

Fall 2014

NURSING INNOVATION AND LEADERSHIP  
AT THE FRANCES PAYNE BOLTON SCHOOL OF NURSING

# foreFRONT



## The New Pioneers: Early Stage Investigators



FRANCES PAYNE BOLTON  
SCHOOL OF NURSING  
CASE WESTERN RESERVE  
UNIVERSITY

INSIDE:  
Phelps Gift Fosters  
Classroom-Clinic Connections  
Affirming Affordable Care  
Forces of Nature:  
How Nurses Will Change the World

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#### About *Forefront*

This publication is produced twice a year for the alumni and friends of the Frances Payne Bolton School of Nursing at Case Western Reserve University. The *Forefront* mission is to inform readers about the school's excellence in nursing science, education and practice and how it impacts daily lives.

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*Special thanks to Constantino's Market (p. 20) and Veale Convocation Center (p. 19)*

## dean's LETTER

### Dear Alumni and Friends:

A mother of a newly admitted nursing student asked me what her soon-to-be first-year student could expect from a Case Western Reserve University education.

I said, "Look at our track record."

Our alumni have led every major professional nursing organization in the country and many around the world. Our alumni are chief nursing officers of hospitals across America. At least 35 of our alumni have been or are currently deans of schools of nursing and countless others serve as faculty, educating the next generation of nurses. Many major curricular innovations in nursing—from the creation of the doctorate in nursing practice to our new perioperative requirement for undergraduates—started here.

Our faculty are in labs, the clinics, the hospitals and the community asking tough questions on how to improve lives across the entire lifespan. They are helping premature babies to thrive. They are combating obesity among Cleveland's youth. They are empowering caregiving grandmothers with new coping skills.

The mom looked at me and said, "You're telling me that Case Western Reserve produces nurse leaders. SOLD!"

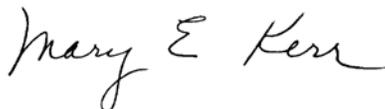
This issue is dedicated to the nurse leaders at the Frances Payne Bolton School of Nursing: the faculty, staff, students, alumni and friends who are shaping the future of health care. They can be found behind the microscopes, in the exam room, and the board rooms here and around the world.

In this issue, you will meet six of the new pioneers of nursing science: early investigators who conduct research at the basic science level, extending the more traditional, biobehavioral types of nursing research. The cover story, starting on page 12, highlights their work which ranges from examining sleep disorders, cancer-related fatigue and cystic fibrosis to behavioral change, aging with HIV and decision-making with avatars.

In "Affirming Affordable Care," on page 22, you will hear from six of the school's alumni and close friends on the frontline of health care. They discuss the impact of the Affordable Care Act on the organizations that they lead and the changing role of nursing in this brave new world.

As that role changes, Judith Shamian, the International Council of Nurses (ICN) president and FPB alumna, works to ensure that nurses have a voice in local, national and global leadership in health care policy. Alumna Charlene Phelps talks about her plans to help FPB to continue its legacy of leadership. Their profiles can be found on pages 36 and 10, respectively.

This is Case Western Reserve University. This is the Frances Payne Bolton School of Nursing. We are the home of nurse leaders.



Mary E. Kerr, PhD, RN, FAAN (GRS'91)  
Dean and the May L. Wykle Endowed Professor





#### FLIGHT PROGRAM DIRECTOR NAMED

Stephanie Steiner, MSN, RN, ACNP-C, CPNP-AC has been named director of the Dorothy Ebersbach Academic Center for Flight Nursing. Steiner joined the Frances Payne Bolton School of Nursing faculty as an instructor in the School of Nursing and director of the Flight Nursing Summer Camp.

She earned her MSN in the acute care nurse practitioner program with a post-master's certificate in flight nursing from Case Western Reserve, and also completed her pediatric acute care nurse practitioner at Ohio State University. She received her BSN from Walsh University.

