

The Genetic Nurse
Highlight



June 2023 Newsletter



ISONG Offers Education Program For Members

ISONG has funds to distribute for the Education Awards Program thanks to the 2023 Congress sponsorship. Award applications are due on July 17, 2023. Please visit ISONG Education program for details.

Feel free to share this information with colleagues! Anyone applying for the education award must be an active ISONG member. If your membership has lapsed or you are new to ISONG and wish to join the organization, visit www.isong.org.

Please contact the Education co-chairs if you have any questions: Ruth.Lucas@uconn.edu or Kjwhitt@gwu.edu.

APPLY TODAY

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We want to hear from you!

Have a suggestion? Want us to cover a specific topic? Let us know.
Email: info@isong.org

Acknowledgment



The Asian Health Coalition of the University of Chicago Illinois partnered with members of ISONG in their successful NIH, All of Us funding to develop an educational program (AANHPI, Genetic and Genomic Education-AGE) to address cultural and linguistic barriers in genomics education for Asian Americans, Native Hawaiians, and Pacific Islanders. ISONG members developed two teaching modules that have been translated into four different languages!

A shout out to Sue Wesmiller, Karen Whitt and Tingting Liu for their hard work on this successful collaboration.



Genomic Nursing: Building & Strengthening Bridges Between Advances & Practice

Attend ISONG's World Congress In November

You are invited to attend the 2023 ISONG World Congress in Providence, RI on November 3-5, 2023.

The theme of the 2023 ISONG World Congress is "Genomic Nursing: Building and Strengthening Bridges between Advances and Practice" and will provide attendees with the opportunity to learn about current genomic nursing research, education, practice, and policy settings; incorporate concepts of genomics in nursing scholarship to promote health equity; and integrate genomics advances into your practice.

This year's world congress will be an opportunity to celebrate our past achievements, reunite with our friends, extend our networks, and collaboratively explore new directions for future nursing research, education, and practice in genomics. To learn more and register, visit isong.org.

We look forward to seeing you in Providence!

REGISTER TODAY

ISONG World Congress Raffle Donations Accepted Now

Please consider donating to the 2023 ISONG World Congress Raffle - this is a favorite feature at the Congress and helps to raise funds for ISONG. Our members hail from all over the world, and we usually have an array of unique items. Consider bringing something from your hometown, your summer travel destination, your country, hospital or academic institution, or a cultural item.

Make sure that your item will travel well - meaning it is compact, lightweight, and can be easily transported in a suitcase.

If you are NOT able to attend this year's Congress but would like to support the raffle, please consider making a monetary donation. Monetary donations collected for the raffle will be used to purchase items for the raffle. All donations directly support our members.



Thank you in advance for your donation! Learn more about [donating here](#).

There is still time to submit a call: Deadline is Sunday, June 18



Submit an Abstract



Submit an Expert Lecture



Submit a Pre-Congress Workshop

Member SPOTLIGHT

Meet

HUDSON SANTOS



Hudson Santos, Ph.D., presented “Biological Embedding and Its Importance to Health Equity” at Grand Rounds at the National Institutes of Health on May 17, 2023. You can view the presentation in its entirety [here](#).

Dr. Santos is our President-Elect for the International Society of Nurses in Genetics and Associate Dean for Research at the University of Miami’s School of Nursing & Health Studies as well as being Professor for the Dolores J. Chambreau Endowed Chair. He has focused mainly on biopsychosocial determinants in maternal-fetal nursing research.

Dr. Santos offered insight into discrimination’s effect on health causing reduced physical activity; increased risk of depression and anxiety; higher levels of psychological distress; negative impacts on self-esteem and self-worth; higher rates of hypertension, cardiovascular disease, and obesity; poorer overall health outcomes; and increased substance abuse. He tied together the interplay of discrimination and social determinants of health to surmise that without addressing discriminatory practices health disparities will continue.

As Dr. Santos expounded upon biological embedding as a framework within several other writings on racism, discrimination, non-equity, and their effects on health outcomes one becomes more aware of some internal changes. Noting that environmental exposures and stress can disrupt

epigenetic programming, resulting in changes in gene expression. Measurements of DNA methylation have noted significant differences in groups that were stressed more. Looking at various biomarkers for stress, one can determine what long-term repercussions can affect health outcomes.

