



COUNTRY SIDE

*Newsletter from the Rural Health Care Research Center
at the University of Virginia School of Nursing*

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Summer 2005

IT'S OFFICIAL! – RIBBON CUTTING WAS HELD ON MAY 5

When Patricia A. Grady, PhD, RN, FAAN and Director of the NINR, did the honors on May 5 to cut festive ribbons and officially open our Rural Health Care Research Center, she launched a unique research project that will ultimately improve healthcare throughout the country for people living in rural areas. The Center is funded through a five-year \$1,441,242 grant from the NINR.

According to Center Director, Elizabeth Merwin, PhD, RN, FAAN, "This Center offers unique opportunities to improve the health of rural populations by combining clinical interventions with innovative technologies to enhance the quality of care available in rural areas. It will combine the expertise of interdisciplinary teams of academic researchers from nursing, medicine, economics, psychology and other disciplines across UVA with the rich experience and knowledge of community leaders. Jointly, academic researchers and community partners will work together to design and implement studies that target important rural health problems."

The day began with a networking breakfast and conference held in the new UVA Special Collections Library. Dr. Grady's keynote presentation focused on *National Institute of Nursing Research: Current Issues*. Following the morning session, the group enjoyed a beautiful springtime walk across Mr. Jefferson's Lawn to the School of Nursing in McLeod Hall for the Ribbon Cutting, luncheon and a poster session. The afternoon featured Undergraduate Distinguished Majors Presentations and breakout discussion groups with research experts. The day was capped off with the opportunity for special tours of Pavilion Gardens, the Rotunda or the Special Collection Library. The event was generously supported by the School of Nursing Class of 1968 Lectureship Fund.



L to R facing camera: Dr. Patricia Grady, Director of NINR; Dr. Jeanette Lancaster, Sadie Heath Cabaniss Professor of Nursing and Dean of UVA SON; Dr. Beth Merwin, Center Director & UVA SON Associate Dean for Research and Professor of Nursing.



Dr. Merwin with Rebecca J. Davis, PhD, Executive Director of the Virginia Rural Health Association.

OTHER CONFERENCE HIGHLIGHTS

- **UVA's RHCRC: From Concept to Operations**
- **Future Plans**
Beth Merwin, Center Director
- **Ongoing and Future RHCRC Studies**
Barbara Parker, Pilot Core Director
- **Treatment, Outcomes & Possibilities: Depression in Impoverished Rural Women**
Emily Hauenstein, Southeastern Rural Mental Health Research Center Director
- **Undergraduate Distinguished Majors Presentations:**
The Experience of Sexual Assault in Limpopo Province, South Africa
Candace Burton
The Lived Experience of Adolescent Pregnancy and Motherhood in Rural Central Virginia
Beth Spencer
Spirituality and Rural African Americans with Type Two Diabetes: A Qualitative Approach
Alison Murphy

Laura Fusare, the voice on our phone ...



Laura Fusare

joined us in April as our Administrative Coordinator. Before moving to Charlottesville, she worked at Memorial Sloan-Kettering Cancer Center in New York as a Physician Office Assistant in the Pediatric Leukemia-Bone Marrow Transplant Service. A Phi Beta Kappa graduate from the State University of New York at Buffalo, Laura

combined psychology with her passion for the theater in what amounted to a double major. She has taught theater to children and adolescents and worked for a theater company. Her numerous academic awards, including a Medallion for Intellectual Breadth and a Golden Key Award, attest to her intelligence, but she also brings a creative bent, gracious manner and "can do" spirit to her organizational and administrative skills. Pleased to be aboard, Laura proclaims, "I am excited to be a part of a Research Center that has the potential to speak for a population that doesn't always have the loudest voice."



L to R: UVA Researchers Cheryl Bourguignon, PhD, RN; Ann Taylor, EdD, RN and Betty Norman Norris Professor of Nursing and Director of the Center for Study of Alternative and Complementary Therapies, join Sam English, Director of University Relations for Carilion Biomedical Institute and Beth Merwin, Center Director.



Undergraduate students who gave Distinguished Majors Presentations included, (L to R) Beth Spencer, Alison Murphy, and Candace Burton.



L to R: Dr. Ariel Gomez, UVA VP for Research & Graduate Studies; Dr. Joyce Fitzpatrick, Consultant; Director of the NINR, Dr. Patricia Grady; and UVA School of Nursing Dean Jeanette Lancaster.

PILOT STUDIES HIGHLIGHTS

Year 1 Pilot Studies include **eScreening: Case Finding in Rural Primary Care** (P.I. Sarah P. Farrell, PhD, APRN, BC); **A Decision-Making Program for Adolescents with Asthma** (P.I. Hyekyun Rhee, PhD, RN, PNP) and **Mammography Screening in Rural African American Populations** (P.I. Bonnie Jerome-D'Emilia, PhD, RN).

Dr. Farrell's study is developing a computer-based electronic screening technology (eScreening) for rural users of primary care to create a means of early detection of depression and alcohol abuse in rural populations with barriers to care.



