



**Q2 October - December 2023**

# The NNRC Quarterly

**Niedfelt Nursing Research Center**



**UNMC**<sup>SM</sup>

COLLEGE  
OF NURSING

# Niedfelt Nursing Research Center



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## MEET OUR STAFF



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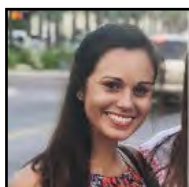
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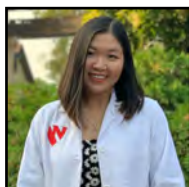


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**Tam Nguyen, BSN, RN**

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The Niedfelt Nursing Research Center staff compiles the content in the NNRC Quarterly. Our goal is to highlight research and other sponsored efforts by College of Nursing faculty. Email [nnrc@unmc.edu](mailto:nnrc@unmc.edu) to let us know about your scholarly achievements so we may feature you in future newsletters!

## UPCOMING PAVER SESSIONS

**March 13, 2024** – PowerPoint 101: Simple Skills to Maximize Dissemination Impact, presented by Kirsten Hepburn (PhD Student) – This was presented as [part of a larger Workshop](#) with Drs. Klein and Vandermause to help boost skills in disseminating research.

**PAVER** is a standing meeting offered twice per month via Zoom that provides a forum for CON research faculty and students to discuss/obtain input on works in progress (e.g., grant proposals, specific parts of grant proposals, papers, presentations, etc.), as well as to share resources and ideas that support research/scholarship endeavors. The name PAVER reflects the type of work we aim to accomplish during these meetings “Positive, Accountable, Visionary, Energetic, Research”. View the full PAVER schedule and sign-up here or by emailing [nnrc@unmc.edu](mailto:nnrc@unmc.edu).

# Q2 GRANT APPLICATIONS - SUMMARY

## OCTOBER TOTAL REQUESTS: \$148,720

- UNMC Fred & Pamela Buffett Cancer Center (FPBCC): \$75,000
- Great Plains IDeA-CTR: \$50,000

## NOVEMBER TOTAL REQUESTS: \$3,980,976

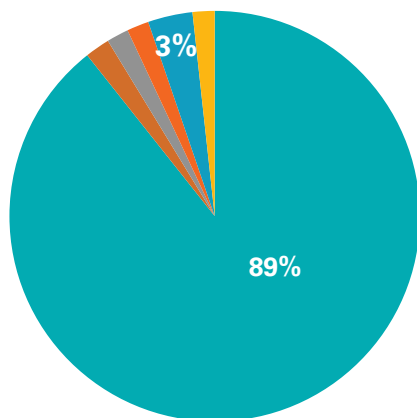
- NIH National Heart, Lung and Blood Institute: \$3,871,159
- NIH via UT Southwestern Medical Center subcontract: \$64,949
- NIH via University of Illinois Chicago subcontract: \$19,868
- Great Plains IDeA-CTR: \$25,000

## DECEMBER TOTAL REQUESTS: \$227,423

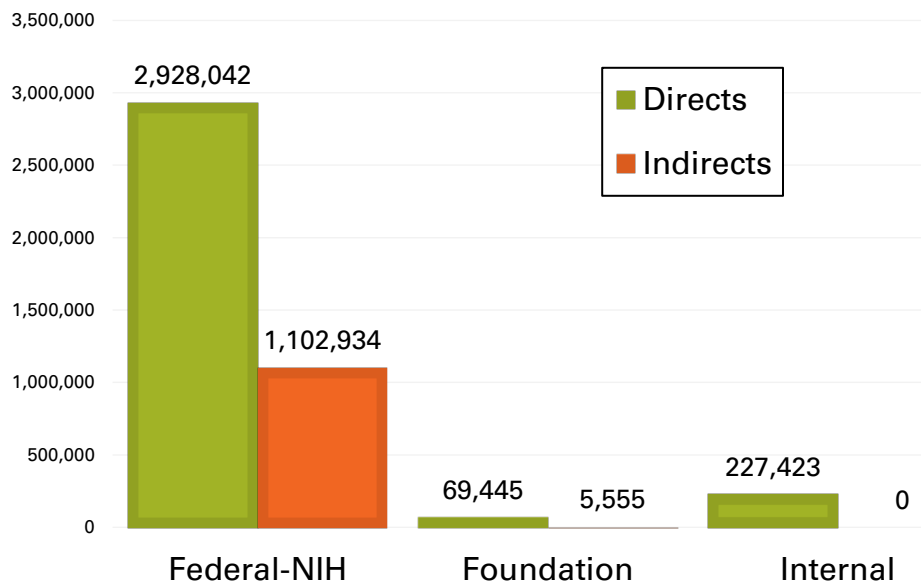
- American Society of Health-System Pharmacists (ASHP) Foundation: \$75,000
- NU Nebraska Research Initiative Funds: \$152,423

