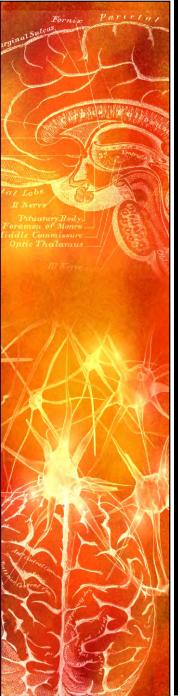


Friends of the National Institute of Nursing Research

October 1, 2008 → Omni Shoreham Hotel → Washington, DC



Celebrating Mental Health Nursing Research



Friends of the National Institute of Nursing Research

The Friends of the National Institute of Nursing Research (FNINR) is an independent, non-profit organization founded in 1993. 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 health care.

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 health care 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 (NINR) was established as a Center at the National Institutes of Health (NIH) and as an Institute in 1993. 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

Welcome to the 2008 FNINR NightinGala, an event in which we strive to give Florence Nightingale more than a local habitation and a name, more than an individual reputation and memory, and truly an historic, multiple and politically active national presence through all of you.

You know well the stated purpose of this organization: To advocate research-based practice and strive to educate all health care professionals, elected officials and the public about the benefits nursing research brings to patients, families, the community and the delivery of quality health care.

Thank you for your commitment to this purpose. For it is you, the nurse researchers, deans of nursing schools, deans of medical schools, faculty, senior management of health-related associations, corporate and community leaders, members of Congress and your health care and legislative staffs, who embody this purpose and give it vital expression all over the Nation in the pursuit of better health care for all.

In recent years, FNINR has recognized senior nurses whose experience has illuminated health care practice. We have acknowledged nurse scientists whose research connects theory and practice, and nurses on the front line who make both systemic and battlefield discoveries in the heat of conflict and suffering. We thought 2006 was "the year of the nurse," but *every* year is the year of the nurse as our country faces a critical shortage of nurses, nurse scientists and nurse faculty. Every year presents new discoveries and revolutions in recovery because of nursing. The purpose of our organization is crucial to developing quality health care in our country. To be complete in our purpose, it is fitting that this year our theme itself is "discovery and recovery" as we recognize yet another frontier where nursing and nursing research are emerging as the pioneers of practice.

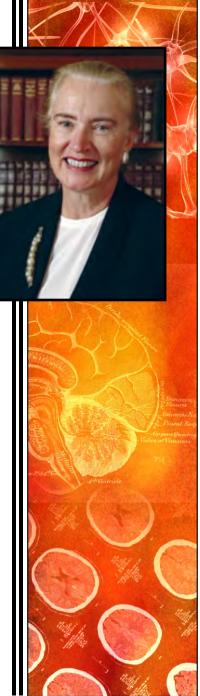
Specifically, an old frontier has become a new, leading edge through increased knowledge of the brain. Scientific knowledge today increasingly breaks down the dualism in which theory and practice, mind and body have been held separate. Nursing research, too, moves into the discovery and demonstration of new paths of integration in psychiatric nursing, psychopharmacology, psychotherapy, and applied medicine. So, this year, it is my special privilege and especially fitting to recognize and welcome someone who embodies a life-long pursuit of integration and integral care for families and children, especially in mental health.

For almost thirty years since the Mental Health Systems Act of 1980, Mrs. Rosalynn Carter has been a driving force for mental health and for a national understanding that physical and mental health are intimately linked. Through her own perseverance, imagination, and dedication as she regularly gathers together conferences of medical and mental health professionals, Mrs. Carter has helped to break down barriers to understanding and has demonstrated a mind-changing influence that works to mitigate the stigma of mental illness in our society. We welcome her to this year's NightinGala as our keynote speaker.

In recognition of new achievements of integration in health care research and practice, FNINR this year will also bestow two new awards, the *President's Award* and the *Frances Payne Bolton Award*, in addition to the *Ada Sue Hinshaw* and *Pathfinder Awards*.