Thus, more importantly, as Dr. Santos stated, “we must strive to understand environmental, sociocultural, genomic, and other factors that drive disparities in order to develop precision health interventions. To achieve success in health equity, we need to go beyond ‘bio’ and/or ‘socio’ to integrate approaches that account for the whole person and their context.”



National Institutes of Health

By Carolyn Allen, DNP, MS, Family Nurse Practitioner, Adjunct Faculty

The National Institutes of Health, commonly referred to as NIH, is the primary agency of the United States government responsible for biomedical and public health research. It was founded in the late 1880s and is now part of the United States Department of Health and Human Services. Many NIH facilities are located in Bethesda, Maryland, and other nearby suburbs of the Washington metropolitan area, with other primary facilities in the Research Triangle Park in North Carolina and smaller satellite facilities located around the United States. The NIH conducts its own scientific research through the NIH Intramural Research Program (IRP) and provides major biomedical research funding to non-NIH research facilities through its Extramural Research Program.

The NIH offers various training programs to students in various stages of life (i.e. high school, college, graduate school, or a health professional school). The NIH comprises 27 separate institutes and centers of different biomedical disciplines and is responsible for many scientific accomplishments, including the discovery of fluoride to prevent tooth decay, the use of lithium to manage bipolar disorder, and the creation of vaccines against hepatitis,

Haemophilus influenzae (HIB), human papillomavirus (HPV), and COVID (SARS-CoV).

The main hospital in Bethesda, Maryland, is called the Clinical Center, part of a very large campus. Most, if not all intramural departments of the designated institution are located in Bethesda, Maryland, and the extramural department of the designated institution is comprised of those research facilities/grant awardees which can be anywhere in the United States. Unlike most hospitals the Clinical Center only has patients that are participating in research protocols. Thus, clinical trials involving various conditions are ongoing.

Budding scientists can apply to become summer interns, intramural research training awardees and for other training opportunities. The intramural research training award is for one to two years and offers full time work to recent college graduate students who want to conduct research and experience life at NIH before starting graduate or professional school.

Each year various institutions offer a paid summer internship to students for eight weeks from mid-

June to mid- August. The eligibility includes being a United States citizen or permanent resident, current enrollment in approved school, completed application (opens mid -November to March 1 annually), and being available to participate in the program for eight uninterrupted weeks. Each intern will become familiar with their assigned institute's research, be given a mentor, and determine a summer project,

This year is the first time in a while that we have had so many in-person summer students. The National Institute of Nursing Research has six summer students this year. We have a variety of students in non-nursing majors. In their application essay, they indicated they had a desire to study topics in synch with NINR projects. Thus, a young college freshman majoring in mathematics is working with our Scientific Director Dr. Sabrina Wong who has interests in population health statistics. Another is a biology major and wants to become a physician but realizes that in order to set himself apart from other future medical school applicants there needs to be unique experiences.

My role will be to mentor them and infuse my love of genomics. I want them to experience the very collegiate interdisciplinary campus at NIH taking note of how important the nurse scientists are to the inner workings of the clinical center. What discipline is more interdisciplinary than genetics? We work with neurology, rehabilitation medicine, cardiology, nutrition, surgery, dentistry, etc. to name a few areas individuals with a genetic condition (and their primary care team) will need to be involved in their care.

If you know of a future research scientist who would be interested in working at NIH, please refer them to these websites to learn more.

<https://clinicalcenter.nih.gov/training/postbac.html>
https://clinicalcenter.nih.gov/training/students/summer_internships.html

Exclusive Member Benefits Await!

Join the International Society Of Nurses in Genetics (ISONG) and be part of a diverse worldwide membership of registered nurses with an interest in genetics reflecting the broad needs of patients with genetic problems.

Association benefits include:

- Continuing education, mentoring, professional development, and networking
- Information on late-breaking genetics research, education, job opportunities, and research grant applications
- Access to members-only portal with directory and profiles
- Leadership opportunities on the board of directors and committees
- Support for nursing students at all levels across disciplines to engage in genomic topics.

For more information about member benefits, visit isong.org/memberbenefits.

JOIN TODAY