"Stephanie's commitment to the flight nursing program is unquestionable," said Mary E. Kerr, PhD, RN, FAAN (GRS'91), dean of the Frances Payne Bolton School of Nursing. "With her dedication to the program and students, I know she will take the program to new heights."

The flight program serves as part of the MSN program's Adult-Gerontology Acute Care Nurse Practitioner Flight Nursing subspecialty. It is the first formal training program of its kind to prepare nurses at the advanced practice level to provide care to individuals outside of hospitals, but at hospital level of care.

## schoolNEWS



#### PHD STUDENT HELPS WITH ICN CONFERENCE

Ana Laura Solano López, PhD student, attended the International Council of Nurses (ICN) Conference in Geneva, Switzerland to support the members from the Latin American region. In this role, she met ICN board members, nursing association presidents, nursing regulators and government chief nurses as well as representatives of the World Bank and Pan American Health Organization. She also was introduced to Princess Muna al-Hussein, the mother of the current king of Jordan, and an advocate for nursing. "It was a thrill to hear the discussions about nursing issues in Latin America first hand," said Lopez.



#### BSN STUDENT NAMED TO BASKETBALL ALL-STARS

Case Western Reserve University senior guard Julie Mooney (NUR '14) was named to the *Jump25.com* 2014 All-Star Classic's roster, which was played last spring at Otterbein University. She concluded her Spartan career with All-University Athletic Association honors this winter. In the classroom, Mooney was a three-time UAA All-Academic honoree as a nursing major.



#### PSNA HOSTS FIRST SPEED MENTORING EVENT

The PhD Student Nurses Association (PSNA) brought faculty and PhD students together with its first PhD "Speed Mentoring" event. Students had the opportunity to connect with faculty one-on-one on topics from research, grants, and PhD candidacy to work/life balance. PSNA has the full support of faculty, and PhD students are encouraged to become involved at FPB.



#### PATIENT HAND-SANITIZER DEVICE PLACES THIRD IN DESIGN COMPETITION

Shanina Knighton, PhD student, and Legacy Fellow, took her research focusing on patient hand hygiene out of the clinical setting and onto the entrepreneurial stage—and her business concept has drawn plenty of notice.

This past April, Knighton received third place for her presentation "Germs-Be-Off," at the Galen-Brien

Holden Vision Competition, facilitated by Colin Drummond, PhD, MBA, associate professor at the School of Nursing. While open to all graduate students at Case Western Reserve, the competition is typically dominated by biomedical engineering teams, vying for a chance to win one of three monetary prizes.

Her business concept proposal included a patient-controlled hand sanitation dispenser that affixes to the hospital bed rail for patient use. This device is designed to remind patients at specified meal times and every two hours to clean their hands, as well as have others clean their hands when they come within a two-foot radius of the bed.

"Patients typically are not physically capable of using the dispensers on the walls or the sinks in their rooms," said Knighton. "Patients are recognized as a possible source of infection in health care. With patients being surrounded by surfaces at high-risk for contamination, it is important that they have something accessible to clean their hands."

This spring, Knighton was also chosen as one of the top 10 Ohio finalists for the *Black Enterprise* Elevator Pitch competition and she won the Next Generation of Care Award at the Faces of Care Gala, hosted by *Cleveland Magazine* and the Greater Cleveland Nurses Association.

#### HONORS & AWARDS

**Christopher J. Burant, PhD, MACTM**, assistant professor, was named a fellow for the Gerontological Society of America.

**Barbara J. Daly, PhD, RN, FAAN**, the Gertrude Perkins Oliva Professor in Oncology Nursing, was named the University Distinguished Professor by Case Western Reserve University. Dr. Daly is one of only 22 faculty members at the university to receive this honor and the first from the School of Nursing.

**Faye Gary, EdD, RN, FAAN**, the Medical Mutual of Ohio Kent W. Clapp Chair and professor of nursing, was honored with the Lifetime Achievement Award from Association of Black Nursing Faculty, Inc.

