



**Q3 & Q4 January - June 2024**

# **The NNRC Quarterly**

**Niedfelt Nursing Research Center**



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

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# MEET OUR STAFF



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

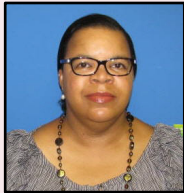
*Associate Dean for Research*

*Professor*

*Dorothy Hodges Olson Chair in Nursing*

[mibalas@unmc.edu](mailto:mibalas@unmc.edu)

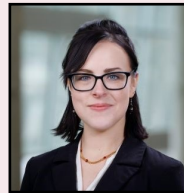
402-559-6617



**Renee Hill, JD, MBA, CRA, CRCR, CSBI**

*Research Operations Administrator*

[renee.hill@unmc.edu](mailto:renee.hill@unmc.edu)



**Marna Stack, MPH**

*Research Operations*

*Administrator (Interim)*

[mstack@unmc.edu](mailto:mstack@unmc.edu)



**Leah Niebaum, MA**

*Grants/Office Associate*

[leah.niebaum@unmc.edu](mailto:leah.niebaum@unmc.edu)



**Don Houy, MBA**

*Grants Administration*

*Coordinator*

[don.houy@unmc.edu](mailto:don.houy@unmc.edu)



**Debi Kibbee, BS**

*Grants Administration*

*Coordinator*

[dkibbee@unmc.edu](mailto:dkibbee@unmc.edu)



**Kassi Craun, BS**

*Grants Administration*

*Coordinator*

[kcraun@unmc.edu](mailto:kcraun@unmc.edu)



**Kevin Kupzyk, PhD**

*Statistician*

*Assistant Professor*

[kevin.kupzyk@unmc.edu](mailto:kevin.kupzyk@unmc.edu)



**Christopher Wichman, PhD**

*Statistician*

*Associate Professor (COPH)*

[christopher.wichman@unmc.edu](mailto:christopher.wichman@unmc.edu)



**Tam Nguyen, BSN, RN**

*Graduate Research Assistant*



**Kirsten Hepburn, BA, BSN, RN**

*Graduate Research Assistant*

The Niedfelt Nursing Research Center staff compiles the content for 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!

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## UPCOMING PAVER SESSIONS

**September 11, 2024 – Annual CON Research Update from the ADR**

**September 18, 2024 – How to Make the Most of your Statistical Consultation**  
*Chris Wichman, PhD, Associate Professor, CPH Department of Biostatistics*

**PAVER** is a twice-monthly forum for CON research faculty and students to discuss and obtain input on works in progress. Meetings are held via Zoom and may include review of full grant proposals or specific sections, papers, presentations, etc. Members also share resources and ideas that support research and scholarship endeavors. PAVER's name reflects our aims, "Positive, Accountable, Visionary, Energetic Research." View the full PAVER schedule and sign-up [here](#) in the NNRC Research Support Teams' PAVER folder, or by emailing [nnrc@unmc.edu](mailto:nnrc@unmc.edu).



# Staffing Announcement

## Welcome To Our New NNRC Staff Members!



**Renee Hill, JD, MBA,  
CRA, CRCR, CSBI**  
*Research Operations  
Administrator*  
[renee.hill@unmc.edu](mailto:renee.hill@unmc.edu)  
Office: CNS 5088

As Research Operations Administrator Renee will oversee all research & grant administration activities at the CON, inclusive of day-to-day and long-term management (staffing, budgeting, etc.)

Renee joined the NNRC on May 13th. Previously, she was Associate Vice Chair for Research Administration and Development in College of Medicine's Department of Internal Medicine, where she supported research strategy and oversaw the growth of a research awards portfolio from \$23M in 2018 to \$30M in 2023.



**Kassandra (Kassi)  
Craun, BS**  
*Grants Administration  
Coordinator*  
[kcraun@unmc.edu](mailto:kcraun@unmc.edu)  
Office: CNS 5092

In her capacity as Grants Administration Coordinator, Kassi will primarily assist with proposal submissions and other pre-award tasks critical to bringing new funding to the College of Nursing.

Kassi joined the NNRC April 15<sup>th</sup> and brings over two decades of experience in service to the University of Nebraska that focused on financial administration. Most recently she served in the College of Public Health as Financial Administrator for the Health Services Research & Administration department.





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# More statistical support coming at NO COST to CON faculty & students!

We are pleased to announce a new partnership with the College of Public Health effective in August 2024. The CON Biostatistics Core will provide added biostatistical consultative support to all faculty and students (0.9 FTE total across two statisticians, Drs. Dong & Wichman, and a PhD graduate research assistant). The Core will support our community with designing statistically sound, competitive research projects and expand the dedicated expertise available to include less traditional methods like SMART designs. Dr. Kevin Kupzyk, CON Assistant Professor, also remains available for support with designing and executing projects with a focus on standardized statistical methods. Dr. Kupzyk's assistance may be requested on the NNRC [webpage](#).

## College of Nursing Biostatistics Core Services

### Grant Development

- Complete preliminary sample size analyses to support Letters of Interest
- Work with PI to develop the best, most practical study design
- Develop, write-up randomization plan (if design requires)
- Assist PI in developing testable aims
- Conduct and write-up separate sample size analyses for each aim in which the primary or secondary outcomes are quantitative.
- Write-up applicable analysis plans per aim, to include alternate strategies and how missing data will be handled.

### Protocol Development

- Transition applicable sections of the grant application into the protocol
- Provide sample / example tables / reports
- Protocol Review / Editing



**James Dong, PhD**  
Asst Professor (COPH)



**Chris Wichman, PhD**  
Assoc Professor (COPH)

## OFFICE HOURS

*Exact schedule and booking system is forthcoming.*

**Tue, Wed, Thu:** The team will have designated times, in-person in Omaha or virtual. Other times may also be booked based on availability.

**Mon & Fri:** Consultations by appointment, based on the team's availability.

All appointments will be made on a first-come, first-serve basis through the booking system. Remember, statistical consultations are important **early** in the grant planning process!



