

**Student Profile**

**Trisha Saul - PhD in Nursing Science Program**



**Your Time at UCI**

What made you decide to pursue a graduate degree?

*After going through a research fellowship at my work, I realized how much I enjoy the process of research and evidence-based practice. After the fellowship, it was important for me to continue to pursue and help define best nursing practice.*

Why did you choose to come to UCI?

*During my research fellowship I was mentored by Dr. Lorraine Evangelista. Her research and mentorship really encouraged me. UCI is known for their research, but after looking into the PhD program further I was inspired to see more strong female leaders. Dr. Adey Nyamathi & Dr. Alison Holman are empowering women and I was impressed by their accomplishments and research experiences. It was a combination of UCI's reputation for research and wanting to be around successful, influential women that made me want to go to UCI.*

If you are conducting research, how would you explain your research and its significance to your grandparent?

*I have been a nurse for over 13 years and during the time I have worked with many patients and their family members. Family members, especially those of patients with cancer, become informal caregivers. These caregivers are involved with every detail of the patient's care, but seem to be forgotten in the overall plan of care. Family caregivers can be stressed, anxious and/or depressed which can impact their quality of life. Integrative Health, defined as bringing conventional and complementary approaches together in a coordinated way has the potential of improving psychological well-being by decreasing caregiver burden, anxiety, depression and improving quality of life in a setting and time frame that is customizable to the family caregiver.*

What are your hobbies/passions outside of research?

*Outside of research I enjoy spending time with my husband and hanging out and playing with our animals. We have two dogs and two guinea pigs. I also enjoying playing board games.*

**Reflections**

What are you most proud of accomplishing (so far) in your graduate program?

*My proudest moment has been submitting my first NIH grant. It was a lot of hard work, time and energy and it felt great to finally submit.*

What is your most memorable moment/experience at UCI to date?

*One of my most memorable moments was during graduate orientation. I took a meditation class with two of my classmates and we relaxed and bonded while we learned how to reduce stress.*

What advice do you have for a new graduate student in your program?

*My advice would be to stay organized and to find school/life balance. Stay organized with classes and homework and find a stress relieving hobby that you can do for 20-30 minutes a day.*

## **Career**

What do you see yourself doing in five or ten years?

*In five years, I would love to be a nursing research coordinator in a hospital setting, where I can do my own research and mentor new nurse researchers. Sometime in the future I would love to be nursing faculty to help mentor and influence our future nurses.*

How do you hope to make a difference?

*I would like to make a difference in a couple of ways. First, I hope to influence nurses to understand and implement evidenced-based practice and nursing research. Secondly, I hope to find ways to improve the psychological wellbeing and quality of life of informal caregivers of patients who have cancer.*