

2025 Ruth K. Palmer Research Symposium

Promoting Inclusivity and Health Equity through Nursing Research

March 14, 2025



Morning Schedule

9:00AM - Opening Remarks

Dr. Karen Saban, Associate Dean for Research and Scholarly Innovation, Marcella Niehoff School of Nursing

Dr. Lorna Finnegan, Dean, Marcella Niehoff School of Nursing

Dr. Meharvan "Sonny" Singh, Vice Provost for Research, Loyola University Chicago

Dr. Tim Carrigan, Chief Nursing Officer, Loyola University Medical Center

9:15AM - Morning Keynote Address

Dr. Tené Lewis: "Social Stressors and Indices of Cardiovascular Disease in At-Risk Women"

10:15AM - Poster Viewing

10:35AM - Podium Presentation

Dr. Alexandra Nowak: "Molecular Pathways to Preterm Birth in African American Women"

10:55AM - Podium Presentation

Dr. Lindsey Garfield: "Mindfulness for African Americans Postpartum (MAAP) Study"

11:15AM - Mindfulness Activity

Dr. Sandi Tenfelde

11:30AM - Podium Presentation

Dawn Vollers: "Health & Human Rights Impact of Anti-Transgender Legislation: Nursing's critical role in gender-affirming care"

11:50AM - Lunch

Afternoon Schedule

1:00PM - Poster Blitz

Ashley Ford

Correlation Between Preterm Infants' Birth and NICU Clinical Health Status and DNA Methylation of NR3C1 exon 1F and HSD11B2 Promoters

Dr. Joanne Dunderdale & Dr. Nancy Raschke-Deichstetter

Virtual Reality Across Three Different Learning Environments: Outcomes, Challenges, Successes

David Belknap

Impact of Initial Specimen Diversion Techniques on Reducing Blood Culture Contamination Rates

Kyla Cassandra Santos

Relationship Between Racial Discrimination, Anxiety and Risk for Depression in Pre-Licensure Nursing Students of Color

Yuzhou Liu

Perceived discrimination in healthcare settings associated with pain severity

1:45PM - Poster Viewing

2:00PM - Afternoon Keynote Address

Dr. Lenette Jones: "Working Towards Health Equity for All: Your Role as a Catalyst in Nursing Research"

3:00PM - Podium Presentation

Dr. Mary McNamara: "Advancing Inclusivity and Health Equity through Nursing Academic-Practice Partnerships"

3:20PM - Closing Remarks

Dr. Karen Saban

Many Thanks to the Loyola Nursing Research and Scholarship Committee for organizing today's programing

Ashley Ford Barker, BSN, RN

Matt Gallagher, MA

Lindsey Garfield, PhD, RN, WHNP

Thao Griffith, PhD, RN

Audrey Klopp, PhD, RN, NHA

Alexandra Nowak, PhD, JD, RN

Candace Richards,

Karen Saban, PhD, RN, CNRN, FAHA, FAAN (co-chair)

Ginger Schroers, PhD, RNC, CNE (co-chair)