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# GRANT APPLICATIONS SUMMARY - Q3

## JANUARY TOTAL REQUESTS: \$14,700

- UNMC Nebraska Bankers Association (NBA) Fund...\$14,700

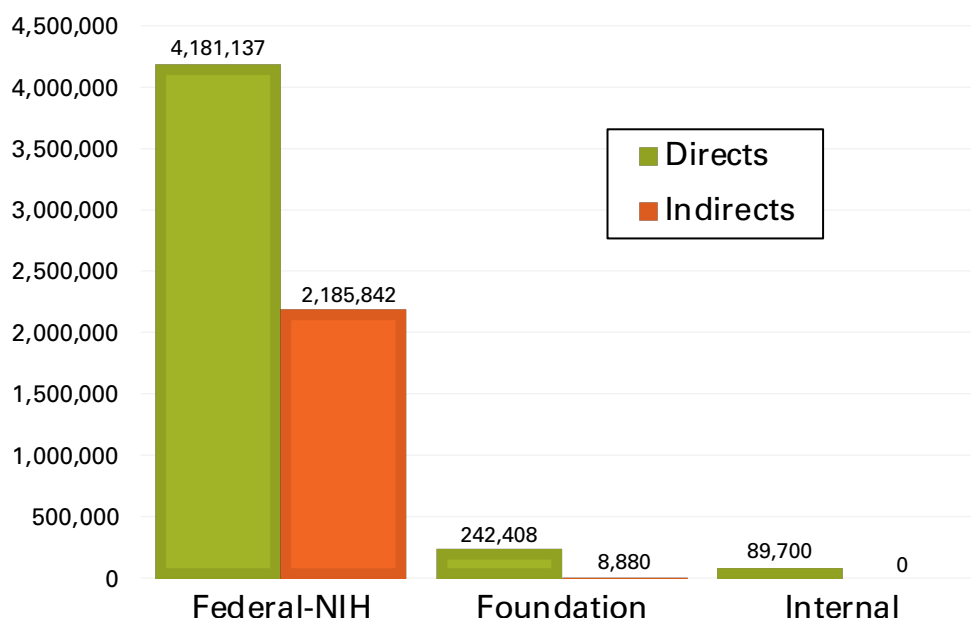
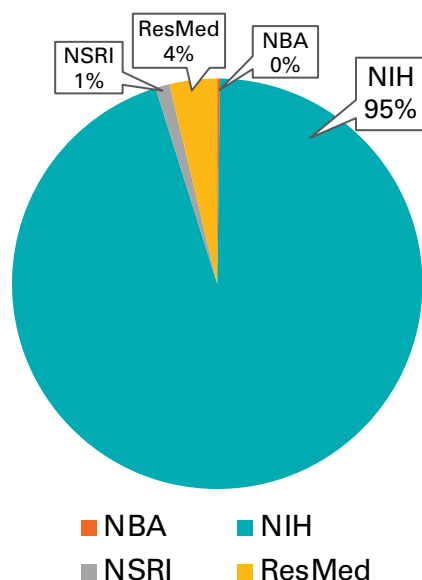
## FEBRUARY TOTAL REQUESTS: \$75,000

- NU National Strategic Research Institute (NSRI).....\$75,000

## MARCH TOTAL REQUESTS: \$6,618,267

- NIH National Heart, Lung, and Blood Institute.....\$2,228,432
- NIH National Institute on Aging.....\$301,375
- NIH National Institute of Nursing Research.....\$3,837,172
- ResMed Foundation.....\$251,288

### Q3 Overview

**TOTAL REQUESTS: \$6,707,967**

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# GRANT APPLICATIONS SUMMARY - Q4

## APRIL TOTAL REQUESTS: \$906,146

- NIH National Institute on Aging (via Voice-It, Inc.®).....\$193,456
- Teach Access.....\$2,000
- UNMC Niedfelt Nursing Research Center (NNRC).....\$710,690

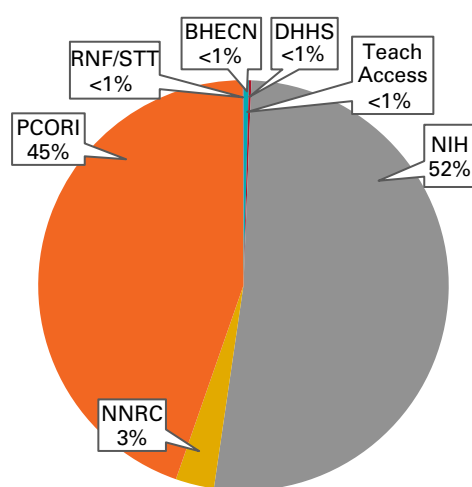
## MAY TOTAL REQUESTS: \$16,705,722

- Behavioral Health Education Center of Nebraska (BHECN).....\$99,898
- Patient-Centered Outcomes Research Institute (PCORI).....\$10,457,862
- NIH National Institute of Nursing Research.....\$6,147,962

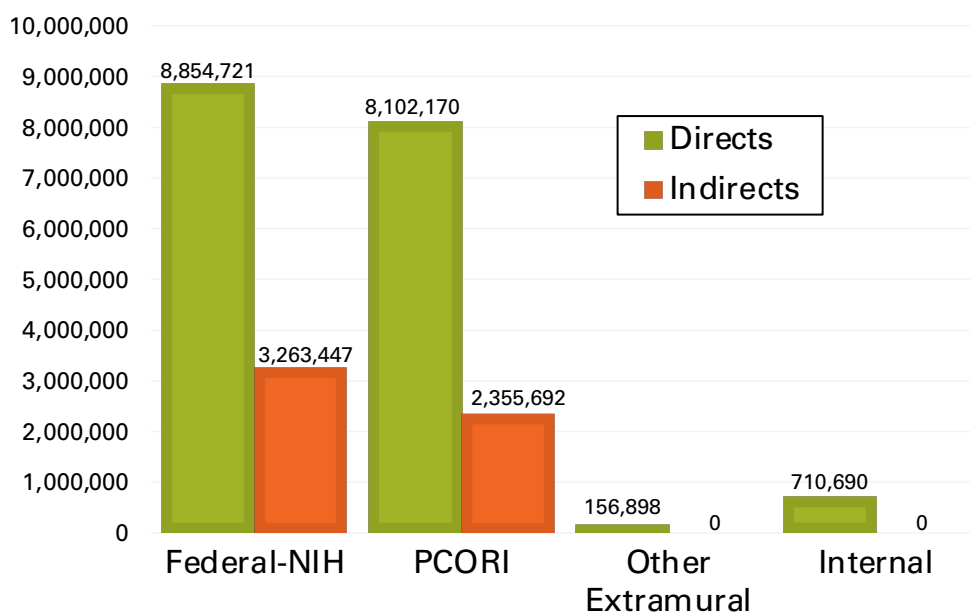
## JUNE TOTAL REQUESTS: \$5,831,750

- Nebraska Department of Health & Human Services (DHHS).....\$45,000
- NIH National Cancer Institute.....\$1,907,513
- NIH National Heart, Lung, and Blood Institute.....\$3,869,237
- Rehabilitation Nursing Foundation + Sigma Theta Tau.....\$10,000

## Q4 Overview

**TOTAL REQUESTS.....\$22,443,618**


■ BHECN  
■ DHHS  
■ NIH  
■ NNRC  
■ PCORI  
■ RNF/STT  
■ Teach Access



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# GRANT APPLICATIONS DETAILS

