# THE POWER AND IMPACT of NURSING RESEARCH

**FRIENDS OF THE NATIONAL INSTITUTE OF NURSING RESEARCH**

NIGHTINGALA 2017

OCTOBER 4TH

THE RITZ CARLTON HOTEL
WASHINGTON, D.C.

# Translating discoveries to IMPROVE HEALTH

## NURSING INFORMATICS LEADER

DNP in Nursing Informatics program ranked #2
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Advancing an action plan with national partners on shareable, comparable nursing data

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**BEST GRAD SCHOOLS**
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NURSING
NURSING INFORMATICS
2018

## RESEARCH FOCAL AREAS

Health promotion among vulnerable populations

Prevention and management of chronic health conditions

Symptom management

Health/nursing informatics and system innovation

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# FRIENDS OF *the* NATIONAL INSTITUTE *of* NURSING RESEARCH

*FNINR's VISION* is to be a bold voice to communicate the impact of NINR's work to elevate nursing science, improve lives and advance the Nation's health.

*FNINR's MISSION* is to provide resources to support nursing research and advance the mission of the NINR. The Friends seek to support research-based nursing practice by educating nursing professionals and the public about the advances made through nursing research and its benefits to patients, families, the community and the delivery of healthcare.

The Friends of the National Institute of Nursing Research is an independent, non-profit organization founded in 1993. Nurse researchers are grounded in clinical nursing practice and focused on the physical, mental, emotional and social needs of patients. They recognize the illness and the presence of health risk factors affecting the overall well-being of individuals.

The healthcare community faces new challenges and opportunities to improve patient care each year. With the continuing leadership provided by NINR and the support of FNINR, nurse researchers will continue to contribute to the enhanced health and well-being of all Americans, especially in a time when cost-effectiveness and quality of care are equally championed by the public and the Nation's decision makers.

# NATIONAL INSTITUTE *of* NURSING RESEARCH

The National Institute of Nursing Research was established as a Center at the National Institutes of Health and as an Institute in 1986. This placement among the 27 Institutes and Centers within the NIH has added a new scientific perspective to enrich the Nation's biomedical and behavioral research endeavors.

NINR's mission is to promote and improve the health of individuals, families, communities, and populations. The mission is accomplished through support of research in scientific areas such as chronic and acute diseases, health promotion and maintenance, symptom management, health disparities, caregiving, self-management, and the end of life. NINR also supports the training of new investigators who bring new ideas and help to further expand research programs. The ultimate goal of NINR's research is its dissemination into clinical practice and into the daily lives of individuals and families.

## *a message from* THE FNINR PRESIDENT

### KAREN DRENKARD, *PhD, RN, NEA-BC, FAAN*

Dear Friends...

On behalf of the FNINR Board of Directors and membership, welcome to the 2017 NightinGala! It is a privilege to have you here to help us advance the mission of the NINR. Nursing science enhances clinical practice, prevents illness and improves the lives of countless individuals. Your support is the best way to ensure the continued dissemination of research into clinical practice and into the daily lives of all Americans.

FNINR has had a busy year! We strengthened our governance capabilities, revalidated our vision and mission, and distributed our first e-newsletter to more than 1,000 stakeholders. We doubled the number of FNINR Ambassadors with many more in the pipeline. And we traveled to Washington, D.C. to brief members of Congress on the impact of nursing science on the Nation's healthcare system.

Tonight, we recognize the contributions of four outstanding nurse researchers with FNINR awards. Our recipients are:

• Dr. Barbara A. Given, for her work in Symptom Management, Supportive Care & Family Caregivers
• Dr. Janean E. Holden, for her work in Preclinical Studies on Modulation of Nociceptive & Neuropathic Pain
• Dr. Patricia F. Brennan, for her work in Nursing Infomatics
• Dr. Canhua Xiao, for her work in Symptom Clusters & Fatigue in Patients with Head and Neck Cancer

In addition, we are pleased to announce a brand new award – the Faye Glenn Abdellah Leadership Award named for this renowned nurse researcher. Starting next year, it will be presented to an individual who demonstrates outstanding leadership in advancing nursing science. Also, thanks to a generous donation, our Path-Paver Award is now the Welch/Woerner Path Paver Award.

