

SCHOOL OF
NURSING



The
MELIORA
CHALLENGE

THE CAMPAIGN *for the*
UNIVERSITY OF ROCHESTER

Nursing Research:
Preventing Disease, Promoting Health

NURSING RESEARCH: PREVENTING DISEASE, PROMOTING HEALTH



Why is nursing research so critical to improving our nation's health?

Nurses see patients across every health care setting. Whether it's a routine health exam, acute illness in the hospital, rehabilitation at home or in a facility, or end-of-life care—a nurse will be there. We are also educated to view a patient's care from every perspective—biological, psychological, social, and cultural.

As health care shifts from an illness model to a wellness model, our knowledge of care across the lifespan is key to carrying out the national research agenda. Often partnering with physicians and other scientists, nurse researchers are actively seeking the most effective ways to improve care coordination from illness through recovery, reduce risks for disease and disability, promote healthy lifestyles, enhance quality of life for people with chronic illness, eliminate health disparities and inefficiencies, and improve care for people at the end of their lives.

Scientists at the School of Nursing are forging new paths in research areas of fundamental importance to patients and families. We are developing ways to better control childhood asthma, lessen the pain of cancer, and promote the health and independence of people with spinal cord injuries. We're working to make sure elderly patients receive quality, evidence-based care in hospitals and nursing homes, and identifying the best ways of providing palliative care. We're uncovering ways to slow the cognitive decline of Alzheimer's disease, helping women avoid the dangers of obesity, and exploring new ways to prevent the spread of HIV.

But we can't do our work alone. As competition increases for research dollars, our investigators depend on outside support to continue their vital work.

Thank you in advance for supporting our nurse researchers who are dedicated to improving how health care is provided today, and for generations to come.

Kathy H. Rideout, EdD, PNP-BC, FNAP
Dean, University of Rochester School of Nursing

ON THE COVER: School of Nursing associate professor **Mary Carey, PhD, RN, CNS**, records the heart rate of an on-duty firefighter as part of her study focused on lowering firefighters' risk of heart attacks. Research shows that firefighters are four times more likely to have a cardiac event than the general population, due to their higher than average heart rate. Carey is evaluating whether a more restful sleep environment will help to lower their average heart rate and cardiac risk.

EXAMPLES OF OUR RESEARCH PROGRAMS



IMPROVING PALLIATIVE CARE DELIVERY

When a loved one is facing a life-threatening illness, palliative care helps to improve his or her quality of life and relieve suffering by closely attending to pain symptoms and other physical, psychosocial and spiritual issues. Specialists also provide essential guidance and support to families during this difficult time. As key members of palliative care teams, our nurse researchers are leading and collaborating on projects to help providers and families in end-of-life decision-making, and dramatically improve the quality of palliative care.



ALZHEIMER'S DISEASE PREVENTION

Everyone knows someone whose life has been touched by Alzheimer's disease. Although clinical researchers have yet to find a cure, promising inroads are being made in earlier detection and prevention. Our nurse researchers are working with scientists across the University to develop ways that cognitive impairment can be identified and addressed earlier in adults. They are also developing and evaluating interventions—such as computerized games—that “exercise” the brain, and may help slow or prevent the cognitive decline that leads to Alzheimer's.



INNOVATING TO HELP CHILDREN WITH ASTHMA

More than seven million children and teens across the country have persistent asthma, and it remains one of the top reasons for school absences, hospitalizations and early death. Asthma can be managed with corticosteroid inhalers, but young people need much more support to develop and maintain the vital self-management skills that will prevent dangerous complications. Among other efforts, nurse scientists are working with other scientists to develop a mobile phone-based device that will help teens stay on a healthier track with their self-care. They are also exploring ways to lower the high risk of asthma complications in urban youth.



PARTNERING WITH MOMS AND BABIES

What began as a desire to improve the outcomes of disadvantaged first-time mothers and babies in the 1970s, is today a highly successful, ongoing program of research that fostered the Nurse Family Partnership program. The program now serves more than 23,000 families nationwide. Nurse researchers continue to evaluate how nurse home visits in a child's first two years of life help improve pregnancy outcomes, prevent health problems, improve child health and development, and increase economic self-sufficiency. The program has also been shown to help prevent child abuse, reduce juvenile crime, and improve school readiness.

Help Us *Lead the Way*

You can help our nurse scientists develop life-changing ideas to improve the health of patients in Rochester and around the world. Please join us. The following is a sampling of how you can help.

ENDOWED AND DISTINGUISHED PROFESSORSHIPS—\$1,500,000 to \$2,000,000

Professorships allow us to recognize and recruit faculty whose scholarly achievements have attracted national and/or international attention. These enduring funds enable us to compete successfully for senior faculty, and as a result, attract the most promising students and research funding. Endowed professorships help the School of Nursing enhance its reputation and visibility and further efforts to build a community of scholars and future leaders.

ENDOWED RESEARCH FUND—\$750,000 to \$1,000,000

Endowed research funds support mid-career scientists who have not yet attained the rank of full professors, but whose work has distinguished them from their peers.

ENDOWED GRADUATE FELLOWSHIPS—\$750,000

Endowed fellowships provide a competitive edge in recruiting the most talented graduate students from around the world—those with the greatest potential to impact our profession. Your gift will help us continue to build a first-class research environment.

TEAM SCIENCE FUNDS—\$250,000 to \$750,000

You can support the contributions of our entrepreneurial, innovative research teams who have a legacy of working collaboratively across disciplines and schools, and with nurse scientists from other institutions. You can also support the technology that speeds the path to new approaches to improve health and prevent disease, yet adds heavily to research costs.

BRIDGE FUNDS—\$100,000

As government research funds become more restrictive, it is increasingly difficult for current investigators with on-going, well-established research to sustain uninterrupted NIH funding—interruptions that can have a significant, negative impact on the research being conducted—and for new investigators to renew their first grants; a crucial event for individuals establishing research careers. These factors have made private philanthropy an essential stopgap measure to sustain promising science and highly meritorious research projects.

PILOT PROJECTS/SEED FUNDS—\$50,000 to \$100,000 (annually)

New ideas need exploration and nurturing before they can be developed into successful application from the National Institutes of Health (NIH), large foundations or other traditional avenues of support. Gifts for seed funding are “risk capital” for a promising researcher who has the potential to make groundbreaking discoveries that will impact people here and around the world. Funds invested today in innovative research help nurse scientists and clinicians provide state-of-the-art models of health care for tomorrow’s patients. They can also be leveraged many times over, bringing external funding, jobs, and economic growth to the Rochester Community.

GEORGE EASTMAN CIRCLE—\$7,500 to \$50,000

The George Eastman Circle recognizes those who pledge unrestricted annual gifts of at least \$1,500 for five years, or more, to the School of Nursing. As a member, you will not only honor the legacy of one of our greatest benefactors and establish a new tradition to inspire others, but you will also provide the flexible programmatic support that allows us to take advantage of new opportunities in research and care.

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MEDICINE of THE HIGHEST ORDER