



C E N T E R F O R  
*Women's Health*  
R E S E A R C H

NEWSLETTER

VOL. 13, ISSUE 1

SPRING 2002

University of Washington

School of Nursing

Seattle, Washington



## CWHR launches new website

It includes a videostreamed welcome from CWHR director, Margaret Heitkemper and the first in a series of videostreamed women's health related lectures.

Our first topic is mild depression. Dr. Marie-Annette Brown presents "The Body Blues" based on the results of her CWHR funded pilot/feasibility study "Light, Exercise, and Vitamin Intervention for Women with Depressive Symptoms".

Learn about the latest research and practical solutions for alleviating symptoms of the "Body Blues" and take an interactive quiz to find out if you have the "Body Blues". If you would like more detailed information about mild depression, Dr. Brown and Jo Robinson recently published the book: "When Your Body Gets the Blues", 2001, Rodale Press.

Dr. Christiane Northrup calls it "a great book!" Future topics include IBS, fibromyalgia, and sleep. Please visit the new site at <http://www.uw-cwhr.org/>



Monica Jarrett, Marie-Annette Brown, Carol Blainey

## Health and Wellness Fair

CWHR investigators participated in another health and wellness fair at the Shoalwater Bay Indian Tribe in Tokeland, Washington April 2002. This half-day community-wide event helped to increase community awareness of local resources, shared health and wellness information, and provided free health screening.

Monica Jarrett presented information on IBS, Marie-Annette Brown mild depression, and Carol Blainey diabetes. An appreciative participant

commented after Dr. Brown's presentation: "Excellent!!! This gave me hope to take better care of myself—get more light, take B-6, and walk!!" Co-sponsors include the Washington Health Foundation, Shoalwater Bay Tribe, GlaxoSmithKline, and the Willipa Harbor Hospital.

## CWHR establishes partnerships with Alaska and Hawaii

The CWHR recently established partnerships with the Schools of Nursing at University of Hawaii at Manoa, and the University of Alaska Anchorage to facilitate research development related to health disparities in women.

The partnerships will involve exchanges of expertise between the Schools related to research methods and grant writing, and developing culturally sensitive and appropriate research. In addition, pilot/feasibility study applications from junior faculty at the Schools will be considered for CWHR funding.



UNIVERSITY OF WASHINGTON  
**SCHOOL OF NURSING**

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



# News from Center Affiliates

## Publications

**Abrums, M.E.** & Leppa, C. (2001). Beyond cultural competence: Teaching about race, gender, class, and sexual orientation. *Journal of Nursing Education* 40 (6): 270-75.

**Abrums, M.E.** & Reed, R. (Eds.) (2002). Holding on and letting go: women's stories of culture and healing. University of Washington, Bothell.

**Altman, G.B.** (2002). Bioterrorism's invisible threats: Heightened awareness will help nurses identify real and suspected bioterrorism. *Nursing Management* (1):43-7.

Dantas, R.A.S., **Motzer, S.A.**, & Ciol, M.A. (In press). Relationship between quality of life, sense of coherence and self-esteem in persons after coronary artery bypass graft surgery. *Journal of International Nursing Studies*.

Dienemann, J., Campbell, J., **Landenburger, K.**, & Curry, M.A. (2002). The domestic violence survivor assessment: a tool for counseling women in intimate partner violence relationships. *Patient Educ Couns*, 46(3):221-8.

**Jarrett, M.E., Heitkemper, M.M.**, Czyzewski, D.I., & Shulman, R. (Publication 2003) Recurrent Abdominal Pain in Children: Forerunner to Adult IBS? *Journal of the Society of Pediatric Nurses*.

Johnston, S.K., **Landis, C.A., Lentz, M.L., & Shaver, J.F.L.** Self-reported nap behavior in mid-life women in a home study of insomnia. *Sleep*, 24 (2001) 913-919.

