

TSNRP ★ news

From the Director

FALL/WINTER 2009



LTC Deborah Kenny

The time has come for me to leave TSNRP and turn over the directorship to Lt Col Marla De Jong, PhD, USAF, NC. Directing TSNRP has been a challenging, yet very rewarding, experience. We have moved TSNRP forward in a way that will have a positive and long-lasting impact on military

nursing research. I have had the opportunity to work closely with members of all three Nurse Corps (yes—I can even differentiate Navy ranks!) and to network with many civilian organizations. In addition, I have developed a whole new skill set that will serve me well in my future endeavors.

I cannot leave without saying “thank you” to all those of you who have supported me—providing assistance or offering valuable insight—while I served as Executive Director. I am extremely grateful for the backing we received from the Nursing Corps chiefs and their deputies in their appreciation for the need for military nursing research and their willingness to champion our researchers. Many people at the Uniformed Services University of the Health Sciences provided steadfast support to

TSNRP during our moves and throughout 2007, when we had no funding. My research colleagues offered countless hours of high-quality review, teaching, and outreach assistance.

I cannot emphasize enough my gratitude to the TSNRP staff for their dedication and commitment to both the program and the resource center. When things got rough—such as after our move in 2008, when our computers were down and the phones didn’t work—they kept the program going (and me sane). And during the stable periods, they accomplished an amazing amount of work. Their unwavering support made my job easier.

To all of you, I offer a heartfelt “thank you.” I am confident that you will all stand behind Lt Col De Jong and provide her with the same support you provided me. I am closing the Army Nurse Corps chapter of my life and moving on to academia at Beth-El College of Nursing & Health Sciences at the University of Colorado at Colorado Springs. It will be great to be back home, near family and old friends. And, yes, I look forward to getting back into all the mountain activities I enjoy. If you are ever out there, look me up! Again, thanks to all.

Deb Kenny, PhD, RN, LTC, AN, USA



TSNRP news is published twice each year by the TriService Nursing Research Program. It is available online at www.usuhs.mil/tsnrp/News/news.php.

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Changing of the Guard

Farewell to LTC Deborah Kenny!

TSNRP reluctantly bids farewell to LTC Deborah Kenny, PhD, RN, AN, USA, who left her post as TSNRP's Executive Director in September and is retiring from active duty at the end of this year. Joining the civilian ranks, LTC Kenny will "deploy" to Colorado as associate dean of research for the

LTC Kenny leaves behind a legacy of growth and empowerment. . . . TSNRP can now guarantee military nurse researchers a dedicated stream of funding for their research and continue to provide the tools, guidance, and camaraderie they need to pursue their research.

Beth-El College of Nursing & Health Sciences University of Colorado at Colorado Springs. During her tenure as director, she led TSNRP to higher ground and to a long-fought, hard-earned victory. In securing permanent funding for the program as of 2010, LTC Kenny has ensured TSNRP's future and the future of military nursing research.

LTC Kenny came on board during 2007, a precarious year for the program. Since its inception in 1992, TSNRP has received congressional funding each year except for 2007. LTC Kenny—a pioneer in the fields of military nursing research, leadership, and management—confronted the

challenge head on. Moving swiftly, she dedicated herself to achieving ongoing financial support for the program. Tirelessly negotiating with the Assistant Secretary of Defense for Health Affairs and the Nurse Corps Chiefs from each service, LTC Kenny convinced them of the program's worthiness to receive equal and increasing sums annually and has succeeded in obtaining permanent funding for TSNRP as of fiscal year 2010.

During her directorship, TSNRP

- Added evidence-based practice research to the list of funding opportunities.
- Expanded the number of nurse scientists available to our researchers for consultation.
- Created research interest groups that enable TSNRP researchers to access similar consultants and establish research programs based on their scientific interests in keeping with the TSNRP research priorities.
- Conducted a strategic planning meeting to review and renew the program's mission, vision, and research priorities.
- Instituted a plagiarism policy.
- Improved the annual grant camps and added classes for researchers at all levels of their development.



LTC Deborah Kenny

- Launched a new Web site with innovative navigation components for easy access to information.
- Resurrected the program's newsletter, both in print and online.

In departing TSNRP, LTC Kenny leaves behind a legacy of growth and empowerment. She fought the good fight on behalf of all military nurse researchers and won. TSNRP can now guarantee military nurse researchers a dedicated stream of funding for their research and continue to provide the tools, guidance, and camaraderie they need to pursue their research.

In saying goodbye, TSNRP wishes LTC Kenny all the glory that comes to those who live their lives well.

Hooah! ★

TSNRP Moves Again!

TSNRP moved again this year! Our new location is in Rockville, Maryland. Our mail and e mail addresses have not changed; however, our office telephone number is now (301) 319 0596 and our new fax number is (301) 319 0603.



Welcome Aboard, Lt Col Marla De Jong

TSNRP is pleased to announce the appointment of Lt Col Marla J. De Jong, PhD, USAF, NC, as its new Executive Director. She comes to this position with a wealth of knowledge and experience.

Lt Col De Jong earned her BSN from Grand View College in 1988; her MSN in trauma/critical care in 1996 from the University of Maryland, Baltimore; and her PhD in nursing from the University of Kentucky in 2005.

She has extensive leadership and clinical experience, having served in both clinical and management positions at Offutt, Lackland, and Keesler Air Force bases. She was deployed to Bagdad, Iraq, as the program manager for the Joint Theater Trauma System.

Most recently, she was assigned to Fort Detrick as the Air Force program manager for the Department of Defense (DoD) Blast Injury Research Program Coordinating Office.

Lt Col De Jong has conducted several funded research studies, including two TSNRP-funded studies, one investigating the relationship between anxiety and outcomes among heart failure patients and the other evaluating the accuracy and precision of buccal pulse oximetry monitoring. She is currently an associate investigator on a DoD study to evaluate the efficacy of hyperbaric oxygen for combat casualties with persistent post-concussive symptoms after initial mild-to-moderate traumatic brain injury.

