



National Institute of Nursing Research

Chronic Disease

Nursing research uses a solutions-oriented, person-centered approach that holistically considers the conditions of people's lives in the prevention and management of chronic disease.

Our Focus

Nurses work on the frontlines to address the Nation's most pressing and persistent health challenges. Nurses are often the first and last point of contact for patients and families, having more frequent interaction than other healthcare professionals. Because of this, nurses are uniquely positioned to address not only clinical needs, but the myriad of factors that impact health.

- Nursing is the most trusted healthcare profession. This trust and the holistic perspective that nurses bring to the delivery of care offers greater opportunity to interrupt the chronic disease pathway.
- While many NIH Institutes focus on specific body systems, diseases, conditions, or populations, NINR advances research to address multiple chronic diseases across clinical and community settings, and over the life course. This approach maximizes NINR's resources and increases the Institute's scientific contribution to improving the health of the Nation.

Our Research

- NINR-supported research aims to accelerate progress in the prevention and management of chronic disease, advance the evidence base in critical areas, address scientific gaps, and propel health innovations.
- To tackle chronic disease through scientific rigor, innovation, and transparency, NINR supports research that 1) addresses health differences, 2) intervenes on the conditions in which people live, 3) addresses health challenges within and across populations, 4) uses multilevel approaches to prevent disease, and 5) implements clinical and organizational solutions to optimize care delivery. Our scientific impact includes:
 - Decreasing sugar-sweetened beverage consumption and maintaining a stable weight among children through a family-based mobile health intervention that incorporates child and family support ([R01NR016255](#) / [PMC10922440](#)).
 - Enabling older adults to age in place through development of a sensor system to allow nurses to detect early signs of chronic disease and functional decline ([R01NR014255](#) / [PMC5679074](#)).

MOVING RESEARCH INTO PRACTICE

NINR-supported research translates scientific discoveries into **improved care, bridging the divide between “what we know” and “what we do” to make our Nation healthy.**

NINR supported research informs practice **to address the prevention and management of chronic disease.** Supported research has informed the evidence base on guidelines such as:

- Diagnosis and Management of Atrial Fibrillation
- Palliative Pharmacotherapy for Cardiovascular Disease
- Perioperative Arterial Pressure Management

Our Strategic Collaborations

Nursing's holistic perspective, which centers on people and the conditions of their daily lives, brings a unique depth of scientific expertise and experiences to collaborations aimed at addressing chronic disease.

- **National Collaborative on Childhood Obesity Research**
Builds scientific evidence and advances practice to reduce childhood obesity
- **Joint Agency Workgroup on Nutrition**
Facilitates high-quality nutrition research for improved public health outcomes



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Learn more about NINR, our mission, and the research we fund at www.ninr.nih.gov.