Lustyk, M.K., **Jarrett, M.**, Bennett, J.C., & **Heitkemper, M.** (2001). Does a physically active life style improve symptoms in women with irritable bowel syndrome. *Gastroenterology Nursing*, 24, 129-37.

## Presentations

**Marie-Annette Brown** presented "Body Blues" at a free workshop for community members at UW Tacoma, Tacoma, WA, January 2002.

**Noel Chrisman** presented findings from his CWHR funded pilot/feasibility study: "Wellness and Spirituality: Encouraging Pap Smears among Women of the Yakama Indian Nation", Cancer Prevention Fellows at the Division of Cancer Control and Populations Sciences, National Cancer Institute, NIH, Washington, D.C., December 2001.

**Margaret Heitkemper** presented "Common is not Minor: Issues in Women's Health?" at the University Women's Club, Seattle, WA, April 2002.

**Jarrett, M., Heitkemper, M., Cain, K., Burr, B., Levy, R., Feld, A., Barney, P., & Weisman, P.** A comprehensive self-management program reduces symptoms and enhances quality of life in women with IBS. Podium presentation at DDW (International GI conference) San Francisco, CA, May 2002.

CWHR affiliates and investigators participated in the following poster presentations and symposiums at the Western Institute of Nursing 35th Annual Communicating

Nursing Research Conference, Palm Springs, CA, April 2002:

**Jarrett, M., Burr, R.L., Cain K.C., Hertig, V., & Heitkemper, M.M.** Anxiety, depression, and ANS function in women with IBS. *Communicating Nursing Research Conference Proceedings*, 35, 397.

**Jarrett, M. and Killien, M.** (2002). Health disparities in women. *Communicating Nursing Research Conference Proceedings*, 35, 132.

**Lindenberg, C., Chen, A. & Yates, S.** TeenSmart-Inforna-T/Ayuda-T: An Interactive Web-based Bilingual Intervention.

**Motzer, S. A.** (2002). Symposium Overview. Psychoneuroimmunologic (PNI) implications of chronic health disturbances. *Communicating Nursing Research*, 35, 176.

**Motzer, S. A., Jarrett, M., & Heitkemper, M. M.** (2002). Immune function, sense of coherence, and distress in women with and without IBS. *Communicating Nursing Research*, 35, 177.

Sandra Motzer was the symposium coordinator.

**Kristen Swanson** presented "Miscarriage and Healing Amongst the Shoalwater" with Gale Taylor, Kimberly Zillyet, Lisa Shipman, and Kathy Spoor.

**Carol Landis** presented an invited paper: "Sleep loss effects on immunity: No simple story" at the Joint International Conference on Evidence-based Nursing Research at the College of Nursing, Seoul National University, December 2001.

**Frances Lewis** was the invited speaker at the Marion Woodward Lecture, "Cancer and the Family:



Lessons Learned from Children and Adolescents". University of British Columbia. November 2001.

**Frances Lewis** presented "Intervention Integrity: Monitoring and Management in Intervention Trials" Cancer Control Meeting University of Indiana, November 2001

**Frances Lewis** was the Cleveland Visiting Scholar, "Healing the Family during Cancer Care", Washington State University. Pullman, WA. September 2001.

**Lindenberg, C.,** Chen, A., and Yates, S. (2001) TeenSmart: Informa-T/Ayuda-T Preliminary Pilot Study Findings- NIDA Post Doctoral Training Seminar, presentation at the University of Washington School of Nursing, Seattle, WA, December 2001

Foutch, S. & **Lindenberg, C.** (2002) "Innovative Approaches to Health Education: Web-based Bilingual Health Promotion", presentation at 2002 Clinical Update for School Nurses, presentation, Seattle, WA, January 2002.

**Carole Schroeder** had a paper accepted for a symposium at the annual conference of the American Society of Criminology "Doula labor support for incarcerated pregnant women", Chicago, IL, November 2002.