Again, thank you for your dedication and for your support of FNINR. Together, we are crossing frontiers new and old and celebrating the passage.

MARY JANE ENGLAND, MD President





A MESSAGE FROM THE NINR DIRECTOR

Currently, our Nation is facing significant health care challenges: an aging population living longer with chronic illness, a growing racially and culturally diverse population, rapidly increasing health care costs, and an increased demand for nurses. As the Director of the National Institutes of Health has stated, these realities necessitate a new system of health care that is personalized, preemptive, predictive, and participatory. They require a shift to strategies of health care that are increasingly person-centered rather than disease-centered, that focus on preventing the development of chronic illness rather than treating it, and that feature the person as an active participant in managing his or her own care.

NINR has supported research to establish such a person-centered model of health care for over twenty years. The research supported by NINR provides clinicians with effective, scientifically-tested strategies for treating patients, preventing disease, and promoting health. The research goals articulated in the NINR Strategic Plan include improving symptom management and self-management, reducing health disparities, discovering novel ways to prevent disease, and improving end-of-life care. These goals emphasize the areas of public health that have the greatest needs and in which NINR can have the greatest impact.

As we journey into the future, we envision that the innovative research supported by NINR will rise to an unprecedented level of importance as chronic diseases become even more prevalent. In the coming years, NINR will continue to support research to establish the evidence base for patient care across the lifespan and across all diseases and conditions. In addition, NINR will increase its efforts to translate and disseminate the results of successful research to the health care community and to the public to help shape the future direction of health care.

I want to take this opportunity once again to thank you for your support of NINR and for your commitment to advancing science through research. Thanks to your dedication, for NINR and all of nursing science, the possibilities are endless.

PATRICIA A. GRADY, PhD, RN, FAAN Director, NINR

PROGRAM

DISCOVERY & RECOVERY: CELEBRATING MENTAL HEALTH NURSING RESEARCH

America the Beautiful Sung by Ray Charles

Welcome and Opening Remarks by FNINR President Mary Jane England, MD

Remarks by NINR Director Patricia A. Grady, PhD, RN, FAAN

Presentation of Friend-Raising Donation

FNINR 2008 Recognition

Pathfinder Distinguished Service Award Ada Sue Hinshaw Research Grant Awards Frances Payne Bolton Award President's Award

Presented By:

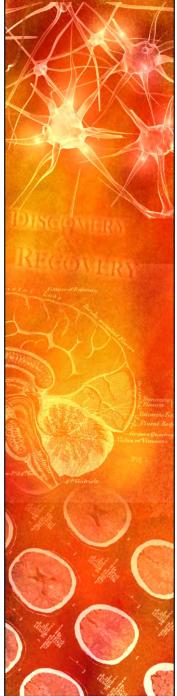
Nancy Fugate Woods, PhD, RN, FAAN

Dinner

Keynote Address Former First Lady Rosalynn Carter

Closing Remarks Mary Jane England, MD

"Mental illnesses are diseases like any other. They can be diagnosed, treated, and the overwhelming majority of people suffering from them can lead normal lives." – Rosalynn Carter





SPEAKER BIOGRAPHY

Former First Lady Rosalynn Carter has worked for more than two decades to improve the quality of life for people around the world. Today, she is an advocate for mental health, early childhood immunization, human rights, and conflict resolution through her work at The Carter Center in Atlanta, Georgia.

A full partner with the President in all the Center's activities, the former First Lady is Vice Chair of the Center's Board of Trustees. She created and chairs The Carter Center's Mental Health Task Force, an advisory body of experts, consumers, and advocates promoting positive change in the mental health field. Each year, she hosts the Rosalynn Carter Symposium on Mental Health Policy, bringing together leaders of the nation's mental health organizations to address critical issues. Mrs. Carter emerged as a driving force for mental health when, during the Carter administration, she became Active Honorary Chair of the President's Commission on Mental Health, which resulted in passage of the Mental Health Systems Act of 1980.