Lt Col De Jong has published extensively, is the former editor-in-chief of *AACN Advanced Critical Care*, and is on the editorial boards for other



Lt Col Marla De Jong

nursing journals. She is a member of Sigma Theta Tau International and is certified as a critical care clinical nurse specialist. She has received numerous military and civilian awards for her many accomplishments.

Welcome, Lt Col De Jong. ★

CAPT Axman Speaks at Science and Scholarship Lecture Series

CAPT Linnea M. Axman, DrPH, MSN, NC, USN—lead research facilitator at the Naval Medical Center and former executive officer at the Naval School of Health Sciences, both located in San Diego, as well as Navy active duty member of the TSNRP Advisory Council—was a guest speaker at the September 2009 Science and Scholarship Lecture Series sponsored by the Smithsonian Institution in collaboration with Navy Medicine and the Graduate School of Nursing at the Uniformed Services University of the Health Sciences and its Faye G. Abdellah Research Center.

Entitled “The Diplomacy of Science: Celebrating the 40th Anniversary of

the First Lunar Landing,” CAPT Axman and CAPT Bruce Boynton, MC, USN, deputy medical inspector general for the Navy and the commanding officer of *USNS Comfort*, responded to Keynote Speaker Anthony Rock, vice president for Global Engagement at Arizona State University and former U.S. principal deputy assistant secretary of state, Bureau of Oceans and International Environmental and Scientific Affairs.

CAPT Axman’s remarks highlighted the benefits of and difficulties inherent in participatory research approaches and included themes pertaining to “the scientist as statesman” and the “research participant as scientist.” Her comments identified potential barriers to health care and research in various



CAPT Linnea Axman

operational settings, offered lessons learned, and integrated recommendations to promote successful health care and research in cross-cultural environments.

RADM Karen Flaherty Joins Executive Board

TSNRP is delighted to welcome RADM Karen Flaherty, NC, USNR, to its Executive Board of Directors. She was appointed the 22nd Director of the Navy Nurse Corps on 1 September 2009, in addition to her duties as the Deputy Chief of the Wounded, Ill, and Injured at the Bureau of Medicine and Surgery.

RADM Flaherty joined the U.S. Navy as a Nurse Corps candidate in July 1973. After graduating from Skidmore College, she attended Officer Indoctrination School in Newport, Rhode Island, in August 1974. She later received her master's of science degree from the University of Pennsylvania.

As an active duty nurse, RADM Flaherty served in several military nursing positions until 1982, when she transitioned to the U.S. Navy Reserves, where she maintained her leadership status as a nurses' nurse. As a civilian, she worked in numerous senior executive positions at various institutions, including Thomas Jefferson University

Hospital in Philadelphia, St. Francis Hospital in Wilmington, Delaware, and the Philadelphia Veterans Affairs Medical Center.

RADM Flaherty was recalled to active duty to serve with Fleet Hospital 15 in Al Jubail, Saudi Arabia. She then served as commanding officer of OPNAV 093 at the Pentagon. Upon promotion to Rear Admiral Lower Half, she served as the Deputy Commander Force Integration National Capital Area and the Deputy Director of the Navy Nurse Corps, Reserve Component. RADM Flaherty recently completed an assignment as the Deputy Chief for Health Care Operations at the Bureau of Medicine and Surgery.

RADM Flaherty has received the Legion of Merit (two awards), Meritorious Service Medal, Navy and Marine Corps Commendation Medal (two awards), Navy and Marine Corps Achievement Medal, Meritorious Unit Citation (two awards), National Defense Service Medal (three awards),



RADM Karen Flaherty

Humanitarian Service Medal, Armed Forces Reserve Medal, Navy and Marine Corps Overseas Service Ribbon, and Saudi Arabia and Kuwait Liberation Medals.

TSNRP looks forward to a rich and rewarding relationship with RADM Flaherty as a member of its Executive Board of Directors. ★

Call for Mentors

Have you demonstrated superior mentorship and leadership skills and developed an active publication history within the past 5 years? If yes, TSNRP needs you. TSNRP seeks mentors to assist novice military nurse researchers by building a Research Mentor Network.

Why volunteer?

Mentors not only can help new researchers identify appropriate research questions and methodologies but also can help increase

the quality of research proposals and grant applications submitted for funding. Through a one-on-one relationship, you can significantly impact the research trajectory of a novice military nurse scientist as well as broaden your research community network.

Applicant requirements

- Must be a U.S. citizen or permanent resident and hold a doctorate in nursing from a university within the United States.
- Must be currently engaged in nursing science research.

How to apply

E-mail the following materials to TSNRP at tsnrp@usuhs.mil:

- A memo with a brief explanation of your research focus and methodology expertise, along with an explanation of why you wish to work with military nurse scientists.
- Your curriculum vitae.
- A letter of recommendation.



CAPT Jacqueline Rychnovsky Serves as Congressional Detailee

CAPT Jacqueline Rychnovsky, PhD, NC, USN, has done a tremendous job representing military nursing during her year as the congressional detailee in Senator Daniel Inouye's office. We are not only delighted, but also proud that she is one of TSNRP's "own," and we applaud her in serving an excellent term in this position.

CAPT Rychnovsky grew up in the Midwest. She began her nursing education in 1981 at the Research Medical Center's School of Nursing in Kansas City, Missouri, and in 1986, graduated from the University of Phoenix with a BSN. CAPT Rychnovsky joined the U.S. Navy in 1990 as a lieutenant junior grade in the Navy Nurse Corps after realizing that the Navy would provide her with opportunities to advance her nursing education and career. In 1996, she was transferred to Gainesville, Florida, as a full-time Duty Under Instruction (DUINS) student at the University of Florida, where she graduated with an MSN in 1997. For her thesis, she wrote about "The Alternatives to the Dorsal Penile Nerve Block for Neonatal Circumcision Pain." She served the next 3 years as a certified pediatric nurse practitioner in the Pediatric Clinic in Jacksonville, Florida.

