

# National Institute of Nursing Research

Promoting America's Health through Nursing Science



## Overview

As one of the 27 Institutes and Centers at the National Institutes of Health (NIH), the National Institute of Nursing Research (NINR) funds research that establishes the scientific basis for quality patient care. Often working collaboratively with physicians and other researchers, nurse scientists are vital in setting the national research agenda. While medical research focuses on curing diseases, nursing research is conducted to *prevent* disease.

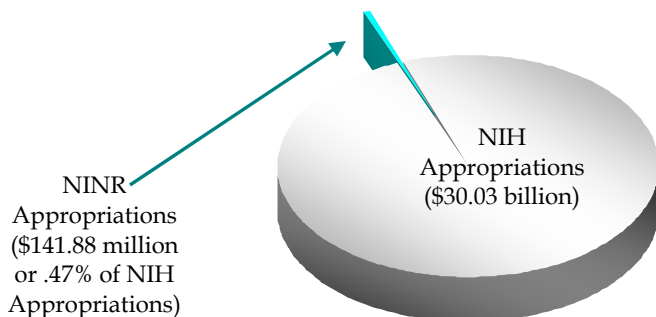
## Scientific Foundation for Clinical Practice

Nursing research is an essential part of the scientific endeavors to improve the nation's health. Knowledge of care across the lifespan is essential to the present and future health of the nation. Research funded at the NINR helps to integrate biology and behavior as well as design new technology and tools. At a time when healthcare needs are changing, nursing care must be firmly grounded in nursing science.

The science advanced at NINR is integral to the future of the nation's healthcare system. Through grants, research training, and interdisciplinary collaborations, NINR addresses care management of patients during illness and recovery, reduction of risks for disease and disability, promotion of healthy lifestyles, enhancement of quality of life for those with chronic illness, and care for individuals at the end of life. NINR's important research fosters advances in nursing practice, improves patient care, informs nurse educators, works to eliminate health disparities, and attracts new students to the profession. NINR manages to conduct a significant amount of critical research with relatively few resources.

NINR's FY 2009 funding level of \$141.88 million is approximately 0.47% of the over all \$30.03 billion NIH Budget. Spending for nursing research is a modest amount relative to the allocations for other health science institutes and for major disease category funding. For NINR to adequately continue and further its mission, the institute must receive additional funding. Cuts in funding have impeded the institute from supporting larger comprehensive studies needed to advance nursing science and improve the quality of patient care.

## FY 2009 NINR Appropriations as a Portion of the NIH Budget



## Comparative Effectiveness Research

For many years, NINR has invested in comparative effectiveness research. This type of research demonstrates how optimal prevention strategies or interventions can impact system-wide improvements. Comparative effectiveness research is a critical area of inquiry at a time when healthcare consumers and reformers are seeking quality care focused on prevention that is affordable and accessible by all.

## NINR and the Faculty Shortage

NINR allocates 7% of its budget, a high proportion when compared to other NIH institutes, to training to help develop the pool of nurse researchers. Because nurse researchers often serve as faculty members for colleges of nursing, **NINR is helping to provide the faculty needed to educate the next generation of nurses.**

## NINR Research Goals

### Promoting Health and Preventing Disease

Presently, more than 1.7 million Americans die each year from chronic diseases. Nurse researchers focus on investigating wellness strategies to prevent these chronic diseases. A healthcare system which promotes prevention promises to be a major focus of health reform, and NINR is a leader in funding scientific research to discover optimal prevention methods.

### Improving Quality of Life

Disease prevention is a critical goal of clinical research. NINR is committed to funding research that assists individuals with managing their own health conditions, decreases adverse symptoms, and reduces the burden on caregivers.

### Setting Directions for End-of-Life Research

Palliative care is a critical part of treatment for serious and life-threatening illness. This care is provided alongside disease treatment to ease suffering and improve the quality of life for the patient. Though palliative care is received in hospice, not all palliative care is for end-of-life patients. NINR seeks, through scientific research, to improve the understanding of the processes underlying palliative care efforts and develop effective strategies to optimize care across all patient populations.

### Eliminating Health Disparities

Race, gender, socioeconomic status, ethnic origin, geography, and culture impact the health care of individuals and communities. NINR is committed to funding research that investigates culturally appropriate interventions and care strategies focused on at-risk populations.

## Seminal NINR Research Studies: Improving the Nation's Health

### Reducing Premature Infant's Length of Stay

When implemented early in the Neonatal Intensive Care Unit (NICU), an educational intervention program for parents of infants born prematurely can reduce parental stress, depression, and anxiety; enhance parent-infant interactions; and reduce hospital length of stay. Researchers found that hospital costs were decreased by \$5,000 per infant. Additionally, with 480,000 low birth-weight premature infants born each year in the U.S., approximately \$2.4 billion could be saved annually within the national healthcare system if the program was adopted by NICUs across the country.

*Dr. Bernadette Melnyk, Arizona State University, 2006.*

### Reducing High Blood Pressure (HBP) Among Inner-City Black Men

This three-year study involved a multidisciplinary healthcare team committed to improving the health of inner-city black men with high blood pressure. The men received education on how to treat the condition and annual check-ups. The results showed that the men decreased their smoking and salty food consumption. Most notably, the men decreased their systolic and diastolic blood pressures, with 44% lowering their BP to within the normal range.

*Dr. Martha Hill, The Johns Hopkins University, 2003.*

### Transitional Care Improves Outcomes of the Elderly

This NINR-funded study evaluated the effectiveness of implementing the transitional care model to determine its impact on the health and function of elderly persons who were recently discharged from the hospital after heart failure. The study found that the transitional care model, which consists of an advanced practice registered nurse implementing coordinated care, lowered the total healthcare costs over a year by almost \$3,500 per patient.

*Dr. Mary Naylor, University of Pennsylvania, 2004.*

For more information, contact the American Association of Colleges of Nursing, One Dupont Circle, Suite 530, Washington, DC 20036

Phone: (202) 463-6930 • Fax: (202) 785-8320 • Web Address: [www.aacn.nche.edu](http://www.aacn.nche.edu)

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