Undergraduate Nursing Research: Getting Started
Evidenced-Based Research
Nursing research develops knowledge to:

- Build the scientific foundation for clinical practice
- Prevent disease and disability
- Manage & eliminate symptoms caused by illness
- Enhance end-of-life and palliative care
How to Get Started in Research at ODU

1. Identify a Topic of Interest
2. Present Topic to a Faculty Mentor and Obtain their Sponsorship
3. Obtain Institutional Review Board Approval
4. Apply for Undergraduate Research Grant Money
5. Ask Faculty About Utilizing Independent Study Credits as your Nursing Elective
The Start of Our Research Project

Faith, Fellowship, & Fitness: A Collaborative Culturally Tailored Physical Activity Program
The foundation

Told us:
- Who
- How
- Where
Who?

- African Americans

Why?

- Health Disparities
  - More:
    - Diabetes
    - Heart Disease and Stroke
    - Obesity
  - Less:
    - Physical Activity

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How?

- The Church
Why the Church?

- Center of Activity
- Resources:
  - Space
  - Volunteers
  - Leaders
- Community
  - Support
  - Welcomes families
  - Culture specific
  - Spiritual values


Goal of Research

Utilize African American church members’ values and beliefs in faith and fellowship to increase their level of physical activity within the context of a church-based, culturally tailored, fitness program.
Health Promotion Model

- Susan Pender, 1987
- Based off 1950’s psychological “Health Belief Model “ developed to explain failure of TB screenings, influenced by Kurt Lewin “it is the world of the perceiver that determines action”
- Frequency of Self breast exams
- STD prevention
- Weight management
- Medical compliance
Explains and predicts health behaviors by focusing on attitudes and beliefs

Variables that factor into health-promoting behavior: individual characteristics, behavior-specific cognition and affect & behavioral outcome

Emphasizes unique characteristics of the individual that affect behavior and can be modified by nursing actions
CONSTRUCTS

Individual Characteristics and Experiences

Behavior-Specific Cognitions and Affect

Behavioral Outcome

Perceived benefits of action

Perceived barriers to action

Perceived self-efficacy

Activity-related affect

Immediate competing demands (low control) and preferences (high control)

Commitment to a plan of action

Health-promoting behavior

Prior related behavior

Personal factors; biological, psychological, sociocultural

Interpersonal influences (family, peers, providers); norms, support, models

Situational influences; options demand characteristics, aesthetics

Figure 2.6 • Health promotion model.
HPM in Faith Fellowship & Fitness

- Physical activity interventions in the past unsuccessful due to unforeseen barriers

- HPM Assessment tool:
  - Identifies barriers, enablers, motives, self-efficacy
  - Interventions can then be tailored accordingly
  - Encourages church leader involvement

- Anonymous survey given to congregation

- Reviewed by church leaders

- Addresses each construct of HPM in a different question
Example, Barriers:
–I don’t exercise more because: *(Check all that apply)*
  A. My neighborhood isn’t safe (crime, traffic, dogs)
  B. No transportation to gym or park
  C. Bad weather
  D. I have no one to exercise with
  E. I have no time to exercise
  F. I have no babysitter
  G. I’m not sure how to exercise
  H. I have health problems that stop me from exercising
  I. Other (please explain) ____________________
Barriers
Reasons why church members can’t exercise
(Place a tally next to ALL the options the respondent selected, and write in any additional reasons the member gave under “I”)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Dangerous Environment</td>
<td></td>
</tr>
<tr>
<td>B. Transportation</td>
<td></td>
</tr>
<tr>
<td>C. Weather</td>
<td></td>
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<tr>
<td>D. Social Support</td>
<td></td>
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<tr>
<td>E. Time</td>
<td></td>
</tr>
<tr>
<td>F. Childcare</td>
<td></td>
</tr>
<tr>
<td>G. Lack of Knowledge</td>
<td></td>
</tr>
<tr>
<td>H. Health</td>
<td></td>
</tr>
<tr>
<td>I. Other</td>
<td></td>
</tr>
</tbody>
</table>

This question tells you what is preventing members from working out. These barriers will get in the way of members’ ability to participate in a physical activity program. It’s important that you brainstorm ways to overcome these barriers. For example, if weather and safety are common barriers for your church members, consider starting a program that is held indoors like activities 6, 7, 13, 17, and 23 from Appendix E.
Current Status

- IRB approval received on January 25, 2010.

Next Steps:

- Identifying churches willing to participate in the study.
- Developing a data analysis system for analysis of survey results.
Why Undergraduate Nursing Research?

- **Give yourself a competitive edge** when applying for jobs and graduate school.
- **Increase your knowledge** through unique hands-on learning experiences.
- **Publish the results** of your research in a professional journal.
- **Make a difference** by offering your expertise to local community organizations.

Source: ODU Honors College, http://www.odu.edu/ao/honors/academics/research/undergraduate_research_faqs.shtml#whatis