

# Postdoctoral Fellowship



## *Interventions for Preventing and Managing Chronic Illness*

### FUNDING SOURCE

The UNC-CH School of Nursing received continuing funding for an Institutional National Service Award from the National Institute of Nursing Research (Grant Number T32 NR007091 1996-2011) to support postdoctoral fellows in the study of Interventions for Preventing and Managing Chronic Illness. You are encouraged to apply for a fellowship if your research interests are in this area.

### GOALS AND OBJECTIVES

The goal of the training program is to prepare fellows who have the knowledge from nursing and related disciplines on the prevention or management of chronic conditions and to develop the skills to conduct complex intervention studies in prevention and management of chronic illness that require an interdisciplinary perspective, sophisticated analytic techniques, or novel conceptualizations. Fellows conduct a research study, take coursework in nursing and related fields, participate in activities of interdisciplinary research centers, and develop a proposal for funding.

### AWARD AND FELLOWSHIP BENEFITS

Awards are for two years with monthly stipends depending on length of time since completion of doctorate, plus tuition assistance, health insurance, one conference trip a year, tuition coverage for a summer CE Research Institute, and an allowance for educational /research expenses.

1. Opportunity to go beyond doctoral coursework to develop the skills to conduct complex intervention studies in prevention and management of chronic illness that require an interdisciplinary perspective, sophisticated analytic techniques, or novel conceptualizations. Fellows can choose to focus on specific subpopulations, including specific

age groups, high-risk groups, or on specific points in the illness trajectory.

2. Supervised training with ongoing nursing intervention studies and studies of chronic illness with nationally known nurse researchers who serve as mentors
3. Involvement with the activities of the Center on Innovations in Health Disparities Research at the School of Nursing
4. Involvement with an interdisciplinary research center on The University of North Carolina at Chapel Hill campus
5. Annual stipend for two years, amount varies based on length of time since completion of doctorate
6. Tuition assistance and health insurance
7. \$1,925.00 allowance for research related expenses
8. Tuition coverage for a summer CE Research Institute
9. An \$800 allowance towards one approved conference trip each year

### REQUIREMENTS OF POSTDOCTORAL FELLOWS

All applicants for the postdoctoral program have an earned doctorate from a doctoral program in nursing or a related field prior to beginning the fellowship.

The application materials should be completed with the assistance of a program research mentor (list is below).

1. Completion of a doctoral program in nursing or related field

2. Conducting a research study on a topic related to interventions for preventing and managing chronic illness
3. Participation in mentor's research four hours per week
4. Participation in the functions of the Center on Innovations in Health Disparities Research
5. Participation in an interdisciplinary research center at The University of North Carolina at Chapel Hill
6. Participation in University and School of Nursing research ethics seminars
7. Development of a grant proposal to be submitted for external funding at the end of the fellowship
8. Completion of two courses over the post-doctoral fellowship period: Theory Based Interventions in Chronic Conditions, Designing Interventions Studies. Additional coursework available at fellow's discretion
9. Meeting at least twice yearly with fellow's advisory committee

## **APPLICATION INSTRUCTIONS**

### **Application Deadline: Rolling Admissions**

**The following information comprises the School of Nursing Postdoctoral Fellowship Application. Provide the information on separate paper with your name on each page.**

1. Provide a brief written proposal (5-10 pages, not including references) for the research that you plan to carry out in the area of interventions for preventing and managing chronic illness. Intervention studies, descriptive studies to obtain the information needed to plan interventions, and pilot/feasibility studies are acceptable. Ideally, research study should be related to mentor's research. Include purpose, supporting literature, significance of study, subjects, design, and procedures. Study should be able to be conducted in one year.

2. Describe previous research experiences.
3. Describe your research goals and how the fellowship program will help you to achieve them. Explicitly describe activities to be included in planned training program.
4. Describe your fit with your mentor's research program.
5. Submit a copy of most recent curriculum vitae.
6. Submit official transcripts for all undergraduate and graduate programs attended.
7. Submit examples of two recent scholarly papers.
8. Submit two letters of reference supporting your qualifications from individuals who have documented evidence of your research skills. If five years or less have passed since completion of doctoral program, one of these letters must be from the chair of your dissertation committee.
9. Submit a letter from your potential mentor discussing the training plan, an evaluation of your potential, documentation of mentor's availability, and documentation of the facilities the mentor can offer to the applicant.

