

RICH WRITING INSTITUTE
WRITE, REVISE, PUBLISH, FLOURISH



Summer 2021

7/12 - 7/16

University of Kentucky



Welcome



I am delighted to welcome you to our annual RICH (Research and Interventions for Cardiovascular Health) Writing Institute. We are holding the RICH Writing Institute (RWI) online for the first time. We have great plans for offering consultation services at times that work for all of our worldwide attendees. Our goal is to help you become adept at writing for publication. We have multiple activities planned to help achieve this goal. You will have opportunities to hear lectures about how to write better and write more. You will be provided with expert consultation, and one-on-one assistance to make your writing cleaner, clearer and more effective. You will have time to think, clarify your ideas, and write! We hope you also have lots of fun as you write your way to submitting a publication.

Dr. Debra K. Moser

As Associate Dean for Research and PhD Faculty Affairs for the University of Kentucky College of Nursing, it is my pleasure to welcome you to the 2021 RICH Heart Writing Workshop Institute. The Writing Workshop Institute faculty have developed a curriculum and associated activities designed to promote the development of effective health-related scientific writing and communication skills - they have an outstanding program prepared for you this year. We very much appreciate your interest in the Writing Workshop Institute and look forward to a productive and rewarding week filled with golden prose!

Dr. Tom Kelly



Faculty



Dr. Debra K. Moser, PhD, RN, FAAN, FAHA. Professor and Linda C. Gill Chair of Cardiovascular Nursing at the University of Kentucky, as well as the Assistant Dean for the PhD Program and Student Scholarly Affairs. Her research concentrates on preventing cardiovascular disease in populations with marked health disparities, and improving morbidity, mortality and quality of life outcomes in patients with heart failure and acute myocardial infarction. Her work has been recognized with more than 30 awards, including the Lembright and Heart Failure Research Awards from the American Heart Association Council on Cardiovascular Nursing. In addition to her academic position, she is the Editor-in-Chief of the Journal of Cardiovascular Nursing, and director of the RICH Heart Program. She has published more than 380 data-based journal articles, 25 chapters, and 3 books.



Dr. Terry A. Lennie, PhD, RN, FAAN, FAHA. Senior Associate Dean, Professor, and co-director of the RICH Heart Program at the University of Kentucky College of Nursing. He is a member of the editorial boards for the Journal of Cardiovascular Nursing and European Journal of Cardiovascular Nursing. Dr. Lennie's program of research is focused on biological and behavioral factors promoting self-management behaviors of persons with cardiovascular disease with a particular focus on diet. Dr. Lennie has co-authored more than 170 articles, multiple book chapters, and over 150 published abstracts.



Dr. Misook Lee Chung, PhD, RN, FAAN, FAHA. Professor and a Co-director of the RICH Heart Research Program at the University of Kentucky College of Nursing. Dr. Chung is recognized nationally and internationally for her research focused on improving the health outcomes of both patients with chronic disease and their family caregivers. She has developed novel dyadic interventions to improve health outcomes of patient-caregiver dyads in cardiovascular disease. Her successful research program is evidenced by her solid record of continuous intramural and extramural funding, including two R01 awards of \$5 million as PI from the National Institutes of Health. Dr. Chung has more than 100 articles and over 140 published abstracts. She is an editorial board member of the Journal of Cardiac Failure and Journal of Cardiovascular Nursing.



Dr. Gia Mudd-Martin, PhD, MPH, RN, FAHA. Associate Professor, a Director of the Community Engagement and Research Core of the University of Kentucky Center for Clinical and Translational Science (CCTS) and a Co-Director of the RICH Heart research program. Dr. Mudd-Martin is PI of two NIH/NINR funded R01s, of which the purposes are to examine the efficacy of a cardiovascular disease and type 2 diabetes prevention interventions. She is also multi-PI of a multi-state National Center for Translational Science-funded study to develop an intervention to improve health outcomes among youth in Appalachia. As College of Nursing faculty and CCTS Director of Community Engagement, she mentors students and early career investigators in grant writing and manuscript development.



Dr. Jennifer Miller, PhD, MSNEd, RN is an Assistant Professor at the University of Kentucky, College of Nursing. Her focus of research is social determinants of health and wellness in populations with and at high risk for cardiovascular disease. She currently teaches research design (quantitative, qualitative, and mixed methods) in the Nursing PhD program. In addition to her academic position, she is the digital editor of the Journal of Cardiovascular Nursing. She has served as a manuscript reviewer for multiple nursing, medical, and public health journals and has received recognition as a top reviewer for the European Journal of Cardiovascular Nursing.