## Q3 APPLICATIONS



Schuelke

- **TITLE:** *Simulation Innovation of Caring across Nebraska*
- **PI:** Sue Schuelke, PhD, RN-BC, CNE, CCRN-K
- **CON CO-I:** Jayme Weber, MSN, RN
- **SOURCE:** UNMC Nebraska Bankers Association Fund
- **AMOUNT:** \$14,700
- **DESCRIPTION:** This project would examine the effect of immersive virtual reality mental health simulations on nursing students in rural and urban settings to increase graduate nurses' workforce readiness.
- **PROJECT START/END DATES:** 08/26/24-05/16/26



Longacre

- **TITLE:** *Developing an Emerging Infectious Diseases Risk Assessment Tool*
- **PI:** Lauren Longacre (PhD Student)
- **CON CO-I:** Beth Beam, PhD, RN (Faculty Mentor)
- **SOURCE:** NU National Strategic Research Institute
- **AMOUNT:** \$75,000
- **DESCRIPTION:** The project proposes development of a risk assessment tool for emerging infectious diseases to evaluate sites where military personnel may deploy. Grounded in the Intersectional Model of Emerging Infectious Disease Transmission, the tool will assess the complexities of social, demographic, and environmental factors influencing disease transmission and the risks they pose to military personnel.
- **PROJECT START/END DATES:** 04/01/24-03/31/25

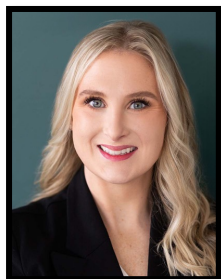


Kovaleva

- **TITLE:** *Cognitive Health Across Settings*
- **PI:** Mariya Kovaleva, RN, PhD, MS, AGPCNP-BC
- **CON CO-Is:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN; Kevin Kupzyk, PhD
- **SOURCE:** NIH National Institute on Aging
- **AMOUNT:** \$301,375
- **DESCRIPTION:** This 2-group, pilot randomized controlled trial and mixed methods evaluation will determine the feasibility and acceptability of a novel transitional care intervention and investigate the extent to which this intervention changes persons living with dementia (PLWD) and caregiver outcomes. The purpose of the Cognitive Health Across Settings (CHASE) intervention is to equip caregivers with knowledge and skills to manage their PLWD's post-acute care needs, better understand dementia, reduce caregiver burden, and prevent complications and avoidable re-hospitalizations.
- **PROJECT START/END DATES:** 12/01/24-11/30/26



## Q3 APPLICATIONS - Continued



Miller

- **TITLE:** *Motivational Enhancement and Device Support Interventions to Increase Continuous Positive Airway Pressure: A Feasibility SMART Trial*
- **PI:** Jen Miller, PhD, APRN-NP
- **CON CO-I:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN
- **SOURCE:** ResMed Foundation
- **AMOUNT:** \$251,288
- **DESCRIPTION:** The overall objective of this proposed pilot study is to determine the feasibility and acceptability of a nurse practitioner-led, telehealth-delivered, adaptive intervention aimed at improving Continuous Positive Airway Pressure (CPAP) adherence. The long-term goal is to develop effective, patient-centered, and scalable interventions to increase CPAP adherence.
- **PROJECT START/END DATES:** 07/01/24-06/30/26



Mollard

- **TITLE:** *Protective Assets Reinforced with Integrated care and Technology (PARITY): Bridging Community and Clinical Care to Enhance Black Maternal Wellness*
- **PI:** Libby Mollard, PhD, WHNP-BC, CNM
- **CON CO-Is:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN; Tiffany Moore, PhD, RN, SANE-A
- **SOURCE:** NIH National Institute of Nursing Research
- **AMOUNT:** \$3,837,172
- **DESCRIPTION:** This proposed project will provide evidence about the efficacy of the PARITY program, which focuses on empowered wellness and Black community-based doula support and will generate insight into how wellness behaviors and empowered strengths may act as protective asset buffers to social determinants of health-related maternal health disparities. The strengths-focused results of this research will be disseminated widely to counter the deficit discourse pervasive in Black maternal health research.
- **PROJECT START/END DATES:** 09/01/24-08/31/29



Rowland

- **TITLE:** *Promoting Cardiovascular Health in Hispanic/Latino Meatpacking Workers: A Community-informed, Multilevel Approach using Fitness-Based Risk Screening and Management*
- **PI:** Sheri Rowland, PhD, MSN, APRN, FNP-BC
- **SOURCE:** NIH National Heart, Lung, and Blood Institute
- **AMOUNT:** \$2,228,432
- **DESCRIPTION:** This study will further validate a non-invasive fitness assessment to determine cardiovascular risk and explore health promotion practices and experiences after being informed of risk among Hispanic/Latino meatpacking workers.
- **PROJECT START/END DATES:** 12/01/24-11/30/27

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## GRANT APPLICATIONS DETAILS

### *continued*

## Q4 APPLICATIONS



Shade

- **TITLE:** *PAINChat Conversational AI for the Real-Time Biopsychosocial Assessment of Pain in Older Adults*
- **PI:** Marcia Shade, PhD, RN
- **SOURCE:** NIH National Institute on Aging (via Voice-It, Inc.<sup>®</sup> subcontract)
- **AMOUNT:** \$193,456
- **DESCRIPTION:** This project proposes to refine and establish the technical merit of a software application that integrates natural language processing and machine learning techniques to perform comprehensive biopsychosocial pain assessments.
- **PROJECT START/END DATES:** 12/01/24-11/30/25



Hanish

- **TITLE:** *Sleep SMART to Promote Sleep Health in Children with Autism*
- **PI:** Alyson Hanish, PhD, MSN, RN
- **CON CO-I:** Roxanne Vandermause, PhD, RN
- **SOURCE:** PCORI
- **AMOUNT:** \$10,457,862
- **DESCRIPTION:** The overarching objective of Sleep SMART is to implement a sequential, multiple assignment, randomized trial (SMART) design to compare the impact of a sequence of sleep interventions (melatonin & behavioral), based on participant treatment response, to optimize sleep health in children (3-10 years of age) with Autism Spectrum Disorder.
- **PROJECT START/END DATES:** 04/01/25-03/31/31



Emerson

- **TITLE:** *Development of an Immersive Interprofessional Integrated Care Training Hub*
- **PD:** Margaret Emerson, DNP, APRN, PMHNP-BC
- **CON Collaborators:** Melissa Langenberg, DNP, RN; Tyler Szymanski, EdD, MBA, MHA, PMP; Denise Waterfield, PhD, APRN-NP, CCRN, AGACNP-BC
- **SOURCE:** Behavioral Health Education Center of Nebraska (State ARPA Funding)
- **AMOUNT:** \$49,898
- **DESCRIPTION:** This proposed project will expand the team's ongoing BHECN project by further developing the integrated care training hub and supports through the addition of: medical and mental health providers to cover gaps in the continuum of care; interdisciplinary multimodal therapy interventions and services with training and equipment for the APRN-led integrated care team; and courses targeted in the specialized care for migraines and other headache disorders, chronic pain, and psychosomatic disorders.
- **PROJECT START/END DATES:** 07/01/24-12/31/25

