

RESEARCH OFFICE NEWSLETTER

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SUPPORTING RESEARCH

Our overall mission is to raise the research profile at the College of Nursing. This means fostering an environment that is conducive to faculty scholarship and developing the next generation of nursing researchers by helping Ph.D., DNP, and undergraduate students with research and evidence-based projects.

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DISSEMINATING RESEARCH FINDINGS

Research Abstracts

Submitting abstracts to present at local, regional or national conferences is an effective way to disseminate research findings. However it may not be as simple as it seems to develop outstanding abstracts. INACSL Conference Administrators and Planners provide a number of tips for putting together that perfect **abstract**.

Understand the purpose of the abstract. The purpose of an abstract is to provide a brief overview of the research project using clear and concise language. Use language that you know your reviewers will understand.

Follow Directions. All conferences provide directions regarding the format, length and required content. Make sure when developing an abstract all guidelines are following. Some conferences will immediately reject an abstract that doesn't follow the guidelines.

Do some research. Makes sure you understand the purpose of the conference, the focus of the organizations that are sponsoring the conference and what others have successfully submitted. Many conferences post their previous conference abstracts online. It won't hurt to look at some of those before submitting.

A good title is important. If there is a strong research focus consider a formal title. Some conferences allow for a less formal title. Keep the title as clear and concise as possible. Most importantly make sure your title accurately reflects the research to be presented.

Focus on the most impactful information. Start out with a problem statement. Include needed information such as the research methodology including sample size, data collection methods and analysis. Conclude the abstract by providing a one or two sentence

summary. Include all authors and make sure to credit any funding associated.

Remember the Research Office is here to help with abstracts development and review.

College of Nursing Research Office Update

Please join the College of Nursing for this month's Brown Bag on **Thursday, March 3rd at 1PM**. Dr. Umit Tokac will discuss the UMSAEP program and his work with the University of the Western Cape. This will be a great event for those considering international nursing research and interested in nursing education in South African.

Future months' events will include:

- 4/7 Cynthia Jobe will discuss NIH and NINR's strategic plan and funding priorities
- 5/5 Dr. Anne Fish will discuss the Adequacy of models available in the literature

All brown bags are held on Zoom.

Additional opportunities for scholarship:

- Applications are now being accepted for the UMSL Undergraduate Research Symposium. Applications can be submitted until March 15 for the April 29th in person event. More information is available [here](#). The research Office is available to help any students who would like to develop an abstract and poster.
- Sigma Chapter, Tau Lota and the Goldfarb School of Nursing are hosting Spring Research Day 2022 and invite students and faculty to submit their research abstracts by March 31 for the April 7 poster event. Please contact Keri Jupka for additional information.

WHAT IS NEW ON THE RESEARCH SIDE

Here is a summary of some of the new nursing education related research published in the last month.

[Graduate Nursing Students Struggle to Balance Family, Work and Course Demands.](#) Faculty from a MSN and DNP program at a public US university developed a survey to measure personal and family stressors; stress school puts on relationships, health, and health habits; student loans and financial stressors; and personal experiences and coping strategies of recent graduates. Personal and family stressors included family deaths (34%) and illnesses (30%), financial difficulties (28%) and having children under 18 at home (50%). Students reported that during their schooling they experienced negative affects on relationships and health including lack of personal time (96%) and exercise time (80%). Over 50% of students reported less healthy eating; lower quality of life; lower perceived body image; poor relationships with spouses, friends and family; and weight gain. Students did report positive outcomes related to self esteem. Fifty-two percent of students considered quitting. Interventions to improve mental and physical health are needed. Higgins & Hartgerink. Exploring stress experienced during graduate nursing education. Journal for Nurse Practitioners 2022;18:221-225.

[Many Undergraduate Nursing Students are Feeling Overwhelmed and Unsettled About the Future.](#) A cross-sectional qualitative and quantitative survey of undergraduates at a Northeastern US university examined anxiety/depression, life satisfaction, stress and worry, media consumption and current perceptions about pursuing nursing. Over 50% of students reported feeling unsettled about the future (56.6%), feeling overwhelmed (68.2%) and stated COVID-19 influenced decisions to become a nurse (54.4%). Just under 20% reported moderate or severe anxiety (18.7%) and moderate or severe depression (19.8%). Authors recommend universal mental health assessments of students and improved mental health services. Kells & Mathis. Influence of COVID-19 on the next generation of nurses in the United States. J Clin Nurses 2022;00:1-9.

[Facilitators and Barriers to Building Service Learning Relationships.](#) In order to fill a gap in the literature, researchers surveyed community partners on facilitators and barriers to achieving service learning goals and improving academic-community partnerships. A modified version of the Health Professions Schools in Service to the Nation End of Program Survey was administered at two time points. Organizations reported that students brought new energy to their organizations and helped them to accomplish tasks they did not have capacity to do without the extra assistance. Organization reporting having too many students, having students for a limited amount of time, and limited feelings of ownership in designing the service learning curriculum. Authors recommended

helping community partners to understand their roles as student mentors and expanded joint curriculum design and planning with community-organizations. Kala Mayer. Facilitators and barriers to critical service-learning goals in a community-academic relationship. Nurse Educator 2021. doi: 10.1097/NNE.0000000000001101

[Understanding Barriers Faced by Underrepresented Minority \(URM\) Nursing Students.](#) A systematic review found the following barriers: feeling socially isolated, having other caregiving demands, lack of mentorship, and inadequate financial resources. Facilitators for success included access to mentorship, positive class and curriculum experiences, having family support, sufficient financial support, and courses providing a diverse/inclusive learning environment. Intervention to help support UMR nursing students should be multilevel taking into account cultural, social, financial and institutional factors affecting student success. Osakwe et al. Barriers and facilitators to success in undergraduate nursing education among minority students: A systematic Review. Nurse Educ 2022;47:E18-E23.

Copies of articles can be found at the Research Office teams [site](#).

CON SCHOLARSHIP SPOTLIGHT

Congratulations to Dr. Sheila Grigsby and her team on their HRSA Submission "Increasing comfort and competence in UMSL undergraduate nursing students to work in mobile community-based settings through ongoing experiential learning."

Two Faculty members applied for UMSL Research Board Funding in February:

- Dr. Julie Bertram: Wrap Around Wellness to meet foster care recipients' mental health needs
- Dr. Wilma Calvert: Experiences of nursing faculty denied tenure: Bouncing back after rejection

Dr. Wilma Calvert was one of two moderators for February's "The Role of the Black Nurse Activist in Improving the Health of St. Louis" panel presented by the State Historical Society of Missouri, Black Nurses Association of Greater St. Louis, and the University of Missouri-St. Louis College of Nursing. The panel included College of Nursing Alumni Brittany Ferrell.

Check out the Collage of Nursing Research Spotlight on the [website](#). Two college researchers have their work highlighted each semester.