DEPARTMENT OF RESEARCH  
COLLEGE OF NURSING  

SUMMER RESEARCH OPPORTUNITIES  
FOR UNDERGRADUATE WOMEN  

APPLICATION DEADLINE: March 1, 2016  

The Department of Research at the College of Nursing is pleased to offer the following research project for the summer of 2016. Interested students are urged to contact the faculty member(s) directing the project that most interests them. By contacting the faculty member, you can discover more about the project, learn what your responsibilities will be and, if possible, develop a timetable for the twelve-week research period.

PROJECT TITLE: The T-CHAT Project: Using Telehealth to Optimize Healthy Independent Living in Older Adults  
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Project Description  
A research project combining the use of telehealth technology and a validated health and wellness promotion program is being embarked upon by students, faculty, staff, and researchers from the disciplines of nursing, engineering, medicine, and allied health. This is a unique opportunity to explore how older adults relate to health education coaching being provided through telehealth robots. The purpose of this research study is to try out a new program called T-CHAT “Telehealth Consumer Holistic Assistant Team” where trained UC students and faculty provide health coaching through a remote presence telehealth robot to optimize healthy independent living among older adults. The goal is to shape the transformation of healthcare using telehealth to optimize healthy independent living among 25 older adults living in Maple Knoll Village, a continuing care retirement center that is an affiliated partner of UC. The T-CHAT team will use the internationally known Chronic Disease Self-Management Program: Tool Kit for Active Living, in combination with health checkups and environmental scans, to potentially decrease healthcare costs through the promotion of more efficient healthcare utilization. Program evaluation and outcome data will be collected to assess feasibility and resource utilization, and to provide preliminary data for future grant applications.

The WISE undergraduate student will have an opportunity to participate in the research study through a variety of assignments denoted by the principle investigators. Some examples of the WISE participant’s assignments will be to: participate as a data collector interviewing older adults about their health and well-being, serve as a trained T-CHAT health coach, input data into the REDCap data management system, complete robotic functionality observations, participate in evaluating the human factor and mechanical aspects of the robots performance, participate in data analysis and writing of reports,
perform literature searches, and assist with writing manuscripts for publication. At the conclusion of the WISE program, undergraduate students will be able to articulate why the pilot was necessary before a large scale study was launched and what components of their work mirrors graduate school research readiness.