## Q4 APPLICATIONS - Continued



Matthews

- **TITLE:** *Increasing Primary Care Psychiatric Mental Health Nurse Practitioners in Rural Nebraska and Supporting Undergraduate Psychiatric Faculty*
- **PD:** Therese Matthews, PhD, APRN-NP, BCBA-D
- **CON Collaborators:** Kelly Betts, EdD, APRN, PCPNP-BC, CNE; Stephanie Burge, DNP, APRN, FNP-BC; Nick Guenzel, PhD, APRN-NP Debi Kibbee, BS; Ashton Neelans, DNP, PMHMP-BC
- **SOURCE:** Behavioral Health Education Center of Nebraska (State ARPA Funding)
- **AMOUNT:** \$50,000
- **DESCRIPTION:** This proposed project would enhance the team's existing BHECN-sponsored project by supporting an increased number of dually-certified primary care nurse practitioners in rural areas of Nebraska that receive financial support to obtain a Post Graduate Certification (PGC) in the Psychiatric Mental Health Practitioner specialty track at the College of Nursing. Specifically, the additional funding would support two additional PGC students in the Scottsbluff and Kearney areas.
- **PROJECT START/END DATES:** 07/01/24-12/31/35



Kotcherlakota

- **TITLE:** *Teach Access Educator Grant*
- **PI:** Suhasini Kotcherlakota, PhD
- **SOURCE:** Teach Access
- **AMOUNT:** \$2,000
- **DESCRIPTION:** This project seeks to employ Universal Design for Learning principles to add a hybrid learning module titled "Fundamentals of Accessible Design Choices for AR & VR experiences" to the Nurse Educator and Allied Health Professions courses at UNMC College of Nursing. Content will made be available in various formats—text, audio, and sign language, with haptic feedback provided for visually impaired users.
- **PROJECT START/END DATES:** 07/01/24-06/30/25



Varilek

- **TITLE:** *Co-Creating and Testing a Palliative Care Intervention with Rural American Indian/Alaska Native Persons with End-Stage Kidney Disease*
- **PI:** Brandon Varilek, PhD, RN, CCTC, CNE, CHPN
- **SOURCE:** NIH National Institute of Nursing Research
- **AMOUNT:** \$2,772,674
- **DESCRIPTION:** The goal of this R01 is to understand how prolonged kidney dialysis impacts quality of life among American Indian/Alaska Native (AI/AN) persons, and to develop a culture centric, sustainable palliative care intervention for AI/AN persons on prolonged dialysis in rural and urban settings. This mixed-methods study will be completed in two phases and follow a community-based participatory research design. A community advisory board will be developed and involved in all aspects of the study design.
- **PROJECT START/END DATES:** 09/01/24-08/31/28

## Q4 APPLICATIONS - Continued



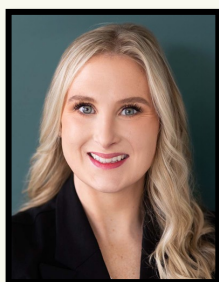
Kunkle

- **TITLE:** *Exploring Formal Caregiver Burden in the Post-Pandemic Era*
- **PI:** Rachel Kunkle, PhD, MHA, RN-GERO-BC
- **CON CO-Is:** Heidi Keeler, PhD, MSN/MBA, RN; Kevin Kupzyk, PhD
- **SOURCE:** Rehabilitation Nursing Foundation & Sigma Theta Tau (co-sponsors)
- **AMOUNT:** \$10,000
- **DESCRIPTION:** The primary objective of this correlational, convergent mixed methods study is to investigate the formal caregiver burden and well-being of licensed practical nurses and certified nursing assistants who provide direct care to older adults in the nursing home setting. Specific aims are to (1) explore the well-being and perceived formal caregiver burden of licensed practical nurses and certified nursing assistants; and (2) investigate and examine the prevalence and relationship of the attribute of formal caregiver burden.
- **PROJECT START/END DATES:** 09/01/24-08/31/26



Kovaleva

- **TITLE:** *Cognitive and Geriatric Health in Rural Settings*
- **PI:** Mariya Kovaleva, RN, PhD, MS, AGPCNP-BC
- **CON CO-I:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN
- **SOURCE:** NIH National Institute of Nursing Research
- **AMOUNT:** \$3,375,288
- **DESCRIPTION:** The overarching objective of this 3-group, randomized controlled trial and mixed methods evaluation is to adapt an existent, fully-remote interprofessional (nurse, pharmacist, social worker) intervention providing supports to caregivers of persons living with dementia. Adaptation will occur for rural settings and for offering to caregivers in preparation of their persons' future healthcare transitions, and to determine the feasibility, acceptability, and preliminary efficacy of the adapted intervention.
- **PROJECT START/END DATES:** 04/01/25-03/31/30



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-Is:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN
- **SOURCE:** NIH National Heart, Lung and Blood Institute
- **AMOUNT:** \$3,869,237
- **DESCRIPTION:** The team proposes to evaluate a telehealth-delivered adaptive intervention for persons newly diagnosed with obstructive sleep apnea that aims to promote CPAP adherence and improve health outcomes, as well as assess potential mediators and moderators of treatment response.
- **PROJECT START/END DATES:** 04/01/25-03/31/30



## Q4 APPLICATIONS - Continued



Hendricks

- **TITLE:** *Piloting ANCHOR: A Telehealth, Psychological Well-being Intervention for Adolescent Caregiving Youth in Oncology*
- **PI:** Bailey Hendricks, PhD, RN
- **CON Collaborator:** Kevin Kupzyk, PhD
- **SOURCE:** NIH National Cancer Institute
- **AMOUNT:** \$969,292
- **DESCRIPTION:** The objective of this 2-phase project is to determine the feasibility, acceptability, and preliminary efficacy of ANCHOR (Addressing Needs of Caregiving youth to Help improve Outcomes and coping Resources), a telehealth intervention utilizing the Multiphase Optimization Strategy (MOST) which ultimately aims to improve the psychological well-being of adolescent caregiving youth in oncology.
- **PROJECT START/END DATES:** 04/01/25-03/31/30



Lally

- **TITLE:** *Adapting the Caring Guidance After Breast Cancer Diagnosis Web-based, Self-guided, Psychoeducational Program for People Living with Metastatic Breast Cancer*
- **PI:** Robin Lally, PhD, MS, BA, RN, AOCN, FAAN
- **CON CO-I:** Kevin Kupzyk, PhD
- **SOURCE:** NIH National Cancer Institute
- **AMOUNT:** \$938,221
- **DESCRIPTION:** Women living with metastatic breast cancer (MBC) seek support and answers to cope with the loneliness, anxiety, depressive symptoms, challenges in their relationships, and fear of cancer progression that they experience, but find few reliable sources that specifically address their unique needs which differ from needs of women diagnosed with early-stage, curable breast cancer. The project will address this gap by adapting the self-guided, web-based, information and support program (Caring Guidance After Breast Cancer Diagnosis) using real-time input from women living with MBC.
- **PROJECT START/END DATES:** 04/01/25-03/31/28