**Elizabeth Madigan, PhD, RN, FAAN**, associate dean for academic affairs and Independence Foundation Professor, received a \$70,000 grant from the Jonas Center for Nursing and Veterans Healthcare for the Nurse Leaders Scholars and Veterans Healthcare Scholars program for 2014-2016.

**Sonya D. Moore, MSN, CRNA**, director of the Nurse Anesthesia Program, was named CRNA of the Month in May by the Diversity in Nurse Anesthesia Mentorship Program. The MSN nurse anesthesia program at Frances Payne Bolton School of Nursing was named the Nurse Anesthesia Program of the Month.

## schoolNEWS

### HONORS & AWARDS

**Rebecca M. Patton, MSN, RN, CNOR, FAAN**, the Lucy Jo Atkinson Scholar in Perioperative Nursing, was honored with the 2014 American Nurses Association Distinguished Membership Award.

**Jane Suresky, DNP, RN, PMHCNS-BC**, assistant professor and director of the Family Systems Psychiatric Mental Health program, won the 2014 ISPN Education Award from the International Society of Psychiatric-Mental Health Nurses.

**Cindy Motley, RN, MSN, FNP-BC**, instructor in the School of Nursing, received the UCITE Nord Grant for her Dedicated Education Unit Project from The University Center for Innovation in Teaching and Education at Case Western Reserve University

**Gayle M. Petty, DNP, RN**, assistant professor, and **Evanne Juratovac, PhD, RN, GCNS-BC**, assistant professor, were named Faculty Scholars for the CWRU interprofessional Scholars Collaboration in Teaching and Learning (ISCTL) Program.



### NEXUS PARTNERSHIP WITH UNIVERSITY CENTER ON AGING AND HEALTH

Frances Payne Bolton School of Nursing is the first recipient of the John A. Hartford Foundation National Hartford Centers of Gerontological Nursing Excellence (NHGNE) and the Nursing Education Xchange (NEXus) grant. The University Center on Aging and Health will manage the relationship and facilitate faculty and student participation.

“Our selection for this prestigious program is a testament to the strength of our gerontology programs and doctoral education,” said Dean Mary Kerr, PhD, RN, FAAN. “This is an exciting next step, and provides potential for innovation in education and research in this area.”

NHCGNE’s mission is to enhance and sustain the capacity and competency of nurses to provide quality care to older adults through faculty development, advancing gerontological nursing science, facilitating adoption of best practices, fostering leadership, and designing and shaping policy. The NHGNE is a collaboration of centers of gerontological nursing excellence, including a Coordinating Center located at the Gerontological Society of America, Inc.

NEXus is a collaboration among participating programs in nursing for doctoral students enrolled at member colleges and universities. Students are able to take courses that may not be offered at their home institution, at a common price.

“This is an amazing opportunity to showcase our programs, as well as give students across the country greater access to doctoral education and faculty with expertise in gerontology,” said Diana Morris, PhD, RN, FAAN, FGSA, the Florence Cellar Associate Professor of Gerontological Nursing and executive director of the University Center on Aging and Health. “It’s also a chance for us to expand our network in doctoral education and gerontology research; and to learn from potential students—what they’ve seen and experienced in other academic settings.”

To learn more, visit [nursing.case.edu/Centers/UCAH/nexus.shtm](http://nursing.case.edu/Centers/UCAH/nexus.shtm)



### BSN STUDENTS CARE FOR AGING VETERAN POPULATION

Learning about everything from wound care and substance abuse to prosthetics and computer training for the blind, three senior undergraduate students spent their final semester caring for veterans at the Louis Stokes Cleveland VA Medical Center.

“The atmosphere at the VA is so different from any other hospital—there’s really a sense of community,” said Jessica Hively (NUR ’14), who participated in ROTC during her time at Case Western Reserve. She plans to enroll the MSN in Family Systems Psychiatric Mental Health Nursing this fall at the School of Nursing. “Some of the veterans just come there to hang out and talk to the patients—it’s really awesome to see.”