Maeve Sheehan, BA



Posters

- 1. Relationship Between Racial Discrimination, Anxiety and Risk for Depression in Pre-Licensure Nursing Students of Color**
Author(s): Kyla Cassandra Santos, Dian D. Squire, Dina Tell
- 2. Understanding the Expected and Achieved Advanced Beginner Registered Nurse Competencies During COVID and Beyond**
Author(s): Rachel K. Filer, Jenna R. Maloney, Mary Heitschmidt
- 3. Dedicated On Boarding Unit (DOU)**
Author(s): Brian Doody, Stephanie Barrett
- 4. An Innovative Nursing Orientation Program**
Author(s): Linda Liu
- 5. Enhancing Patient Safety: Standardized Bedside Report Tool**
Author(s): Eileen Dowdall, Zariya Gonzalez
- 6. Implementation of Color Coded Standardized Preoperative Medication Instructions to Improve Patient Medication Adherence**
Author(s): Jacquelin Smart
- 7. Preparation for Workplace Realities: Educating Nursing Students on how to Manage Interruptions**
Author(s): Ginger Schroers, Jill Pfeiffer, Katie Vanderzwan, Laura Klenke-Borgmann, Sue Kilroy, Dina Tell, Jenny O'Rourke
- 8. The Stay SAFE Project: Implementation of an Evidence-Based Interruption Management Strategy with Novice Nurses**
Author(s): Jill Pfeiffer, Ginger Schroers
- 9. Human Trafficking in Nursing Education: A Literature Review**
Author(s): Shalini Shrikanth
- 10. Mobile Apps for Asthma Self-Management in Emerging Adults Transitioning to College: A Scoping Review**
Author(s): V. Ann Andreoni, Margaret C. Delaney, Susan McNamee, Elizabeth Huggins, Barbara Velsor-Friedrich
- 11. Virtual Reality Across Three Different Learning Environments: Outcomes, Challenges, Successes**
Author(s): Joanne Dunderdale, Nancy L. Raschke Deichstetter, Carol T. Kostovich, Donna Quinones, Anne Cahill
- 12. After-Hours: In-Situ Education with Positive Impact**
Author(s): Amy Blackwood, Brittany Wells, Heather Cook, Cynthia Hansen
- 13. Implementation of a Depression Identification Protocol for Older Adults Residing in a Long-term care community: A quality improvement project**
Author(s): Danielle Santore
- 14. Implementing an Evidence-based Bundle Consisting of Tai Chi and Education to Reduce Fall Rates in Older Adults and Improve Knowledge, Skills, and Attitudes of Staff in an Assisted Living Memory Care Facility: A Quality Improvement Project**
Author(s): Dhara Mehta, Audrey Klopp, Jeanne Heid-Grubbman
- 15. Perceived Discrimination in Healthcare Settings Associated with Pain Severity**
Author(s): Anitha Saravanan, Yuzhou Liu, Michael Kushnick
- 16. Impact of Initial Specimen Diversion Techniques on Reducing Blood Culture Contamination Rates**
Author(s): David Belknap

- 17. Sugar, We're Going Down: Nurse's Perceptions of Calculation Process for Patients on Insulin Drip**
Author(s): Melody Lally, Mary Heitschmidt
- 18. A Cross-Sectional Study to Explore Healthcare Providers Wellness: Current Challenges & Gut Health**
Author(s): Simi Jesto Joseph, Linda Liu
- 19. Advancing Spiritual Care in the Critical Care Unit: An Evidence-Based Practice Protocol for Optimizing Nurse-Delivered Spiritual Support**
Author(s): Michele Shaar
- 20. A Quality Improvement Project: Strategies to Improve Well-Being In Home Healthcare Nurses**
Author(s): Merly Chirayil
- 21. Transforming Clinical Practice: A Project to Evaluate the Efficacy of the COM-B Behavior Change Model on Improving Race Neutral Antihypertensive Prescribing Practices at a Veterans Affairs Medical Center**
Author(s): Samantha White
- 22. Emergency Department Stroke Box Initiative**
Author(s): Amy H. Gilmartin, Melissa Pantone
- 23. APRN Led Patient-Centered Communication for Goal Concordant Care**
Author(s): Ancy Jacob
- 24. Incentive Spirometry: Impacting Sickle Cell Disease Care by Changing the Spectrum through Provider Education**
Author(s): Nichole Jones
- 25. Ectoparasites. The Challenges and Successes in a Correctional Setting**
Author(s): Nury Marcelo, Kina L. Montgomery, Ligi Vayalil
- 26. Intergenerational Transmission of Health Behaviors Associated with Lifestyle Diseases: A Systematic Review**
Author(s): Josefina Corral
- 27. Talk the Talk: Implementation of the Serious Illness Communication Program**
Author(s): Jennifer Ibe, Patricia Friend, Jennifer Aversano, Malgorzata Sokolowski
- 28. CATCH My Breath at a Midwestern High School: A Feasibility Assessment of an Evidence-Based Youth Vaping Education Program**
Author(s): Claire Ginsberg
- 29. Maternal Access for Depression in Rural Environments (MADRE)**
Author(s): Simone Parlier
- 30. Correlation Between Preterm Infants' Birth and NICU Clinical Health Status and DNA Methylation of NR3C1 exon 1F and HSD11B2 Promoters**
Author(s): Ashley M. Barker
- 31. Equitable Safe Sleep Initiative**
Author(s): Megan A. McDonnell, Sophie S. Bowerman
- 32. Exploring the Lived Experiences of Black College-Aged Individuals Using Birth Control**
Author(s): Destiny Stephen, Mary Byrn
- 33. A Quality Improvement Project to Enhance Maternal Self-Efficacy and Perinatal Education Through Mobile Health Technology**
Author(s): Danielle Siegel