Darby

- **TITLE:** *One Stop Cancer Shop*
- **PD:** Mark Darby, MSN, RN, APRN, FNP-C
- **SOURCE:** Nebraska Department of Health & Human Services
- **AMOUNT:** \$45,000
- **DESCRIPTION:** This project seeks to promote the propensity to obtain cancer screenings and treatment for breast, colorectal, lung, and prostate cancer among racial and ethnic minority groups in North and South Omaha with high rates of medical mistrust by bringing cancer screenings and education into the community through nursing students who receive culturally competent training.
- **PROJECT START/END DATES:** 07/01/24-06/30/25

**GRANT APPLICATION DETAILS**  
*continued*

## Q4 APPLICATIONS - 2024 NNRC RFA

The NNRC received four competitive applications to our 2024 Research Grant Request for Applications! Our RFA aligned with NIH R21 proposal components to support novel, early-stage research up to 2 years as a foundation for future larger-scale funding, like an NIH R01.



Emerson

- **TITLE:** *Feasibility of Incorporating a Customized Maternal Postpartum App Among Underserved Mothers*
- **PI:** Margaret Emerson, DNP, APRN, PMNHP-BC (Co-PI with Danae Dinkel, PhD at UNO School of Health & Kinesiology)
- **AMOUNT:** \$190,907
- **DESCRIPTION:** This study proposes to 1) customize a mental health app (mindLAMP) to support postpartum mental wellbeing, in collaboration with postpartum mothers and a healthcare team and 2) pilot the use of the app with early scheduled check-ins with a behavioral health provider during well-child checks. Findings will inform a fully powered, larger-scale optimization trial aimed at identifying which intervention components are necessary to improve the mental wellbeing of postpartum mothers.



Hendricks

- **TITLE:** *Piloting ANCHOR: A Telehealth, Psychological Well-being Intervention for Adolescent Caregiving Youth in Oncology*
- **PI:** Bailey Hendricks, PhD, RN
- **CON CO-I:** Kevin Kupzyk, PhD
- **AMOUNT:** \$189,217
- **DESCRIPTION:** The objective of this 2-phase project is to determine the feasibility, acceptability, and preliminary efficacy of ANCHOR (Addressing Needs of Caregiving youth to Help improve Outcomes and coping Resources), a telehealth intervention utilizing the Multiphase Optimization Strategy (MOST) which ultimately aims to improve the psychological well-being of adolescent caregiving youth in oncology.

**Awardee!**

Kovaleva

- **TITLE:** *Cognitive Health Across Settings*
- **PI:** Mariya Kovaleva, RN, PhD, MS, AGPCNP-BC
- **CON CO-Is:** Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN; Kevin Kupzyk, PhD
- **SOURCE:** NIH National Institute of Nursing Research
- **AMOUNT:** \$146,943
- **DESCRIPTION:** This 2-group, pilot randomized controlled trial and mixed methods evaluation will determine the feasibility and acceptability of a novel transitional care intervention and investigate the extent to which this intervention changes persons living with dementia (PLWD) and caregiver outcomes. The purpose of the Cognitive Health Across Settings (CHASE) intervention is to equip caregivers with knowledge and skills to manage their PLWD's post-acute care needs, better understand dementia, reduce caregiver burden, and prevent complications and avoidable re-hospitalizations.

## NNRC RFA - Continued



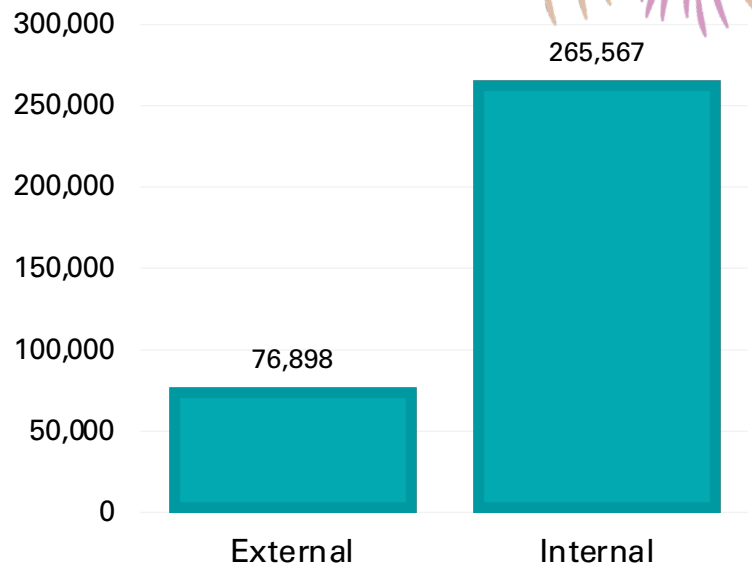
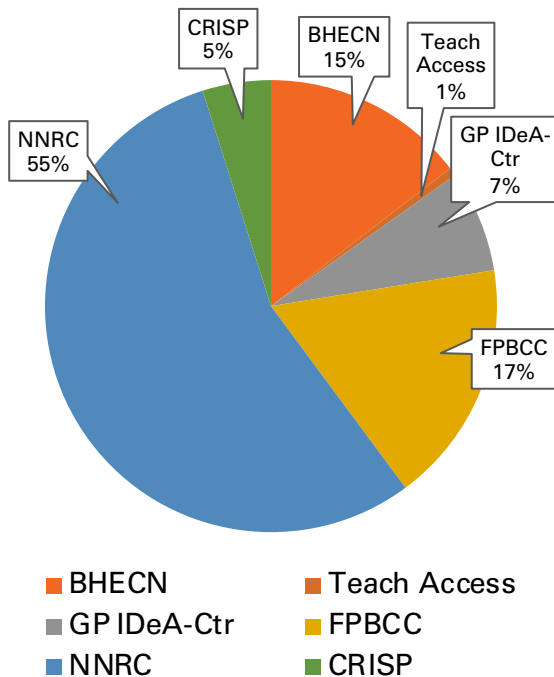
Kunkle

- **TITLE:** *Nurturing Excellence in Gerontological Nursing*
- **PI:** Rachel Kunkle, PhD, MHA, RN-GERO-BC
- **CON CO-I:** Heidi Keeler, PhD, MSN/MBA, RN; Kevin Kupzyk, PhD
- **AMOUNT:** \$183,623
- **DESCRIPTION:** This 2-group pilot randomized controlled trial and mixed methods evaluation aims to determine the feasibility and acceptability of a novel educational program and investigate the extent to which this intervention changes resident and formal caregiver outcomes. The purpose of the Nurturing Excellence in Gerontological Nursing (NexGen) intervention is to equip formal caregivers with the knowledge, skills, and attitudes necessary to provide care to nursing home residents with complex, highly unstable post-acute conditions.