CAPT Rychnovsky was accepted to DUINS again in 2001 and attended the University of San Diego, where she received the Honorary Irene Sabelberg Palmer Scholarship Award for Academic Achievement. In May 2004, she was awarded a PhD in nursing. Her doctoral dissertation research was "Postpartum Fatigue in the Active Duty Military Woman." Her research interests continue to focus on issues facing active duty



COL Richard Ricciardi visits CAPT Jacqueline Rychnovsky in Senator Daniel Inouye's office.

military women as mothers (e.g., breastfeeding in the workplace, postpartum fatigue, and military performance) and evidence-based practice integration and outcomes in the clinical setting. In June 2004, CAPT Rychnovsky reported to the

CAPT Rychnovsky's research focuses on issues facing active duty military women as mothers as well as military performance and evidence-based practice integration and outcomes in the clinical setting.

Naval Medical Center in San Diego as a nurse researcher, while continuing a part-time practice in the Pediatric Clinic. She completed a 6-month tour of duty as the head of inpatient nursing at the Camp Arifjan Expeditionary Medical Facility in Kuwait.

She is a member of the National Association of Pediatric Nurse Practitioners Research Committee, serves as an expert pediatric nurse for the California State Board of Nursing, and is the commanding officer of the Coronado Battalion U.S. Naval Sea Cadet Corps (NSCC).

CAPT Rychnovsky has been awarded the Navy Commendation Medal with two gold stars, the Navy Achievement Medal, the Navy Meritorious Unit Commendation ribbon, the Coast Guard Meritorious Unit Commendation ribbon, the National Defense Service Medal with a bronze star, the Global War on Terrorism Service Medal, the Global War on Terrorism Expeditionary Medal, the Expert Pistol Medal, and the NSCC Meritorious Recognition Ribbon. In addition, the American Academy of Nurse Practitioners extended a special "thank you" to CAPT Rychnovsky for her efforts to prepare the Nurse-Managed Health Clinic Investment Act introduced under the Affordable Health Choices Act of 2009. ★

Patrick DeLeon Receives “Nurse Champion Award”

Patrick H. DeLeon, PhD, JD, AAPP, MPH, Senator Daniel Inouye’s chief of staff, was awarded the first Pacific Institute of Nursing “Nurse Champion Award” at the Pacific Institute of Nursing’s Advancing Practice, Education, & Research Conference, held in March 2009 in Honolulu. This lifetime achievement award recognizes individuals who, over an extended period of time and through their advocacy and influence, have significantly advanced the nursing profession in the area of health policy.

Stephanie Marshall introduced Dr. DeLeon, stating, “In his role as chief of staff for our beloved Senator Inouye for the past 35 years, he worked tirelessly to advance nursing research, understanding so well the need to develop the science for our professional practice. He advocated the critical need for advanced practice nurses in health care locally and nationally. He promoted an interdisciplinary approach for patient care before it became the model. He led the charge, in sometimes hostile environments, opening doors that had been shut tight for nurse leaders to assume executive positions in both civilian and military settings. He believed in and recognized our potential even when, at times, we did not.”

Dr. DeLeon holds eight degrees, including a BA in liberal arts from Amherst College; an MS in psychology and a PhD in clinical psychology, both from Purdue University; an MPH in health services administration from the University of Hawaii; and a JD from the Catholic University of America’s Columbus School of Law.



Mary Boland, dean of the School of Nursing and Dental Hygiene at the University of Hawaii; Patrick DeLeon, chief of staff for Senator Daniel Inouye of Hawaii; and Ray Folen, chief of the Department of Psychology at Tripler Army Medical Center in Hawaii.

In 1993, he received an honorary doctorate of psychology from the California School of Professional Psychology, followed by an honorary doctorate from Forest Institute of Professional Psychology in 1997, and a third honorary doctorate of Humane Letters from NOVA Southeastern University in 2001.

After receiving his PhD, Dr. DeLeon worked for the Peace Corps Training Center at the University of Hawaii in Hilo and completed a year as a field assessment officer in Fiji and the Philippines. He practiced as a clinical psychologist at the Diamond Health Mental Health Center and Hawaii State Hospital for 3 years. Except for a brief period running a congressional campaign for Cecil Heftel of Hawaii, Dr. DeLeon has worked for Hawaii Senator Inouye since 1973, beginning with his MPH-required public policy internship. He served as president of the American Psychological Association in 2000. He is an advocate for improving mental health care in underserved areas as well as forging

a closer relationship between psychology and law.

Dr. DeLeon has taught at the University of Hawaii’s Department of Psychiatry and School of Nursing and at Widener University’s Institute for Graduate Clinical Psychology. In 2007, he became an adjunct professor for both the Uniformed Services University of the Health Sciences’ Graduate School of Nursing and Vanderbilt University’s School of Nursing.

Resource

Alliant International University (2007, April 19). Introducing San Diego commencement speaker Dr. Pat DeLeon. News from Alliant International University. Retrieved September 8, 2009, from <http://www.alliant.edu/wps/wcm/connect/website/News+and+Events/News+Center/News+Releases/April+2007+-+Introducing+San+Diego+Commencement+Speaker+Dr.+Pat+DeLeon>. ★



TSNRP Researchers Inducted as American Academy of Nursing Fellows

With great pleasure and honor, TSNRP announces that COL (ret) Patricia Patrician, PhD, RN, AN, USA, and COL Bruce Schoneboom, PhD, RN, CRNA, AN, USA, were inducted as Fellows in the American Academy of Nurses on 7 November 2009 at the Academy's 36th Annual Meeting and Conference in Atlanta.