We couldn't do what we do without the tremendous support of the FNINR Board. These committed individuals provide their time and talent to guide our success. We are fortunate to have Executive Director, Susan Dove, and her team at Dove Associates LLC to help us grow. We also thank Teresa Morris, Director of Advocacy and Government Relations, for her leadership with the Ambassadors Program and outreach.

Thank you again for coming and we hope you enjoy your evening!

# *a message from* THE NINR PRESIDENT

## PATRICIA A. GRADY, *PhD, RN, FAAN*

On behalf of NINR, it is an honor to once again join all of you this evening recognizing the tremendous progress made in nursing science over the past year. It is fitting that this year's Gala focuses on "The Power and Impact of Nursing Research." Each day, we witness the power of nursing science in the cutting-edge work of investigators that addresses some of the most pressing problems in health, from preventing chronic conditions to understanding the biological basis of debilitating symptoms. We take pride in the impact of nursing science for its direct effects on the lives of individuals and families; lives that have been improved thanks to better self and caregiver-management of illness, new technologies that allow for greater independence in living, and enhanced palliative care for those with serious illness.

A small sampling of activities from the past year highlight the power and impact of our work both in advancing science and in improving lives. NINR convened a scientific summit on caregiving that brought together hundreds of scientists, clinicians, and caregivers from across the U.S. to discuss current and future challenges and opportunities in research to improve the lives of patients and caregivers. The collaborative research supported through the Palliative Care Research Cooperative continues building and leveraging an extensive, national network of multidisciplinary investigators to advance the science of end-of-life and palliative care. Across the spectrum of conditions and the lifespan, our investigators continue to make remarkable progress in addressing issues such as predicting recovery time from traumatic brain injury, understanding the genetics underlying fatigue and pain in cancer survivors, promoting healthy behaviors in rural adolescents, and developing mHealth technologies for remote monitoring of arrhythmias. And, we have continued to support the next generation of scientists through training programs such as the Summer Genetics Institute and the Symptoms Methodologies Bootcamp.

At NINR, we continue to look ahead to what nursing science can accomplish in the future, working with all of you to improve the health and quality of life of our society. Indeed, we all can be very proud of the unique and essential role that nursing science plays in the health research enterprise. Nursing science has a direct impact on the lives of so many, and it is that knowledge that keeps us motivated each and every day. We are thankful to all of the institutions and organizations represented at this year's Gala, and we are grateful for the work that you do to advance the missions of NINR and of nursing science.

*Colleen Conway-Welch and Louise Woerner*

*proudly honor*

# DR. FAYE GLENN ABDELLAH

*whose vision has resulted in inestimable value created by nurse researchers*

## EXAMPLES OF ECONOMIC IMPACT OF RESEARCH FUNDED BY NINR TO NURSES:

- Dr. Bernadette Melnyk's (Ohio State University College of Nursing) COPE program, delivered to parents of premature infants, decreased hospital length of stay minimally 4 days, saving at least $4800 hospital costs or more than $2 billion system wide, if parents of the 500,000 premature infants born annually receive COPE.

- As a result of Dr. Susan Hickman's (Indiana University School of Nursing) findings, advance care planning became a cornerstone of a multi-component demonstration project to reduce avoidable hospitalizations, leading to a savings of 12.3% in Medicare spending per long-stay nursing facility resident.

- Dr. Patricia Stone's (Columbia University School of Nursing) study demonstrated total cost of care savings of $4,666, per patient, for nursing home patients whose care was provided by RNs with high tenure vs. those with low tenure.