# FUNDING NEWS

## NEWLY FUNDED PROJECTS

**\$342,465** (direct costs)



*Keep reading for details about Quarter 3 & 4 awards*

# FUNDED AWARDS

## External Funding

### *Impact Evaluation of a Community-Driven Maternal Wellness Program in Nebraska*



Mollard

- **PI:** Libby Mollard, PhD, WHNP-BC, CNM
- **SOURCE:** Great Plains IDeA-CTR (NIH-NIGMS funded)
- **AMOUNT:** \$25,000
- **DESCRIPTION:** Building on the team's NIH R56 project, this project 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. The team will analyze medical records, looking at both pregnancy outcomes and overall health outcomes (up to three years postpartum). In-depth qualitative interviews will also be conducted 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

### *Teach Access Educator Grant*



Kotcherlakota

- **PD:** Suhasini Kotcherlakota, PhD
- **SOURCE:** Teach Access
- **AMOUNT:** \$2,000
- **DESCRIPTION:** The project will add a hybrid learning module titled "Fundamentals of Accessible Design Choices for AR & VR experiences" to the Nurse Educator and Allied Health Professions courses at UNMC. The module will prioritize Universal Design for Learning principles, creating an intuitive, user-friendly interface that adheres to Nielsen's principles for effective interaction. Students will learn fundamental accessibility concepts and skills not just in theory but through direct interaction with a VR headset that embodies these principles. This approach reinforces the importance of creating accessible digital environments, highlighting how diverse needs can be accommodated. Through customizable settings, alternative content formats, and multi-modal interaction options (voice commands, gesture control, and traditional controllers), students will observe first-hand how adjustments can enhance usability for users with different abilities.
- **PROJECT START/END DATES:** 07/01/24-06/30/25



## External Funding – *Continued*

### ***Development of an Immersive Interprofessional Integrated Care Training Hub***

**Margaret Emerson, DNP, APRN, PMHNP-BC's team has received an additional \$49,898 in ARPA funding from the Behavioral Health Education Center of Nebraska!** This funding will enhance efforts on their ongoing project addressing Nebraska's behavioral health workforce needs through the establishment of specialized training and integrated primary care clinic sites for advanced practice nurse practitioners and behavioral health providers in rural and urban underserved communities.



Emerson

**PD:** Margaret Emerson, DNP, APRN, PMHNP-BC

**TEAM:** Melissa Langenberg (CON Assoc Professor & UNK NP), Denise Waterfield (CON Asst Professor), Tyler Szymanski (CON Project Manager), Wendy Schardt (UNK Dir. Of Student Health & Counseling), Anne Lano (UNK Nursing Director), Kiphany Hof (UNK Mental Health Counselor)

**CUMULATIVE AWARD TOTAL:** \$542,089

**OVERALL PROJECT START/END DATES:** 1/1/23-12/31/25

**PROGRESS THROUGH INITIAL AWARD:** Now in Year 2 of the 3-year project, the Integrated Care Training Hub has developed a robust training site resulting in the interprofessional training of 84 students and 7 post-graduate clinicians. Two integrated care sites have also been established that support the provision of

quality mental health services and improved access for patients presenting to the primary care environment, with opportunities for expansion to community sites. One site that has demonstrated success notes improvements in depression and anxiety outcomes in 92.7% of students actively involved or successfully discharged from the program. The team at the University of Nebraska-Kearney Student Health Center has established an APRN-led integrated care clinic which has improved patient outcomes for the students while simultaneously serving as a recruitment and training site to support expansive integrated care efforts for post-graduate learners who complete training and seek to implement their skills in the community.

#### **PLANNED ENHANCEMENTS THROUGH NEW AWARD.**

- Extension of the current integrated care team to include more medical and mental health providers in the surrounding communities to cover gaps in the continuum of care.
- Expansion of interdisciplinary multimodal therapy interventions and services with training and equipment for the APRN-led integrated care team.
- Training and support for the integrated care team at grant developed sites in the specialized care for migraines and other headache disorders, chronic pain, and psychosomatic disorders for the student population
- Further development of the current project's integrated training hub with course development and implementation in integrated care of individuals with migraines and other headache disorders, chronic pain, and psychosomatic disorders.

FUNDED AWARDS - *Continued*

## Internal Funding

### ***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:** Anna Schwartz, PhD, FNP-BC, FAAN, *Professor, CON-Omaha*; Sheri Rowland; PhD, MSN, APRN, FNP-BC, *Associate Professor, CON-Lincoln*; Tanya Wildes, MD, MSCI, *Associate Professor, UNMC COM-Hematology & Oncology*; Laura Tenner, MD, MPH, *Associate Professor, UNMC COM-Hematology & Oncology*; Chris Wichman, PhD, *Associate Professor, CPH-Biostatistics*
- **SOURCE:** UNMC Fred & Pamela Buffett Cancer Center
- **AMOUNT:** \$59,600
- **PROJECT START/END DATES:** 02/01/24-01/31/25
- **DESCRIPTION:** The objective of this 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 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.



Dickinson

### ***Understanding contextual factors, correlates, and health outcomes related to sedentary behavior in older adults receiving cancer therapy***

- **PI:** Kristin Dickinson, PhD, RN, OCN
- **CO-Is:** Anna Schwartz, PhD, FNP-BC, FAAN, *Professor, CON-Omaha*; Bunny Pozehl, PhD, APRN-NP, FHFSA, FAHA, FAAN, *Professor, CON-Omaha*; Chi Chi Zimmerman, PhD, RN, FAHA, FAAN, *Professor, CON-Lincoln*; Tanya Wildes, MD, MSCI, *Associate Professor, UNMC COM-Hematology & Oncology*
- **AMOUNT:** \$16,750
- **SOURCE:** UNMC CON Center for Chronic Illness Self-Management and Prevention
- **PROJECT START/END DATES:** 02/01/24-01/31/25
- **DESCRIPTION:** The purpose of this study is to define contextual factors and health outcomes related to sedentary behavior in older adults (aged 65+) with different types of non-metastatic cancer receiving systemic treatment to inform intervention development. The team will describe sedentary behavior patterns and examine between- and within-person associations with contextual factors, tailoring variables, and patient-centered health outcomes. Participants (N=200) will be recruited from Nebraska Medicine oncology clinics and will be asked to complete self-report questionnaires and wear an activPAL accelerometer for 14 consecutive days. During the 14-day activPAL wear time, participants will be sent a questionnaire in the morning and evening to collect data on contextual factors of sedentary behavior during everyday life.