COL (ret) Patrician is currently the Donna Brown Banton Endowed Professor in Nursing, a scientist at the Center for Outcomes and Effectiveness Research and Education, and a scholar at the Lister Hill Center for Health Policy at the University of Alabama at Birmingham. She served 26 years in the U.S. Army Nurse Corps, where she held numerous administrative, educational, and research posts, culminating in the position of chief of the Department of Nursing Science at the Academy of Health Sciences at Fort Sam Houston in San Antonio. She received a BSN from Wilkes University in Pennsylvania, an MSN from the University of Texas Health Science Center in San Antonio, and a PhD from the University of Pennsylvania in Philadelphia. Her research interests include nurses' professional practice environment and the effect on patient outcomes, nurse-sensitive indicators of quality of care, and data-driven quality improvement.

COL Schoneboom is a certified registered nurse anesthetist and is currently the associate dean for Academic Affairs at the Uniformed Services University of the Health Sciences (USU) Graduate School of Nursing (GSN) in Bethesda, Maryland. He has



COL (ret) Patricia Patrician

been a nurse since 1985. He earned a BS from Central State University in Edmond, Oklahoma, an MS from Texas Wesleyan University in Fort Worth, and a PhD in neuroscience from the USU. He has held several key faculty and leadership positions at the USU, including GSN department chair and senator for the GSN within the university's Faculty Senate. He serves on numerous national committees with the American Association of Nurse Anesthetists. In 2007, COL Schoneboom was recognized as a Distinguished Practitioner with the National Academy of Practice. He



COL Bruce Schoneboom

served the country with tours of duty in Landstuhl, Germany; Honolulu; and, most recently, Afghanistan, where he was the detachment commander for the 14th Combat Support Hospital at Forward Operating Base Salerno in support of Operation Enduring Freedom.

The American Academy of Nurses is composed of more than 1,500 nurse Fellows who demonstrate leadership in education, management, practice, and research. Selection criteria include evidence that the candidate's nursing career influences health policies for the benefit of all Americans. ★

EBP Workshop Held at Landstuhl

LTC Nancy Steele, AN, USA, director of nursing research at Landstuhl Regional Medical Center in Germany, worked with attendees of an evidence-based practice (EBP) workshop and explained the benefits of TSNRP. The workshop was given by LTC Deborah Kenny, PhD, RN, AN, USA, outgoing TSNRP Executive Director, to provide nurse officers at Landstuhl with the tools to integrate the best evidence into their nursing practices.



LTC Nancy Steele (second from right) with nurse officers at Landstuhl Regional Medical Center in Germany. From left to right: 2LT Tiffany McCreery, Maj Hazel Wright, 2LT Dorothy Villafuerte, LTC Nancy Steele, and 2LT Sinj Lee.

Research Spotlight

TSNRP asked two of our newest military nurse scientists, LTC Michael Schlicher and MAJ Felecia Rivers, to talk about some of their experiences and thoughts as novice scientists. Their responses are included here.

Sink or Swim... Thoughts and Reflections from a New Scientist

LTC Michael Schlicher, PhD, RN, AN, USA

When asked to describe my experiences and thoughts as a novice scientist, the words “sink or swim” immediately come to mind as I recall an opening remark by one of my physics professors on the first day of class. The professor stated, “My goal is to throw each of you into the intellectual deep end of the pool, where you can either sink or swim.” He explained that learning is all about choices; we can either take the easy road and learn nothing or “dive in” and expand our knowledge beyond our wildest dreams. Both then and now, I chose the latter and haven’t regretted it.

Since completing my PhD, one of the biggest adjustments I have had to make is working through the transition of having previously conducted research under the umbrella of a resourceful university environment—where you have academic support to help you work through research problems, answer questions, and keep you swimming in the right direction—to working in the “real world” of research. Outside the university, you don’t always have the same luxuries, and the process can be intimidating.

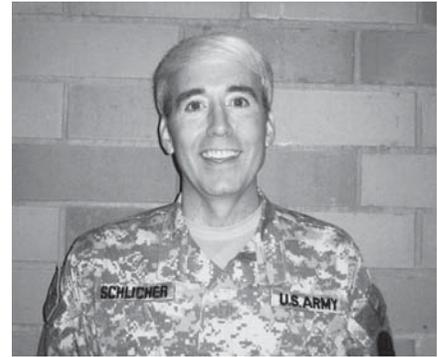
I quickly realized that part of a successful strategy to stay afloat is being

lucky enough to find and cultivate a mentor—a research “patron saint”—to assist you in this transition. I was fortunate to find senior researchers and mentors who graciously provided me with the necessary insight and support. Over my anxious objections, they insisted that I “dive in” and soak up the information I needed to know as I went along. To my surprise, I found this to be an effective method of learning. As a result, my experience as a novice scientist has been challenging yet exceptionally rewarding.

During my first year, I’ve managed to write and receive two TSNRP-funded studies (one involving humans and another involving animal models), write and receive funding for a private industry study, write a book chapter, serve as a member of the local institutional review board, present at both national and international research conferences, review manuscripts for publication, receive a national biological nursing research award, serve on various obligatory committees, mentor students interested in research, and serve as an assistant investigator for numerous studies.

During the past year, I’ve learned one of the most valuable lessons that any aspiring scientist can learn, which is *how* to learn. Each day brings something new—some experience or information—that you can learn from, that can expand your knowledge, your way of thinking, and subsequently make you a better scientist.

I have also learned—using my “sink or swim” metaphor—that while you are swimming, you should always aim



LTC Michael Schlicher

for rough water. Of course, going into uncharted waters can be difficult and sometimes problematic, but that is also where much of the action lies.

It’s also important to seek out different options. For example, I keep a file called “research possibilities” and pull it out whenever I need to re-charge my creative thinking. Possibilities feed enthusiasm, and enthusiasm feeds energy.