*Announcing*

## THE FAYE GLENN ABDELLAH LEADERSHIP AWARD

The Friends of the National Institute of Nursing Research is pleased to announce the establishment of the FNINR Faye Glenn Abdellah Leadership Award. The first issuance of this award to honor Dr. Abdellah will be at the 2018 NightinGala – FNINR's 25th Anniversary next year.

Dr. Abdellah was instrumental in the transfer of the Center for Nursing Research, Division of Nursing (DN), Bureau of Health Professions, Health Resources and Services Administration, United States Public Health Service (US PHS), to the National Center for Nursing Research at the National Institutes of Health (NIH). The Center was the forerunner of the National Institute of Nursing Research (NINR). She felt strongly that nursing research belonged at NIH.

Dr. Abdellah, a policy expert, spearheaded obtaining Congressional authority for the transfer. On November 21, 1985, Congress established the National Center of Nursing Research at NIH to conduct, support, and disseminate information respective to basic and clinical nursing research, training and other programs in patient care research done by nurses.

# *October 4, 2017* NIGHTINGALA PROGRAM

## WELCOME AND OPENING REMARKS BY FNINR PRESIDENT
KAREN DRENKARD, *PhD, RN, NEA-BC, FAAN*

## REMARKS BY NINR DIRECTOR
PATRICIA A. GRADY, *PhD, RN, FAAN*

## DINNER

## FNINR 2017 RESEARCH AWARDS
ADA SUE HINSHAW AWARD · WELCH/WOERNER PATH-PAVER AWARD
PRESIDENT'S AWARD · PROTÉGÉ AWARD
*Presented By:* KATHLEEN POTEMPA, *PhD, RN, FAAN, Chair, Awards Committee*

## TRIBUTE TO RADM FAYE GLENN ABDELLAH

## NINR AT WORK
*Presented By:* JESSICA M. GILL, *PhD, RN, Chief, Brain Injury Unit, Division of Intramural Research,*
   *National Institute of Nursing Research, National Institutes of Health*

## FNINR AT WORK
*Presented By:* CINDY L. MUNRO, *PhD, RN, ANP-BC, FAAN, FAANP, FAAAS*
   *Dean and Professor, University of Miami School of Nursing & Health Studies*

## CLOSING REMARKS
KAREN DRENKARD, *PhD, RN, NEA-BC, FAAN*

## JESSICA M. GILL, *PhD, RN*

Jessica M. Gill, PhD, RN, Chief, Brain Injury Unit, is a tenure track investigator at the National Institute of Nursing Intramural Program of Research at the National Institutes of Health, and is a Lasker Clinical Scholar.

Dr. Gill is a nurse scientist whose work is focused on improving the lives of patients with traumatic brain injuries and concussions through the identification of "omic" biomarkers that identify patients at risk for neurological symptoms (e.g., post-concussive symptoms and PTSD).

The goal of this research is to develop personalized interventions to reduce these risks after brain injury. For example, Dr. Gill's recent publication in JAMA Neurology (2015) linked TBIs to higher tau levels in military personnel with chronic neurological symptoms. This article has already been cited more than 80 times by national and international researchers in neurology, aging, psychiatry, and rehabilitation, and Dr. Gill has been receiving numerous requests for research consultation nationally and internationally.

In another recent study, higher tau levels were linked to a prolonged recovery time after a concussion. This ground-breaking finding, which was reported both in Neurology and in Science in 2017, led to numerous requests for interviews including one by National Public Radio for "Science Friday." Dr. Gill has also received the prestigious Presidential Early Career Award for Scientists and Engineers and the Johns Hopkins University Distinguished Alumni Award.

Dr. Gill has also has been appointed to lead the research committees for the National Collegiate Athletic Association (NCAA) and the Department of Defense (DOD).

