

Job Description

JOB TITLE: Lead Student Research Nurse

DEPARTMENT: Framingham State Food Study (FS)²

CONTACTS: Gloria Klein
Study Director - BCH
gloria.klein@childrens.harvard.edu
T: 617.919.3435

Dr. Patricia Luoto
Study Director – FSU
pluoto@framingham.edu
T: 978.568.8918

Summary of the Framingham State Food Study (FS)²

Many overweight and obese people can lose weight for a few months, but most have difficulty maintaining weight loss over the long term. The purpose of this study is to evaluate the effects of dietary composition on energy expenditure and risk for chronic diseases, while also exploring physiological mechanisms underlying these effects. The study will be performed in collaboration with Framingham State University (FSU) and Sodexo dining services.

Following 12±2% weight loss on a hypo-caloric diet, 150 adults (aged 18 to 65 years) will be randomly assigned to one of three weight-loss maintenance diets for 20 weeks. The weight-loss maintenance diets will be controlled for protein content (20% of energy) but will vary widely in carbohydrate-to-fat ratio: Low-carbohydrate Diet (15% of energy from carbohydrate, 65% fat), Moderate-carbohydrate Diet (40% carbohydrate, 40% fat), High-carbohydrate Diet (60% carbohydrate, 20% fat). Sodexo Dining Services at FSU will prepare and serve meals and snacks corresponding to each of the diets. Each subject will be enrolled in the study for one academic year. The primary outcome of the study will be change in total energy expenditure (indirect calorimetry using stable isotopes) at 20 weeks. The results of this study will inform more effective clinical and public health recommendations for weight-loss maintenance and disease prevention.

Trial subjects (FSU students, staff, and faculty, and individuals from the MetroWest community) will be recruited in three cohorts, one during the 2014 Spring Semester, one during 2015 Spring Semester and one during the 2016 Spring Semester. Enrolled participants will eat and drink only the foods and beverages on the study menus. Enrolled participants also will undergo study tests at four time points during the course of the academic year (Baseline in early August to mid-September; Post-Weight Loss (PWL) in mid-November to mid-December; Week 10 in mid-January to mid-February; and Week 20 in late March to late April) for the assessment of total energy expenditure, resting energy expenditure, activity level, body composition, hormone levels, and disease risk factors.

Principal Duties and Responsibilities

The statements below describe the essential duties of the person or persons assigned to the job of Student Research Nurse. They are not intended as an exhaustive list of all job duties and responsibilities.

1. The Lead Student Research Nurse must have experience with and be able to establish and maintain an intravenous (IV) line/saline lock for blood collection and a two-hour Oral Glucose Tolerance Test.
2. The Lead Student Research Nurse will train Student Research Nurses in conjunction with BCH staff, on study procedures and will oversee duties performed by the Student Research Nurses.
3. The Lead Student Research Nurse will draw and collect blood samples using standard venipuncture techniques during the eligibility screening process.
4. The Lead Student Research Nurse will take vital signs, draw and collect blood samples from study participants through an IV line/saline lock, label specimens, verify and maintain records, and label specimens for laboratory analysis.
5. The Lead Student Research Nurse will have direct contact with study participants and must create an atmosphere of trust and confidence while explaining procedures for the Oral Glucose Tolerance Test and blood collection.
6. The Lead Student Research Nurse will monitor study participants during and after blood collection and Oral Glucose Tolerance Test for any adverse reactions, and will document and treat adverse reactions appropriately.
7. The Lead Student Research Nurse will maintain a clean, orderly, and serviceable work area that is properly decontaminated at all times.
8. The Lead Student Research Nurse will rely on instructions and pre-established safety and research protocols to perform the functions of the job.
9. The Lead Student Research Nurse will document and execute established emergency safety procedures in accordance with Basic Life Support (BLS) training for healthcare providers.
10. The Lead Student Research Nurse will assist with quality control procedures as required and as consistent with study protocols.

Dates Available

All four participant assessments will take place at the (FS)² House, located at 23 Salem End Road, over the following dates:

- Baseline August 9, 2015 – September 12, 2015
- PWL November 8, 2015 – December 12, 2015
- Week 10 January 17, 2016 – February 20, 2016
- Week 20 March 27, 2016 – April 30, 2016

Lead Student Research Nurse coverage will be needed from 6:30 AM to 1:30 PM, Sunday through Saturday, during each of the four assessment periods listed above.

The position of Lead Student Research Nurse is temporary and of limited duration.

Minimum Knowledge and Skills required by the Job

1. Current enrollment in an undergraduate or graduate FSU nursing program.
2. Work requires the knowledge of theories, principles, and concepts acquired through graduation from an approved school of professional nursing and current licensure as a registered nurse as described in the next section.
3. One year of phlebotomy/IV administration experience. Some laboratory and or clinical research experience preferred.
4. Adherence to the Board of Registration in Nursing rules and regulations, ANA scope and standards of nursing, the ANA code of ethics for nursing and other regulatory stipulations.
5. BLS Certification. Must provide copy of current certification.
6. Excellent communication skills are essential.
7. Reference from Nurse Manager required.

Certification, Registration, or Licensure required by the Job

Maintains current state licensure in accordance with The Massachusetts Board of Registration in Nursing. Must provide copy of current Massachusetts Board of Registration in Nursing License.

To be eligible to for employment in this academic research program, Student Research Nurse candidates will be required to undergo a Criminal Offender Record Information (CORI) check and a Sex Offender Registry Information (SORI) check.

Physical Requirements of the Job

1. Work requires regularly proofreading and checking documents and labels for accuracy.
2. Work requires regularly grasping and fine manipulation with hands.
3. Work requires regularly stooping and bending.
4. Work may require lifting and carrying objects weighing up to 10 pounds.
5. Work may require reaching and grasping objects at, above and below shoulder level.
6. Work may require pushing and/or pulling of non-motorized equipment weighing 10 pounds to over 50 pounds.

Blood Borne Pathogen Category

Potential Exposure to Blood Borne Pathogens: Job requires performance of tasks that involve potential for exposure to blood.