Having an endless sense of curiosity, of wanting to explore new depths, makes research more *exciting*. And when curiosity is coupled with research-based practice, better patient care will ultimately follow.

I’ve also come to realize that nobody has all the answers, and trying to do your research completely on your own is almost impossible. Forming collaborative partnerships definitely makes research more interesting.

Through my experiences as a new scientist, I have learned much about the research process. Most important, though, I have learned that no matter what you do, *just keep swimming!* ★



My Experience as a Novice Researcher

MAJ Felecia M. Rivers, PhD, RN, AN, USA

Where does one begin in describing the extraordinary experiences and growth gained from completing one's first few studies? My journey began with the initial meeting between my dissertation chair/mentor and myself. Although I had previously conducted two studies, neither one of them can compare to my third study in terms of my growth as a researcher. Reflecting on the experience, I have concurred that there are three stages to completing a study.

First is the preparation. My chair and I began by discussing my topic of interest and a method of approach. I chose to use qualitative methodology. We then narrowed the study's focus, discussed both the research question and design, and finalized the questions that I would ask each participant.

The initial challenges I faced included gaining approval to conduct the study from the university institutional review board and preparing the proposal for grant funding. The process of completing the proposal was particularly intense. It required numerous rewrites involving many hours conferring with my chair.

I can't stress the importance of working with someone who really wants to mentor you and is familiar with the research methodology. Without someone to turn to for advice and guidance, the process would have been arduous.

I also learned the importance of feeling passionate about the topic to be studied. Without that passion, that complete focus, you could easily

lose interest along the way and never complete your study.

When I received tentative approval for funding, I was elated. I made the revisions and added the changes to the protocol. Then, with the arrival of the "start" letter, I was ready to begin.

In the second stage, I began the actual work. I had already planned to conduct face-to-face interviews with military nurses about their experiences deploying to a disaster. Consequently, I promptly started advertising for potential participants. I then used purposive sampling with a snowballing technique.

For my first interview, I contacted a military nurse I knew who would fit my study criteria and asked her if she would participate. She accepted, and we set a time and place to meet.

On the day of the first interview, I traveled about an hour to meet with the participant. I was a bit apprehensive, wondering what type of information she would share with me and whether I would be able to ask good follow-up questions to elicit clarification.

Initially the interview went smoothly. Then, as the interviewee recalled her deployment experience, two things happened: first, she started to cry, and then she became angry. I had not expected either reaction and wasn't sure how to respond. As we concluded the interview, however, she thanked me for asking her about her experience. It was the first time she had shared her story outside of her family. I left the interview feeling physically and mentally drained. I quickly learned why my chair had insisted that I conduct only one or two interviews per day.

I traveled all over the United States and interviewed 23 military nurses



MAJ Felecia Rivers

from all branches of the service, including the U.S. Public Health Service. Planning each trip was time consuming, and many times I encountered difficulties in matching the interviewees' schedules with my own. Each interview proved to be an emotional experience—for both the participant and myself. Often I cried with them and held their hands while they told their stories. Nearly all of them thanked me for asking.

As I completed each interview, I submitted it to the transcriber. Then, as soon as I received each transcript, I began reading it and coding it for thematic structure. I found that collapsing themes could be almost as difficult as crunching numbers.

Reflection is the final stage in the research process. As I began writing articles and planning presentations about the study, I realized how much I had grown as a researcher.

In completing those first few studies, I have learned much about myself and my inner strengths. I have also learned much about the investigative process and about conducting sound research. Now I can't wait to begin the next study. This time I will use a mixed methodology. ★



Grant Camp 2009

This year, TSNRP has worked hard to meet the goal to support military nurse researchers through educational programs. In addition to the Research Grant Camp and the Research Development Course, TSNRP expanded the Evidence-Based Practice (EBP) Grant Camp to include two sessions and added an Advanced Military Nurse Researcher Forum.

The Research Grant Camp was the largest ever—with 14 students, whose topics of interest ranged from quantitative bench science to qualitative studies examining alternative therapies. Part I was held at the Uniformed Services University of the Health Sciences (USU) in Bethesda, Maryland, and afforded participants the opportunity to meet in small groups with their assigned mentors to get feedback with which to further refine their proposals. Part II was held at Naval Air Station Coronado. Participants presented the progress they had made on their proposals during the summer and received further feedback in the form of a mock scientific review. Although some participants found the mock review to be a painful experience, they all agreed that it was extremely helpful to learn what needs to go into a proposal and how it is reviewed.

This year, TSNRP expanded the EBP Grant Camp and held two sessions, patterned after the Research Grant Camp. Part I, which had 15 attendees, was held at Madigan Army Medical Center (MAMC), and local nurses were encouraged to audit the didactic portions of the course. MAMC nurses also showcased their TSNRP-funded EBP projects. Part II was held at USU

and included four attendees, who worked extensively with their mentors. The expansion of the EBP Grant Camp was well received.

The 2009 Research Development Course was the largest that TSNRP has ever given. It was held at Naval Air Station Coronado and included 26 attendees, many who were from the U.S. Naval Hospital, San Diego. Participants received 2 days of didactic content and worked in small groups. Hopefully the course sparked interest in the research process and encouraged some participants to plan on attending Research Grant Camp next spring.

In October, TSNRP held an Advanced Military Nurse Researcher Forum for nurse scientists who have conducted multiple TSNRP-funded studies. Featured speaker Dr. Cheryl Stetler examined the underpinnings of implementation science: theoretical, empirical, philosophical, and methodological. Other distinguished speakers presented topics of interest suggested by seasoned researchers who responded to a needs assessment survey. Some participants attended an SPSS training session.