## SPEAKER *biography*

### CINDY L. MUNRO, *PhD, RN, ANP-BC, FAAN, FAANP, FAAAS*

Cindy L. Munro, PhD, RN, ANP-BC, FAAN, FAANP, FAAAS is Dean and Professor at the University of Miami School of Nursing and Health Studies. Dr. Munro began her nursing career as a diploma graduate of York Hospital School of Nursing in York, PA. She earned her Bachelor's in Nursing Science at Millersville University of Pennsylvania, a Masters in Nursing Science at University of Delaware, and a PhD in Nursing and Microbiology and Immunology at Virginia Commonwealth University.

Dr. Munro has published more than 150 articles. Dr. Munro's research activities focus consistently on the relationship between oral health and the prevention of systemic disease, and on prevention of complications in critically ill adults. Her research has been supported by funding of more than $18 million as a principal or co-investigator. Her study of oral care in mechanically ventilated adults has been funded by NINR since 2001, and another study of an intervention to prevent ICU delirium was funded by NINR in 2016. Dr. Munro holds two patents, and a third patent is pending.

Dr. Munro is a Fellow in the American Association for the Advancement of Science, the American Association of Nurse Practitioners, and the American Academy of Nursing, serving on the Academy's Acute and Critical Care Expert Panel. She is a member of the National Academy of Inventors and she is currently co-editor-in-chief of the American Journal of Critical Care. Dr. Munro was named the 2014 Distinguished Research Lecturer by the American Association of Critical-Care Nurses and was selected to be an inagural Ambassador of the Friends of the National Institute of Nursing Research.  In 2016 she was inducted into the Sigma Theta Tau International Nursing Research Hall of Fame and was designated an Academy Edge Runner by the American Academy of Nursing.

**THE FOLLOWING SCHOOLS AND ORGANIZATIONS HAVE FUNDED ONE OR MORE TABLES IN SUPPORT OF FNINR.**

American Association of Colleges of Nursing

American Nurses Association Enterprise

American Sentinel University

Boston College Connell School of Nursing

Case Western Reserve University
Frances Payne Bolton School of Nursing

CGFNS International

Columbia University School of Nursing

Duke University School of Nursing

Emory University Nell Hodgson Woodruff School of Nursing

Florida Atlantic University College of Nursing

George Washington University School of Nursing

Georgetown University School of Nursing & Health Studies

Georgia State University Lewis School of Nursing

GetWellNetwork/O'Neil Center

Goldfarb School of Nursing at Barnes-Jewish College

Indiana University School of Nursing

Johns Hopkins University
School of Nursing

Mayo Clinic

MedStar Health

Michigan State University College of Nursing

National Council of State Boards of Nursing

National League for Nursing

New York Presbyterian Hospital

New York University Rory Meyers College of Nursing &
New York University Langone Medical Center

Northwell Health

Ohio State University College of Nursing

Oncology Nursing Society

Organization for Associate Degree Nursing

Rutgers School of Nursing Camden

Rutgers University School of Nursing

RWJF Future of Nursing Scholars Program

Uniformed Services University of the Health Sciences

University of Alabama at Birmingham School of Nursing

University of Arizona College of Nursing

University of Arkansas for Medical Sciences College of Nursing

University of California San Francisco School of Nursing

University of Colorado Denver College of Nursing

University of Connecticut School of Nursing

University of Delaware School of Nursing

University of Florida College of Nursing

University of Illinois at Chicago College of Nursing

University of Iowa College of Nursing

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University of Kentucky College of Nursing

University of Maryland School of Nursing

University of Miami School of Nursing & Health Studies

University of Michigan School of Nursing

University of Minnesota School of Nursing

University of North Carolina at Chapel Hill School of Nursing

University of North Carolina Wilmington College of Health & Human Services

University of Pennsylvania School of Nursing

University of Pittsburgh School of Nursing

University of Rochester School of Nursing

University of South Carolina School of Nursing

University of South Florida College of Nursing

University of Tennessee Health Science Center College of Nursing

University of Texas at Austin School of Nursing

University of Texas Health Science Center, San Antonio

University of Virginia School of Nursing

University of Washington School of Nursing

University of Wisconsin at Madison School of Nursing

Vanderbilt University School of Nursing

Villanova University College of Nursing

Virginia Commonwealth University School of Nursing

The University of Michigan School of Nursing is proud to be a sponsor of the Friends of the National Institute of Nursing Research 2017 NightinGala.