Dr. Martha J. Biddle, PhD, APRN, CCNS, FAHA is an Associate Professor at the University of Kentucky. In 2013, she was inducted as a fellow of the American Heart Association. Her individual program of research focuses on biobehavioral and nutritional interventions for cardiovascular risk reduction. She has received awards recognizing her research and clinical expertise (American Heart Association Translational Research Award; UK Excellence in Graduate Precepting, UK Teacher Who Made a Difference Award; Heart Failure Society of America, Nursing Research Award). Dr. Biddle serves as a manuscript reviewer for several nursing and medical journals. She has served as an abstract reviewer for the American Heart Association and the American College of Cardiology for the past 5 years. She has co-authored 40 peer-reviewed journal articles.



Dr. Jia-Rong Wu, PhD, RN, FAAN, FAHA. Associate professor at the University of Kentucky, College of Nursing. Dr. Wu's work focuses on improving management of heart failure and uncontrolled hypertension using self-care strategies, health literacy, medication adherence, health disparities, and psychosocial factors that influence self-care behaviors and health-related outcomes (e.g., quality of life, 10-year cardiovascular risk, hospitalizations, and death) among adults with heart failure and those with or at risk for cardiovascular disease throughout the life-course. She has served as a PI, project director and co-investigator on several studies. She is a member of the editorial board for the Journal of Cardiovascular Nursing and has served as a manuscript reviewer for multiple journals. She co-authored more than 60 published journal articles.

Volunteers



Katie Voigts Key, PhD, RN is a Postdoctoral Scholar in the UK College of Nursing. Her area of research focuses on interactions between genetic variants and psychosocial stressors that influence cardiovascular health and she has conducted a study to examine how genetic variants moderate the effect of stressors on cardiovascular disease risk. Dr. Voigts Key is also Program Coordinator for the Corazón de la Familia study for which Dr. Mudd-Martin is the Principal Investigator. She has expertise in the use of REDCap, data management, and will be available to assist with these as well as with manuscript editing.



ChinYen Lin, PhD, RN finished her PhD in Nursing at the University of Kentucky in 2020. She is currently a Postdoctoral Fellow and working on several funded studies in the RICH Heart Research Program with Dr. Moser as her mentor. Her research interests are focused on: 1) understanding the process of symptom recognition, and 2) identifying predictors of exacerbation and rehospitalizations in patients with heart failure. She will assist with technology problems, manuscript submission, data management, using EndNote and author guidelines.



Geunyeong Cha, MSN, RN is a Ph.D. student at the University of Kentucky, College of Nursing. She is a research assistant in the RICH Heart Research Program. Her research interest is improving health outcomes and quality of life of elderly patients with chronic disease and family caregivers by increasing physical activity. In the RICH Writing Institute, she will assist in technical support, using EndNote, searching references, and statistical analysis. She will also work as an interpreter for Korean scholars if needed.



Natalie Seroka, BSN, RN, CPN is a Ph.D. student at the University of Kentucky, College of Nursing. She is an Occupational Environmental Health Nursing fellow in the University of Kentucky Central Appalachian Region Educational and Research Center. Her research interests are focused on occupational wellness and positive psychology to reduce stress among healthcare workers. In the RICH Writing Institute, she will provide assistance with technology and the use of EndNote and will provide editing services.



Sara Duggan, BSN, RN is a PhD candidate in the School of Nursing at the University of Kentucky. Her research interests are centered around the social determinants of health, health disparities, advocacy, and policy development. She is currently conducting research to examine the impact of social determinants of health on cardiovascular disease risk status in rural Appalachian populations. She works with large data sets and is gaining expertise in statistical analysis methods. She will assist with scientific writing and editing.

Important Information

How to use canvas

1. When you open Canvas, this will be the first screen you see.



2. Click on **Home** and scroll down to access navigation and instructional videos. Please view each of the short videos listed to familiarize yourself with Canvas.

3. The far-left side of the Canvas screen is your account, the course dashboard, Canvas calendar and an inbox for email communication within Canvas.

4. The next column is the course navigation column. Here are various function buttons that will take you to individual functions within Canvas. “Home, Modules, Pages, Announcements, Zoom, Chat and Discussions buttons” Click on each on to see how they work. To return to a previous course function, use the “arrow” in the upper left-hand corner of the page.

5. All course materials are in the **Modules** tab in Canvas.

How to join lectures

All lectures will begin at 8 AM Eastern Standard Time every day. The synchronous video sessions will use Zoom. We will use the same Zoom link daily. <https://ukth.zoom.us/j/85772553907>

Scholars attending this program are from across many time zones. It is impossible to schedule lecture meetings at a time that works for everyone. Hopefully, you will able to attend all lecture meetings and consultations.

<i>GMT - 5, EDT, U.S.</i>	<i>CST, GMT + 8, Taiwan</i>	<i>GMT + 9, Japan & Korea</i>	<i>GMT + 2, CEST, Italy & Sweden</i>
7:00 AM	7:00 PM	8:00 PM	1:00 PM
8:00 AM	8:00 PM	9:00 PM	2:00 PM
9:00 AM	9:00 PM	10:00 PM	3:00 PM
10:00 AM	10:00 PM	11:00 PM	4:00 PM
11:00 AM	11:00 PM	12:00 AM	5:00 PM
12:00 PM	12:00 AM	1:00 AM	6:00 PM

How to join the consultation meeting

The consultation process is an integral part of the RICH Writing Institute. Consultation time will take place outside of formal lectures. Each attendee will have at least one hour of consultation time per day for five days.