Mother of four, Mrs. Carter has maintained a life-long dedication to issues affecting women and children. In 1991, she launched with Mrs. Betty Bumpers, wife of U.S. Senator Dale Bumpers of Arkansas, "Every Child By Two," a nationwide campaign to publicize the need for early childhood immunizations. Mrs. Carter plays an active role in the activities of ECBT promoting the importance of timely immunizations. She served on the Policy Advisory Board of The Atlanta Project (TAP), a program of The Carter Center addressing the social ills associated with poverty and quality of life citywide, from the program's inception in 1991 until its transfer to Georgia State University in 1999. In 1988, she convened with three other former first ladies the "Women and the Constitution" conference at the Center to assess that document's impact on women.

Outside the Center, Mrs. Carter is President of the Board of Directors for the Rosalynn Carter Institute of Georgia Southwestern State University (RCI), which was established in her honor on the campus of her alma mater in Americus, Georgia. The mission of the RCI is to help family and professional caregivers. In 1996 she became Honorary Chair of the call-to-action campaign, *Last Acts: Care and Caring at the End of Life*, a national coalition of individuals and organizations advocating more compassionate care for those who are dying. She also works for Habitat for Humanity, a network of volunteers who build homes for the needy, Project Interconnections, a public/private nonprofit partnership to provide housing for homeless people who are mentally ill, and The Friendship Force, a citizens exchange program in more than 40 countries.

Since graduating from Georgia Southwestern College in 1946, Mrs. Carter has received many honors, among them the Volunteer of the Decade and "Into the Light" awards from the National Mental Health Association; the Award of Merit for Support of the Equal Rights Amendment from the National Organization for Women; the Notre Dame Award for International Service; the Eleanor Roosevelt Living World Award from Peace Links; the Kiwanis World Service Medal from Kiwanis International Foundation; the Jefferson Award from the American Institute for Public Service; the Georgia Woman of the Year Award from the Georgia Commission on Women, and the Presidential Medal of Freedom, America's highest civilian honor. In 2005 she was named an Honorary Fellow of the American Academy of Pediatrics in recognition of the work she has done and continues to do for the health and well-being of children.

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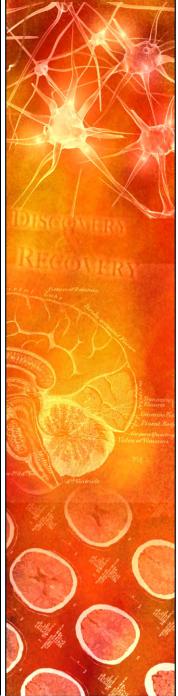
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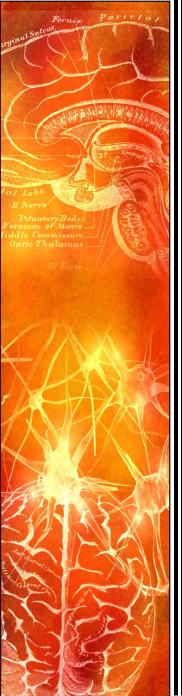


TABLE HOSTS (AS OF 9/18)

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Case Western Reserve University, Frances Payne Bolton School of Nursing (3)

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University of Iowa College of Nursing

University of Kansas School of Nursing (2)

University of Kentucky College of Nursing

University of Maryland School of Nursing (3)

University of Medicine & Dentistry of New Jersey

University of Miami School of Nursing and Health Studies

University of Michigan School of Nursing (2)

University of Minnesota School of Nursing

University of Missouri Sinclair School of Nursing

University of Nebraska Medical Center College of Nursing

University of North Carolina at Chapel Hill School of Nursing

University of Pennsylvania School of Nursing (3)

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University of Texas at Austin School of Nursing

University of Texas Health Science Center at Houston

University of Texas Health Science Center at San Antonio (2)

