

# Research Training for Nursing Students and Faculty

## NINR Mission:

The mission of NINR is to promote and improve the health of individuals, families, communities, and populations.

NINR supports and conducts clinical and basic research and research training on health and illness across the lifespan.

The research focus encompasses health promotion and disease prevention, quality of life, health disparities, and end-of-life.

NINR seeks to extend nursing science by integrating the biological and behavioral sciences, employing new technologies to research questions, improving research methods, and developing the scientists of the future.



*“Nurses are already trained to make important observations, note underlying patterns, and think critically to solve problems, which is essentially what researchers do. NINR is keenly interested in developing the nurse scientists of the future, and we offer a wide range of educational grants and training opportunities.”*

*–NINR Director Dr. Patricia A. Grady*

## The Role of NINR in Research Training

The National Institute of Nursing Research (NINR), a component of the National Institutes of Health (NIH), is the federal government’s primary agency for the funding of nursing research and research training. The scientists supported by NINR seek to tackle questions that arise from the daily experiences of nurses and other health care providers as they strive to promote health, prevent disease, and improve quality of life.

To cultivate the next generation of scientists and increase the diversity of the research workforce, NINR offers a range of extramural (outside of NIH) grants and intramural (on the NIH campus) opportunities for training. These are available to students beginning their research careers, as well as scientists looking to expand their research expertise.

### Extramural Research Training Awards

Graduate nursing students and recent doctoral graduates at universities across the country who are planning a career in research can apply for **F31 (pre-doctoral)**, **F32 (post-doctoral)**, or **F33 (Senior Fellowship)** National Research Service Award (NRSA) grants. In addition, several nursing schools with research programs have **Institutional Training (T32)** grants from NINR, which enable them to offer direct financial support for full-time predoctoral and postdoctoral research training to a wider range of students.

NINR also offers a range of **Career Development (K)** awards to help new investigators extend their training to gain advanced skills in research. Some of these awards are targeted towards investigators from underrepresented or disadvantaged populations. In addition, NIH offers the **K99/R00 Pathway to Independence (PI)** award, providing promising scientists with both mentored and independent phases of research support for up to five years.

### Intramural Training Opportunities

Our Intramural Research Program (IRP) offers several opportunities for research training in both laboratory and clinical settings to students seeking to take full advantage of the rich resources on the NIH campus:

- ✦ **Post-baccalaureate training**—allows BSN-prepared nurses interested in exploring a career in research to spend a year engaged in biomedical investigation at NINR.
- ✦ **Pre- and postdoctoral fellowship positions**—as well as **summer internships**, available in the IRP laboratories.
- ✦ **Graduate Partnership Program (GPP)**—provides research training in conjunction with several schools of nursing, with credit towards a doctoral degree.
- ✦ **K22 Career Transition Award**—provides support for an individual postdoctoral fellow to train at NIH in transition to a faculty position.
- ✦ **“Developing Nurse Scientists”**—an introductory on-line training program in research grantsmanship.
- ✦ **NINR Summer Genetics Institute (SGI)**—an annual two-month intensive program on the NIH campus to develop and expand genetics research capacity and clinical practice in genetics through lectures, seminars, laboratory work, and clinical case studies.

For more information on all of the training awards and opportunities available through the NINR, as well as links to the on-line training grant applications and application instructions, please visit the NINR web site at: [www.ninr.nih.gov/Training/](http://www.ninr.nih.gov/Training/).



### NINR CD-ROM: “Discover Nursing Research”

“Discover Nursing Research,” an interactive CR-ROM developed by NINR, presents interviews with nurse scientists, faculty members, and students involved in research at three different schools of nursing. This informative program is intended to introduce nursing students at all levels to career opportunities in nursing research. It can also be used by professors teaching a nursing research course as an aid to improving the understanding of nursing research and its practical applications.

The CD-ROM is compatible with both Windows and Mac computers, and is available free of charge from NINR upon request.

### NINR Research Centers

NINR currently supports three types of centers that establish or sustain hubs of focused research within institutions:

**Centers to Build Research Teams for the Future (P20):** For investigators and institutions with relatively new programs of research, these Centers support the initial enhancement of research capacity at institutions with emerging research programs.

**Centers of Excellence (P30):** For investigators and institutions with several years of demonstrated research success, which consist of several medium-sized developmental or foundational research projects organized around shared resources and research infrastructure

**Program Project (P01) Grants:** A new initiative intended for investigators and institutions with proven and long-established research programs, are intended to serve as platforms for conducting innovative, high-impact research. The initial P01 grants will focus on *Nursing Science Research on Interventions in Chronic Illness*.

By building research infrastructure, developing interdisciplinary research projects, and training new investigators, these centers can provide students and faculty with a wide range of opportunities for training and mentoring.

### Results from NINR-Supported Research Training Grants

*The research supported by NINR encompasses studies of diseases and conditions in all individuals across the lifespan, and covers a wide range of issues in health maintenance and promotion, illnesses and chronic conditions, and professional and informal caregiving. Recent papers published under support of NINR training or career grants include:*

- ✚ **Music and pain perception.** For persons with chronic pain, listening to music tapes and keeping a pain diary helped decrease pain levels and improve pain management. *Siedliecki, 2006, F31*
- ✚ **Stress in breast cancer patients.** Women with breast cancer who reported high levels of stress had decreased levels of certain immune cells and cytokines that are associated with improved survival. *Von Ah, 2007, T32*
- ✚ **Concerns of fathers of diabetic children.** Fathers of diabetic children were concerned for their child’s future, but also wanted to learn about the disease and become more involved in care. *Sullivan-Bolyai, 2006, F32*
- ✚ **Reducing needlestick injuries.** From an international survey, hospitals in the U.S. had the highest use of safety-engineered needle devices, and the lowest rate of needlestick injuries. *Clarke, 2007, K01, P30*

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