Unlike in other preceptorships, Hively, Kathryn Dzuricky (NUR ’14), and Emily Buckner (NUR ’14) had the chance to rotate in four different areas of the VA setting: Home-based primary care, blind rehabilitation, long-term care, and dementia. The students primarily worked with an older population.

Students don’t typically choose to do a geriatric rotation during their final semester, says Joan Koesterer, BSN, RN, MBA, instructor in the School of Nursing. “During their preceptorships, the students usually do 360 hours, one-on-one with a nurse in a pediatric or ICU-type setting,” she says. “But this year, we had three students interested in geriatrics.”

Dzuricky said she listed a geriatric preceptorship as her first choice. “I grew up in the caregiving role for an older family member. I’ve been surrounded by a caregiving environment and I really have been involved in the caregiving process,” she said. “I like this population, I like the interactions, and I like the way that the nurse plays a role for the elderly.”

After graduating from the MSN program, Hively will most likely work with a younger population of veterans, but hopes to someday work with older veterans again. “It will be interesting to see the differences between these guys—who served in World War II—compared to the soldiers coming back from Afghanistan.”

### NOTEABLE STUDENTS

**Angela Johnson**, an MSN student in the adult primary care track, and a MetroHealth SICU nurse, received an education scholarship from the American Association of Critical Care Nurses (AACN). DNP student **Kathryn Piccolo**, an MSN preceptor and Cleveland Clinic advanced practice nurse in cardiac surgery, also received an AACN scholarship.

**Bruce Kafer, RN, MSN, PhD** student in the School of Nursing, received the Minority Health Community Action Leadership Award from the Ohio Commission on Minority Health.

**Heather M. Rice, MSN, RN, PhD** student, received the Edie Moore Student Travel Scholarship to attend the 2014 Annual Meeting of the Society for Adolescent Health and Medicine (SAHM).

### FACULTY RETIREMENTS

Several School of Nursing faculty members retired in the past year: **Polly M. Mazanec, PhD, ACNP-BC, AOCN, FPCN**, assistant professor, **Patricia W. Underwood, PhD, RN, FAAN**, associate professor, and former associate dean for academic affairs; and **Katherine R. Jones, PhD, RN, FAAN**, the Sarah C. Hirsh Professor and director of the Sarah Cole Hirsh Institute.

## researchNEWS



#### FITZPATRICK INDUCTED INTO RESEARCHER HALL OF FAME

Sigma Theta Tau International, Honor Society of Nursing inducted Joyce Fitzpatrick, PhD, MBA, RN, FAAN, into its Nurse Researcher Hall of Fame. Fitzpatrick, the Elizabeth Brooks Ford Professor of Nursing, at the Frances Payne Bolton School of Nursing is a world renowned expert on health care delivery systems, and geriatric mental health issues, especially depression and suicide.

Fitzpatrick is the fifth nurse scientist from Case Western Reserve University to receive this designation from STTI. Others include Barbara Daly, PhD, RN, FAAN; Susan Ludington, PhD, CNM, FAAN; Shirley Moore, PhD, RN, FAAN, and May L. Wykle, PhD, RN, FAAN, FGSA.



#### WEBEL WINS AMERICAN HEART ASSOCIATION GRANT

While HIV is no longer a death sentence, due to treatment advances, HIV-infected adults now face a new challenge to their health—cardiovascular disease.

With the toxic effects of HIV medications and activation of the immune system, HIV-infected adults are developing cardiovascular disease earlier and more frequently than those not HIV-infected.

Allison Weibel, PhD, RN, assistant professor, hopes to provide evidence to prevent cardiovascular disease in this population with a two-year \$153,992 grant from the American Heart Association, "Improving Exercise, Fitness, and Cardio Metabolic Health in HIV-Infected Adults."

With SystemCHANGE-HIV, a program adapted to the unique medical and psychosocial needs of HIV-infected adults, Weibel wants to help redesign an individual's environment and routines to increase exercise—sustained for six months. The team, including partners from University Hospitals and MetroHealth, will study 100 participants for health outcomes including cholesterol levels, waist and hip ratios, weight, imaging the heart for pericardial fat, and a metabolic stress test.