### Q2: Overview

**TOTAL REQUESTS \$4,333,399**



- NIH (prime)
- NIH (subcontracts)
- GP IDeA CTR
- FPBCC
- NRI Funds
- ASHP Foundation



# Q2 GRANT APPLICATIONS - DETAILS

## OCTOBER APPLICATIONS



Dickinson

- **TITLE:** *Aerobic vs. Resistance Activity Breaks to Reduce Sedentary Time and Improve Physical Function in Older Adult Cancer Survivors: A feasibility study*
- **PI:** Kristin Dickinson, PhD, RN, OCN
- **CO-Is:** Sheri Rowland, PhD, MSN, APRN, FNP-BC; Anna Schwartz, PhD, FNP-BC, FAAN
- **SOURCE:** Fred & Pamela Buffett Cancer Center (Internal)
- **AMOUNT:** \$75,000
- **DESCRIPTION:** The objective of the proposed study is to design and test the feasibility and acceptability of a remotely delivered behavioral intervention to reduce sedentary time and improve physical function in older (aged 65+ years) cancer survivors living in Nebraska. This project consists of 2 phases: 1) collaborating with a community advisory board (CAB) and conducting focus groups to inform the final design of the intervention and study procedures and 2) a feasibility study with 36 sedentary older adult cancer survivors. This phase will evaluate the feasibility and acceptability of a 3-month, remotely delivered and individualized, behavioral intervention to reduce sedentary time using short, frequent bouts of (a) light-intensity aerobic activity (STEPS) or (b) light-intensity resistance activity (STRENGTH) at regular intervals throughout the day.
- **PROJECT START/END DATES:** 01/01/24-12/31/24



Shade

- **TITLE:** *Conversational Technology for Real-time Evaluation of the Pain Experience in Older Adults*
- **PI:** Marcia Shade, PhD, RN
- **SOURCE:** Great Plains IDeA-CTR
- **AMOUNT:** \$50,000
- **DESCRIPTION:** The overall objective of this proposal is to build and refine a pre-trained natural language processing model. Integrate the model into the prototype's architecture, conduct testing, and deploy the app for closed beta testing. PAINChat will interact with older adults to collect information about the biopsychosocial pain experience and pain's impact on daily life.
- **PROJECT START/END DATES:** 07/01/24-06/30/25

## NOVEMBER APPLICATIONS

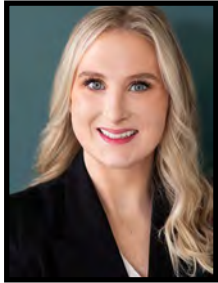


Alonso

- **TITLE:** *Targeted Adaptations in Functional Status with Optimal Personalized Exercise in Heart Failure with Preserved Ejection Fractions: TAILOR-exPEF*
- **PI:** Windy Alonso, PhD, RN
- **SOURCE:** NIH via UT Southwestern Med Center subcontract
- **AMOUNT:** \$64,949
- **DESCRIPTION:** The overall objective of this proposal is gaining knowledge on how to optimize exercise strategies to achieve functional status improvements in adults with heart failure with preserved ejection fraction.
- **PROJECT START/END DATES:** 07/01/24-06/30/29