L to R – Sarah Farrell, PhD, APRN, BC, Associate Professor of Nursing and Hyekyun Rhee, PhD, RN, PNP, Assistant Professor of Nursing



Dr. Rhee's research is inspired by statistics showing 9.2 million children with asthma and high rates of morbidity and mortality among adolescents. She hopes to test interventions to improve teens' decision making skills related to risky lifestyle behaviors that pose serious threats to overall management of asthma.

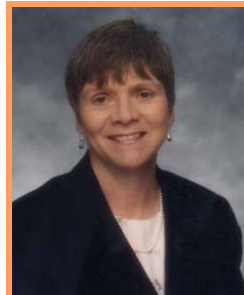


Bonnie Jerome-D'Emilia, PhD, RN

Mammography screening's simplicity and its importance make it an ideal intervention to use as a model to evaluate the feasibility of using telemedicine and Web-based technology to disseminate information. **Dr. Jerome-D'Emilia's** study aims to test the effectiveness

of this methodology to disseminate information to rural nurses and to improve the rate of mammography screening in rural African American and Caucasian women.

YEAR 3 PILOT STUDY RFPs



Barbara Parker, PhD, RN, FAAN

We expect that two or three new studies will be funded during year 3 of this five year grant and request applications for pilot studies related to rural health care for inclusion under the Center's grant. **Please submit proposals by January 15, 2006 for consideration.** Year 3 runs from July 1, 2006 to June 30, 2007.

Pilot studies will be evaluated in light of their potential to assist the RHCRC in meeting its goals. Investigators are encouraged to review a copy of the Center grant to ensure that their pilot study fits with the goals and conceptual framework of the Center. A copy of the grant may be signed out from Camille Hicks (ecf8d@virginia.edu). Please contact Dr. Barbara Parker, Director of Pilot Core, to discuss your ideas prior to developing a full proposal (bjp8c@virginia.edu)

This new Center will provide the infrastructure to conduct and disseminate research responsive to the clinical and information needs of rural populations in the United States. The RHCRC will test innovative nursing and system interventions for the rural health care system and will adapt existing interventions for use in rural areas. A Pilot study might include an intervention or it might provide the basis for moving an intervention study forward. Technological innovations are a key focus.

Please visit our web site for further details.

OTHER UVA SCHOOL OF NURSING RURAL HEALTH RESEARCH PROJECTS

In addition to the RHCRC, the University of Virginia School of Nursing is currently engaged in several substantial research projects focused on rural healthcare.

Southeastern Rural Mental Health Research Center (SRMHRC)

In 1992, the Center was launched with NIMH funding as a public-academic liaison (PAL) mental health service research center focused on the rural Southeast. A strength of the Center is its multidisciplinary team including members from psychology, health evaluation sciences and the medical school. Current priorities include identifying ways to improve access to care, to develop cost effective interventions and to incorporate understanding of poverty and of culture on client needs and care delivery.



*Emily Hauenstein, PhD, LCP, APRN, BC
Director, SRMHRC*

The Center is developing strategies to improve access through linkages with churches, welfare reform programs and community mental health centers.

Mental Health Treatment for Rural Poor and Minorities

This three-year study, funded by the National Institute of Mental Health (\$714,809), will provide a comprehensive, nationally representative description of rural mental health care, including access to care, patterns of treatment, and outcomes of care. The study focuses on understanding the particular problems faced by rural African Americans and Mexican Americans, women and the poor in obtaining mental health treatment. It also will evaluate these relationships using guideline-concordant care as the standard for those with depressive and anxiety disorders. **Emily Hauenstein**, PhD, LCP, APRN, BC and Associate Professor is the Principal Investigator.

Shortages of Health Professionals in Rural Areas

This research project has been evaluating the impact that varying numbers and mixes of health care professionals have on public health and utilization types of outcomes. It focuses on mental health, primary care and registered nurse providers and will evaluate the influence of shortages of providers on outcomes. It also will propose better ways of measuring shortages. The nationwide study is led by **Elizabeth Merwin**, PhD, RN, FAAN, and funded (\$1,366,038) by the NIMH.

Self-Management of Diabetes by Rural African-Americans

This research has been exploring differences between men and women and unique cultural factors in three rural African American communities so that culturally appropriate interventions and treatment programs can be designed to meet the needs of rural African Americans living with diabetes. **Sharon W. Utz**, PhD, RN and Associate Professor of Nursing, has been the P.I. for this work, funded by NINR (\$148,000).



*L to R – UVA faculty Rick Steeves, PhD, RN,FNP, FAAN;
Sharon Utz, PhD, RN; and PhD student Randy Jones
share a moment at the RHCRC ribbon cutting conference.
Dr. Jones has since become an Assistant Professor at UVA
School of Nursing.*

AND IN OTHER NEWS....

DR. MARY STARKE HARPER



When Mary Starke Harper, PhD, RN, FAAN, DSc,LLD, lectured at UVA on April 27, she also consulted with our School of Nursing researchers. Dr. Harper, the only living member of the Tuskegee Syphilis Project health care team, has long campaigned for protection for human subjects. A leading expert on mental health and aging, she enjoyed a 60-year career in the federal government and served as policy advisor to four Presidents. She is a noted expert on rural health care.