University of Texas Medical Branch School of Nursing

University of Utah College of Nursing

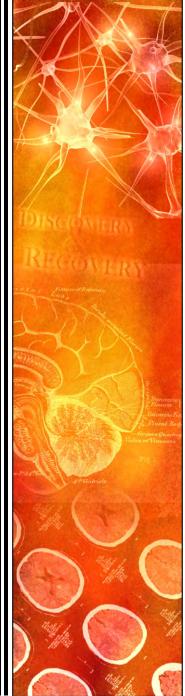
University of Washington School of Nursing

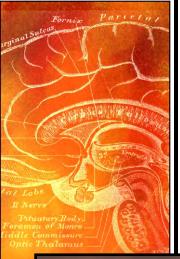
Vanderbilt University School of Nursing (2)

Virginia Commonwealth University School of Nursing

Wayne State University College of Nursing

Yale University School of Nursing









ADA SUE HINSHAW RESEARCH GRANTS

The Ada Sue Hinshaw Research Grant is funded by FNINR in honor of Ada Sue Hinshaw, PhD, RN, FANN, the first permanent Director of the National Institute of Nursing Research. This award is an unrestricted grant to support the work of a promising and accomplished nurse researcher. The Ada Sue Hinshaw Research Grant focuses attention on the significance of nursing research and the contributions made by nurse scientists that improve health care.

This year, the Ada Sue Hinshaw Research Grant is bestowed upon two researchers whose work has met the criteria for this award. The Friends of the National Institute of Nursing Research are proud to name Dr. Judith Effken and Dr. Glenda Lindseth as the 2008 recipients of this award.

Judith A. Effken, PhD, RN, FACMI, FAAN

Dr. Judith Effken is Professor, University of Arizona College of Nursing, where her studies of Nursing Informatics and teaching in the area of health systems and informatics research in both theory and methods development is shaping future investigators and informaticians.

Dr. Effken has applied ecological psychology to develop clinical informational displays that facilitate nurses' clinical problem detection and guide novel instructional designs to facilitate teaching in online doctoral programs. Her application of computational modeling techniques allows researchers to study complex, multilevel nursing systems in order to develop tools for nurses to improve patient safety and health care quality.

Current innovative work focuses on integration of a network theory of complex organizations with computational modeling and dynamic network analysis to develop a desktop tool for nurse managers. This tool will enable nurse managers to make better decisions about innovations that they might implement to improve patient quality and safety outcomes. Dr. Effken has achieved national and internal recognition for her work in informatics and is recognized in interdisciplinary circles for her contributions. Dr. Effken is a Fellow of the American Academy of Nursing.

The Friends of the National Institute of Nursing Research are pleased to award the 2008 Ada Sue Hinshaw Research Grant to Dr. Judith Effken.

ADA SUE HINSHAW RESEARCH GRANTS

Glenda Lindseth, PhD, RN, FADA, FAAN

Dr. Glenda Lindseth is Professor and Associate Dean at the University of North Dakota College of Nursing where her research has focused on nutrition and related factors that play causative roles in nausea, vomiting, and cholelithiasis among pregnant women. Her completed research examining nausea and vomiting during late pregnancy found that decreased sleep and high BMIs, decreased physical activity, and high serum cholesterol levels were associated with cholelithiasis.

Her current work focuses on the effects of nutrition on cognition. Research funded by the Department of Defense aims to identify foods and related factors such as sleep and activity levels that may be associated with enhanced cognition among vulnerable groups. She will be testing behavioral variables needing additional study in relation to enhanced cognition. This research will contribute to caring for those with significant stress due to illness, aging, and/or poor environmental conditions, including those affecting vulnerable groups on the Northern Plains.

Her research has been disseminated in multiple publications and in national and international presentations as well as in lay literature, including *Redbook* and *Prevention Magazines* and *USA Today*. Her current responsibilities as a research director have resulted in securing nearly \$4M in NIH funding for the construction of the Northern Plains Center for Behavioral Research which will enhance nursing research by providing space and advanced clinical research facilities to support evidence-based care for American Indians, the elderly rural poor, migrant farm workers, women, and children. She has been instrumental in leading the development of a CTSA proposal at North Dakota. Dr. Lindseth is a Fellow of the American Academy of Nursing and a Fellow of the American Dietetic Association.