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**GRANT APPLICATIONS - DETAILS**  
 continued

**NOVEMBER APPLICATIONS - CONTINUED**


Miller

- **TITLE:** *Motivational Enhancement and Device Support Interventions to Increase Continuous Positive Airway Pressure Therapy Adherence in Adults with Obstructive Sleep Apnea*
- **PI:** Jen Miller, PhD, APRN-NP
- **CO-I:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN
- **SOURCE:** NIH
- **AMOUNT:** \$3,871,159
- **DESCRIPTION:** The overall objective of the proposed project is to evaluate a telehealth-delivered adaptive intervention for persons newly diagnosed with OSA that promotes CPAP adherence and improves health outcomes and assess potential mediators and moderators of treatment response
- **PROJECT START/END DATES:** 07/01/24-06/30/29



Alonso

- **TITLE:** *A Randomized Controlled Trial to Reduce Hopelessness Through Enhanced Physical Activity in Patients with Ischemic Heart Disease: Feasibility and Acceptability among Ethnically Diverse Rural Adults*
- **PI:** Windy Alonso, PhD, RN
- **SOURCE:** NIH via University of Illinois-Chicago subcontract
- **AMOUNT:** \$19,868
- **DESCRIPTION:** The overall objective of the proposed project is to Perform pooled analyses of data across three SMART Center pilot studies to assess associations between blood markers of neurodegenerative processes and neural task differentiation (measured by fMRI) in response to different types of health information. Assess the relationships between these blood markers of neurodegeneration and a set of neuropsychiatric and cognitive functioning symptoms associated with preclinical AD/DRD.
- **PROJECT START/END DATES:** 07/01/24-06/30/26



Mollard

- **TITLE:** *Impact Evaluation of a Community-Driven Maternal Wellness Program in Nebraska*
- **PI:** Libby Mollard, PhD, WHNP-BC, CNM
- **SOURCE:** Great Plains IDeA-CTR
- **AMOUNT:** \$25,000
- **DESCRIPTION:** The overall goal of our application is to strengthen our existing team while also evaluating the impact of the current programs at Malone Maternal Wellness to add to our preliminary evidence for an R01 application in June of 2025. The proposed work will assess the Malone Maternal Wellness program's impact on maternal health outcomes in Black, Indigenous, and Person of Color (BIPOC) individuals in Nebraska by comparing 75 previous program participants with 75 matched controls. We will analyze medical records, looking at both pregnancy outcomes and overall health outcomes (up to three years postpartum). We will additionally conduct in-depth qualitative interviews with 25 past program participants to understand the program's influence on maternal experience and health outcomes.
- **PROJECT START/END DATES:** 07/01/24-06/30/25

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**GRANT APPLICATIONS - DETAILS**  
 continued

**DECEMBER APPLICATIONS**


Miller

- **TITLE:** *Perspectives of Primary Care Providers and Pharmacists on Deprescribing*
- **PI:** Jessica (JJ) Miller, PhD, RN
- **CO-Is:** Sue Barnason, PhD, ARPN-CNS, CEN, CCRN, FAEN, FAHA, FAAN; Kevin Kupzyk, PhD
- **SOURCE:** ASHP- American Society of Health-System Pharmacists Foundation
- **AMOUNT:** \$75,000
- **DESCRIPTION:** Polypharmacy is a rapidly increasing health concern, affecting 37% of the global population. Inappropriate polypharmacy, or the use of excessive or unnecessary medications, is associated with reduced quality of life, increased mortality, fall risk, and health care costs to the patient and health care system. Deprescribing is the systematic identification and discontinuation, reduction, or optimization of medications by a supervising prescriber to reduce polypharmacy and improve patient health
- **PROJECT START/END DATES:** 07/01/24-06/30/25