Please see page 15 or visit www.usuhs.mil/tsnnp for a list of the various TSNRP Resource Center's Grant Camp offerings for 2010. ★

CAPT Patricia Kelley's Research Team Begins Phase II of Study

CAPT Patricia Kelley, PhD, RN, NC, USN, met with her research team in August to begin phase II of her TSNRP-funded study, "Clinical Knowledge Development: Continuity of Care for War Injured Service Members," at Walter Reed Army Medical Center and the National Naval Medical Center, two of the eight study sites. Members of the team—which includes seasoned military nurse scientists in collaboration with Dr. Patricia Benner and Dr. Richard Benner, along with several novice nurse scientists who are being mentored throughout the research process—participated in training sessions, reviewed analysis procedures, and collected data.

The study involves gathering (1) first-person experiences and near accounts of experiential learning from nurses caring for returning wounded service members and (2) first-person accounts of wounded service members' memories of all levels of care received and their transition from point of injury in the combat zone into the military health care system. The research team will use the collected data to develop and sustain nursing competencies and to examine the rehabilitative factors affecting the health and well-being of wounded warriors. ★



Letter from Evidence-Based Practice Grant Camp

kindly provided by Dr. Lori A. Loan

Dear Mom,

I promised I'd write and tell you about my summer camp experience. This summer, I went to Evidence-Based Practice (EBP) Grant Camp, sponsored by the TriService Nursing Research Program (TSNRP) at Madigan Army Medical Center in Tacoma, Washington, from July 8th to 10th. Five nurses and eight grant writers from all over the world attended.

TSNRP staff planned the entire event, including travel, funding, housing, and the curriculum, and Madigan Nursing Research Service staff made sure everything ran smoothly.

Just like Band Camp, all participants had to do some work before arriving in order to make our time at camp as productive as possible. We each chose a clinical practice problem we wanted to improve using empirical evidence. The camp faculty prepared educational classes to teach us how to write EBP grants using our proposed projects as examples.

The action-packed camp included presentations and discussions about TSNRP and the types of EBP grants available; how to select an EBP project, choose project outcomes and measures, and evaluate clinical guidelines; how to conduct organizational assessments and develop research questions; and the purpose and process of implementing a strengths, weaknesses, opportunities, and threats (referred to as SWOT) analysis. I taught a class about research regulations and institutional review boards, operational security approvals, and grant budget elements and requirements. Dr. Linda Yoder, Dr. Paula Lusardi, and I talked about the components of both a conceptual guideline development grant and an innovation implementation grant.

In addition to the courses and presentations, we met in small groups and paired with faculty experts for one-on-one consultations. The Madigan team reviewed grant content specifics, which helped to translate what we had learned previously into concrete examples.

Mom, EBP Grant Camp was a fabulous experience. I now have the information I need to start working on a draft grant with the support of an assigned faculty expert. Furthermore, I not only learned about writing EBP grants but I also met Army, Navy, and Air Force nurses from all over the world. I can't wait for September, when we all get to meet again in the other Washington (D.C.) for EBP Grant Camp II.

Yours,
Lori

No Shortage of Rules and Regulations

The annual Post-Award Grant Management Workshop is designed to ensure that TSNRP's investigators and their project managers understand the many federal and Department of Defense (DoD) grant management and human/animal subject protection rules and regulations. This year's course was held in September at the Bolger Center in Potomac, Maryland. More than 25 investigators and project managers participated—the largest class for this workshop in several years. Despite the diverse research experience of the participants, the facilitators fully engaged the entire class, and the participants' feedback was positive.

TSNRP is fortunate to have Edward Levin, Esq., teach the federal and DoD grant management requirements. Mr. Levin is a nationally recognized expert in grant management in the federal system. He artfully moved through the materials, demonstrated their purpose with practical examples, and engaged the participants in critical-thinking scenarios.

Lt Col (ret) Joseph Schmelz, PhD, RN, USAF, NC, delivered presentations on research ethics and the protection rights of human and animal subjects. He has extensive research and institutional review board (IRB) experience and has taught at the last four Post-Award Workshop sessions. Dr. Schmelz broke down complex definitions, regulations, and ethical issues while thoroughly engaging his audience. These dynamic, interactive sessions generated much discussion among the participants, who gained a greater understanding of the roles and perspectives of their local IRBs and ways to maximize this relationship.



Post-Award Grant Management Workshop participants, faculty, and TSNRP staff.

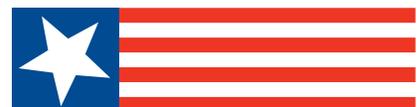
First row: Pamela Moses, CDR Anita Smith, Sonya Arzola, Marjorie Osmer, CDR Michelle Kane, MAJ Ann Nayback-Beebe, LTC Sara Breckenridge-Sproat, and MAJ Meryia Throop. Second row: Debra Chambliss, LTC Deborah Kenny, LTC Leigh McGraw, MAJ Michael Loughren, CDR John Maye, Shohreh Razi, and Dr. Lori Loan. Third row: Lt Col (ret) Joe Schmelz, Lt Col Marla De Jong, CAPT Janet Pierce, James Burgert, Dakshina Baugh, and Col Peggy McNeill. Fourth row: LTC Michael Schlicher, Brian Gegel, COL Paul Lewis, Chris Jenkins, and Dr. Anne Reb. Top row: Martin Holt, Col (ret) Don Johnson. (Not shown: Renee Carruthers, Lenny Frasier, Edward Levin, Eric Shropshire, and Beth Tordella.)

CAPT Janet Pierce, PhD, RN, NC, USNR, discussed the reports that principal investigators must prepare to fulfill the TSNRP and federal requirements for grant recipients. Having conducted several studies funded by TSNRP and other sponsors, she spoke from the perspective of an experienced researcher. CAPT Pierce provided excellent recommendations for how principal investigators and their teams should prepare and organize reports. A significant amount of time was spent discussing publishing the results of TSNRP-funded studies, which is critical to the advancement of nursing science and the future and reputation of TSNRP.

