**2019 IFNA Nomination for a Rising Star Award**

**Nuria Esandi Larramendi, PhD, MSC, RN**

Nuria Esandi Larramendi, PhD, MSC, RN, is the Deputy Director of Nursing Care for the Adult Patient, School of Nursing, University of Navarra, Spain.  She is also an investigator at the Navarra Institute for Health Research (IdiSNA).

Dr. Esandi received her baccalaureate and master’s degrees from the University of Navarra and completed her PhD in 2015 at the University of Sheffield, United Kingdom.

She is an early career scholar and central to her research, teaching, and clinical practice is a strong belief in a basic systemic premise: that serious illness and persistent life challenges impact the whole family, and in turn, key transactional family processes mediate adaptation for all members, their relationships, and the family unit. As a family nursing scholar, she has embraced the notion that family nursing/family focused care is essential for the promotion of health and wellbeing of older adults and their families and she has a goal to advance knowledge about what family interventions are useful for this population of families.

The primary focus of her program of research is the family experience of living with chronic illness, with special emphasis on the early stage of Alzheimer’s disease. In her research, she seeks to learn from families how nurses can offer family focused care to address the family’s need to “keep family balance” while supporting the family’s long term care activities. This focus moves beyond descriptive research with careful attention to family nursing assessment and intervention and even into the domains of knowledge transfer/knowledge translation of family nursing theory to practice settings.

Her interest in refining her family intervention skills with families of older adults led her to recently begin a 4-year Family Therapy educational program in 2017 at the Family Therapy School in Pamplona. She also recently attended the 4-day Externship Workshop in Advanced Family Nursing taught by Dr. Lorraine Wright and me at Zurich University of Applied Sciences in May 2018. She caught my attention as a bright young scholar who has a clear vision for developing and testing family nursing interventions that make a difference for families experiencing chronic illnesses such as dementia.

She is currently conducting funded research that focuses on the translation and cultural adaptation to the Spanish context of several classic assessment tools used in family nursing research such as the Family’s Importance in Nursing Care – Nurses’ Attitudes (FINC-NA), Iceland Health Care Practitioner Illness Beliefs Questionnaire (IHCP-IBQ) and the Demand-Control-Support Questionnaire (DCSQ). She is also involved in a family nursing knowledge translation project in an oncology setting.

I am hoping that as a young scholar, Dr. Esandi will look for opportunities to pursue post-doctoral education focused on the thorny questions of knowledge translation of family nursing theory to practice settings. How does one invite a group of nurses and other health care professionals who work together as a team to enhance their skills in offering family focused care? There is still much to learn in this area and I believe Dr. Esandi has the energy and vision as well as high quality mentoring from her family nursing colleagues at the University of Navarra to make a significant contribution to this area of knowledge development in family nursing.

I am therefore nominating Dr. Nuria Larramedi for a 2019 Rising Star Award. I hope this award will encourage her current efforts and invite her to take a big leap and add to our beginning understanding about how best to “do” knowledge translation/knowledge transfer of family nursing skills to real life, busy practice settings in family homes (community health) or institutional care settings.

**Nominated by:**

**Janice M. Bell, RN, PhD**

**Associate Professor, Emerita**

**University of Calgary**

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