"The long-term impact of this study will be to provoke a change in how we deliver HIV care in the United States," said Weibel. "It's exciting because the conversation is not, 'Let's talk about your HIV,' but, 'Let's talk about your life, and how to make you healthy, regardless of the condition you have.'"



#### C. DIFF EPIDEMIC HITS HOME, AND HOSPITALS

Without proper infection prevention in hospitals, and now homes, the *Clostridium difficile* (C. diff) bacteria poses a major health threat, cautions a Case Western Reserve University infection control researcher.

There is a change in the epidemiology of C. diff in that healthy people, and particularly pregnant women, are acquiring this infection, said Irena Kenneley, PhD, RN, APHRN-BC, CIC, an associate professor at the Frances Payne Bolton School of Nursing, a clinical nurse specialist in public health nursing, and an expert in infection prevention and control.

While mainly a concern in hospitals, cases of C. diff are on the rise in the community. The Centers for Disease Control and Prevention reports an increased number of infected people who have not been in health care settings or in contact with infected patients.

Kenneley's *American Journal of Nursing* article, "Clostridium difficile Infection Is on the Rise," focuses on evidence-based steps recommended by the CDC that clinicians and other health care workers can take to limit the transmission of bacteria in hospitals and other settings where someone shows symptoms of the infection.

Kenneley recommends washing hands before entering a room, any time the hands touch a new surface in the room, and when exiting. Soap is considered more effective than alcohol-based hand sanitizers or wipes that do not remove C. diff's hardy spores from the hands, she said. And similar precautions apply at home.

"The article delivers practical advice to nurses and nurse practitioners on infection prevention and control activities in any setting," Kenneley said.



#### NAYLOR TO GIVE KEYNOTE AT 21ST CELLAR CONFERENCE

Mary Naylor, PhD, RN, FAAN, the Marian S. Ware professor of gerontology, and director of New Courtland Center for Transitions & Health at the University of Pennsylvania School of Nursing will deliver the keynote address at the 21st Florence Cellar Conference on Aging.

Naylor's research focuses on improving the quality of care, decreasing unnecessary hospitalizations, and reducing health care costs for vulnerable community-based elders. The 2015 conference, scheduled for April 17th and titled "From Here to There and There to Here: Navigating Care Transitions across the Continuum," will focus on the problems and opportunities for older adults navigating the health care community. The Cellar Conference is sponsored by CWRU's University Center on Aging and Health, the Frances Payne Bolton School of Nursing and its Quality and Safety Education for Nurses (QSEN) Institute.

## researchNEWS

### ALUMNI ASSOCIATION SPRING RESEARCH AWARD WINNERS ANNOUNCED

Four graduate students received monetary research awards from the Alumni Association of the Frances Payne Bolton School of Nursing this spring, including **Patricia Beam**, DNP student; **Letitia Close**, PhD student; **Sarah Givens**, PhD student; and **Jacqueline Martz**, DNP student. The students were notified by Ruth O'Brien, PhD, RN, FAAN, the chair of the association's Research Committee.

"An FPB School of Nursing Alumni Association Research Award is a great honor for students and recent alumni to have on their resumés. It demonstrates to current and future employers both a strong commitment to evidence-based practice as well as leadership potential," says O'Brien. "Our spring 2014 award winners truly reflected these qualities."

The fall deadline for Research Awards is October 31. PhD, MSN, and DNP graduate students and recently graduated alumni—within 3 years of graduation—who are in clinical practice are eligible to submit an application to the Research Awards Committee. The applicant must be the Principal Investigator for the study/project.