Dr. Harper (in foreground) and UVA researchers Ivora Hinton PhD; Irma Mahone, PhD(c); and Assistant Professor Rebecca Harmon, PhD, APRN, BC.

WORKSHOP HELD IN JUNE

On June 14, we sponsored a workshop on *Conducting Community Participation Action Research* led by Nancy Anderson, PhD, RN, C-ANP, FAAN who is Professor Emerita and Co-Director of the Social Policy and Dissemination Core for the Center for Vulnerable Populations Research, UCLA School of Nursing. Dr. Anderson is an anthropologist and nurse practitioner who focuses her research on the needs, strengths, concerns and assets of various vulnerable populations.

L to R: Dr. Kim Innes, Dr. Maureen Schnittger, Dr. Nancy Anderson and Irma Mahone PhD(c).



VIRGINIA TOBACCO COMMISSION AWARDS GRANT FOR NURSING



L to R – Senator Frank Ruff, UVA SON Dean Jeanette Lancaster and VCU SON Dean Nancy Langston.

Senator Frank Ruff presented a grant from the Virginia Tobacco Commission to UVA School of Nursing to fund a nursing career ladder in Southside and Southwest Virginia. The check was presented in a press conference on June 29, at the Institute for Advanced Learning & Research in Danville, where RNs will now be able to go on Saturdays for classes toward a BSN degree; VCU School of Nursing will provide those sessions. Dr. Joanne Henry is overseeing the VCU program component. The next rung up the professional ladder will be available through UVA SON's master's degree program offered online. Doris Glick, PhD, RN, is Director of the UVA Master's program. The Southside Coordinator is Darnell Cockram, EdD, RN (cockramd@drhsi.org).

RECENT PRESENTATIONS, POSTERS & PUBLICATIONS

- **Hauenstein, E.J.** (2005). Suicide and care: Children, Adolescents and Adults. In Boyd, M. Psychiatric Nursing: Contemporary Practice, 3rd Edition. Philadelphia and New York: Lippincott.
- **Hauenstein, E.J., Petterson, S., Merwin, E., Rovnyak, V., Heise, B.** (2005). Rurality, Gender and Disparities in Mental Health Treatment, Academy Health Annual Research Meeting, Boston, June, 28-30.
- **Hauenstein, E.J., Petterson, S., Merwin, E., Rovnyak, V., Heise, B.** (2005). Gender, Urbanicity and Treatment for Mental Illness, Seventh Anniversary ISPN Conference, "Excellence in Psychiatric-Mental Health Nursing: A Fountain of Opportunities" Pittsburgh, April 6-9, 2005.
- **Hauenstein, E.J., Petterson, S., Merwin, E., Rovnyak, V., Wagner, D., Heise, B.** (2005). Urbanicity and Disparities in Mental Health Treatment, Eighteenth NIMH Conference on Mental Health Services Research, "MHSR 2005: Broadening the Scope of Scientific Investigation, Bethesda, July 18-19, 2005.
- **Kane, C.F., Farrell, S., Harmon, R., Hauenstein, E.J., Thompson-Heisterman, A.** (2005) Leadership in Psychiatric Nursing, Seventh Anniversary ISPN Conference, "Excellence in Psychiatric-Mental Health Nursing: A Fountain of Opportunities" Pittsburgh, April 6-9, 2005.
- **Merwin, E., Stern, S., Xu, J., Katz, E., Dittrich, S.** (2005) Are Rural Communities Prepared to Meet the Mental Health Needs of Growing Hispanic Populations? Eighteenth NIMH Conference on Mental Health Services Research, "MHSR 2005: Broadening the Scope of Scientific Investigation, Bethesda, July 18-19, 2005.
- **Petterson, S., Hauenstein, E.J., Merwin, E., Rovnyak, V., Heise, B.** (2005) Ethnicity and Rural Populations, Disparities in Mental Health Treatment, Academy Health Annual Research Meeting, Boston, June 28-30.
- **Wenzel, J., Utz, S.W., Steeves, R., Hinton, I., Jones, R.A.** (2005). "Plenty of sickness: descriptions by African Americans living in rural areas with type 2 diabetes". Diabetes Educator. 2005 Jan-Feb; 31(1): 98-107. (35 ref)



McLeod Hall, Box 800782, Room 2015
Charlottesville, VA 22908-0782

COMING EVENTS

- **MAY 3, 2006** **Rural Health Care Research Center Conference**
University of Virginia School of Nursing - McLeod Hall
- **Oct. 13, 2005** **Rural Health Research Methods Workshop**
9 a.m. - 4 p.m.
UVA - specific location to be announced
- **Fall 2005** **First Monday of the Month Think Tank Meetings**
University of Virginia School of Nursing – McLeod Hall, Room 2015
Check Web site for more information

www.nursing.virginia.edu/centers/rhcr

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