The TSNRP staff—program manager Beth Tordella and grant managers

Debra Chambliss and Pam Moses—discussed the practical nuts-and-bolts aspects of managing TSNRP studies. Their presentations were designed to help participants understand the processes of submitting reports, requests, and other correspondence to TSNRP, IRBs, and institutional animal care and use committees.

These face-to-face meetings with principal investigators, project directors, and grantee organization representatives are an important element to the provision of excellent service that TSNRP is known to deliver.





TSNRP-Funded Research

Newly Funded Studies

TSNRP has had a highly successful year facilitating military nursing research and evidence-based practice. During 2009, the program conducted three calls for proposals and received 34 applications, of which 16 were funded. Congratulations to the nurse researchers listed below who received funding from TSNRP!

U.S. Army

COL Richard Ricciardi, AN, USA, “Feasibility of Mind-Body Intervention to Promote Wellness in Injured Soldiers”

COL (ret) Stacey Young-McCaughan, AN, USA, “The Role of Exercise in the Treatment of PTSD”

LTC (ret) Janice B. Agazio, AN, USA, “Deployment of Military Mothers during Wartime”

LTC Laura L. Feider, AN, USA, “Implementing Evidence-based Oral Care for Critically Ill Patients”

COL Denise Hopkins-Chadwick, AN, USA, “Analysis of Military Nursing Practice Study Data Collected in Iraq”

LTC Leigh Kyle McGraw, AN, USA, “Performance of Novice Army Nurses in a Combat Casualty Stress Scenario”

LTC Michael L. Schlicher, AN, USA, “Efficacy of Silver Nanoparticle Gel on Bacterial Hand Flora: ARCT” and “Efficacy of Nano Germicidal Light Therapy on Wound-related Infections”

COL Paul C. Lewis, AN, USA, “Effect of Smoking Cessation on Healing and Rehabilitation”

MAJ Michael J. Loughren, AN, USA, “Pharmacokinetics of IM, IV, and IO Atropine in Normovolemic and Hypovolemic Swine”

MAJ Ann M. Nayback-Beebe, AN, USA, “Post-deployment Social Support and Social Conflict in Female Military Veterans”

MAJ Meryia Throop, AN, USA, “After the Vaccine: Cervical Cancer Screening in Army Women”

U.S. Navy

CDR John P. Maye, NC, USN, “The Effect of a Bio-behavioral Intervention on the Release of Cytokines”

CDR Anita Smith, NC, USNR, “Psychometric Evaluation of a Triage Decision-making Inventory”

LCDR (ret) George A. Zangaro, NC, USN, “Factors Associated with Retention of Army, Navy, and Air Force Nurses”

U.S. Air Force

Col (ret) Arthur D. Johnson, USAFR, NC, “The Effects of Hemostatic Agents and Hypothermia on Hemorrhage Control in a Porcine Model”

Know Your Specialty Leaders

Your specialty leaders are a valuable resource for current research requirements and initiatives throughout the military, the U.S. Department of Defense, and the Federal Nursing Services Council.

U.S. Army

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Published Articles by TSNRP Researchers

2008

De Jong, M. J., Martin, K. D., Huddleston, M., Spott, M. A., McCoy, J., Black, J. A., et al. (2008). Performance improvement on the battlefield. *Journal of Trauma Nursing*, 15(4), 174–180.

Gaylord, K. M., Cooper, D. B., Mercado, J. M., Kennedy, J. E., **Yoder, L. H.,** & Holcomb, J. B. (2008). Incidence of posttraumatic stress disorder and mild traumatic brain injury in burned service members: Preliminary report. *Journal of Trauma: Injury, Infection and Critical Care*, 64(2 Suppl.), S200–S206.

Goodyear-Bruch, C. A., Jegathesan, J., Clancy, R. L., & **Pierce, J. D.** (2008). Apoptotic-related protein expression in the diaphragm and the effect of dopamine during inspiratory resistance loading. *Biological Research for Nursing*, 9(4), 293–300.

Myers, J. S., Pierce, J., & **Pazdernik, T.** (2008). Neurotoxicology of chemotherapy in relation to cytokine release, the blood-brain barrier, and cognitive impairment. *Oncology Nursing Forum*, 35(6), 916–920.

Pierce, J. D., Goodyear-Bruch, C., Hall, S., Reed, G. A., & Clancy, R. L. (2008). Dopamine alleviation of diaphragm contractile dysfunction and reduction of deoxyribonucleic acid damage in rats. *Heart & Lung: The Journal of Acute and Critical Care*, 37(2), 132–143.

2009

Bingham, M. O., Harrell, J. S., Takada, H., Washino, K., Bradley, C., Berry, D., et al. (2009). Obesity and cholesterol in Japanese, French, and U.S. children. *Journal of Pediatric Nursing*, 24(4), 314–322.

Crook, E. D., Bryan, N. B., Hanks, R., Slagle, M. L., Morris, C. G., **Ross, M. C.,** et al. (2009). A review of interventions to reduce health disparities in cardiovascular disease in African Americans. *Ethnicity and Disease*, 19(2), 204–208.

Gaylord, K. M., Holcomb, J. B., & Zolezzi, M. E. (2009). A comparison of posttraumatic stress disorder between combat casualties and civilians treated at a military burn center. *Journal of Trauma: Injury, Infection and Critical Care*, 66(4 Suppl.), S191–S195.

McGhee, L. L., Maani, C. V., Garza, T. H., Desocio, P. A., **Gaylord, K. M.,** & Black, I. H. (2009). The effect of propranolol on posttraumatic stress disorder in burned service members. *Journal of Burn Care & Research*, 30(1), 92–97.

McGhee, L. L., Maani, C., Garza, T. H., DeSocio, P. A., **Gaylord, K. M.,** & Black, I. H. (2009). The relationship of intravenous midazolam and posttraumatic stress disorder development in burned soldiers. *Journal of Trauma: Injury, Infection and Critical Care*, 66(4 Suppl.), S186–S190.

