

# NATIONAL INSTITUTE OF NURSING RESEARCH: Advancing Science, Improving Health

Discover the ways nursing research impacts  
our lives every day.



NURSING RESEARCH:

# Helping People Now



How does nursing science enhance our health across the lifespan?



Nurse scientists understand patients' needs and conduct research to improve patient care and quality of life **at the bedside, in the clinic, and in your community.**

The National Institute of Nursing Research (NINR) is part of the National Institutes of Health (NIH), the nation's premier federal biomedical research agency. NINR supports nursing science by funding research at NINR and at outside institutions. NINR also sets the stage for tomorrow's discoveries by training the next generation of nurse scientists.

**NURSING RESEARCH:**

# Improving Health at Every Stage of Life

Research supported by NINR influences the way nurses, doctors, and other providers care for their patients – whatever their age or illness.



## PREGNANCY

Visits from home health nurses: lower mothers' high blood pressure during pregnancy, lead to better timing of future pregnancies, and reduce the neglect and abuse of children.



## END-OF-LIFE

Family members and health care teams use a science-based approach to facilitate conversations that can improve family decision-making about end-of-life care and help them understand palliative care.



## OLDER ADULTS

Sensors placed around homes of older adults are used by health care providers to track movements, looking for small changes that may be warning signs of a serious health problem.

## INFANTS AND CHILDREN



A program for parents of premature babies decreases parents' stress, shortens the amount of time babies spend in the neonatal intensive care unit (NICU), and lowers the health care costs associated with premature birth.



## TEENS



A device worn by teens with asthma continuously monitors for symptoms of the disease. This wearable technology lets teens learn more about their asthma, and improves their self-management of the symptoms.



## ADULTS

A prototype of exoskeleton boots improves mobility for people who have difficulty walking after injury or stroke.



Learn more about nursing science, how to become a nurse scientist, training opportunities, and more at [www.ninr.nih.gov](http://www.ninr.nih.gov).

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