Learn more: [fpb.case.edu/Alumni/research.shtm](http://fpb.case.edu/Alumni/research.shtm)



### VIDEOCONFERENCING CONNECTS DISTANT CARE PROVIDERS WITH LOVED ONES

Seven million of the estimated 65 million Americans who provide some type of care to an ill family member live at least one hour from the relative for whom they're caring. But, how do you get these "distance caregivers" in the room during examination and treatment discussions with clinicians, patients and local caregivers? To combat this problem, Sara L. Douglas, PhD, RN, associate professor, Frances Payne Bolton School of Nursing, recently directed a pilot project that allowed long-distance relatives to be part of that conversation through real-time videoconferencing.

Nursing school faculty conducted the study with seven families who had a relative diagnosed with an advanced form of cancer. The patients were treated at University Hospitals Seidman Cancer Center. The nurse prepped the out-of-town family member about the visit, and the important questions to ask. The out-of-town family member also had the opportunity to take a nurse-directed video tour of the treatment facilities.

On the exam day, the nurse connected the out-of-town family member with the on-site family by video conferencing that started in the waiting room. The conference continued as the group moved into the exam room, where all parties heard and saw the clinician interact with the patient in real time.

Although the pilot study only connected each group during one visit, Douglas said the reactions were positive. "The group traveled through the experience together," she said, "and the news wasn't always good. When families needed to talk among themselves, the video conference provided them the time together."

Douglas was surprised to find another benefit. The local, more hands-on, care provider reported feeling a sense of relief by having the out-of-town family member present to hear what the clinician and patient had to say.



### MANAGEMENT TIPS FOR OVERSTRESSED MOMS OF CHILDREN ON LIFE-SUSTAINING DEVICES

Many mothers with children on life-sustaining medical devices, such as ventilators and breathing or feeding tubes, suffer physical and psychological distress from the stress of juggling treatments, appointments, therapies and daily family pressures. But researchers from Frances Payne Bolton School of Nursing found that an intervention, called "Resourcefulness," teaches moms to better cope, while bolstering the mother's well-being and, in turn, benefitting the whole family.

Findings from the pilot study of 22 mothers, "Resourcefulness training intervention: A promising approach to improve mental health of mothers with technology-dependent children," was published in the *Journal of Applied Nursing Research*. This study was supported by the National Institutes of Health, the Clinical and Translational Collaborative at Case Western Reserve, and Dahms Clinical Research Unit. Funding was also provided by the Frances Payne Bolton School of Nursing.

Valerie Boebel Toly, PhD, RN, CPNP, assistant professor at the School of Nursing, directed the study with nursing school professors Carol Musil, PhD, RN, FAAN, the Marvin E. and Ruth Durr Denekas Professor of Nursing, and Jaclene Zauszniewski, PhD, RN-BC, FAAN, the Kate Hanna Harvey Professor in Community Health Nursing.

"Because of the physical and emotional demands of caring for their child, many mothers struggle with poor physical health and depression," Toly said. The researchers hoped to reduce their distress by focusing intervention training on two areas: social (help-seeking) and personal (self-help) resourcefulness skills.

"The study is important," Toly said, "because the children's medical conditions vary, as do a mother's needs -- no 'one-size-fits-all approach' will work. Mothers need a flexible program that matches their individual situations."

### \$1.6 MILLION NCI GRANT STUDIES CLINICAL TRIAL COMMUNICATION WITH ONCOLOGY PATIENTS

Barbara J. Daly, PhD, RN, FAAN, the Gertrude Perkins Oliva Professor in Oncology Nursing, along with School of Medicine faculty member, Neal J. Meropol, MD, received a \$1,620,000 grant from the National Cancer Institute, National Institutes of Health for the Case Comprehensive Cancer Center study, "Oncology Nurse IMPACT: Improving Communication with Patients about Clinical Trials."

The randomized clinical trial will study a web-based educational program to improve nurse communication with patients about clinical trial treatment options.

"This project will test a method of better engaging nurses in assisting patients in decisions about enrolling in a clinical trial, which may, in many cases, offer the greatest promise of improved treatment for cancer," she said.

Daly hopes the program may empower and prepare currently practicing nurses to discuss options with patients, as well as increase patient involvement.