Aguirre

- **TITLE:** *Innovations in Rural and Latino Men's Health to Increase Screening, Treatment, and Engagement in Patient-Centered Outcomes Research (PCOR) for Cancer Prevention and Early Intervention*
- **PI:** Trina Aguirre, PhD, RN (lead)
- **CO-PIs:** Mathew J. Burton, MSN, APRN, FNP-C, CDCES; Roxanne Vandermause, PhD, RN
- **SOURCE:** NU Nebraska Research Initiative Funds
- **AMOUNT:** \$96,180
- **DESCRIPTION:** The purpose of the proposed project is to substantially prepare rural and Latino men to participate in a new externally funded patient-centered outcomes research institute (PCORI) engagement project, following their involvement in this innovative cancer screening, prevention, and early intervention initiative at their workplaces.
- **PROJECT START/END DATES:** 07/01/24-06/30/25



Kotcherlakota

- **TITLE:** *Feasibility of Using Chatbots to Improve Communication Skills in Health Professions*
- **PI:** Suhasini Kotcherlakota, PhD (lead)
- **CO-PIs:** Beth Culross, PhD, APRN-CNS, GCNS-BC, CRRN, FNGNA; Douglass Haas, DNP, APRN-NP, FNP-BC-AGACNP-BC, Kevin Kupzyk, PhD
- **SOURCE:** NU Nebraska Research Initiative Funds
- **AMOUNT:** \$45,311
- **DESCRIPTION:** Our primary purpose is to create and test the feasibility of an artificial intelligence chatbot system designed to enhance the learning experience of health professions students during history-taking interviews.
- **PROJECT START/END DATES:** 07/01/24-06/30/25

GRANT APPLICATIONS - DETAILS  
continued

DECEMBER APPLICATIONS - CONTINUED



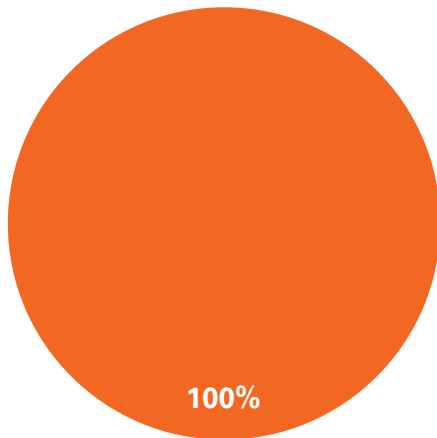
Balas

- **TITLE:** *Wearable measures of social connectedness in urban and rural dementia dyad*
- **PI:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN
- **CO-PI:** Mariya Kovaleva, RN, PhD, MS, AGPCNP-BC
- **SOURCE:** NU Nebraska Research Initiative Funds
- **AMOUNT:** \$10,932
- **DESCRIPTION:** The project will examine whether wearables can be used to measure interpersonal connectedness between persons with dementia and spousal caregivers.
- **PROJECT START/END DATES:** 07/01/24-06/30/25