The UMSN community has gratitude for FNINR's support of nursing research and for advancing the mission of NINR.

At UMSN, we are focused on the nation's emerging and most pressing health care concerns. Together, nursing scientists can transform health for all.

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## *2017* FNINR AWARDS

### ADA SUE HINSHAW AWARD

The Ada Sue Hinshaw Award is the preeminent award given by FNINR in honor of the first permanent Director of the National Institute of Nursing Research, acknowledging the substantive and sustained program of science that affords the recipient recognition as a prominent senior scientist.

### WELCH/WOERNER PATH-PAVER AWARD

The Welch/Woerner Path-Paver Award is given to a mid-to-late career nurse scientist who has achieved one or more breakthroughs in theory development, research methods, instruments, or subject matter that has paved the way for other scientists and who has influenced and mentored the next generation of nurse researchers.

### PRESIDENT'S AWARD

This year, the President's Award is given by FNINR to acknowledge a nurse scientist advancing innovations in technology to improve health.

### PROTÉGÉ AWARD

The Protégé Award is given to an evolving nurse scientist who shows great promise in advancing science and who is within the first 10 years of completing either PhD or Post-Doctoral study.

# Ada Sue Hinshaw Award

## BARBARA A. GIVEN, *PhD, RN, FAAN*

BARBARA A. GIVEN, PHD, RN, FAAN, is an internationally known researcher with a 35 year history of peer reviewed support from NIH (NINR, NCI), Michigan Department of Public Health, and American Cancer Society for her work in symptom management, supportive care, and family caregivers. The impact of Dr. Given's work is felt nationwide through the translation of her work to meet the needs of cancer patients and their family caregivers.

Dr. Given, along with her husband Charles, created a paradigm shift within academia and clinical practice from a focus on patient care in a hospital setting to a broader focus on family home care. Her multiple, NIH-funded R01s in patient and family home care, drew attention to the unmet needs of patients and their family caregivers, the detrimental effects of burden on caregiver health, the debilitating effect of symptoms on patients' and caregivers' quality of life, high out-of-pocket costs associated with family care, and importance of guiding patients and their caregivers to improve the quality of care patients receive at home. The Givens' Caregiver Reaction Assessment was one of the first multi-dimensional instruments to measure caregiver burden. It has been disseminated widely in the U.S., and translated into many languages for its use in other countries.

Dr. Given completed several multi-site studies testing interventions to alleviate the symptoms resulting from cancer and cancer-treatment. These interventions used an automated voice response telephone system along with an evidence-based guide of self-care strategies - the Symptom Management Toolkit. Patients using the Toolkit were able to manage symptoms more effectively, continue their treatments, and reported higher quality of life.

Dr. Given's recent research focuses on improving outcomes in the large and rapidly growing number of cancer patients taking oral chemotherapy medications at home. They have complex dosing regimens, toxicities, and side effects. She tested the effects of a multi-component intervention that utilized tailored messages reminding patients to take medications and use the Toolkit to manage their symptoms. Intervention patients reported less symptom severity, fewer symptoms, and high adherence to their oral chemotherapy.

Dr. Given's abilities to work collaboratively with others serves as a model for nursing scientists. She has consistently supported nursing research through her service on national committees and boards, including the President's Breast Cancer Commission, American Cancer Society Blue Ribbon Committee, and Expert Panel of Aging of the American Academy of Nursing. She testified at the Institute of Medicine for caregivers of elderly cancer patients, and served on the Department of Defense Integration Panel. Dr. Given has been a mentor for students and junior faculty in nursing and other health sciences.

