

I am grateful to have received the AAOHN Foundation UPS Foundation Academic Scholarship this year. The scholarship helped defray the cost of my graduate education as I work towards my Ph.D. at the University of Massachusetts Lowell. This past semester I took two courses, Quantitative Research Methods and Grantmanship and Introduction to Biostatistics. Both courses have impacted my work as an occupational health nurse practitioner at Lawrence General Hospital. I have recently been asked to participate in the development of grants aimed at improving employee health. We are exploring initiatives aimed at increasing physical activity during the workday as well as adding weight management classes at the hospital. These two interventions align with the objectives of Healthy People 2020. The grantmanship course has helped me to clearly and succinctly write about our specific needs to justify funding. The second course, Introduction to Biostatistics, complements the research and grant writing efforts by providing me insight into the data underlying worker health issues. Outcome data, such as worker BMI, levels of regular exercise, and fruit and vegetable intake, which I obtained through wellness programs and surveys this past spring, have supported my efforts to develop programs in this area. The data also is helpful when meeting with hospital administrators to identify areas where leadership support and funding would be most effective.

I am looking forward to continuing my studies at the University of Massachusetts Lowell and working toward improving worker health at Lawrence General. Thank you for the financial support to allow me to continue this important work.

Kindly,

Pam Fallon, ANP-BC, COHN-S