Building on the National Institute of Nursing Research’s (NINR) Strategic Plan, past accomplishments and current research, four key themes have evolved to guide the future growth of NINR-supported science.

The themes include:

- **Symptom Science: Promoting Personalized Health Strategies**

  New advances in genomics and other fields allow nurse scientists to better understand the mechanisms underlying symptoms such as pain, fatigue, and disordered sleep. NINR supports research to develop targeted strategies to treat and prevent adverse symptoms across various populations and settings. Using personalized approaches to predict individual responses to interventions can improve patient outcomes.

- **Wellness: Promoting Health and Preventing Illness**

  In focusing on wellness, nursing science seeks to promote health and prevent illness across health conditions, settings, the lifespan, and in minority and underserved populations. NINR supports research to understand the physical, behavioral, and environmental causes of illness, assess behaviors that lead to healthy lifestyle choices, and develop evidence-based interventions to promote wellness.

- **Self-Management: Improving Quality of Life for Individuals with Chronic Illness**

  The science of self-management examines strategies to help individuals with chronic conditions and their caregivers better understand and manage their illness and improve health behaviors. NINR-supported research helps individuals from diverse backgrounds and their families live with chronic illness by developing effective approaches to self-management that can improve quality of life while reducing the burden of illness.

- **End-of-Life and Palliative Care: The Science of Compassion**

  As the lead NIH Institute for end-of-life research, NINR supports science to assist individuals, families, and health care professionals in managing the symptoms of life limiting conditions and planning for end-of-life decisions. NINR also recognizes that high-quality, evidence-based palliative care is a critical component of maintaining quality of life at any stage of illness, not just at the end of life.

To read more, please visit [www.ninr.nih.gov/keythemes](http://www.ninr.nih.gov/keythemes).