Dr. Given is a University Distinguished Professor and Associate Dean Emeritus in the College of Nursing at Michigan State University (MSU). She is a Visiting Professor at Vanderbilt University. She is committed to improving healthcare delivery and is Chair of the Board of Directors of Sparrow Hospital in Lansing, Michigan. She is working with AARP to understand how states are implementing the CARE Act (which supports family caregivers) once their legislation has adopted it. Dr. Given received a PhD from MSU, and her MSN and BSN from Ohio State University. Her interdisciplinary approach to research for patients and families has distinguished her as a pre-eminent researcher in symptom management, supportive care, and family caregiver support.

# *Welch/Woerner Path Paver Award*

## JANEAN E. HOLDEN, *PhD, RN, FAAN*

Janean E. Holden, PhD, RN, FAAN, is an internationally-recognized researcher known for investigating brain mechanisms that modify nociception (pain) in the spinal cord, with emphasis on the hypothalamus and norepinephrine system. She has been funded since 1999 by the NINR in her preclinical work and is now translating those findings into potential therapies for cancer patients. As part of an NINR post-doctoral training grant in biobehavioral science, Dr. Holden discovered that brainstem norepinephrine released in the spinal cord dorsal horn produces opposing effects on pain at different receptors, the a1 and a2-adrenoceptors. It was known that norepinephrine binding with a2-adrenoceptors inhibits pain, but Dr. Holden discovered that norepinephrine binding with a1-adrenoceptors made pain worse and weakened the analgesic effect of a2-adrenoceptors. The finding set new groundwork for future translational work. In addition, Dr. Holden helped shift the focus of pain modulatory systems research from predominantly brainstem and spinal cord to forebrain structures through her discoveries that neurons in the lateral hypothalamus connect with brainstem norepinephrine cells, that the hypothalamus is part of the pain modulatory system, and that there are sex differences in the hypothalamic modulatory system.

In her work to define the mechanisms of hypothalamic pain modulation, Dr. Holden made a startling discovery. She found that norepinephrine is released continually in a model of neuropathic pain, acting primarily at pain-promoting a1-adrenoceptors rather than pain-inhibiting a2-adrenoceptors. This unexpected finding is important because: 1) it is suggestive that a1 pain-promoting receptors increase in neuropathic pain (and she has supportive preliminary data); 2) a1-adrenoceptors may promote the chronicity of neuropathic pain, and may ultimately serve as a biomarker for certain pain responses; and 3) this activity may explain why the selective serotonin and norepinephrine reuptake inhibitors such as Cymbalta are not fully effective in relieving neuropathic pain. These findings are major steps in increasing our understanding of neuropathic pain and in the translation of this work to patients.

Recently, Dr. Holden and her team showed that blocking a1-adrenoceptors with the drug prazosin (Minipress) promotes pain relief. Now, they are testing that finding in a pilot study focused on painful chemotherapy-induced neuropathy (P-CIPN). P-CIPN affects 30-40% of patients receiving chemotherapy, may cause patients to decrease or even stop treatment, and may continue even after chemotherapy is stopped. Cymbalta is the only drug approved for treatment of P-CIPN, but is effective in less than 50% of patients. Dr. Holden's team is combining Minipress with Cymbalta to investigate if larger amounts of norepinephrine binding only to pain-relieving a2-adrenoceptors will improve the pain relieving capabilities of Cymbalta and reduce P-CIPN. Should the hypothesis hold, this study will pave the way for a feasibility clinical trial and more.

Dr. Holden's discoveries have been noticed by the international research community. She was the first nurse scientist to receive the Presidential Early Career Award for Scientists and Engineers, and was invited to compete at the Ehrlich II World Wide Conference on Magic Bullets, which celebrates findings that have the potential to change the course of science. It is significant that her team has consisted mainly of students. She has mentored 16 PhD students (five in her laboratory), many of whom are now engaged in valuable clinical pain studies, including genomics for precision health. She has also mentored 56 undergraduate students from nursing, pre-medicine, psychology, anthropology and pharmacy. Dr. Holden feels there is great value in helping students from various fields, at least 20 of whom have gone on to graduate-level studies, develop a strong understanding that nurse scientists perform rigorous, impactful science.

