

**PREPARED STATEMENT OF PATRICIA A. GRADY, PH.D., RN, FAAN DIRECTOR,
NATIONAL INSTITUTE OF NURSING RESEARCH**

Mr. Chairman and Members of the Committee: I am pleased to present the President's Fiscal Year (FY) 2019 Budget request for the National Institute of Nursing Research (NINR) of the National Institutes of Health (NIH).

INTRODUCTION

The mission of NINR is to promote and improve the health of individuals, families, and communities. In pursuit of this mission, NINR has set forth a bold, innovative scientific agenda in our strategic plan, "Advancing Science, Improving Lives." The plan, which incorporates long-standing focus areas of nursing science and 21st century solutions for improving the Nation's health, encompasses four focus areas, including symptom science, wellness, self-management, and end-of-life and palliative care; along with continued development of a 21st-century nurse scientist workforce, and finding ways in which technology and innovation can contribute across all these areas. I appreciate this opportunity to share some examples of NINR's research.

SYMPTOM SCIENCE: PROMOTING PERSONALIZED HEALTH STRATEGIES

Through its focus on symptom science, NINR supports research to develop new knowledge in biology and behavior to improve our understanding of symptoms such as fatigue, pain, and sleep disturbance. For example, NINR-supported investigators found a potential connection between the use of opioids to treat pain and the rate of healing for chronic wounds. They found that patients who had never received opioids healed more rapidly, and that patients receiving higher opioid doses, because they had a larger wound size or painful co-occurring conditions, had slower wound healing in comparison with those receiving lower doses or no opioids. Their findings raise important considerations on potential connections between symptoms, biological factors, and clinical management of pain and chronic wounds.

WELLNESS: PROMOTING HEALTH AND PREVENTING ILLNESS

In promoting wellness, NINR strives to build the science to understand and prevent chronic conditions, reduce burden for patients and caregivers, and eliminate health disparities. A recent NINR-supported study found that family caregivers of persons with Alzheimer's and related dementias (ADRD) reported an average of seven new or worsening symptoms and signs in the care recipient, such as confusion, decreased activity, and agitation, over a six-month period. Understanding the range of symptoms that caregivers must respond to when caring for loved ones with ADRD can guide the development of future educational materials and interventions. Other NINR-supported researchers are testing: a family-focused intervention to reduce the risk of type 2 diabetes and cardiovascular disease in Hispanics; the effectiveness of an intervention to reduce the rate of obesity in rural Alaska Native children; and an intervention to increase physical activity and reduce falls in older adults.

END-OF-LIFE AND PALLIATIVE CARE: THE SCIENCE OF COMPASSION

As the lead Institute for end-of-life research at NIH, NINR supports research to inform high quality care for individuals and their caregivers, improve management of pain and other advanced symptoms, and facilitate decision-making at all stages of illness, including at the end of life. With our support of the Palliative Care Research Cooperative (PCRC) group, we continue to build the science of end-of-life and palliative care by expanding this extensive network of over 400 multidisciplinary palliative care scientists to include over 160 clinical trial research sites across the U.S. NINR recently expanded its *Palliative Care: Conversations Matter*® initiative, which aims to raise awareness of pediatric palliative care, by developing a new Web feature profiling different members of the pediatric palliative care team, including a chaplain, a child life specialist, a nurse, a nurse-scientist, a pediatrician-researcher, and a social worker. This resource gives families insight into the array of providers and services available to support them and gives providers a glimpse into how teams work together.

SUPPORTING A 21ST CENTURY NURSING SCIENCE WORKFORCE

NINR has long-recognized the importance of supporting scientists at all career levels, particularly those at an early career stage. NINR supports a variety of training opportunities for scientists and trainees. In addition to funding extramural trainees, NINR sponsors a Symptom Methodologies Research Boot Camp, focused on precision health methodologies and the latest advances in various ‘omics’ such as genomics and microbiomics. NINR’s Summer Genetics Institute provides a foundation in molecular genetics to improve research and clinical practice for graduate students, faculty, and clinicians. NINR also provides on-line video training resources on its website to support an innovative workforce, from students to early- and mid-career scientists.

CONCLUSION

Thank you for this opportunity to share some of NINR’s recent accomplishments. We look forward to continuing to support nursing research to advance science, improve lives, and envision new pathways to improve health.

Patricia A. Grady, Ph.D., RN, FAAN
Director, National Institute of Nursing Research

Dr. Patricia Grady is Director of the National Institute of Nursing Research (NINR). Under her directorship, NINR aims to improve the health of individuals, communities, and populations across the lifespan. Research supported through NINR examines health care issues to develop an evidence base for delivery of high-quality, cost-effective care. Major areas of study include symptom management of chronic illnesses, risk reduction, quality of life, and palliative care and end of life issues.

Dr. Grady is an internationally recognized researcher. She was elected to the Institute of Medicine in 1999 and is a member of several scientific organizations, including the Society for Neuroscience, American Academy of Nursing, and the American Neurological Association. She is also a fellow of the American Stroke Association. She has published numerous articles and papers on hypertension, cerebrovascular permeability, and stroke.

Her numerous awards include receiving the honorary degree of Doctor of Public Service from the University of Maryland and being named the Excellence in Nursing Lecturer by the Council on Cardiovascular Nurses of the American Heart Association. Dr. Grady is a past recipient of the NIH Merit Award and received the Public Health Service Superior Service Award for her exceptional leadership. In 2005, Dr. Grady received Doctor of Science, Honorary degrees from the Medical University of South Carolina and Thomas Jefferson University, and Columbia University School of Nursing honored her with its prestigious Second Century Award for Excellence in Health Care. In 2008, Dr. Grady received a Doctor of Science, Honorary degree from the State University of New York Downstate Medical Center.

Before coming to NIH, Dr. Grady held several academic positions and served on the faculties of the University of Maryland School of Medicine and School of Nursing.

Dr. Grady earned her Bachelor of Science in Nursing from Georgetown University. She received her Master of Science in Nursing from the University of Maryland School of Nursing, and Doctorate in Physiology from the University of Maryland School of Medicine.