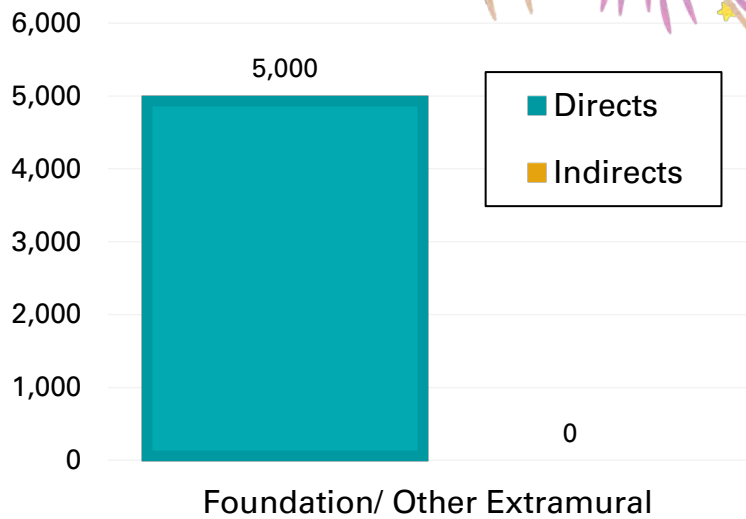
# FUNDING NEWS

## NEWLY FUNDED GRANTS

**\$5,000** (\$5,000 direct + \$0 indirect)



■ Foundation/Other Extramural



Foundation/ Other Extramural

*Keep reading for details about this quarter's awards →*



# FUNDED AWARDS

## Foundation/Other Extramural Funding

### *Machine Learning for Conversational Pain Assessment Technology in Older Adults*

**Sponsor:** American Society of Pain Management Nursing

**Project Period:** 11/2023-10/2024

**Total funding:** \$5,000 (\$5,000 direct + \$0 indirect)

**Project description:** Pain is a significant problem in older adults, and it remains undermanaged. Historically, pain management has included an assessment using numerical rating scales, limited pain qualifiers, and pain diaries which are subject to recall bias. Conversational technology (such as chatbot software) may be a more natural and effective way of disclosing the biopsychosocial dynamics of pain. The purpose of this proposal is to incorporate and test machine learning models (MLM) for the ecological momentary assessment (EMA) of pain in older adults within their natural environment. The overarching aim of this work is to offer accessible technology that supports the consistent evidence-based real-time assessment of pain in older adults. This study has the potential to impact pain monitoring and the communication of the pain experience .

Through this grant support, Dr. Shade is growing her program of research focused on innovative digital health-aided solutions that enhance care and symptom management and ultimately improve the quality of life of older adults!



Shade

### PROJECT TEAM

**PI:** Marcia Shade, PhD, RN, *Assistant Professor, UNMC CON-Omaha*

**Co-I:** Stephen Scott, DSc in Computer Science, *Associate Professor, UNL School of Computing*

**Graduate Research Assistant:** Mrinal Rawool, MS, *Doctor of Philosophy Student at Computer Science at UNL*



Scott



SUPPORTING NURSES MANAGING PAIN

# STUDENT RESEARCH

## Students to Represent UNMC in Upcoming Midwest Nursing Research Society 2024 Convention's Student Poster Session in Minneapolis, MN

### BSN Students

#### Kyle Hughes

*Support for partner and family caregivers of SGD women with breast cancer: An integrative review*

**Mentors:** Robin M. Lally, PhD, RN, MS, BA, AOCN, FAAN, & Andy Lim, BSN, RN

#### Jillian Bierbower

*Touchscreen crash cart dashboard insights: Registered nurses' observations and evaluations*

**Mentors:** Missy Ofe Fleck, PhD, MSN, RN, Janet L. Nieveen, PhD, RN, & Suhasini Kotcherlakota, PhD

#### Troy Scheer

*Participant outcome expectations may influence adherence to exercise*

**Mentors:** Windy Alonso, PhD, RN, Erin Salahshurian, BSN, RN, & Bunny Pozehl, PhD, APRN-NP, FHFA, FAHA, FAAN

### DNP Students

**Justice Uwazurike** BSN, RN, PMH-BC, **Crystal Waters** BSN, RN, & **Troyia Anderson** APRN-NP, PMHNP-BC

*Enhancing Identification of Maternal Postpartum Depression During Pediatric Well-Child Visits*

**Mentors:** Margaret R. Emerson DNP, APRN, PMHNP-BC, & Leeza Struwe PhD, MSN, RN

#### Gloria Kokes, APRN, FNP-C

*Enhancing a Chronic Kidney Disease Screening Process*

**Mentor:** Lynne Buchanan PhD, APRN-NP, BC

**Kassidy Horst** MSN, APRN, WHNP-BC, FNP-C & **Bianca Lowe** BSN-RN

*Sexual Health Care at a University Student Health Center: Outcomes of a Quality Improvement Project*