# President's Award

## PATRICIA FLATLEY BRENNAN, *PhD, RN*

Patricia Flatley Brennan, PhD, RN, is the Director of the National Library of Medicine (NLM). The NLM is the world's largest biomedical library and the producer of digital information services used by scientists, health professionals and members of the public worldwide. She assumed the directorship in August 2016.

In January 2017, with the transition of the trans-NIH data science initiatives to NLM, as recommended by the NLM Working Group Report to the NIH Director, Dr. Brennan also assumed the role of NIH Interim Associate Director for Data Science (ADDS).

Dr. Brennan came to NIH from the University of Wisconsin-Madison, where she was the Lillian L. Moehlman Bascom Professor at the School of Nursing and College of Engineering. She also led the Living Environments Laboratory at the Wisconsin Institutes for Discovery, which develops new ways for effective visualization of high dimensional data.

Dr. Brennan is a pioneer in the development of information systems for patients. She developed ComputerLink, an electronic network designed to reduce isolation and improve self-care among home care patients. She directed HeartCare, a web-based information and communication service that helps home-dwelling cardiac patients recover faster, and with fewer symptoms. She also directed Project HealthDesign, an initiative designed to stimulate the next generation of personal health records. Dr. Brennan has also conducted external evaluations of health information technology architectures and worked to repurpose engineering methods for healthcare.

She received a master of science in nursing from the University of Pennsylvania and a PhD in industrial engineering from the University of Wisconsin-Madison. Following seven years of clinical practice in critical care nursing and psychiatric nursing, Dr. Brennan held several academic positions at Marquette University, Milwaukee; Case Western Reserve University, Cleveland; and the University of Wisconsin-Madison.

A past president of the American Medical Informatics Association, Dr. Brennan was elected to the Institute of Medicine of the National Academy of Sciences (now the National Academy of Medicine) in 2001. She is a fellow of the American Academy of Nursing, the American College of Medical Informatics, and the New York Academy of Medicine.

# *Protégé Award*

## CANHUA XIAO, *PhD, RN*

Canhua Xiao, PhD, RN, is Assistant Professor at Emory University Nell Hodgson Woodruff School of Nursing. Dr. Xiao's research has contributed to the understanding of symptom clusters and the mechanisms of fatigue in cancer patients, especially patients with head and neck cancer (HNC). Her work has been funded by multiple sources including the NIH/NINR Career Development Award (K99/R00) and R01.

Dr. Xiao has developed a sophisticated and multidisciplinary program of research focusing on cancer-related symptoms, including symptom clusters and fatigue, and their underlying molecular, genomic, and epigenetic mechanisms. From Dr. Xiao's early work, she conducted and published the first study to examine symptom clusters in patients with HNC treated on large randomized clinical trials within the National Clinical Trials Network (NCTN). She also used novel statistical methods to identify the longitudinal changes in symptom clusters. More recently, Dr. Xiao's pioneering research on fatigue has documented positive associations between treatment-induced acute inflammation and fatigue in HNC patients as measured by both peripheral protein and mRNA gene expression levels. Her recently funded R01 will further expand our understanding of the association between persistent fatigue and long-lasting inflammation that may involve epigenetic changes secondary to cancer and its treatment, an unexplored topic.

Overall, Dr. Xiao has done a significant job in pulling together multiple potential pathways of regulation of inflammation that represent a sophisticated and advanced understanding of the field which incorporate both neuroendocrine and psychosocial factors in addition to immunology. Her innovative findings on the biological mechanisms of fatigue will lay the groundwork for further investigations of the cause of fatigue and the HNC symptom cluster, and eventually may provide treatment targets for fatigue and other inflammation-related symptoms in a cluster.