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## Internal Funding – Continued

***Piloting ANCHOR: A telehealth, psychological well-being intervention for adolescent caregiving youth in oncology***

Hendricks

• **SPONSOR:** UNMC College of Nursing Niedfelt Nursing Research Center

• **AMOUNT:** \$189,217

• **PROJECT PERIOD:** 1/1/25-12/31/26

• **DESCRIPTION:** This 2-phase project will determine the feasibility, acceptability, and preliminary efficacy of ANCHOR (Addressing Needs of Caregiving youth to Help improve Outcomes and coping Resources), a telehealth intervention utilizing the Multiphase Optimization Strategy (MOST) which ultimately aims to improve the psychological well-being of adolescent caregiving youth in oncology. **The three main intervention components include:** (1) mindfulness-based stress reduction psychoeducation (1 vs. 3 sessions) to help identify and regulate emotions, (2) effective communication skills training (1 vs. no session) to enhance family communication, and (3) information literacy skills training (1 vs. no session) to improve uncertainty management.



Kupzyk

**PROJECT TEAM**

**PI:** Bailey Hendricks, PhD, RN, *Assistant Professor, College of Nursing-Omaha*

**Statistician:** Kevin Kupzyk, PhD, *Assistant Professor, CON-Omaha*

**Mentors:** J. Nicholas Odom, PhD, RN ACHPN, FPCN, FAAN, *Associate Professor, University of Alabama at Birmingham School of Nursing's Center for Palliative and Supportive Care*



Bergan

Raymond Bergan, MD, *Deputy Director, UNMC Fred & Pamela Buffett Cancer Center; Professor, Eppley Institute for Research in Cancer & Allied Diseases; Professor, Department of Internal Medicine*



Cordts

Melinda Kavanaugh, PhD, LCSW, *Professor of Social Work, University of Wisconsin-Milwaukee Helen Bader School of Social Welfare*

Kati Poppert Cordts, PhD, *Assistant Professor, UNMC Department of Neurological Sciences & Chief Scientific Administrator, Great Plains IDeA-CTR*





# STUDENT RESEARCH

## PUBLICATION ANNOUNCEMENT

**Andy Lim, PhD(c), BSN, RN**, a PhD Student in the College of Nursing recently published an integrative review in the *Journal of Cancer Education*. Lim's co-authors are faculty in the CON. Congratulations to Andy on having your important project and hard work recognized through scholarly dissemination!



Lim

Journal of Cancer Education (2024) 39:220–233  
<https://doi.org/10.1007/s13187-024-02399-9>

### Health Care Professional Education on Cancer Screening of SGM Individuals: An Integrative Review

Andrew Lim<sup>1</sup>  · Kristin Dickinson<sup>1</sup>  · Robin M. Lally<sup>1</sup> 

Accepted: 6 January 2024 / Published online: 31 January 2024  
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#### Abstract

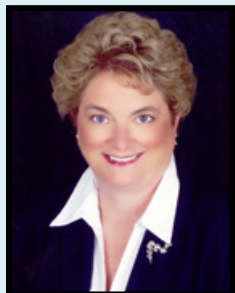
Sexual and gender minority (SGM) individuals are disproportionately affected by cancer. Health care professional (HCP) and health sciences education rarely includes content on cancer screening in this population. This article aims to synthesize literature on educational programs for HCPs and health sciences students related to cancer screening for SGM individuals. An integrative review methodology guided a systematic search of five databases: CINAHL, PubMed, Embase, PsycInfo, and ERIC. Articles were included if they were empirically-based and described educational programs targeted at HCPs and health sciences students with content of cancer screening for SGM people. Eleven studies met the inclusion criteria. Of these, three were pilot studies and the majority of the articles ( $n=9$ ) used pre- and post-test designs. All of the interventions showed efficacy in increasing knowledge, attitudes, skills, and behavior. However, the vastly different programs and the fact that most of the cancer screening content was embedded in programs with broad SGM issues content limit the ability to make firm recommendations for any one particular program. In-person didactic content delivered multiple times incorporating modalities such as standardized patient encounters, case studies, and guest speakers increased knowledge, attitude, and skills of participants. Future studies should incorporate behavioral theories, develop more consistent aspects of educational programs, report demographic and pertinent data on participants, and utilize established instruments to measure outcomes when conducting educational interventions on HCPs and students in this area.

As of 2021, 7.1% of adults in the United States identified as gay, lesbian, bisexual, transgender, or other identities under the sexual and gender minority (SGM) umbrella [1]. SGM people are disproportionately affected by anal, breast, cervical, colorectal, endometrial, lung, and prostate cancers [2, 3]. Multiple risk factors such as nulliparity, smoking habits, obesity, psychological stress, alcohol and substance use, as

well as risky sexual practices have been associated with this disparity [2, 4, 5].

While there are no specific cancer screening guidelines for the SGM community and its subgroups, additional consideration must be given by health care professionals (HCP) when caring for this population. For example, lesbian, bisexual, and other gender diverse women require breast and cervical screening and gynecological assessment for



STUDENT RESEARCH - *Continued***Sigma Theta Tau Gamma Pi at-Large Hosts 4th Annual Research Day, April 2024**

Black

This year's keynote speaker was **Joyce Black, PhD, RN, FAAN**, *Florence Niedfelt Professor of Nursing, Professor, UNMC College of Nursing*. Dr. Black delivered a riveting presentation titled *Kennedy Terminal Lesions and Skin Failure: Fact or Fiction?* She is the current President of the National Pressure Ulcer Advisory Panel and chairman of the NPUAP's task force to redefine pressure ulcer staging.

The other presentations included 17 undergraduate and graduate peer-reviewed student presentations this year, across 5 Zoom breakout rooms. Next year, Sigma will be hosting their first annual in-person Nursing Research Symposium on April 7, 2025.

**Student Presentations**

**Alicia Abboud, BSN, RN, CCRN, CCTC:** *Patient-Centered Preimplant Education Session and Bi-Weekly Text Message Adherence Reminders in Patients with Newly Implanted CardioMEMs Device: A Quality Improvement*

**Troy Scheer & Erin Salahshurian, BSN, RN:** *The Influence of Outcome Expectations on Adherence to Exercise in Adults with Heart Failure Enrolled in an Exercise Study*

**Angelica Marquez, BSN, RN; Cindy McNew, BSN, RN; Emily Scahill, BSN, RN:** *Heart Failure Zone Tool: A Quality Improvement Project*

**Mackenzie Koch, BSN, RN; Brooke Hancock; Elizabeth Graham:** *Breast Health Education*

**Taylor Hedgecock, BSN, RN:** *Enhancing Patient Education with Innovative 3D-Virtual Reality Pelvic Model*

**Kirsten Hepburn, BA, BSN, RN:** *The Human/Environment Connection: Predicting Ectopic Pregnancy*

**Janice Luethje, BSN, RN & Leslie Torres, BSN, RN:** *Implementation of a doula-supported postpartum wellness toolkit in a Black community-based maternal wellness program*