**Mentors:** Dawn Tassemeyer DNP, APRN, FNP-C, & Sheri Rowland PhD, APRN, FNP-BC

### PhD Students

**Rebecca Johnson-Beller** PhD(c), BSN, RN  
*Feasibility and Acceptability of a Dietary Health Coach Intervention in a Rural Primary Care Setting*

**Mentors:** Sue Barnason PhD, RN, APRN-CNS, CEN, CCRN, FAEN, FAHA, FAAN, Sheri Rowland PhD, APRN, FNP-BC, Leeza Struwe PhD, MSN, RN, & Athena Ramos PhD, MBA, MS, CPM

#### Gisele Tlusty, MSN, RN

*Physical Activity During Hospitalization for Stem Cell Transplant*

**Mentors:** Ann Berger PhD, MSN, RN, FAAN & Windy Alonso, PhD, RN, FHFA

#### Lauren Longacre, BS, BA, BSN, RN

*Implications of Perceptions of Mpox in MSM*

**Mentors:** Beth Beam PhD, RN & Marcia Shade PhD, RN



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STUDENT RESEARCH -  
continued

## Three additional students will represent UNMC in the MNRS 2024 Competitive Poster Competition:

**Jillian Bierbower** (BSN Student)

*Touchscreen Crash Cart Dashboard Insights: Registered Nurses' Observations and Evaluations*

**Erin Salahshurian** (PhD Student)

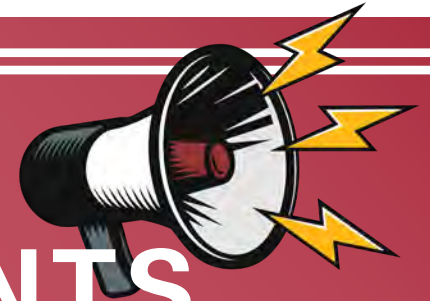
*Screening Challenges: Heart Failure with Preserved Ejection Fraction*

**Jill Scott** (MSN to PhD Student)

*Experiences of Nurses Returning to Practice Without Regulatory Barriers*

## PhD Student to Chair and Present at Special Session, MNRS 2024

**Kirsten Hepburn**, BA, BSN, RN, PhD Student (Y3), is the chair of a 90-minute Special Session: *Improving Visual Communication in Nursing Science*. Kirsten is also a presenter at the session with UNMC College of Nursing faculty Abbey Klein, PhD, RN (Assistant Professor & Special Session moderator) and Roxanne Vandermause, PhD, RN (Professor & PhD Program Director), along with Eastern Michigan University School of Art & Design Assistant Professor, Corrie Baldauf, MFA.



# NOTABLE ACCOMPLISHMENTS



Kerkove

## Karla Kerkove Awarded Debrah E. Trautman Future Nurse Leader Scholarship

Karla Kerkove, MSN, RN, CNE, CCRN-K, PhD student (Y1) recently received the prestigious Debrah E. Trautman Future Nurse Leader Scholarship. AACN only offers two of these awards per year and the competition is stiff. Karla will receive tuition assistance and funding to attend either the Student Policy Summit in March or the Graduate Nurse Student Academy Conference in August (both in Washington D.C.). Karla will also work with AACN President and Chief Executive Officer, Dr. Trautman, and other leaders in a virtual leadership experience.

Karla's background is in nursing education leadership and policy. She strives to incorporate social determinants of health into all aspects of nursing education. Karla's advisor Dr. Beth Culross, Karla's PhD cohort, first-year instructors, and others in the CON support her as she develops her important work. Our PhD students are the future of our ever-evolving disciplinary knowledge and we are so proud that one of our own is being recognized!

