NUCare
Northeastern University Center in Support of Self Management & Health Technology and Resources for Nurse Scientists

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Goals of NUCare

http://www.northeastern.edu/nucare/

1) Develop an infrastructure to support nurse scientists with access to state-of-the-art monitoring and communication technologies as well as database support, assurance of research data, and software engineering support for implementing novel self-management interventions.

2) Build interdisciplinary research teams to address nursing research questions with sustained collaborative relationships, including links to the community and patient groups.

3) Provide mentoring and just-in-time training throughout the nurse scientist’s research project.

4) Promote high quality nursing research in self-management, community-based participatory design, technologies for home monitoring and coaching, and team-based care that includes.
Structure of NUCare

Administrative Core
Technology-Analysis Core
Executive Committee
Community Advisory Board
External Advisory Board
Pilot Projects Core

NUCare
Pilot Projects – Year One

Pilot Project 1:
Exploring Self-Management in the Transition from Hospital to Home
PI: Alice Bonner, PhD, RN, Associate Professor, School of Nursing

**Aim 1.** To engage older adults, families and PACE staff in developing or modifying existing tools, checklists, and approaches for improving self management as older adults transition from hospital to home.

**Aim 2.** To test the usability and acceptance of the use of the new self-care/self-management toolkit by PACE teams and older adults and their families.

Pilot Project 2:
POWER – V 360: Promoting Optimal Wellness among EldeRs through Vitalize 360
PI: Elizabeth Howard, PhD, RN, Associate Professor, School of Nursing

**Aim 1.** To determine the acceptability and ease of use of the Vitalize 360 program with low-income older adults from populations with health disparities.

**Aim 2.** To pilot test whether low income older adults who participate in Vitalize 360 will have higher activation levels, increased physical activity, and an improved, self-reported quality of life and health status when compared to a wait-list control group.