



April, 2015

I am extremely thankful for the opportunity to have attended the Southern Nursing Research Society conference this year in Tampa, FL. Prior to attending this conference, I wasn't too sure what to think of nursing research at the graduate level as I was not familiar with what it was all about.

As a fellow Hispanic, I know that we have a great need for nurses in the field to help care for the growing Hispanic population, but I also know that we have an even greater need for research to be conducted within the Hispanic communities. This research can greatly help us understand the Hispanic community in a better way

and to also provide those nurses and nurse practitioners that are providing patient care, with the knowledge necessary to make the best decisions in the care provided. Attending this conference allowed me to not only see the full picture of what research in nursing is currently doing but also of what is still to come. I was able to listen to excellent presentations by nursing researchers regarding various topics that were of great interest to me. For example, the opening speaker, Nancy Fugate Woods, PhD, RN, FAAN, Professor, Biobehavioral Nursing and Health Systems at the University of Washington, did an amazing job discussing her research in regards to the health of women through various stages of aging.

I was also very proud to see that Dr. Ceil Flores represented UTA CON with her wonderful poster presentation discussing what academic factors affect the persistence in pre-nursing students. I attended sessions that I greatly enjoyed such as seeing what was more effective, LMX cream versus the Buzzy Bee in the pediatric population for needle-stick pain control. I also chatted for some time with a researcher from UT-Tyler that studied what factors affect the success of Hispanic nursing students. The vast number of wonderful topics presented by speakers and on posters has truly inspired me to continue working hard in this graduate program in hopes of completing my degree as an acute care/ primary care pediatric nurse practitioner.

In order for me to be able to provide my patients with the best care that is rooted in evidenced based practice, I must also be willing to participate in conducting research with the appropriate resources. The privilege of being able to attend SNRS enlightened me with not only being able to see the large quantity of topics presented but also with what funding is available for those that currently need money for research. I can honestly say that at the conclusion of each day, I went back to my room thinking of all the things I could research, specifically in regards to the

Hispanic pediatric population and to the first through fourth generation Hispanic families.

Once again, thank you for this wonderful opportunity; it was an eye opening experience.

Sincerely,

Leslie M. Álvarez RN, BSN CPN