The Friends of the National Institute of Nursing Research are pleased to recognize Dr. Glenda Lindseth with the 2008 Ada Sue Hinshaw Research Grant.





PATHFINDER DISTINGUISHED SERVICE AWARD

The Pathfinder Distinguished Service Award is given by FNINR to acknowledge nurse researchers whose work has focused on advancing deep understanding of human health and health care, and has been sustained by multiple grants from NINR/NCNR. In 2008 FNINR recognizes a nurse researcher whose body of scholarship illustrates long-standing commitment to nursing research that has made a difference in the lives of people with urinary incontinence.

Carolyn M. Sampselle, PhD, ANP, FAAN

Dr. Carolyn Sampselle, Carolyne K. Davis Collegiate Professor of Nursing, University of Michigan School of Nursing, has led the way in nursing and health care based on her beliefs in the innate strengths of women to use self-management techniques to prevent urinary incontinence. For the past 20 years, her work has focused on the capacity of pelvic floor muscle training to prevent birth-related urinary incontinence. She has conducted her research with interdisciplinary teams in medicine, bioengineering, epidemiology, and sociology to understand how pregnancy and childbirth, the menopausal transition and aging and self-efficacy influence women's risk of urinary incontinence and their capacity to adopt and sustain self-management programs.

Her research program has led to the understanding that older women can reduce their risk of developing UI by 50% by adopting a self-management program. She learned that up to 55% of child-bearing women can prevent UI by using pelvic muscle contraction, that at 12 months after intervention 58-68% of women are using the recommended self-management practices, and that women's self-efficacy predicts adherence to self-management practices four years after treatment.

Dr. Sampselle's current work focuses on testing the self-management intervention with low-income women and women of color and assessing a computer-based format of the intervention for its usefulness in helping women build the knowledge and self-efficacy they need. Dr. Sampselle's work has been recognized for making a difference by both professional and lay organizations, including the NINR.

Dr. Sampselle's current research focuses on efforts to advance science addressing health disparities, including directing the Women's Health Disparities Interdisciplinary Training Program and Health Promotion in Vulnerable Populations Training Program, both funded by NINR. She directs the Michigan Center for Health Interventions which focuses on translation of new knowledge to the care of vulnerable populations and the Community Engagement Program, part of the University of Michigan Clinical and Translational Science Award. Dr. Sampselle's research has had a profound impact on the health of women throughout the lifespan, and she has forged the path for many researchers to follow.

The Friends of the National Institute of Nursing Research are pleased to present the 2008 Pathfinder Distinguished Service Award to Dr. Carolyn Sampselle.

PRESIDENT'S AWARD

The President's Award is given by FNINR to acknowledge a nurse researcher whose work has focused on advancing deep understanding of mental health. This year, the FNINR recognizes a nurse researcher whose body of scholarship illustrates long-standing commitment to nursing research that has made a difference in the mental health of people, particularly those parenting young children.

Deborah Gross, DNSc, RN, FAAN

Dr. Deborah Gross, Leonard and Helen Stulman Professor in Mental Health and Psychiatric Nursing, Johns Hopkins University School of Nursing, and formerly of Rush University, has dedicated her research to improving the mental health and well-being of young children living in urban poverty. Continuous funding from the NINR since 1989 has made it possible for her to improve the mental health outcomes for young, ethnic minority children in low-income urban communities through research efforts that developed and tested a parenting program, the Chicago Parent Program, which was designed to strengthen parenting competence and confidence, promote positive parenting behavior and prevent behavior disorders such as aggression, hyperactivity and anxiety in children two to five years of age.

