



# National Institute of Nursing Research In Brief

*“Individuals, regardless of their condition or age, should be able to experience a high quality of life, minimally burdened by adverse symptoms, with the ability to successfully manage their own healthcare regimen. Perhaps more importantly, individuals, families, clinicians, and communities should be equipped with evidence-based strategies for maintaining wellness and preventing illness from occurring in the first place.”*

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

## WHAT IS NURSING RESEARCH?

- Nursing research develops knowledge to:
  - Build the scientific foundation for clinical practice
  - Prevent disease and disability
  - Manage and eliminate symptoms caused by illness
  - Enhance end-of-life and palliative care
- Nurses are the largest group of clinical practitioners in the U.S. health care workforce. They are uniquely positioned to make important contributions towards improving health and quality of life.
- Nurse scientists conduct clinically-focused, patient-centered research to develop the science that informs clinical practice. Their work spans the entire spectrum of disease and illness and all stages of life.

## THE NATIONAL INSTITUTE OF NURSING RESEARCH



• The National Institute of Nursing Research (NINR) is one of the 27 Institutes and Centers of the U.S. National Institutes of Health (NIH). NINR is the largest federal agency dedicated to the support of nursing science, with a mission to promote and improve the health of individuals, families, and communities.

• To achieve this mission, NINR supports research and research training through grants and fellowships to academic institutions, hospitals, small businesses, and other institutions across the U.S.

NINR implements its strategic plan by supporting research along the following scientific emphasis areas:

- **Symptom Science:** Promoting Personalized Health Strategies
- **Wellness:** Promoting Health and Preventing Illness
- **Self-Management:** Improving Quality of Life for Individuals with Chronic Illness
- **End-of-Life and Palliative Care:** The Science of Compassion
- **Technology:** Advancing Health Through Innovation
- **Developing Nurse Scientists**

• The training of nurse scientists has been a fundamental goal of NINR since its establishment. The Institute supports numerous training opportunities, both in the community and at NIH. NINR prepares nurse scientists at all career levels, particularly those at the early career stage who are so critical to sustaining the future of innovative research and high quality health care.

• NINR also supports an intramural research program on the NIH campus that is dedicated to conducting basic and clinical research on the interactions among molecular mechanisms underlying a single symptom or cluster of symptoms and environmental influences on individual health outcomes.

## EXAMPLES OF NINR-SUPPORTED RESEARCH

- A teacher-delivered intervention program promoting healthy lifestyles improved health behaviors, social skills, severe depression, and academic performance in high school adolescents. Routine integration of such a program into health education curricula in high school settings may be an effective way to prevent high-risk teen populations from becoming overweight or obese and could lead to improved physical health, psychosocial skills, and academic outcomes.
- Hospitals where nursing staff care for fewer patients and have a higher proportion of bachelor's degree-trained nurses had significantly fewer surgical patients die while hospitalized. This study, conducted in Europe and based on a review of hospital discharge data and a survey of nurses, underscores the potential risks to patients when nurse staffing is cut and suggests an increased emphasis on bachelor's education for nurses could reduce hospital deaths.
- An interdisciplinary team of investigators developed an infrared sensor system and tested its ability in a long-term care facility to monitor the daily activities of residents and alert providers of potential illness or functional decline. Residents who received this intervention demonstrated improved functional outcomes. Used in the home setting, this type of early detection system could allow residents to stay independent and active, and to remain in their own homes longer.
- A study focused on parents of children with advanced illness identified communication techniques and decision-making aids that could help clinicians assist and support these parents with the difficult decisions associated with the care of their children.

## NINR TRAINING OPPORTUNITIES

NINR promotes the development of nurse scientists through a variety of training programs and mechanisms. The Institute supports individual and institutional pre- and post-doctoral fellowships and career development awards at institutions across the U.S. In addition, NINR's intramural program supports numerous training opportunities, including:

- The four-week Summer Genetics Institute (SGI) program offers an opportunity for graduate students, faculty, and clinicians to engage in a formal program of study with classroom and laboratory components on the NIH campus. The SGI provides a foundation in molecular genetics for use in research and clinical practice.
- The NINR Symptoms Methodologies Boot Camp is a week-long intensive research training course. These boot camps, which have focused on pain, fatigue/sleep, and "big data," provide a foundation in symptoms science methodology for use in research.
- NINR also supports the Graduate Partnerships Program (GPP), an institutional partnership program with universities across the nation that provides nursing PhD students with the opportunity to enhance their basic research and methodology skills through training and mentoring in NIH labs.

## CONTACT

For more information about NINR activities, research, and training programs, please visit the NINR website at [www.ninr.nih.gov](http://www.ninr.nih.gov), contact NINR at [info@ninr.nih.gov](mailto:info@ninr.nih.gov), or follow NINR on Twitter ([www.Twitter.com/@NINR](https://www.Twitter.com/@NINR)).



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