“SOAR" in the Community: Next Steps?

Presented by: Ruth Lindquist, Rodica Catrava, Sohye Lee

Ruth Lindquist, PhD, RN, FAAN, is a Professor in the School of Nursing at the University of Minnesota. The focus of her research is cardiovascular health behavior, and primary and secondary prevention cardiovascular disease among women. She employs evidence-based complementary therapies and behavioral strategies to reduce risk and improve health-related quality of life. Recent work in this area has focused on use of exercise in PAD, exercise after coronary revascularization, mindfulness-based stress reduction to enhance health of women with heart disease, the use of technology to monitor and to support salutary lifestyle changes, and a state-wide investigation of “women’s provider” awareness and actions toward early detection and treatment of cardiovascular risk. She is co-founder of an ongoing women's only cardiac support group designed to enhance self-care and transform lifestyles in the face of heart disease and heart disease risks.

Rodica Catrava, BS, MSN, DNP Student, is a doctoral student in the Adult/Gerontological Nurse Practitioner program at University of Minnesota. She graduated from the Master of Nursing program at the UMN in 2010 and is currently working in the cardiac/telemetry department at Saint Joseph’s Hospital in Saint Paul. Prior to moving to the United States, Rodica has worked as a nurse in Romania and has received a Bachelor of Science degree in psychology from “Tibiscus” University, Timisoara, Romania. Rodica has special interest in disease prevention and maintenance of health and her scholarly DNP project is focusing in health promotion and disease prevention in a faith based organization. She is especially interested in reducing health disparities and improving population access to healthcare.

Sohye Lee, BSN, PhD Candidate, graduated from a nursing program in South Korea and she is now conducting a weight loss and weight loss intervention study for African American women. Prior to this, she worked at the department of cardiology where she was a registered nurse in charge of treating patients with cardiovascular diseases. From her experience, she became more interested in the use of social support and technology for disease prevention for women. She has developed a research project model that uses technology to maintain social support over time to foster long-term maintenance of behavior change related to weight loss and weight loss maintenance for African American women.

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