**C. June Strickland** presented at the NANINA Indian Nurses' Association, "Linking Research and Practice". The CWHR funded pilot/feasibility study Yakama study was used as an example for bridging research and practice, Anchorage, AK, November 2001.

**Kristen Swanson** was invited to give the Judith Anne Evers

Memorial Lecture, "From Phenomenology to Randomized Caring Matters", Syracuse University, Syracuse, NY, April 2002.

## Grants funded

**M**argaret Heitkemper received a 5-year competitive renewal for "Nursing Management of Irritable Bowel Syndrome: Improving Outcomes", NINR, NIH. Co-PI's are Monica Jarrett and Kevin Cain. Consultants from the University of California, University of Washington and Seattle Pacific University are also included on the grant. 2002-2006.

**Marcia Killien** received intramural funding for "School Based Interventions for Recurrent Headaches in Adolescents: A Feasibility Study". 2001-2002.

**Susan Labyak** was awarded CWHR funding for the pilot feasibility study: "Sleep in Children with Complex Regional Pain Syndrome". Carol Landis and David Sherry are Co-PI's. 2001-2002.

**Frances Lewis** had two grants funded: Oncology Nursing Foundation/ Aventis Research Grant: "Helping Her Heal: Pilot of an Education Program for Spouses". 2002-2003.

UWMC Breast Care and Cancer Research Center: "Helping Him Heal: A Pilot Intervention Study for Spouses of Women with Breast Cancer". 2002-2004.

**Ellen Mitchell** received another 5 years of funding for "The

Menopausal Transition: A Biobehavioral Model of Symptoms", NINR, NIH. During this time investigators hope to complete their longitudinal study of a cohort of women in the transition and in early postmenopause. Nancy Woods and Anne Mariella are Co-PI's. 2002-2006.

**Sandra Motzer** received supplemental funding for her grant: "NK Cell Activity and IBS Across the Menstrual Cycle", titled: "Inflammatory Cytokines in Women With High and Low Symptom Distress", NINR, NIH. 2002-2004.

## Honors/Awards

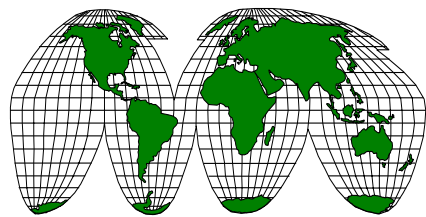
**M**ary Abrams received the UW Bothell Worthington Scholar Award to pursue research issues of diversity and experiences of disparity in health care among the RNB population at UW.



**Elise Chamberlain**, our extremely capable CWHR student assistant since November 2000, was accepted into the UW SoN 2002 BSN Program.

This is a highly competitive program and only 80 students were accepted out of an applicant pool of 307. Congratulations Elise – you will be a great addition to the profession of nursing!!

**Kristen Swanson** received the University of Rhode Island 2002 Distinguished Alumnus Award.



Check out our new website: <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.

The University of Washington is committed to providing access, equal opportunity and reasonable accommodation in its service, programs, activities, education and employment for individuals with disabilities. To request disability accommodation contact the Disability Services Office at least 10 days in advance at: (206)543-6450/V, (206)543-6452 (TTY), (206)685-7264 (FAX), or [dso@u.washington.edu](mailto:dso@u.washington.edu).

**Staff**

**Margaret Heitkemper, Director**

**Kendra Hayward, Manager**

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

**Marcia Killien, Co-director, Director, Sociocultural Environments Core**

**Barbara McGrath, Co-director, Sociocultural Environments Core**

**Carol Landis, Scientific Director, Biobehavioral Laboratories Core**

**Martha Lentz, Director, Research Development and Outreach**

**Nancy Woods, Consultant**



UNIVERSITY OF WASHINGTON  
**SCHOOL OF NURSING**

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

Editor:  
Kendra Hayward  
Designer:  
Patricia Simpson

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

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

barcode

