

ASU Research Faculty Expertise in Aging-Related Issues

Our research mission is a major focus. Diversity in expertise of our research faculty provides a broad foundation for our research objectives which include (1) the development of interdisciplinary scholarship teams that focus on collaborative science in health promotion in the aging population; (2) the development of resources to aid in the procurement of future funding for research targeting healthy aging; and 3) the integration and promotion of current research into healthy aging practice.

Janet Purath, PhD, ANP-BC

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Post Doctoral Fellow

ASU College of Nursing & Healthcare Innovation

Dr Purath is the ASUCONHI first post-doctoral scholar, and teaches at Washington State University. Her career goals are to be an outstanding geriatric researcher and to use science to help improve the lives of older adults. Her long term goal is to be a geriatric nurse scholar who improves geriatric nursing curricula so that it comes alive for students. Her goals for the John A. Hartford fellowship are to refine her research and methodological skills to be an independent nurse researcher and an active member of a collaborative team. Dr Purath is mentored by Drs. Colleen Keller, Nelma Shearer and Barbara Ainsworth.

- Expertise: Adult nurse practitioner, Health promotion, Health behavior change, Physical activity.
- Current research interests: Physical activity interventions for community-based older adults. Assessment of physical function in the primary care setting.
Physical activity with immigrant groups.
- Funded project: Evaluating the Use of Objective Fitness Measures to Increase Physical Activity in Community Dwelling-Older Adults.

Janet has been awarded a College of Nursing & Healthcare Innovation Hartford Center of Geriatric Nursing Excellence Doctoral Fellowship to support her post doctoral education.



Dr. Purath's Publications

- Purath, J., Buchholz, S., & Kark, D. (2009). Physical fitness assessment of community-dwelling older adults. *Journal of the American Academy Nurse Practitioners*. In press.
- Buchholz, S., & Purath, J. (2007). Physical activity and physical fitness counseling patterns of adult nurse practitioners. *Journal of the American Academy Nurse Practitioners*, 19, 86-92.
- Purath, J. (2006). Comparison of the traits of active and inactive women. *Journal of the American Academy Nurse Practitioners*, 18(5), 234-240.
- Purath, J. & Miller, A. (2006). Predictors of Improvement in Women's Physical Activity. *Women & Health*, 42(3), 57-75.
- Purath, J., Miller, A., McCabe, G., & Wilbur, J. (2004). A brief intervention to increase physical activity in sedentary working women. *Canadian Journal of Nursing Research*, 36(1), 76-91.