Mora, A. G., Ritenour, A. E., Wade, C. E., Holcomb, J. B., Blackburne, L. H., & **Gaylord, K. M.** (2009). Posttraumatic stress disorder in combat casualties with burns sustaining primary blast and concussive injuries. *Journal of Trauma: Injury, Infection and Critical Care*, 66(4 Suppl.), S178–S185.

Patrician, P. A., & Brosch, L. R. (2009). Medication error reporting and the work environment in a military setting. *Journal of Nursing Care Quality*, 24(4), 277–288.

Ricciardi, R., Metter, E. J., Cavanaugh, E. W., Ghambaryan, A., & Talbot, L. A. (2009). Predicting cardiovascular risk using measures of regional and total body fat. *Applied Nursing Research*, 22(1), 2–9.

Sirisupluxana, P., Sripichyakan, K., Wonghongkul, T., Sethabouppha, H., & **Pierce, P. F.** (2009). The meaning of complementary therapy from the perspective of Thai women with breast cancer. *Nursing & Health Sciences*, 11(1), 64–70.

Talbot, L. A., Weinstein, A. A., & Fleg, J. L. (2009). Army physical fitness test scores predict coronary heart disease risk in Army National Guard soldiers. *Military Medicine*, 174(3), 245–252.

Tell Us About an Event

You can submit information about an event (a conference, call for proposals and abstracts, poster session, etc.) for publication on our Web site. Just visit *Tell Us About an Event* in the **Contact Us** menu option at www.usuhs.mil/tsnrp, complete the form, and submit it electronically to TSNRP for review. If your submitted event information meets content and appropriateness criteria, it will be posted on our Web site.

Calendar

January 2010

Letters of Intent FY 2010 B Call

due at TSNRP 4 January

Scientific Review Panel

7–8 January

location TBD

February 2010

Southern Nursing Research Society Annual Conference

3–6 February

Austin, Texas

Advisory Council Meeting

11–12 February

location TBD

Research and Evidence-Based Practice Grant Camps applications

due at TSNRP 16 February

March 2010

FY 2010 B proposals

due at TSNRP 2 March

Eastern Nursing Research Society Scientific Sessions

24–26 March

Providence, Rhode Island

April 2010

Midwest Nursing Research Society Annual Conference

8–10 April

Kansas City, Missouri

Western Institute of Nursing Annual Conference

14–17 April

Glendale, Arizona

Scientific Review Panel

19–20 April

location TBD

Phyllis J. Verhonick Military Nursing Research Course

26–29 April

San Antonio, Texas

May 2010

Advisory Council Meeting

6–7 May

location TBD

National Teaching Institute & Critical Care Exposition

15–20 May

Washington, DC

Research Grant Camp I

24–28 May

location TBD

June 2010

Evidence-Based Practice Grant Camp I

16–18 June

location TBD

August 2010

Research Grant Camp II

3–4 August

location TBD

Research Development Course

5–6 August

location TBD

Post-Award Grant Management Workshop

9–11 August

location TBD

Evidence-Based Practice Grant Camp II

30–31 August

location TBD

Recently Deployed as Members of the Joint Combat Casualty Research Team

The Joint Combat Casualty Research Team (JC²RT) promotes and expedites mission-relevant research in Kuwait, Iraq, and Afghanistan. The team members help develop research proposals, facilitate protocol approval, coordinate statistical consultation, ensure protection of human subjects, and help disseminate research findings by preparing and reviewing abstracts and manuscripts.

LTC Laura Feider, PhD, RN, AN, USA, recently deployed to Bagram, Afghanistan, to serve as the deputy director of the JC²RT. Joining her as a senior researcher is **Maj Candy Wilson, PhD, ARNP, USAF, NC**. **Lt Col Kevin Bohan, PhD, CRNA, USAF, NC**, initially deployed to Balad, Iraq, as a senior researcher and is now opening a research cell in Kandahar, Afghanistan.

As the deputy director, LTC Feider actively guides deployed personnel to develop and conduct combat environment and combat casualty care research. She facilitates communication among the institutional review board (IRB), the Institute of Surgical Research, and deployed researchers. She also helps researchers acquire necessary approvals as well as develop and submit protocols for scientific and IRB review.

Senior researchers Lt Col Bohan and Maj Wilson serve as on-site principal investigators for selected research protocols, collect research data, screen proposed research proposals, guide researchers to design protocols, and

continued on next page



Kudos, *continued*

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facilitate communication among the researchers and the JC²RT director and deputy director.

People in the News

COL Richard Ricciardi, AN, USA, is the new director of Research, Quality Assurance, Program Evaluation, and Surveillance for the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

MAJ Leilani Siaki, AN, USA, successfully defended her dissertation, "Perceived Risk for Cardiovascular Disease and Diabetes Type II among Samoans with Metabolic Syndrome," on 30 March 2009 at the University of Arizona, College of Nursing, in Phoenix, Arizona.

Recent Promotions

The following military nurse researchers have been promoted in military rank. Please join us in extending congratulations to these exceptional military nurses.

U.S. Army Nurse Corps

- LTC Denise Hopkins-Chadwick to COL
- LTC Paul Lewis to COL
- MAJ Michael Schlicher to LTC
- MAJ Nancy Steele to LTC

Recently Deployed

COL Kathryn Gaylord, AN, USA, deployed to Iraq as a psychiatric advanced practice nurse.

Returned from Deployment

LTC Lori Trego, AN, USA, returned from deployment as the deputy director of the Deployment Combat Casualty Research Team.

Lt Col Teresa Ryan, USAFR, NC, and **Col Elizabeth Bridges, USAFR, NC,** have returned from Afghanistan, where they directed the research cells in Balad and Bagram, respectively.

No Third Call Planned for 2010

TSNRP currently does NOT plan to have a third call for proposals this year.



TriService Nursing Research Program
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Fostering Excellence in Military Nursing Science