**Nicole Detweiler; Linh Hoang; Collin Yoachim:** *Sepsis Outcomes and Related Social Determinants of Health in Nebraska Hospitals*

**Bailey Rasmussen, BSN, RN; Taylor Bacon, BSN, RN; Andrew Gross, BSN, RN:** *Reduction of Hospital-Acquired Pressure Injuries in the Acute Care Setting*

**Melissa Sonderman, BSN, RN, CCRN; Emily Miles, BSN, RN, CCRN; Joshua Ferge, BSN, RN:** *Perceived Barriers of Early Mobilization in the Intensive Care Unit*

**Justice Uwazurike BSN, RN, PMH-BC; Crystal Waters BSN, RN; Troyia Anderson APRN-NP, PMHNP:** *Improving Postpartum Depression Detection in Pediatric Well-Child Visits*

**Tessa Welniak, BSN, RN; Bailey Coslor:** *Implementation of a Validated Suicide Screening Tool in a University Student Health Center*

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## Student Presentations - *Continued*

**Kyle Hughes & Andrew Lim, PhD(c), BSN, RN:** *Partner and Family Caregivers of Sexual and Gender Diverse (SGD) Persons with Breast Cancer: An Integrative Review*

**Bianca Lowe, BSN, RN & Kassidy Horst, MSN, APRN, WHNP-BC, FNP-C:** *Vaccine Preventable Sexual Transmitted Infections: Outcomes of a Quality Improvement Project at a University Student Health Center*

**Molly Kroeger, RN, BSN, CPN; Trevor Kuehn, RN, BSN, CPN; Catherine Vail, MSN, APRN-NP, CPNP:** *Implementation of Telehealth Follow Up Intervention for Pediatric Patients on Positive Pressure Ventilation in the Outpatient Setting*

**Gloria Kokes, MSN, APRN, FNP-C:** *Enhancing a Chronic Kidney Disease Screening Process in Primary Care Setting*

**Jordan Sieh, BSN, RN; Elizabeth Sundberg, BSN, RN; Tania Arreguin, MSN, APRN-NP:** *Improving Collection of Second Blood Pressure for Patients in Primary Care Who Present with an Elevated Reading*

# NOTABLE ACCOMPLISHMENTS



**Sue Schuelke, PhD, RN-BC, CNE, CCRN-K, honored with the UNMC Scholar in Education Research Award**



Schuelke

During the UNMC Impact in Education Award ceremony on February 29, 2024, Dr. Schuelke was celebrated for advancing the science of teaching and learning through research of educational pedagogy. Dr. Schuelke was recognized for her contributions demonstrated through peer reviewed publications, grants, and participation in developing educational scholarship.

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## Notable Accomplishments - *Continued*



Alonso

### **Windy Alonso, PhD, RN, incepted into the seventh cohort of Friends of the National Institute of Nursing Research Ambassadors**

Dr. Alonso was one of 21 nurse scientists selected to join this unique advocacy program—chosen from a national pool of applicants based on their abilities to advance public, health professional, and policy-maker awareness of the critical research agenda advanced by the National Institute for Nursing Research.



Shade

### **Marcia Shade, PhD, RN, & team win \$60,000 NIA Start-up Challenge and Accelerator Award**

Dr. Shade's team and her tech start-up company, Voice-It, Inc<sup>®</sup>, were one of six winners of the award, which supports the National Institute of Aging's goal to improve the health of older adults in underrepresented populations. These funds will support further development of an AI-driven app designed to enable older adults to engage in real-time holistic pain assessment verbally and in the natural environment.



Varilek

### **Brandon Varilek, PhD, RN, CCTC, CNE, CHPN, selected as 2024 Health Disparities Research Institute Scholar**

The Health Disparities Research Institute (HDRI) provides participants with a broad overview of the leading issues facing minority health and health disparities research and to enhance grantsmanship abilities. As an HDRI scholar, Dr. Varilek will participate in lectures, seminars, interactive sessions, a mock grant review session and small group discussions with leading scientists and NIH staff.



Culross

### **Beth Culross, PhD, RN, GCNS-BC, CRRN, APRN-CNS, GNGNA accepted as International Nursing Association of Clinical Simulation and Learning (INACSL) Research Fellow**

As an INACSL Fellow, Dr. Culross will participate in monthly group sessions with her cohort peers and mentors via a virtual meeting platform. These sessions will feature updates on Dr. Culross' research projects as well as interactive discussion led by prominent figures in simulation research.



# REMINDERS



## Register for the Protection of Human Subjects Conference

**When:** September 13, 2024, 8AM-4:30PM

**Where:** Sorrell Center Bldg, Truhlsen Events Center - Room 1001

Highlighted topics this year include: (1) Decentralized Clinical Trials (2) Difficulties involving technology use in rural and under served communities (3) Ethical Issues in Research with Psychedelics

For more information visit the [conference webpage](#).



## The Great Plains IDeA-CTR is offering TWO pilot research funding opportunities.

Each pilot opportunity requires a letter of intent **submitted by September 9th, 2024**. Learn more at each link below.



G R E A T   P L A I N S  
IDeA | Clinical and  
Translational Research

### Team Research Pilot

\$100,000 for one year to support existing teams conducting clinical and translational research.

### Tech Transfer Pilot

\$50,000 for one year to support translation of intellectual property.



# RESOURCES

## Introducing the new Qualitative Methods Lab



Vandermause

*Free consultations (fee for extended services), open to all*

Directed by **Roxanne Vandermause, PhD, RN, Professor, Director PhD Program, Gladys E. Sorensen Endowed Chair in Nursing**, the **CON Qualitative Methods Lab** provides consultation and assistance in research design, data collection and analysis, and dissemination styles for researchers planning, proposing, or implementing qualitative research projects.

### CON Qual Lab Goals:

- Advance the use of various qualitative methodologies and methods in research and scholarly projects.
- Foster comprehensive, innovative nursing and healthcare research, and to strengthen rigor in qualitative approaches used in the science of prevention and self-management of chronic illness.



**Qual Lab webpage: Review & request services**



**[CONqual-lab@unmc.edu](mailto:CONqual-lab@unmc.edu)**

**The Office of Faculty Development is offering a Get Published Series throughout the academic year.**

Take advantage of these sessions to develop writing, research, and scholarship skills!



**NIH Pragmatic Trials Collaboratory Equitable Language Guide.**

This guide provides examples of inclusive terminology to use when referring to specific people, groups, and communities.

**Q3 & Q4 Jan - Jun 2024**

**Not seeing research-related support that you need?**



**Contact us!**

[nnrc@unmc.edu](mailto:nnrc@unmc.edu)



## **Niedfelt Nursing Research Center**



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

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