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NOTABLE ACCOMPLISHMENTS -  
continued

Hepburn

**Kirsten Hepburn Awarded Muriel Munchrath Scholarship**

Kirsten Hepburn, BA, BSN, RN, PhD student (Y3) recently received the Muriel Munchrath Scholarship from the Sigma Theta Tau Gamma Pi At Large Chapter. The award will support her research in understanding factors that contribute to early pregnancy loss.



Alonso

**Windy Alonso Selected to Receive the Midwest Nursing Research Society's 2024 Harriet H. Werley New Investigator Award**

Windy Alonso, PhD, RN, Assistant Professor will be honored with this award at MNRS' upcoming 48<sup>th</sup> Annual Research Conference in Minneapolis, MN occurring February 28 – March 2, 2024. The purpose of the award is to recognize the scientific contribution of a new investigator who has conducted nursing research that has the potential to enhance the science and practice of nursing.

**REMINDERS**

**Graduate Studies Assistantship/Fellowship application due on March 1, 2024.**

For more information visit: <https://www.unmc.edu/gradstudies/admissions/costs-funding/assistantships-fellowships.html>

## UPCOMING SEMINAR

### *Building a Program of Research Aimed at Reducing Iatrogenic Harm: Evolution of the ABCDEF Bundle*

**Wednesday, March 14, 2024  
12:00-1:00 PM (CST)**

**Featuring:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN

Associate Dean for Research, Professor, and Dorothy Hodges Olson Endowed Chair in Nursing, UNMC College of Nursing



Dr. Balas is an implementation scientist and registered nurse with extensive training and experience in the conduct of clinical trials and mixed-methods research in the intensive care unit and hospital setting. Please join us to hear her insights on building a program of research.

**Zoom:**

<https://unmc.zoom.us/j/99873296716?pwd=YXJwLy9HWFpMQnptU2NZb1lYcmV2dz09>

This seminar is hosted by the Great Plains IDeA-CTR.

## UPCOMING SEMINAR

### *Remote Consent Process: Using Electronic Consent Tools*

**Wednesday, March 27, 2024  
12:00-1:00 PM (CST)**

**Featuring:** Gisele Tlusty, PhD(c), MSN, RN,  
UNMC College of Nursing



**Discuss pragmatic use and understanding of electronic consent tools:**

- UNMC IRB Research Support Systems (RSS)
- REDCap<sup>®</sup>

**Consider the advantages and limitations associated with using electronic consent tools**

**Zoom:**

**<https://unmc.zoom.us/j/99488357106?pwd=c0cwUTl3eTlySXR3b3A1TlFiZmZxUT09>**

This seminar is being sponsored by CENTRIC (Center for Patient, Family and Community Engagement in Chronic Care)

# RESOURCES

## The College of Nursing is pleased to offer the following support at no cost to our faculty and students:

- Short-term Graduate Research Assistant support: submit request at <https://app1.unmc.edu/nursing/nnrcra/>
- Statistical consultation: submit request at <https://app1.unmc.edu/nursing/BioStatsRequest/>
- Proposal submission support: contact Debi Kibbee at [dkibee@unmc.edu](mailto:dkibee@unmc.edu)
- Grants management support: contact Don Houy [don.houy@unmc.edu](mailto:don.houy@unmc.edu)
- For guidance on research plan development: contact [leah.niebaum@unmc.edu](mailto:leah.niebaum@unmc.edu) to schedule a meeting with our Associate Dean for Research, Dr. Michele Balas.

For a full description of our faculty support services, visit

<https://www.unmc.edu/nursing/research/niedfelt-center/services/index.html>

## Are you an Early Career Researcher? Here are incredible resources to support you on your research journey!

- The Great Plains IDeA-CTR offers mock reviews of grant proposals and guidance with aims page development: <https://gpctr.unmc.edu/cores/professional-development/research-studios/>
- Johns Hopkins University maintains a listing of grants available to early career researchers: <https://research.jhu.edu/rdt/funding-opportunities/early-career/>



**Need research-related support not listed here?**

**Contact us!**  
[nnrc@unmc.edu](mailto:nnrc@unmc.edu)