## **MENTORS FOR PREDOCTORAL AND POSTDOCTORAL FELLOWS**

*Please contact Dr. Mishel, the training program director, for help in selecting and contacting a mentor.*

**Merle Mishel, PhD, RN, FAAN**, Kenan Professor of Nursing is the director of the Doctoral and Post-Doctoral Training Program in Preventing and Managing Chronic Illness. She has developed the measurement and theory of uncertainty in illness. Her on-going work tests a number of different types of uncertainty management interventions for patients undergoing treatment for breast and prostate cancer. Her recent work focuses on interventions to manage uncertainty in breast cancer survivors. Other research interests include intervention methodology, psychological responses in cancer and other chronic and acute illness and adaptation in illness.

**Debra J. Barksdale, PhD, RN, FNP, ANP, BC**, assistant professor whose research focuses on stress and cardiovascular disease in Black Americans. Specifically, she explores the relationships among contextual factors, psychological factors, physiological stress responses (cortisol levels and heart rate variability) and blood pressure in Black adults.

**Linda Beeber, PhD, RN, FAAN, CS**, professor, has taught and /or practiced psychiatric nursing for over 20 years. Her past and current research focuses include depression in a variety of patient populations. Her current research is a test of an intervention to help low income Latina, white and African American mothers of infants and toddlers who have depressive symptoms develop self-efficacy, solve difficult life issues, increase their use of social support and improve their parenting interactions with their infant or toddler.

**Diane Berry, PhD, CANP**, assistant professor and a Faculty Fellow in the Interdisciplinary Obesity Center. Her past and current research focuses on Black, Latino, and White children and parents partnering together to manage their weight, prevention of type 2 diabetes and cardiovascular disease. She is Principal Investigator on a feasibility study for Spanish speaking mothers and their 3 to 10 year old children using nutrition, exercise, and coping skills training to improve weight management and prevent type 2 diabetes.

**Susan Brunssen, PhD, RN**, assistant professor, studies immune modulation of the developing brain as a model for neurologic vulnerability in preterm infants utilizing perinatal mouse models. Her research interests include neurocognitive outcomes of extreme prematurity. She is affiliated with the Biobehavioral Laboratory, the Neurodevelopmental Disorders Research Center, as well as other basic science laboratories on campus, and is a guest researcher at the NIEHS, NIH.

**Barbara Carlson, PhD, RN**, assistant professor, is the associate director of the School of Nursing's Biobehavioral Laboratory. Her research focuses on biobehavioral risk factors for cognitive decline in older adults, including the relationship between respiratory periodicity and cerebral oxygenation and cognitive decline. Two pilot studies examining the relationship between core body temperature, cytokines, and cerebral oxygenation in older adults. She has extensive experience in developing minimally intrusive instrumentation.

**Linda Cronenwett, PhD, RN, FAAN**, dean and professor, has research interests in clinical outcomes and research utilization. Her current work is focused on improving health care education to ensure that future health professionals will be committed to and capable of creating and constantly improving the safety of the health care delivery systems in which they work.

**Noreen Esposito, EdD, WHNP, FNP-C**, assistant professor, has a program of research that focuses on vulnerable women's interactions with the health care system and its providers. She has conducted qualitative studies in the areas of pregnancy care for inner city women, menopause care for immigrant Hispanic women, primary care for rural African-American women and post trauma care for sexual assault victims. Her current work focuses on provider-patient interactions during post sexual assault care. Her area of expertise includes qualitative methods, interviewing on sensitive topics and vulnerable women.

**Catherine Ingram Fogel, PhD, RN, FAAN**, professor, is an expert on women in prison and studies chronic mental health problems of mothers in prison. She also investigates methods of preventing sexually transmitted diseases in high-risk women. Her other research interests include substance abuse and HIV prevention in women prisoners and pregnant women and eating disorders, especially obesity.

