

## THE 2023-2024 ACADEMIC YEAR COMES TO AN END

It's that time of year again! We've entered that wonderful season where you wake up to sunshine in the morning and you have no clue whether you will need your winter coat or a pair of shorts and sunglasses that day. The trees are growing leaves, and our students also prepare to leave.

While we of course love to see our students in the halls and walking around campus, we know everyone deserves a break (unless you're taking summer courses, in which case, the grind never stops 🙄).

Make sure you've thought of your fall courses, if you haven't already! It'll make the next year that much easier to start.

And of course, CONGRATULATIONS to all of our graduates!!!! We are so proud of you and will miss you! But we're about to get a ton of excellent alumni 😊

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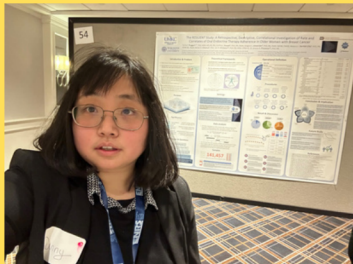
## SCONHS PROFESSORS OF THE YEAR



This year's chosen SCoNHS Professors of the Year are **Kelsey Gardiner** for BHS and **Jana Rudigier** for BSN! Each year, the Student Council for the School of Nursing and Health Studies designates a professor from each program based on consideration, communication, dedication, and encouragement that is shown to students in their programs. The council gathers nominations and votes to confer this award to recognize great faculty. Congratulations to Kelsey and Jana!

### UPCOMING IMPORTANT DATES

- May 3rd - **Last Day of Classes**
- May 6th - 10th - **Finals Week**
- May 11th - **Academic Professional Recognition Ceremony** - 10am Swinney Recreation Center
- May 12th - **Commencement** - T-Mobile Center
- May 27th - **Memorial Day (Campus closed)**



# RECENT COMMUNITY HIGHLIGHTS



Some more highlights among our SoNHS Community! Here are a few of the students, faculty, and alumni that we've put a spotlight on recently (Listed L to R):

- **Azadeh Wickham** - Azadeh Wickham, one of our PhD students, was just awarded a 2-year, \$4,450 Patient Care Services (PCS) Research Grant! Her project is titled: "Clean Intermittent Catheterization Determinants and Caregiver Adherence in Pediatric Patients with Spinal Dysraphism and Spinal Cord Injury: A Mixed Methods Study." It's always a wonderful accomplishment to receive a grant; congratulations, Azadeh!
- **Sunny Ruggeri**- One of our recent PhD graduates, Sunny travelled to Boston, Massachusetts on April 4th & 5th to present at the Eastern Nursing Research Society. Her poster was titled "The RESILIENT Study: A Retrospective, Descriptive, Correlational Investigation of Rate and Correlates of Oral Endocrine Therapy Adherence in Older Women with Breast Cancer." Sunny graduated from our PhD program this past December, and has already started blazing a trail in her career! We love to see our alumni's victories.
- **Dr. Joey Lightner** - This year, School of Nursing and Health Studies faculty member Joey Lightner, Ph.D., M.P.H., was recognized at the 2024 UMKC Faculty Awards with the Excellence in Mentoring Undergraduate Researchers, Scholars and Artists Award. Congratulations, Joey!

## EARTH DAY FUN

We celebrated Earth Day from April 22nd-24th (adding an extra day as it was so popular!). We had tasty snacks and drinks and showed our love for the Earth and learned a

little about the impact we're making. This was our last little "fun" event for the community for the semester (aside from Stress Less Fest) so it was nice to see all the students, faculty, and staff that took a few minutes for a little break. We'll start cooking up more fun things for the next academic year!







## SCIENTIST OF THE MONTH

Each month, a member of our research faculty is highlighted as a “Scientist of the Month”! We ask them to share a little about what’s going on in their current research. This month’s scientist is **Dr. Amanda Grimes!** (pictured left).

“What’s new and exciting about your research?”

While I have several federally-funded large-scale projects underway, I find the small internally funded project to be one of my most fun projects right now. I have a small-scale yearlong project exploring the impacts of a free bike share membership on UMKC students’ social determinants of health that is funded through the UMKC FFE mechanism. In this study, 150 students could opt into receiving a 1-year bike share membership that provides them with 80 minutes of free ride time per day on e-bikes that are distributed throughout the city. When opting for a bike share membership, students provided consent for researchers to access trip related data (i.e. start and end time and GPS coordinates). An additional 125 students opted into a control group by selecting a \$10 gift card. Participants in the intervention group were primarily male (53.3%) and Asian (46.7%) and had a mean age of 21.8 years (SD=4.7), where control group participants were majority female and a mean age of 18.3 years. At 6 months 2,001 trips were taken and 38.7% of students in the intervention group had taken  $\geq 1$  trip. Mean trips per student are 38.7, ranging from 1 to 191 trips. Mean trip duration was 12 minutes and 22 seconds and ranged from 20 seconds to 1 hour and 54 minutes. Initial analyses reveals bike share to be a valuable resource for a subsample of the intervention group, with some students using the bike more than once per day on average. The data also indicate gender disparities in the propensity to bicycle continue to exist with fewer females opting into a bike share membership. Considering the adoption rate for students opting into the intervention group, future studies should implement educational classes or resources and messaging to promote use.

I look forward to future phases of this research that will include analyses to identify predictors of bike share use, of health metrics, and analyses of trip destinations using start point and end point GPS coordinates.