The impact of Dr. Xiao's research as a young scientist, has been recognized by an array of investigator awards. As a PhD student, she received research awards from the University of Pennsylvania School of Nursing and from the American Nursing Foundation. During her post-doctoral training at Emory University, she was given an award from the Oncology Nursing Society (ONS): ONS Foundation Endowment Nursing Research Grant. Shortly after, she won a prestigious career development award (K99/R00) from the NINR/NIH. In her first year as an Assistant Professor at Emory University on the tenure track, prior to completing the R00, she received her first R01. Dr. Xiao's research findings have been well-received by experts and peers not only from nursing but also from other disciplines nationally and internationally. She has published in leading journals in oncology, psychoneuroimmunology, and nursing including: *Journal of the National Cancer Institute*, *Cancer*, *International Journal of Radiation Oncology - Biology - Physics*, *Brain, Behavior, and Immunology*, *Psychological Medicine* and *Cancer Nursing*. Because of her exceptional contributions to oncology nursing, she has been awarded the 2016 Victoria Mock New Investigator Award by the Oncology Nursing Society.

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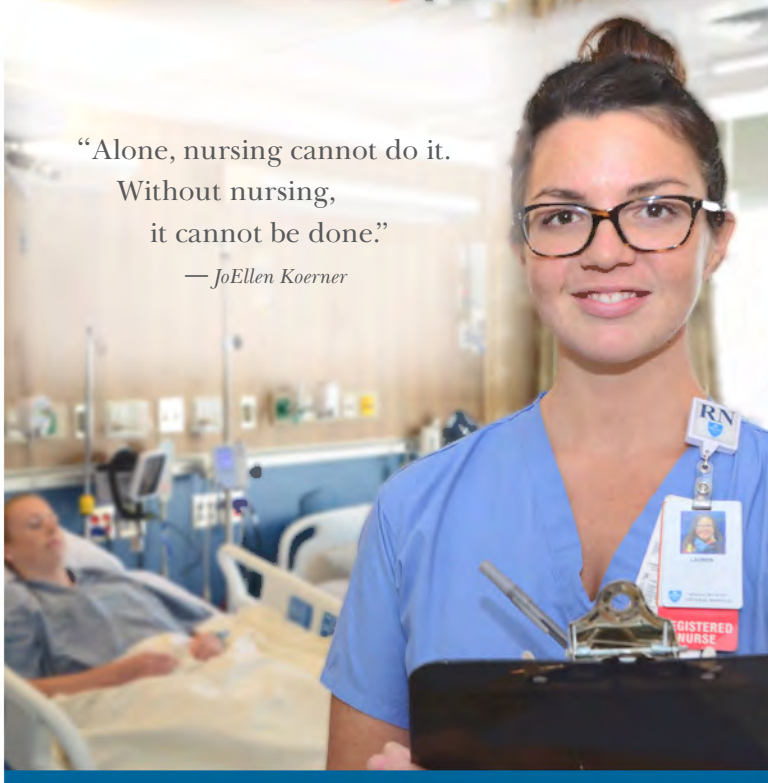
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# Selected Research Contributions

We salute our **Assistant Professors** with current federal funding and support their continued scientific inquiry.

**Pamela de Cordova, PhD, RN-BC**
*Staffing SAFER - State Analysis for Effective Reporting*
Agency for Healthcare Research and Quality
#K08 HS24339-02

**Olga Jarrín, PhD, RN**
*Comparative Effectiveness of Home Care Environments for Diverse Elders' Outcomes*
Agency for Healthcare Research and Quality
#R00 HS22406-04

**Yuri Jadotte, MD, PhD**
*Clinical Predictive Value of Systematic Reviews with Meta-analysis for Future Research on Populations with Multiple Chronic Conditions*
Agency for Healthcare Research and Quality
#1R03HS025025-01

**Corina Lelutiu-Weinberger, PhD**
*Increasing Provider Competence for Treating Stress-Related Mental Health Conditions In Low Resource Settings*
National Institute of Mental Health
#1R21MH113673-01

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