**Sandra Funk, PhD, FAAN**, professor, is Associate Dean for Research, Director of the School of Nursing's Research Support Center, and co-director of the Center for Research on Prevention and Management of Chronic Illness in Vulnerable People. Dr. Funk's work has focused on research utilization and dissemination and on the development and evaluation of measurement instruments. Her other research interests are decision-making and patients' responses to healthcare experiences.

**Barbara Germino, PhD, RN, FAAN**, Beerstecher-Blackwell Chair of Thanatology and professor has a program of research on family response to cancer. She has also been involved in nursing intervention studies to manage uncertainty in prostate and breast cancer patients and cancer prevention studies for the adolescent daughters of women with breast cancer. Her other research interests include quality of life for persons with cancer, death and dying, and family communication in illness.

**Jean Goepfing, PhD, RN, FAAN**, professor, is the director of the Mentoring Core of the Center for Innovation in Health Disparities Research. Her program of research focuses on the design and testing of community-oriented and community-based self-care interventions, involving lay community leaders as interveners, for persons with osteo- and rheumatoid arthritis. Her other research interests include health service delivery to underserved rural populations.

**Joanne Harrell, PhD, RN, FAAN, FAHA**, Frances Hill Fox Distinguished Professor in Nursing, studies school based interventions to prevent obesity, cardiovascular disease risk factors and risk factors for type 2 diabetes in school-aged children. Her other research interests include physical activity interventions in police and fire fighters and cardiovascular responses of patients with cardiomyopathy to activities of daily living.

**Diane Kjervik, JD, RN, FAAN**, professor, has a research program focused on clinical decision-making and empowerment of vulnerable populations, including the elderly, the mentally ill, and women. She has expertise in nursing ethics and the establishment of legal content in nursing education.

**Mary Lynn, PhD, RN**, associate professor, is a nurse researcher whose work centers on the definition and measurement of quality nursing care. She is currently funded to examine quality of care in home health, and test the ability of a model to predict changes in patient health status between admission and discharge. Also, she has worked to develop and refine instruments pertaining to nurse job satisfaction, and patients' perceptions of care.

**Barbara A. Mark, PhD, RN, FAAN**, Sarah Frances Russell Distinguished Professor, is a nurse-health services researcher, who studies the organization and effectiveness of nursing in acute care settings. Dr. Mark is also an adjunct faculty member in the School of Public Health and a Fellow at the Sheps Center for Health Services Research.

**Chris McQuiston, PhD, RN, FNP**, associate professor, is director of the Center for Innovation in Health Disparities Research, which focuses on efforts to advance the cultural competence of students and faculty, increase the number of minority nurse researchers, and develop innovative strategies for conducting research with racial, ethnic, and culturally diverse populations. Her research interests are in the area of women's health, with her research focusing on sexual decision-making and STD prevention in Latinas.

**Margaret S. Miles, PhD, RN, FAAN**, professor, is co-director of the Pilot/Feasibility Core of the Center for Innovation in Health Disparities Research. Her program of research focuses on caregiving for seriously ill children, and her current research is a nursing intervention for the mothers of preterm infants and a symptom management intervention for mothers with HIV. Past studies have included parenting by mothers with HIV, parental role attainment with medically fragile infants, bereavement, organ-donor families, and parenting the child with a life-threatening illness.

**Virginia Neelon, PhD, RN**, associate professor, is the director of the School of Nursing's Biobehavioral Laboratory. She has studied interventions to prevent the development of acute confusion in the hospitalized elderly and has developed a tool to measure acute confusion. Her other research interests include bio-physiological measurement and sleep patterns in elderly patients.

**Mary H. Palmer, PhD, RNC, FAAN**, professor and the Helen W. and Thomas L. Umphlet Distinguished Professor in Aging, is a nurse researcher with a background in investigating urinary incontinence in various populations including nursing home residents, hip fracture and chronic heart failure patients. Specific research interests include risk and associated factors and behavioral interventions for urinary incontinence in older adults.

**Pamela Johnson Rowsey, PhD, RN**, associate professor, is a nurse physiologist whose research background involves using exercise as a variable to study the effects of exercise-induced core temperature elevation. She uses an animal model to study the neuroendocrine and immunopeptide regulation of body temperature. She is also a visiting research scientist at the EPA. She is also co-director of the Pilot/Feasibility Core of the Center for Innovation in Health Disparities Research.