"The project reflects the growing recognition of the important role that nurses can play in patient education and support," she said. "It is also always exciting to see the fruits of good interprofessional collaboration among nurses, physicians, and the professional nursing organization, the Oncology Nursing Society."

philan**THROPY**



## Phelps Gift Fosters Classroom-Clinic Connections

JESSICA ULLIAN

Charlene Phelps admits that she's not the most patient person. Faced with a problem, she wants to implement a solution ASAP. Given a challenge, she rises to the occasion. And when offered the choice between leading and following—well, there's really no choice at all.

"I started out teaching, and I loved it," recalls Phelps. "But when I observed nursing practice in hospitals, I saw that what the head nurse expected, the staff treated as a priority. The head nurse carried the candy and the stick, to effect change."

That interest in leadership steered her to the Frances Payne Bolton School of Nursing in 1963, when it was the only program in the country that offered a two-year master's program incorporating both clinical practice and research. It also led her to career spanning more than 30 years at University Hospitals Case Medical Center (UH), where she served in various positions, including director and administrator of nursing programs. She retired as a Senior Vice President in 2003. She has also served as personal confidant to the school's deans for decades and top cheerleader as chair of both its visiting and campaign committees.

### THE NEED FOR KNOWLEDGE

As an undergraduate student of nursing at the University of Connecticut, Phelps learned that, historically in the United States, nurses were the primary health care practitioners in almost every community. Well over 100 years ago, there were nurses who worked for counties, cities or home care organizations such as Visiting Nurse Associations. Nurses who worked in such positions held 'well baby clinics,' and visited patients and families quarantined because they had infectious diseases. Nurses also provided private duty nursing care to the sick in their homes. In late 19th century and early 20th century, people did not routinely go to hospitals for medical or nursing care. Nurses had the range of knowledge and experience to shape health care throughout the country from the ground up. "Nursing is the backbone of healthcare," Phelps says. "If for just one day, no nurse in this country could go to work, it would be a disaster."

Phelps entered FPB under the auspices of then-dean Rozella Schlotfeldt. Schlotfeldt strongly emphasized research and science in addition to clinical work. She was

adamant that nurses needed the full range of scientific and medical knowledge as doctors. They needed to keep up with the latest findings and developments throughout their careers, in order to deliver the best patient care.

It was an exciting time, Phelps recalls. But when she graduated, she was surprised to find that the role of the nurse in achieving patient outcomes was frequently diminished in hospital settings.

"Doctors don't write orders for nursing care—they write prescriptions for medical treatment," she notes. "But there was this culture of 'If the doctor didn't order it, you don't do it.' So I saw nurses trying to make judgments in patients' best interests, then being held back."

Determined to counter the practice and improve patient care, Phelps left an academic position at the University of Massachusetts for a head nurse position at Yale-New Haven Hospital. "At the time, the pace of academia was a bit too slow for me," she says. "I deeply appreciated the process and outcomes from research, but I wanted to see the research outcomes put into action, and see it done quickly."

But Schlotfeldt brought her back to academia with the promise of a position that addressed the problems that Phelps had perceived by integrating the academic curriculum with the clinical practice at University Hospitals. Schlotfeldt's program, known as the "Experiment in Nursing," merged hospital leadership with academic department chairs. The result was that the director of each nursing specialty at the hospital would chair the similar department at the school of nursing. Phelps was hired as an assistant director of medical surgical nursing and taught nursing students as well.

"The idea was that if the same people were responsible for the educations of students as well as the delivery of care in the hospital, the knowledge gap between education and practice could be bridged more readily," says Phelps. "Today there is still a clear need and place for a shared position between the school and hospital to encourage and ensure collaboration."

"Nursing is the backbone of healthcare. If for just one day, no nurse in this country could go to work, it would be a disaster."

