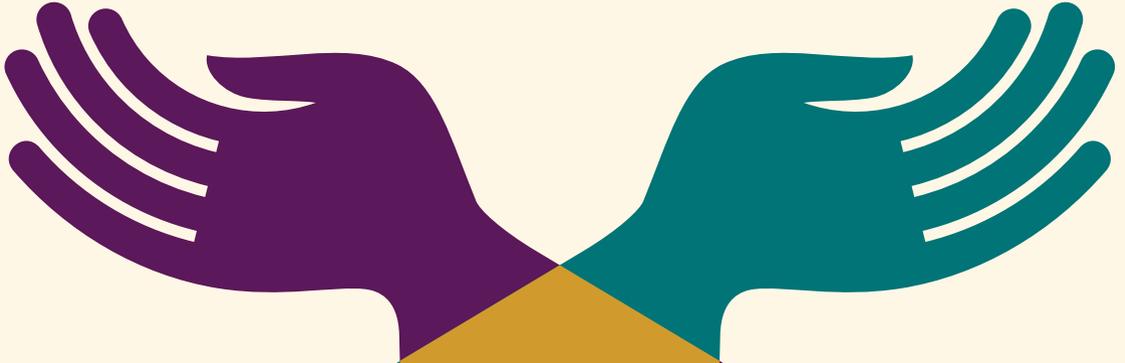


FRIENDS OF THE NATIONAL
INSTITUTE OF NURSING RESEARCH

in support of NINR

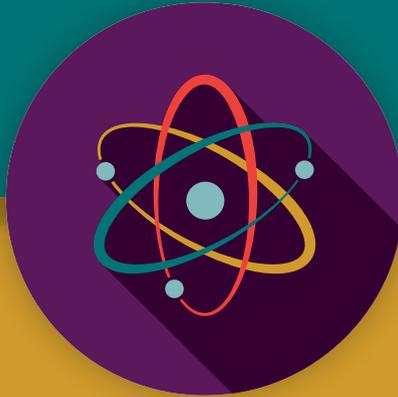


AMERICAN
NURSES...

HEALING
THE NATION
THROUGH
SCIENCE

THE SCIENCE NURSES CREATE

Nurse scientists focus on individuals, families, and communities, and their interplay. Nurse scientists discover how to **prevent disease and disability** from happening, saving lives and costs to the health system. Experts in **symptom management**, nurses have documented how to alleviate pain, fatigue, nausea and vomiting, sleeplessness, and other disruptors to medical therapies. **End-of-life and palliative care** are other areas of expertise among nurse researchers.



WE NEED NURSE SCIENTISTS

The recent report from the National Academies of Science, Engineering and Medicine entitled “Assessing Progress on the IOM Report *The Future of Nursing*” recommends “More emphasis should be placed on increasing the number of PhD nurses who are trained in science.” Our nation’s changing demographics and the NIH emphasis on team science means a unique nursing perspective is needed to accelerate science-based solutions.



THE CONGRESSIONAL NURSING CAUCUS CAN HELP

**CALL ON NURSE SCIENTISTS TO BE PANEL MEMBERS
AT HEARINGS ON HEALTH, ILLNESS, AND CARE DELIVERY.**

FNINR can help connect you to brilliant minds with compelling stories.

**CARVE OUT FUNDING FOR NURSE SCIENTISTS WHEN
CONGRESS APPROPRIATES FOR SPECIAL CAUSES.**

Whether Alzheimer's disease, community violence, disaster preparedness, smoking and other addictive behaviors, refugees, or veterans, great science is done by nurses.

**ENSURE THAT THE NIH BUDGET
APPROPRIATELY ALLOCATES FUNDING TO
BENEFIT WORK BY NURSE SCIENTISTS.**

Nurse scientists will deliver a significant return on investment.

EXAMPLES of SOME 2015 STUDIES with CLINICAL and FINANCIAL IMPACT



In patients with advanced illness, \$716 per patient is spent needlessly taking statin drugs - **costing us \$322 million in therapeutic waste annually.**

Evidence-based decision-making about statin therapy use at the end of life was determined by Kutner JS, Blatchford PJ, Taylor DJ Jr, et al, who published their work in May, 2015 in the *JAMA Internal Medicine*.



An estimated **1.3 million Americans die in pain each year, with 35% saying their pain is severe or intolerable.**

The findings of Singer AE, Meeker D, Teno JM, Lynn J, and Lorenz, KA published in the *Annals of Internal Medicine* show that progress in pain management has deteriorated and now confounding outcomes -- such as depression and other symptoms -- are surfacing.

Find these and other resources at:
<https://www.ninr.nih.gov/researchandfunding/researchhighlights#.VqQDVVUrLEY>



Irritable bowel syndrome is a complex maze of debilitating **symptoms** costing an estimated \$30 billion annually in the U.S. for which there is no standard therapy.

The research team of Del Valle-Pinero AY, Sherwin LP, Anderson EM, Caudle RM, and Henderson WA reported in January, 2011, in the *World Journal of Gastroenterology*, the results of their breakthrough study which identified Vasoactive intestinal peptide (VIP) as a potential drug target for several chronic inflammatory diseases which could save millions.



Unpowered exoskeletal harnesses capture human energy to aid the aged and infirm.

Nature magazine featured the lightweight prototype of an ankle exoskeleton that reduced the human strain of walking by 7.2 percent. This innovation by Collins SH, Wiggin MB, and Sawicki GS facilitated recovery in individuals with leg injuries and those with normal aging conditions that impede ambulation.



The Friends of the National Institute of Nursing Research (FNINR) advocates for the *National Institute of Nursing Research (NINR)* at the National Institutes of Health. FNINR also advocates for the work of scientists who are nurses and the NINR research priorities, helping to heal the nation.

With thanks to the members of the Nursing Caucus, especially Senator Jeff Merkley and Representatives David Joyce and Diane Black for lending their support for today's program.

Special thanks to Dr. Colleen Conway-Welch and Louise Woerner for their leadership and support of FNINR, NINR and this event.

We also commend Dr. Patricia Grady and her team from NINR for their dedicated work to advance nursing science.



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