**Margarete Sandelowski, PhD, RN, FAAN**, Cary C. Boshamer Distinguished Professor of Nursing is internationally recognized as an expert in qualitative research. She has conducted research in the areas of infertility, reproductive technology, socio-historical perspectives on women's health, gender & technology relations in nursing, and the synthesis of empirical qualitative and quantitative research findings.

**Gwen Sherwood, RN, PhD, FAAN**, professor and Associate Dean for Academic Affairs. She has a research agenda focusing on relational aspects of nursing centered around caring theory applied to research in pain management, spirituality, and teamwork as a variable in patient safety. She investigates healthy work environments and relationships by expanding leadership capacity both nationally and internationally. She is co-investigator of the Robert Wood Johnson project to develop curriculum related to quality and safety for pre-licensure students.

**Anne H. Skelly, PhD, RN, ANP-C**, associate professor, has worked with individuals and families with diabetes for over 25 years. Her program of research is focused on improving health outcomes for African American women with type 2 diabetes. An additional area of interest is the prevention of type 2 diabetes in high-risk individuals. In the past 10 years, she has been the PI of study that looked at knowledge and beliefs of members of three ethnic groups at risk for diabetes and a co-investigator on another study that looked at self-care practices of older African American, Native American and white elders. Her present study is community-based intervention looking at symptom -focused diabetes management for older, rural African American women with type 2 diabetes.

**Suzanne Thoyre, PhD, RN**, associate professor is interested in neonatal and children's health. She uses bio-behavioral measures to study the physiology of preterm infant feeding. She is also interested in how families manage childhood feeding disorders. Her area of expertise includes observational methods and integration of physiologic and behavioral measures.

**Debbie Travers, PhD, RN**, assistant professor, has research that involves development and testing of emergency severity indices, and evaluation of systems for categorizing chief complaint data.

**Marcia Van Riper, PhD, RN**, associate professor, holds a joint position in the Carolina Center for Genome Sciences where she leads the Social Genomics Group, a multi-disciplinary faculty group interested in the social, legal, and ethical implications of genetic advances. Her past research has focused on family experiences with children with Down syndrome, twins, and preterm infants. Her current work examines how families define and manage the ethical issues that emerge during genetic testing.

## FOR MORE INFORMATION

**Merle Mishel, PhD, RN, Program Director**  
(919) 966-5294  
[mishel@email.unc.edu](mailto:mishel@email.unc.edu)  
Fax (919) 843-6212

**Office of Admissions & Student Services**  
(919) 966-4260  
[nursing@unc.edu](mailto:nursing@unc.edu)  
Fax (919) 966-3540

**Mail Application to:**  
Office of Admissions & Student Services  
Postdoctoral Institutional NRSA  
The University of North Carolina at Chapel Hill  
School of Nursing  
1200 Carrington Hall, CB #7460  
Chapel Hill, NC 27599-7460

**Visit our web site:**  
<http://nursing.unc.edu>

# Postdoctoral Fellowship Application



UNC  
SCHOOL OF NURSING

## *Interventions for Preventing and Managing Chronic Illness*

### Application Deadline: Rolling Admissions

Please attach the following information to the cover of your School of Nursing application materials:

Name \_\_\_\_\_  
*Last First Middle*

Social Security Number \_\_\_\_\_

Address \_\_\_\_\_  
*Street*

\_\_\_\_\_ *City State Zip Country*

Daytime Phone ( ) \_\_\_\_\_ Evening Phone ( ) \_\_\_\_\_

Fax Number ( ) \_\_\_\_\_ Email Address \_\_\_\_\_

Name of UNC-CH School of Nursing Mentor \_\_\_\_\_

Title of Project Proposal \_\_\_\_\_

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### Mail Application to:

Office of Admissions & Student Services  
Postdoctoral Institutional NRSA  
The University of North Carolina at Chapel Hill  
School of Nursing  
1200 Carrington Hall, CB #7460  
Chapel Hill, NC 27599-7460  
(919) 966-4260