



Russell Hall
Box 870358
Tuscaloosa, AL 35487-0358
(205) 348-6639
FAX (205) 348-5559
<http://nursing.ua.edu/>

The American Heart Association
Council on Cardiovascular and Stroke Nursing
Martha N. Hill New Investigator Award

To the Awards Selection Committee,

It is my pleasure to nominate Sandra Gilbertson for the *Martha N. Hill New Investigator Award* sponsored by the American Heart Association Council on Cardiovascular and Stroke Nursing. The research study from which the manuscript was drawn was Ms. Gilbertson's scholarly project, and as such, she was the principle investigator and designed and conducted the research. The co-author, Dr. Graves, was the Faculty Advisor guiding development of the study and a manuscript. Ms. Gilbertson is, therefore, the most appropriate author to consider for the award.

Ms. Gilbertson is board certified as a Registered Nurse and Pediatric Nurse Practitioner. Ms. Gilbertson is a valued member of Heartland Health. She has completed all course work, project development, research and a manuscript and will receive her Doctorate degree in August 2013. Her educational background, certifications, honors, awards and professional positions attest as to her accomplishments in nursing.

Ms. Gilbertson has demonstrated outstanding investigational work in her research and manuscript entitled *Motivating Parents to Promote Cardiovascular Health in Children* with clear employment of an organizing theoretical framework, synthesis of evidence, evaluation of care delivery, and collaboration to implement new practice guidelines. The Integrated Theory of Health Behavior Change (Ryan, 2009) guided the project based on the assumption that desire and motivation are prerequisites to change, and that change is enhanced by the three constructs of fostering knowledge, social facilitation, and encouraging self-regulation, which lead to both proximal and distal outcomes.

It is my belief that Ms. Gilbertson has developed an outstanding, creative, and innovative product using The American Academy of Pediatrics endorsed guidelines for universal lipid screening in all 9-11 year old children to identify early indicators of cardiovascular disease. Her study used the 10-minute interval for in-office lipid analysis to engage parents in conversations and brief educational counseling related to cardiovascular risk factor identification and healthy lifestyle choices. Findings showed that increasing parental knowledge about the presence of cardiovascular risk factors in 9-11 year old children and providing risk appropriate education in the form of a plan for health living, motivated parents to state intent to make lifestyle changes that can reduce cardiovascular risks and improve overall health in children.

Ms. Gilbertson plans to submit her work for oral presentation at the American Heart Association in November and later for publication. She has expressed a strong commitment to continuing the research she began in her graduate work. Her work advocates for cardiovascular risk reduction in children and has the potential to guide future practice and research.

Sincerely,
Ann Graves, PhD, RN
Associate Professor
205.348.9052
agraves@ua.edu