You will be assigned a faculty member for consultation based on specific needs highlighted in your pre-conference survey. Multiple faculty will provide feedback for each attendee. Additional consultation with any faculty will be available by request and subject to availability. If you have any questions related to the consultation, please feel free to contact Dr. Misook Chung at misook.chung@uky.edu or your primary faculty.

A schedule of consultation times will be posted on **Canvas** (Eastern Standard Time). When joining a consultation room, please use your primary faculty's Zoom link. You can find information regarding the consultation process on Canvas (click on "Modules" and scroll down to access "Consultation"). You will find the zoom link for your primary faculty, a schedule of consultation times, and a time zone table. If you have any trouble finding CANVAS, please contact Jennifer Miller at jenn.miller@uky.edu.



RICH Writing Institute Program Schedule

Main conference zoom meeting link

<https://ukth.zoom.us/j/85772553907>

Faculty	DKM = Debra K Moser; TAL = Terry A. Lennie; MLC = Misook L. Chung; GMM = Gia Mudd-Martin; MJB = Martha J. Biddle; JLM = Jennifer L. Miller; JRW = Jia-Rong Wu; KVK = Katie V. Key; CYL = Chin-Yen Lin		
Monday (7/12): Overview of publication & How to write introduction			
Date/session	Title	Content	Speaker
8:00 – 8:45 AM	Welcome introduction	<ul style="list-style-type: none"> Participant introductions and expectations for the week (45 min) 	DKM & ALL
8:45 – 9:00 AM	Break		
9:00 – 10:20 AM	Significance of publication, Picking a journal, Beginning to write	<ul style="list-style-type: none"> 1.1 Lecture: Significance of publication (20 min) 1.2 Lecture: Picking a journal for your manuscript; author guidelines (20 min) 1.3 Lecture: Authorship: who, when, what order, and when working with mentor (20 min) 1.4 Lecture: How to write a title, title page and abstract (20 min) 	DKM TAL/MJB TAL/MLC JRW
10:20 – 10:30 AM	Break		
10:30 – 11:10 AM	Introduction	<ul style="list-style-type: none"> 1.5 Lecture: Overview of data-based paper, how to write a great introduction and specific aims (30 min) Questions & Answers 	DKM DKM/TAL
11:20 AM – 9:00 PM	<ul style="list-style-type: none"> Writing & individual consultation 		ALL
Tuesday (7/13): How to write methods section			
8:00 – 8:45 AM	Writing strategy	<ul style="list-style-type: none"> 2.1 Success in Academic Writing- Get your work published! (45 min) 	JLM
8:45 – 9:00 AM	Break		
9:00 – 10:10 AM	How to write method section	<ul style="list-style-type: none"> 2.2 Lecture: Writing method section I (40 min) 2.3 Lecture: Writing method section II (30 min) 	MLC/KVK GMM
10:10 – 11:00 AM	Open access journal	<ul style="list-style-type: none"> 2.4 Lecture: Open access and avoiding predatory publishing (25 min) Questions & Answers 	TAL/MJB
11:00 AM – 9:00 PM	<ul style="list-style-type: none"> Writing & individual consultation 		ALL

Wednesday (7/14): How to write results section

8:00 – 8:45AM	Working with collaborators	<ul style="list-style-type: none"> 3.1 Panel discussion: Working effectively with writing collaborators (40 min) 	ALL
8:45 – 9:00 AM	Break		
9:00 – 10:00 AM	Writing results	<ul style="list-style-type: none"> 3.2 Lecture: How to organize result: Quantitative (40 min) & qualitative study (20 min) Questions & Answers 	MLC/CYL GMM
10:00 AM – 9:00 PM	Writing and individual consultation		ALL

Thursday (7/15): How to write discussion section

8:00 – 9:00 AM	Writing, discussion and conclusion	<ul style="list-style-type: none"> 4.1 Lecture: How to write discussion and conclusion (60 min) 	TAL/DKM
9:00 – 9:15 AM	Break		
9:15 – 10:00 AM	How to publish what you're doing	<ul style="list-style-type: none"> 4.2 Lecture: Roles and responsibility of editors and reviewers (20 min) Questions & Answers 	DKM
10:00 AM – 9:00 PM	Writing and individual consultation		ALL

Friday (7/16): How to respond to reviewers

8:00 – 9:30 AM	Role of editors and reviewers, How to respond to reviewers	<ul style="list-style-type: none"> 5.1 Lecture: Hitting the submission button (20 min) 5.2 Lecture: How to respond to reviewers' comments & rejection (40 min) Questions & Answers 	MJB DKM
9:30 AM – 9:00 PM	Writing and individual consultation		ALL