The program has been tailored to be culturally and contextually relevant to families from urban ethnic groups, including African American and Latino parents. Dr. Gross developed video vignettes with families to display challenging parenting situations as a basis for training parents. Trials of the program with preschool children in day care centers serving low-income families showed the program improved parenting behavior and reduced children's behavior problems for up to a year after the program. This innovative, cost-effective intervention was the first community-based parenting program to reduce observed behavior problems in young, low-income, ethnic minority children.

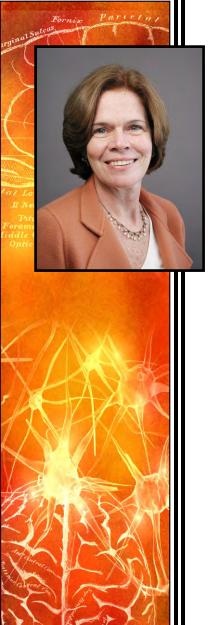
Dr. Gross' efforts demonstrate that it is not sufficient to develop effective interventions, but they must be effective in diverse communities where people can benefit from them. The Chicago Parent Program has been translated and revised for Spanish speakers to reach mental needs of immigrant Latino families. In addition, the program is cost-effective. In a trial in Chicago Head Start, the cost ranges from \$268 to \$204 per child per year.

In contrast, annual public expenditures for children with serious behavior problems range from \$3,288 to \$8,717 per child. This well-established program has been replicated by investigators at Harvard, Johns Hopkins University, and Mt. Sinai School of Medicine with children at risk for ADHD, conduct and anxiety disorders, and obesity.

Dr. Gross has published the results of these studies widely in research reports, books, and textbooks and presents the results of her work in national and international forums. Her work has influenced not only nursing practice but the broader realm of mental health care practice and research.

The Friends of the National Institute of Nursing Research are proud to present the 2008 President's Award to Dr. Deborah Gross.





FRANCES PAYNE BOLTON AWARD

The Friends of NINR are presenting a new award this year, funded by a gift from the Frances Payne Bolton School of Nursing of Case Western Reserve University to commemorate the pioneering work of Frances Payne Bolton.

Mary D. Naylor, PhD, RN, FAAN

This award will celebrate influential research conducted by Dr. Mary Naylor, Marian S. Ware Professor in Gerontology, University of Pennsylvania School of Nursing. Dr. Naylor has led a multidisciplinary team in testing and refining the Transitional Care Model, a nurse-led collaborative care model designed to facilitate successful journeys of chronically ill elders and their family caregivers through episodes of acute illness.

Dr. Naylor has led three multi-site NINR funded randomized clinical trials that demonstrated the effectiveness of the TCM in improving heath outcomes and reducing health care costs for chronically ill older adults. Elders who received TCM reported improved physical function, quality of life and satisfaction compared to those who received regular care. In addition, all-cause readmissions to hospitals were reduced significantly at a mean cost savings of \$5,000 per elder. Study findings have appeared in the *Journal of the American Medical Association*, *Annals of Internal Medicine*, *Journal of the American Geriatric Society* and have received widespread media coverage in the *Wall Street Journal*, *Washington Post*, and *Consumer Reports*.

The National Institute on Aging is currently supporting a study of this model with elders with cognitive impairment and NINR is supporting application of the TCM to frail elders receiving long-term care. Aetna and Kaiser Permanente are both integrating TCM into their programs for older adults. The University of Pennsylvania Health System and the Independent Blue Cross of Philadelphia will also be adopting this service. Dr. Naylor has also implemented the Living Independently for Elders (LIFE) program, a Program of All-inclusive Care for Elders (PACE), the only such program operated by a school of nursing in the U.S. Dr. Naylor has provided extensive testimony to U.S. Congressional Committees relevant to the policy implications of her work.

The Friends of the National Institute of Nursing Research are proud to present the Frances Payne Bolton Award to Dr. Mary Naylor.

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FNINR salutes the following organizations and individuals for their support:

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A special thank you to Hill-Rom and Johnson & Johnson for their support of nursing research.





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