



NEWSLETTER

VOL. 16, ISSUE 1

SUMMER 2005

University of Washington

School of Nursing

Seattle, Washington

## Name Change

**T**he Center for Women’s Health Research is now the **Center for Women’s Health & Gender Research (CWHGR)**. The name was changed when the Center received NIH/NINR funding for an additional five years: September 2004-August 2009. The research focus will be extended from women’s health to sex-and-gender based differences and will explore gender disparities in health.

Margaret Heitkemper and Marcia Killien continue as Director and Co-Director of the CWHGR. Marcia Killien directs the new Research Development and Partnership Core with Co-Director, Martha Lentz; Barbara McGrath is Director of the new Gender Disparities Core and Nancy Woods, founder of the Center is Co-Director.

Carol Landis continues as the Scientific Director of the Biobehavioral Laboratories Core with Sybil Carrere as the new Co-Director. Monica Jarrett directs Research Dissemination and Evaluation and Kendra Hayward continues as manager.

## International Collaboration

*By Susanna Cunningham, Phd, RN*



**O**ne truly amazing and often wonderful thing about life is that we never know what is around the next corner – and what opportunities life will bring us. An invitation to speak about women and heart disease at the gala 25<sup>th</sup> anniversary meeting of the Canadian Council of Cardiovascular nursing has led to a wonderful long-term collaboration between myself and Dr. Lynne Young of the University of Victoria.

During my talk about women and heart disease I pointed out that one of the known risk conditions for cardiovascular disease that rarely receives much notice is socioeconomic status. I had suggested that

perhaps one very effective way to delay the onset of cardiovascular disease in women would be to support them to return to school. I had made this comment on prior occasions without any response – BUT this occasion was different.

When we gathered for a celebratory dinner that evening accompanied by bagpipes and ceremony, I was surprised when the woman seated next to me actually commented on my remarks about socioeconomic status and then went on to say “I would like to come and work with you at the University of Washington. The Heart and Stroke Foundation of Canada has money available for post-doctoral fellowships and I would like to apply for one.”

How flattering – there were only a couple of minor obstacles: first I had never done large population research, and secondly the applications were due in Ottawa the next week. One thing I learned when my daughter was in Girl Scouts – is that one should not say – “That’s impossible”, rather one



UNIVERSITY OF WASHINGTON  
**SCHOOL OF NURSING**

University of Washington  
**Center for Women’s Health & Gender Research**  
Box 357261  
Seattle, WA 98195-7261  
Voice: 206/543-1414  
FAX: 206/543-4091



should say “Well, let’s think about how we could make that happen.” I cannot guarantee I said just those words on that fateful evening but I must have said something similar.

The following week after furious planning and even more furious faxing – the application was submitted on time. That really tells you something about Lynne Young – when she makes her mind up – things happen! The next spring – you won’t be surprised now to know that Dr. Young received two years of funding for her post-doc. She was the only nurse and the only person doing population-based work in the entire group of over twenty people who were approved.

While everyone else was looking at molecules and cells, Lynne was going to focus her work on women’s risk of heart disease – more precisely the risk conditions and actual risk of heart disease in single mothers (usually called lone mothers in the literature) as compared with mothers who are partnered.

What we proposed then, and what we have subsequently done, was to analyze two large databases, the National Population Health Survey (NPHS) in Canada and the National Health and Nutrition Examination Survey III (NHANES III) in the United States to compare the risks in lone and partnered mothers. To guide and complement the database work, focus groups were conducted with low-income lone

mothers in Washington state, British Columbia and the Yukon.

One factor that has made our collaboration both rich, and at times quite complicated, is that we come from very different research paradigms. Dr. Young is a feminist qualitative scholar while I am (I have learned) a quantitative, logical positivist. Neither of us might actually label ourselves this way but there are those who would, and we do certainly come from very different research traditions.

Working together has led to a lot of stretching, discussion and growth. Most wonderful of all is that we have become good and close friends through this process. We have made it a practice always to have fun along with our work. Our fun always includes exercising and eating – what could be better!

(Dr. Cunningham is Professor, UW School of Nursing. Drs. Cunningham and Young received Center funding for a pilot/feasibility study: “Exploring Cardiovascular Risk in Women who Head Single-Parent Families”.)

## Publications

**A**brums, M. (2004). Faith and Feminism: How African American women from a storefront church resist oppression in health care. Advances in Nursing Science 27 (3): 187-201.

**Carrere, S.,** Yoshimoto, D., Mittmann, A., Woodin, E., Tabares, A., Ullman, J., Swanson, C., & Hawkins, M. (2005). The role of Marriage and Anger Dysregulation in Biobehavioral Stress Responses. Biological Research for Nursing, Special Issue: Health Disparities, 7(1), 30-43.

**Carrere, S.,** Mittmann, A., Woodin, E., Tabares, Yoshimoto, D., (2005). Anger Dysregulation, Depressive Symptoms, and Health in Married Women and Men. Nursing Research, 54(3), 184-192.

Croghan, A., & **Heitkemper, M.M.** (2005). Recognizing and managing patients with IBS. Journal of the American Association of Nurse Practitioners 17 (2):51-9.

