

Benefactor



Dorothy Brooten, PhD, RN, FAAN, is a member of faculties including Thomas Jefferson University, University of Pennsylvania, Case Western Reserve University, and Florida International University. She is a Fellow in the American Academy of Nursing; an elected member of the Institute of Medicine, National Academy of Sciences (now the National Academy of Medicine); and has received honorary doctorates from the State University of New York and the Medical College of Ohio.

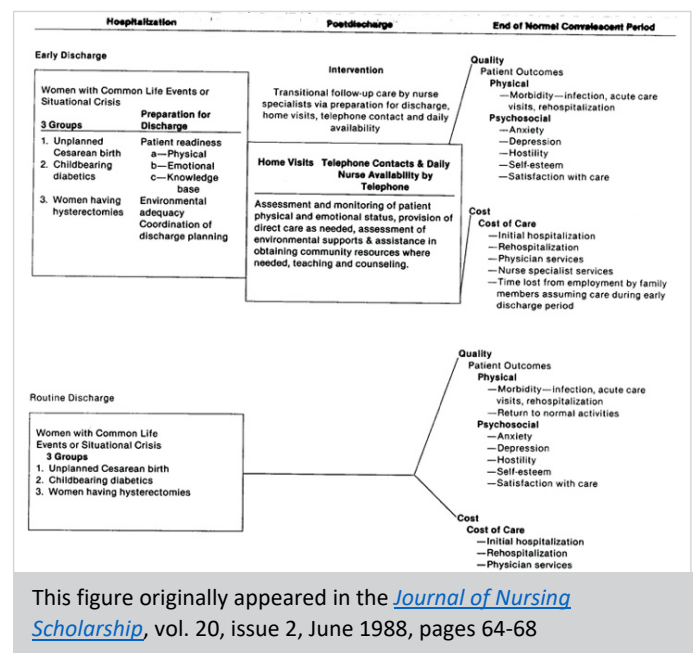
Dr. Brooten received Sigma's first Episteme Award, presented in partnership with the Baxter Foundation; as well as the Elizabeth McWilliams Miller Founders Award for Excellence in Research; two Best of *Journal of Nursing Scholarship* Awards, and an Outstanding Nurse Researcher Cameo Award. In 2010 she was inducted into Sigma's International Nurse Researcher Hall of Fame as part of the inaugural induction ceremony. Dr. Brooten received the Jessie M. Scott Award, the Council of Nurse Researchers Nurse Scientist of the Year, and Maternal Child Nurse of the Year Award from the American Nurses Association, the Distinguished Contribution to Nursing Science Award from the American Nurses

Foundation, as well as other state, organizational and university awards. She earned her BSN, MSN, and PhD from the University of Pennsylvania.

Dr. Brooten's Research

Dr. Brooten conducted randomized clinical trials and non-intervention research nationally and internationally over 40 years. Study results were disseminated across disciplines and to clinical, governmental and policy audiences. In 1981, Dr. Brooten headed a team that developed a model of early discharge and home follow-up care by nurse specialists in response to the penetration of managed care. The model was initially tested in a randomized clinical trial with very low birthweight infants, funded by the RWJ Foundation and the study results published in 1986 in the *New England Journal of Medicine*.

Dr. Brooten next headed a National Center for Nursing Research, National Institutes of Health (NIH)-funded research program grant where she and the teams tested the model with three high-risk, high-volume, high-cost women's groups (C-Section births, hysterectomy, high-risk pregnancies). She later conducted a National Institute of Nursing Research (NINR), NIH-funded clinical trial substituting half of physician care with nurse specialist care delivered in the home for women with high-risk pregnancies. All of the clinical trials demonstrated improved patient outcomes and reduced health care charges.



A mentee of Dr. Brooten's, Mary Naylor, RN, PhD, FAAN, headed a team, including Dr. Brooten, testing the model in clinical trials with elders with much the same positive outcomes. Dr. Brooten and colleagues, in a subsequent study, mined the clinical trial interaction logs (from five trials) documenting the Advance Practice Nurse (APN) nurse specialists' care to examine the effects of APN time and number of contacts on patient outcomes. These data identified APN surveillance, time and contacts needed to improve patient outcomes. Results of this overall body of research were published in *Sigma's Journal of Nursing Scholarship*, *Nursing Research*, *Western Journal of Nursing Research*, *Nursing Outlook*, *International Journal of Nursing Studies*, *Pacific Rim International Journal of Nursing Research*, *Journal of Gynecological & Neonatal Nursing*, *Clinical Nurse Specialist*, the *New England Journal of Medicine*, *Journal of Perinatology*, *Obstetrics and Gynecology*, *Annals of Internal Medicine*, *Journal of American Medical Association*, and *American Journal of Managed Care*, among many others.

Having demonstrated the early discharge model's success, Dr. Brooten decided to pursue a different career trajectory, relocated, and signed the model's copyright to Dr. Mary Naylor at the University of Pennsylvania to continue the work.

In her new career trajectory, Dr. Brooten found that she missed the excitement of discovery and returned to research, joining Dr. JoAnne M. Youngblut's program of NIH-funded research on critically ill children and their families. Effects of pediatric head trauma on families lead to studies on families where the infant or child did not survive. Beginning in 2006, funded by NINR, they studied the health and functioning of parents, grandparents and siblings who experienced the death of a child/sibling. Results demonstrated dramatic increases in acute illnesses, newly diagnosed chronic illnesses, hospitalizations, and need for medication changes especially during the first six months after the death, most notably in parents with preexisting health conditions.

Results of this body of research were published in *Nursing Outlook*, *American Journal of Critical Care*, *Journal of Pediatric Nursing*, *Journal of Hospice & Palliative Nursing*, *Journal of Head Trauma Rehabilitation*, *Pediatrics*, *Journal of Pediatrics*, *Italian Journal of Pediatrics*, *Pediatric Critical Care Medicine*, *Journal of Pediatric Psychology*, *American Journal of Hospice and Palliative Medicine*, *Journal of Loss & Trauma*, and the *Journal of Child & Family Studies*, among many others. Subsequent intervention research to prevent illnesses in parents and siblings after a child's death has been transferred to Drs. Youngblut's and Brooten's mentees at Florida International University to continue the research.

Importance of Small Grants

Dr. Brooten established the Dorothy Brooten Permanent Fund to award a small nursing research grant each year, knowing that small research grants are essential in developing science and nurse scientists. In her words, "These grants provide direction for further research, provide investigators with confidence that others believe in their research, and provide opportunities to pilot methods, problem solve hurdles, develop teams, work with Institutional Review Boards, and publish and present study results."

Sigma (\$2,078; 1980) and Xi Chapter (\$300; 1980) provided Dr. Brooten and team with their first research funding to study Four Treatments for Reducing Breast Pain and Engorgement in Non-Nursing Mothers.

When Dr. Brooten and team first tested the model of early discharge and home follow-up care by nurse specialists with very low-birth-weight infants in a randomized clinical trial, one of her junior researchers commented, "Thank God we had the experience of the small research grants or we would be in big trouble here!"

