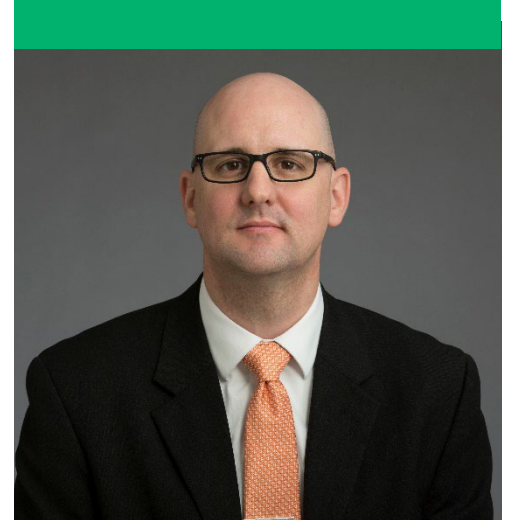




Todd Ruppar, PhD, RN, FAHA, FAAN

The John L. and Helen Kellogg
Professor of Nursing



Advancement of Medicine

In 2023, I received a \$1.05 million subaward from the National Institutes of Health, or NIH, for a multi-site clinical trial to test a technology-assisted intervention to support self-care activities and improve health outcomes for adults living with heart failure. The lead site for this project, funded by an NIH R01 grant, is the University of Illinois-Chicago. I worked with these colleagues as a consultant on the pilot study that helped to get this larger, multi-site grant.

I continue to work on a feasibility study for a telehealth intervention program to support adherence to medication for high blood pressure. This preliminary study was completed in 2023, and a grant proposal will be submitted to the NIH in late 2024.

I also continue to work with colleagues in the Department of Preventive Medicine on NIH-funded, community-based research to support blood pressure control for residents of the West Side of Chicago.

In 2023, I served as past-president of the International Society for Medication Adherence, also known as ESPACOMP, and was heavily involved in planning and running the society's research conference in Budapest, Hungary.

Finally, we have several grant applications in development resulting from work supported in part by endowment funds.

Research

When I joined Rush University, the funds associated with my endowed faculty position were designated to support travel to professional conferences and other professional development



activities, as well as my research. I have used the funds primarily to support travel to professional meetings, which has facilitated my service and leadership roles in national and international organizations. My involvement and leadership in these organizations helps to strengthen Rush University's reputation and reach and will likely lead to future research collaborations and bolsters efforts in recruiting graduate students and faculty.

Funds also supported a graduate student research assistant who is interested in pursuing doctoral study and a research career.

Grants

"A multi-component mHealth app and tailored text-messaging intervention to promote self-care adherence and improve outcomes in patients with chronic heart failure," NIH/NINR RO1 subaward, Site Principal Investigator (4/2023 – 3/2028).

Publication Highlights — Abbreviated

- "Understanding processes, outcomes, and contexts in medication adherence: The medication adherence context and outcomes (MACO) framework," *Patient Preference and Adherence*, 2023.
- "Managing medications and medication adherence among US adults during the early phase of the COVID-19 pandemic," *Patient Preference and Adherence*, 2023.
- "Artificial Intelligence in Research Dissemination," *Western Journal of Nursing Research*, 2023.
- "Rationale and design of the Heart-to-Heart study: A church-based intervention to reduce blood pressure in African Americans," *Contemporary Clinical Trials*, 2023.
- "PhD–DNP Collaborations Can Support Implementation Science," *SAGE Publications*, 2023.

Conferences

- American Association of Colleges of Nursing Doctoral Education Conference
- Midwest Nursing Research Society
- International Academy of Nurse Editors
- American Academy of Nursing Health Policy Conference
- International Society of Medication Adherence



The Year Ahead: 2024 and Beyond

In 2024, I will complete an intervention feasibility study, which is currently in progress, and then submit an NIH R01 application based on the feasibility study results. I also have plans to develop a funding proposal for my next meta-analysis project.

The heart failure research project with UIC will start recruiting patients in early 2024 and will receive a significant portion of my efforts.

Educationally, I am leading curriculum revisions for the PhD in Nursing Science program, addressing feedback from a recent external review and working to develop procedures to improve outcomes as well as improving systems for measuring and monitoring program and student outcomes.

With Gratitude

I am grateful for your generous support of Rush University, and particularly the College of Nursing, throughout the years. The Kellogg Foundation's gifts have been transformational, and continue to support the educational, research and service missions of the university.