**Heitkemper, M.M. & Jarrett, M.E.** (2005). Overlapping conditions in women with irritable bowel syndrome. Urologic Nursing 25:25-32.

**Heitkemper, M., Jarrett, M., Burr, R.L., Cain, K.C., Landis, C.A, Lentz, M., & Poppe, A.** (In press, 2005). Subjective and Objective Sleep Indices in Women with Irritable Bowel Syndrome. Neurogastroenterology and Motility.

**Killien, M.** (2004). Nurses’ health: Work and family influences. Nursing Clinics of North America. 39, 19-35.

**Killien, M.** (2005). The role of social support in facilitating postpartum mothers’ return to employment. Journal of Obstetric, Gynecologic, & Neonatal Nursing, Clinical Issues, 34.



**Landis, C.A.** Stress, Coping & Adaptation. In Craven, R.F. and Hirnle, C. (Eds) Fundamentals of Nursing: Health and Human Function, 5th, Philadelphia: Lippincott, Williams and Wilkens, 2005 (In press).

**Schroeder, C.** & Bell, J. (in press). Labor support for incarcerated pregnant women: The doula project. The Prison Journal

**Swanson, K.M.** & Wojnar, D. (2004). Optimal healing environments in nursing. Journal of Alternative and Complementary Medicine. 10, (S-43 -S-48)

Willgerodt, M., **Killien, M.** (2004). Family nursing research with Asian families. Journal of Family Nursing, 10(2). 149-172.

**Woods, N.F., Mitchell, E., Landis, C.A.** Editorial: Individual Differences, Hormonal Changes during the Menopausal Transition, and Vasomotor Symptoms. Menopause, 2005 (In press).

## Academic Partnerships

One of the aims of the CWHGR is to strengthen the environments in research-developing academic institutions to support women's health and gender research.

The University of Hawaii at Manoa (UH-M) and the University of Alaska Anchorage (UAA) were invited to continue as Academic

Partners. Washington State University (WSU) and West Virginia University, Charleston (WVU) were invited to join the CWHGR as new Academic Partners. Each partner institution named a member to the Academic Partnership Board (APB). The following individuals now serve as members of the APB: Dr. Marcia Killien, Dr. Martha Lentz (UW), Dr. Lois Magnusson (UH-M), Dr. Tina DeLapp (UAA), Dr. Mel Habermann (WSU), and Dr. Cynthia Persily (WVU).

Marcia Killien, Margaret Heitkemper, Martha Lentz, and Kendra Hayward visited the academic partner institution this year to discuss Center goals and strategic planning with the APB members and partner school administrators.

They met with faculty and administrative leaders and faculty interested in developing their programs of research in women's health and gender. During each site visit the institutional supports and barriers to research productivity were discussed.

Administrators from each partner institution were invited to participate in a discussion of strengthening research environments at the WIN meeting held in San Francisco April 2005. Two Summer Institutes will be held during the five-year grant period.

The first Summer Institute will be held in 2006 on the University of Washington campus. Summer Institute 2006 will focus

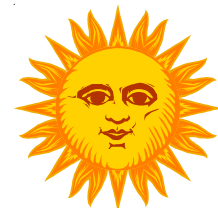
primarily on state of the science methods of studying sex- and gender. More information about Summer Institute 2006 will be provided in the Autumn Quarter 2005 newsletter.

## New UW SoN Faculty



Sandra Jolley, who recently completed her postdoctoral training on the Women's Health Nursing Research Training Grant was appointed Assistant Professor in the Department of Family and Child Nursing. Dr. Jolley's area of expertise is postpartum depression and its influence on the mother-child relationship.

Dr. Jolley was also recently named by Postpartum Support International as the recipient of the Jane Honikman Award "in recognition of an outstanding contribution to the goal of increasing awareness of emotional health related to childbearing".





Check out our website:  
[www.uw-cwhr.org](http://www.uw-cwhr.org)

**Tax Deductible Donations** are gratefully accepted. Please make check payable to the *University of Washington Foundation* and write on the bottom line of the check: *School of Nursing, WMHLTH.*

### Personnel

**Margaret Heitkemper, Director**

**Sybil Carrere, Co-Director  
Biobehavioral Laboratories Core**

**Kendra Hayward, Manager**

**Monica Jarrett, Director  
Research Dissemination and Evaluation Core**

**Marcia Killien, Co-Director,  
Director, Research Development and Partnership Core**

**Barbara McGrath, Director  
Gender Disparities Core**

**Carol Landis, Director  
Biobehavioral Laboratories Core**

**Martha Lentz, Co-Director,  
Research Development and Partnership Core**

**Nancy Woods, Co-Director  
Gender Disparities Core**



UNIVERSITY OF WASHINGTON  
**SCHOOL OF NURSING**

University of Washington  
**Center for Women's  
Health & Gender Research**  
Box 357261  
Seattle, WA 98195-7261  
Voice: 206/543-1414  
FAX: 206/543-4091

Editor:  
Kendra Hayward

University of Washington  
**Center for Women's Health & Gender Research**  
Box 357261  
Seattle, WA 98195-7261

Nonprofit  
Organization  
U.S. Postage  
PAID  
Seattle, WA  
Permit No. 62

barcode

