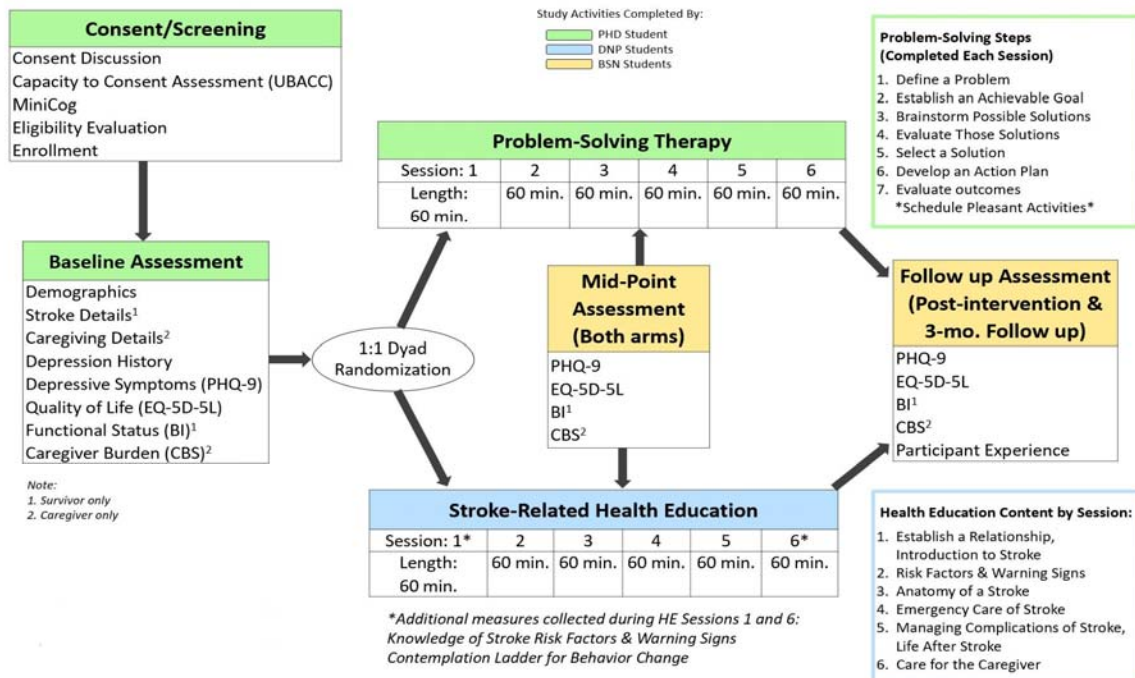# PhD/DNP Collaboration Project to Improve Patient Outcomes for Stroke Survivor and Caregiver Dyads

Meghan Hultman, MSN, RN, University of Minnesota; Deborah St. Anthony, MEd, BSN, RN, University of Minnesota; Hannah Shibeshi, BAN, RN, CNRN, CCRN, University of Minnesota; Niloufar Hadidi, PhD, APRN, CNS-BC, FAHA, Associate Professor, University of Minnesota

Learning Objective: To develop an understanding of the benefits of collaboration among DNP and PhD level students as applied in a stroke study.

Background: Collaboration among healthcare professionals is essential for maximizing and improving patient care, and a propensity for collaboration can be fostered during graduate educational programs. **Methods:** Under the guidance of students' faculty adviser, a team of one PhD, two DNP and two BSN honors students was formed to develop a two-arm intervention randomized controlled trial for stroke survivors and their caregivers. The two DNP students provided stroke-related health education (HE) and the PhD student delivered a Problem-Solving Therapy (PST) psychosocial intervention. The BSN students were blinded data collectors. The DNP students individually evaluated the effectiveness of HE on improving stroke literacy and willingness to change behavior. The PhD student evaluated feasibility of the PST intervention and its effect on measures of well-being, including depression, health related quality of life, caregiver burden and functionality. Both study arms received six one-hour in-home sessions. BSN students blinded to randomization collected outcome data through tools provided via phone call at mid-point and post-intervention. **Discussion:** This is one example of a successful PhD-DNP collaboration. The project fulfilled PhD program requirements with its generation of new knowledge regarding intervention feasibility. The project fulfilled DNP program requirements because of the stroke-related health education program's focus on quality improvement. In addition, the project fulfilled honors program requirements for two BSN students who participated in data collection. The collaboration as a whole increased the depth and breadth of impact for each individual student project.

Biography

Meghan Hultman, RN, MSN, is a Robert Wood Johnson Foundation Future of Nursing Scholar and PhD candidate in the School of Nursing at the University of Minnesota. Her research interests include symptom management and caregiver/family support. Her dissertation work is exploring the use of problem-solving therapy, a brief psychosocial intervention, for depressive symptoms and quality of life in post-stroke patient-caregiver dyads.

Hannah Shibeshi, BAN, RN, CNRN, CCRN is a third year DNP student at the University of Minnesota studying to be an Adult/Gerontological Clinical Nurse Specialist. After receiving her Bachelor of Arts degree from Luther College in Decorah, Iowa, she moved to Minneapolis, Minnesota where she has worked at Abbott Northwestern Hospital for 12 years.

Deborah A. St. Anthony, MEd, BSN, RN, has been teaching in Associate Degree RN Nursing Education for over 25 years. Deborah has BSN and MEd degrees from the University of Minnesota. She is currently completing the last semester of a DNP CNS degree with a focus in adult and gerontological nursing

Contact Information

Meghan Hultman. (651) 442-6181. tier0048@umn.edu

Deborah St. Anthony. (612) 823-3240. braun298@umn.edu

Hannah Shibeshi. (612) 202-0257. shibe003@umn.edu

Niloufar Hadidi served as the faculty adviser for all the students involved in this team. Dr. Hadidi's research is in non-pharmacological therapies for poststroke depression.