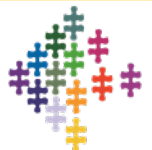
Dissemination and Implementation

Fostering Advance Directives Communication

- **Communications strategies for advance directives**
- **Physician Orders for Life-Sustaining Treatment (POLST)**
- **Nursing home residents less likely to receive unwanted life sustaining treatment**



Hickman SE, et al. J Palliat Med 2009





Dissemination and Implementation

THE CARE SPAN

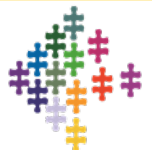


THE CARE SPAN

The Importance Of Transitional Care In Achieving Health Reform

Naylor, MD, et al. Health Aff. 2011

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Dissemination and Implementation

Transitional Care: Published Evidence*

- **21 clinical trials of diverse innovations focused on chronically ill older adults**
- **9 of 21 studies reported positive impact on health outcomes and reductions in preventable hospitalizations**
- **Effective interventions:**
 - **Extended from hospital to home**
 - **Offered multiple solutions**
 - **Relied on teams (including patients) with nurses as “coordinators”**

*Information courtesy of Dr. Mary Naylor (8/5/15)





Dissemination and Implementation

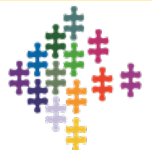
Reach

Resources For Enhancing Alzheimer's Caregiver Health

**Supported by the National Institute on Aging and
the National Institute of Nursing Research**

Adapted from slide by Dr. Richard Hodes, NIA

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Dissemination and Implementation

Discharge Decision Support System (D2S2)

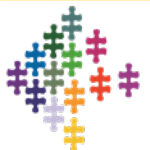
- **Embedded in electronic health records systems**
- **Identifies patients in need of follow-up after hospital discharge to:**
 - **improve health outcomes**
 - **reduce hospital readmission costs**





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Looking to the Future

PRECISION MEDICINE INITIATIVE



Working Group for the President's Precision Medicine Initiative



- **Public input on building the Initiative's national participant cohort**
- **Long-term goals aligned with nursing research**
 - **Identifying new targets for treatment, prevention, and healthy behaviors**

www.nih.gov/precisionmedicine

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Looking to the Future

Infrastructure for Large Scale Studies



PALLIATIVE CARE RESEARCH COOPERATIVE GROUP

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[Membership Application](#)

« August 2014 »

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COMMUNITY

The Palliative Care Research Cooperative Group (PCRC) established in 2010 to create a network for academic community palliative care providers to engage in research opportunities.

► Collaborate

Researchers interested in joining the cooperative group and participating in studies.

► Studies

Learn more about studies that are actively enrolling, as well as those in development.

► Current Members Site

For current members to collaborate, view documents, calendars and other important information. This area is private and for those members who have been granted access.

Join Us

Develop scientifically-based methods that lead to meaningful evidence for decreasing the suffering of patients with advanced or potentially life limiting illnesses and their caregivers, including family members and providers of care.



palliativecareresearch.org

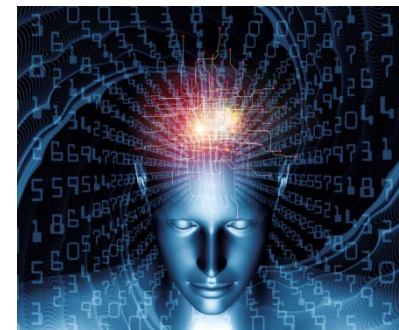
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Looking to the Future

Big Data Opportunities in Nursing

- Data visualization
- Profiling complex conditions to guide therapies
- Examining large amounts of data from successful treatments across populations to determine effectiveness in specific populations
- Mining social media to discern trends
- Developing learning systems to maximize use of longitudinal and interoperable datasets



<http://www.ninr.nih.gov/training/trainingopportunitiesintramural/bootcamp>



Looking to the Future

Innovative Questions

Pointing the Way Forward for Nursing Science

Shaping the Future of Nursing Science

- **Designed to initiate a dialogue with NINR stakeholders to develop lists of creative, results-oriented questions to assist in guiding future research directions in nursing science**
- **Consisted of a series of workshops with leading experts in the field, and a public website**
- **All questions from the IQ Initiative are now posted on the NINR website as a resource for the scientific community**

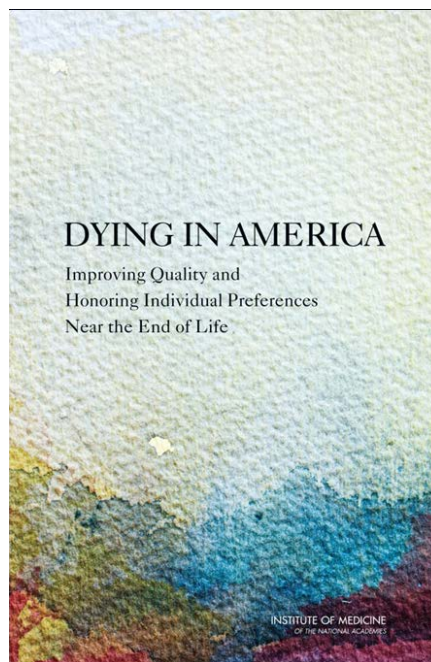
www.ninr.nih.gov/IQ

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Looking to the Future

Video Available—NINR-hosted NIH Briefing on IOM Report – *Dying in America*



INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

www.iom.edu/endoflife

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Looking to the Future

NINR's 30th Anniversary Opening Symposium



Advancing Science, Improving Lives

October 13, 2015

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NINR and Nursing Research



National Institute of Nursing Research
Building the Scientific Foundation for Clinical Practice

Font Size - +

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RESEARCH HIGHLIGHTS



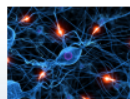
Preventing Infection through Standardized Practice



Clinician-Patient Discussions at End of Life



Self-Management and Clinical Outcomes in Older Adults



New Cellular Target for Treating Neuropathic Pain



Text Messages Intervention and Weight Loss

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PROMOTING HEALTH
NURSING RESEARCH INNOVATION
SCIENCE
QUALITY OF LIFE SELF-MANAGEMENT SYMPTOM SCIENCE
WELLNESS DEVELOPING NURSE SCIENTISTS
PALLIATIVE CARE HEALTH STRATEGIES PERSONALIZED END-OF-LIFE
INDIVIDUALS TECHNOLOGY

NINR DIRECTOR'S MESSAGE

NINR supports research to develop improved, personalized strategies to treat and prevent the adverse symptoms of illness across diverse populations and settings. In a new NINR Director's Message, Dr. Patricia Grady discusses powerful new tools—the NIH Toolbox, NeuroQOL, and PROMIS®—that can be used to advance nursing science.

[Read More >](#)



WHAT IS NURSING RESEARCH?

Nursing research develops knowledge to:

- Build the scientific foundation for clinical practice
- Prevent disease and disability
- Manage and eliminate symptoms caused by illness
- Enhance end-of-life and palliative care

LEARN MORE ABOUT

DIRECTOR'S PAGE



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