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Contact: Stacy Routhier, Office of Marketing and Communications

Telephone: 860.231.5661

Email: srouthier@usj.edu

USJ's Dr. Karen Myrick Awarded Prestigious NAON Research Grant of \$10,000

Since 2017, the National Association of Orthopaedic Nurses (NAON) has awarded research grants to promote and support orthopaedic nursing research to advance the specialty of Orthopaedic Nursing. In 2021, Karen Myrick, DNP, APRN, FNP-BC, ONP-BC, FAAN, Associate Professor of Nursing and Track Coordinator Ortho/Sports was announced as the recipient of a \$10,000 grant to examine whether physical examination technique, Myrick THIRD (The Hip Internal Rotation with Distraction), is reliable, valid and contributes to appropriate diagnosis and management of health issues, with more detailed physical assessment linked to improved patient outcomes in different clinical settings and with a range of doctors. With a lack of specific clinical assessment techniques used routinely in practice to accurately determine the source of intra-articular hip pain, Myrick is working towards a better solution for patients.

According to Myrick, “The Hip Internal Rotation with Distraction (THIRD) examination shows promising results as a screening and diagnostic tool. The evaluation of THIRD’s reliability and validity is important to move the test into broader use and application. We want to complete this research to potentially save health care dollars and reduce patient discomfort while arriving at a faster and more accurate diagnosis of hip labral tears.”

Myrick and the team hired for this project will be working on a few hypotheses to demonstrate the stability and reliability of the THIRD test when the study is conducted in a newly trained setting. Hypothesis 1: THIRD will demonstrate stability reliability when studied across settings with several providers. Specific AIM 2: To demonstrate that THIRD assessment has external validity when the study is conducted across multiple examiners at a new setting. Hypothesis 2: THIRD tests’ results will demonstrate external validity with outcomes in a consistent range with original research conducted in a single-center study and in a multi-centered study.

Finally, Myrick added, “The implications for orthopedic nursing practice are large. Having a nurse designed and studied physical exam techniques that can save healthcare dollars and provide a safer and less painful alternative will improve patient care. Inductively, the nursing art

of hands-on physical examination has discovered a new method to diagnose labral tears without costly, painful and invasive procedures.”

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