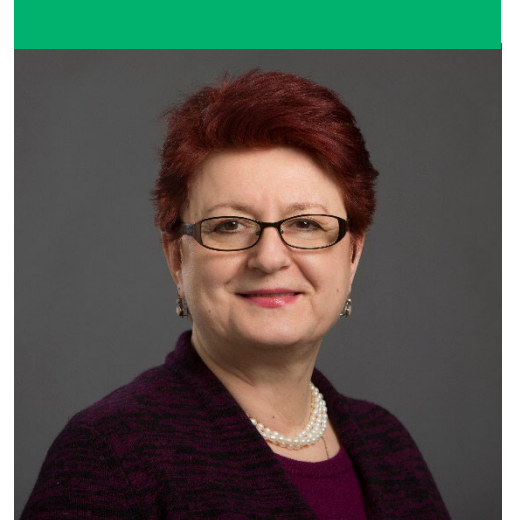




Olimpia Paun, PhD, RN, FGSA

The Nurses Alumni Association Professor
of Health and Aging



Advancement of Medicine

In late 2023, we closed the National Institute on Aging-funded clinical trial title “Dementia Caregiver Chronic Grief Management: A Live Online Video Intervention.”

Our team is working on two separate manuscripts to report the study’s effects on family caregivers’ mental health and conflict with staff and their satisfaction with care in the facility. Our findings will contribute evidence supporting the need for interventions designed specifically to address family caregivers’ mental health needs post-placement.

We continued to share our other research findings over the past year. I also continue my research consultant collaborations with the National Alliance for Caregiving and the American Psychiatric Nurses Association.

Research

As a recognized expert in dementia family caregiving research, I was invited to participate in a National Institute on Aging, or NIA, special review panel addressing the topic of fostering digital equity through inclusive telehealth interventions for family caregivers of persons with Alzheimer’s disease and related dementias, or ADRD. My mentorship efforts also resulted in several studies and study proposals.

Clinical Trials

As mentioned above, we successfully closed the NIA-funded clinical trial, “Dementia Caregiver Chronic Grief Management: A Live Online Video Intervention.” Preliminary analyses indicate that our grief management intervention designed to address dementia family caregivers’ grief and other mental health symptoms in the context of placement of a family member in long-term care had a



significant effect on participants' anxiety and grief levels. We presented the preliminary findings at the Annual Meetings of the Midwest Nursing Research Society and the International Psychogeriatric Association (Lisbon, Portugal).

Mentorship

The funds associated with the endowed faculty position supported my mentorship efforts.

I worked closely with Hyejin Kim, PhD, RN, on her proposal for testing an adaptation of the iCARE support intervention system for Korean Americans caring for family members with dementia at home. This three-year, \$200,000 proposal was funded by the Alzheimer's Association starting in January 2025. We also await a review decision on a study proposal investigating the use of wearable technology to measure paid Korean American caregivers' stress levels while caring for persons with dementia. This proposal was submitted for a Rush University Cohn Fellowship. Finally, I am working with Dr. Kim on a manuscript based on her College of Nursing-funded pilot study that explored the needs of Korean American family caregivers.

My co-mentorship with Kirsten Dickins, PhD, AM, APRN, who has funded grants, has resulted in one published manuscript thus far.

Finally, I have continued my mentorship relationship with Chien-Ching Li, PhD, MPH, who completed a BMO Health Equity-funded study that resulted in two presentations at the Gerontological Society of America Annual Meeting. The first talk covered "Chinese American Family Caregivers' Perceptions of Home Care and Facility Care for Loved Ones With ADRD," and the second addressed "Testing of A Web-Based Decision Aid Tool for Dementia Care Planning Among Chinese American Family Caregivers."

Community Outreach

I made a few presentations in the Chicago region with the goal of raising awareness about family caregivers' grief and other mental health needs after they place family members in long-term care. These talks included the Women Against Alzheimer's group and the Vi Living long-term care group.



Publication Highlights – Abbreviated

- “Biopsychosocial model of traumatic stress symptoms in women experiencing homelessness: A qualitative descriptive study,” *Issues in Mental Health Nursing*.
- “Partner caregiver resilience: A scoping review,” *Research in Gerontological Nursing*.
- “Dementia simulation for family caregivers of persons with dementia: A scoping review,” *Western Journal of Nursing Research*.
- “The impact of rapidly progressing neurodegenerative disorders on caregivers: An integrative literature review,” *The Journal of Hospice and Palliative Nursing*.
- Finally, as Aging Matters section editor for the *Journal of Psychosocial Nursing and Mental Health Services*, I co-authored five articles addressing mental health issues in older adults.

With Gratitude

I am very grateful for the opportunity to have held this professorship for the past five years. Mentoring junior faculty and doctoral advisees in conducting research and publishing in the gerontological nursing arena has been a very rewarding process. I have been honored and privileged to have had this opportunity. Thank you!