### FOCUS ON THE FUTURE

Schlotfeldt's "Experiment in Nursing" ended when the hospital underwent a reorganization in the 1980s. Phelps hopes to bring back some of its

best components through a professorship jointly held by Case Western Reserve University and UH, which she plans to fund in part through her estate. She also hopes the professorship will recognize both institutions' unique ability to identify and prepare nurses who will shape health care in the next century.

For Phelps, this commitment isn't simply about supporting the school or the hospital. It's about giving the faculty and administration the resources to be forward-thinking, with a focus on academics and best practices to ensure the success of graduates for years to come. It's no coincidence, she says, that FPB alumni have served as presidents of all of nursing's major professional associations; they've been taught to advocate for the profession's continued advancement.

But obstacles do exist—Phelps is quick to point out that the nurse's role in national health policy is still often undervalued. In addition, education costs continue to climb. She believes that a school like FPB should be sustained to produce future nurse leaders. Phelps thinks another cultural change is in order, and she wants to make sure there's another up-and-coming impatient young nursing student who has the needed resources to affect change. It's part of the reason why Phelps also provides scholarship support through an endowment fund at the school.

"When I tell people why I give, I tell them how important it is to have nurses who are prepared to lead their communities in policy development and health care delivery," she says.

"And if we want that, it's extremely important to support schools that have consistently turned out those nurses over time." Phelps says. "And Frances Payne Bolton's forte has been preparing leaders." +

*Additional contributions to the Charlene Phelps Nursing Chair Fund can be given by contacting Vicki Stouffer, Associate Dean of Development and Alumni Affairs, Frances Payne Bolton School of Nursing, 216-368-6531 or Evelyn DiBello, Senior Development Officer, Clinical Funding, University Hospitals, 216-844-0429.*



# The New Pioneers: Early Stage Investigators

BY TAMAR NORDENBERG  
PHOTOS BY GARY YASAKI

**“The school’s new energy and trajectory in advancing nursing science has allowed me to pursue a research career path that innovatively combines computer and behavioral sciences ...”**

—Ronald Hickman, Jr. PhD, RN,  
Frances Payne Bolton School of Nursing  
assistant professor and nurse scientist

Today's nurse scientists are conducting studies in the lab, the clinic, the hospital, and the community—connecting the dots between scientific inquiry and the quality of patients' lives. Scientists like Hickman aren't just chasing cures, but also are bettering care. They conduct research at the basic science level, extending the more traditional, biobehavioral types of nursing research.

Given nurses' perspective on patients' health and well-being, nurse scientists like Hickman are well-situated to design research with the broad goal of helping patients attain longer, higher-quality lives, says Mary Kerr, PhD, RN, FAAN, dean of the Frances Payne Bolton School of

field. Besides looking at the components of illness—what's wrong, the pathology, the mechanism underlying therapies—we also view research in terms of factors such as social influences, psychological functioning and behaviors that affect health.”

Within this maturing field of nursing science, the School of Nursing continues to make its enduring mark, according to Afaf Meleis, PhD, RN, FAAN, the recently retired dean of the University of Pennsylvania School of Nursing, who is familiar with the FPB program as well as its dean. “With its fine history of innovations in educational programs and its many well-established pioneers in nursing research,

the Frances Payne Bolton School of Nursing is well-positioned, more than ever, to lead in responding to critical health care issues that are facing the world.”

Moore attributes the school's fervent anti-silo stance as another important factor keeping the school at the vanguard of research. “We're believers in team science,” she stresses. “We

wouldn't have the same richness in our research if we didn't interface with people across the scientific continuum at the school, across the Case Western Reserve campus and around the world.”

Hickman and several of the following up-and-coming School of Nursing scientists are building on the school's tradition of excellence and have set their sights on improving care through rigorous, collaborative investigation.

### MEET THE NEW EARLY INVESTIGATORS MAKING THEIR MARK

#### Chao-Pin Hsiao, PhD, RN

Former National Institute of Nursing Research fellow Chao-Pin Hsiao brings her ardor for both basic and clinical research to her new position as FPB assistant professor. The biobehavioral scientist's ongoing translational research examines mitochondrial dysfunction associated

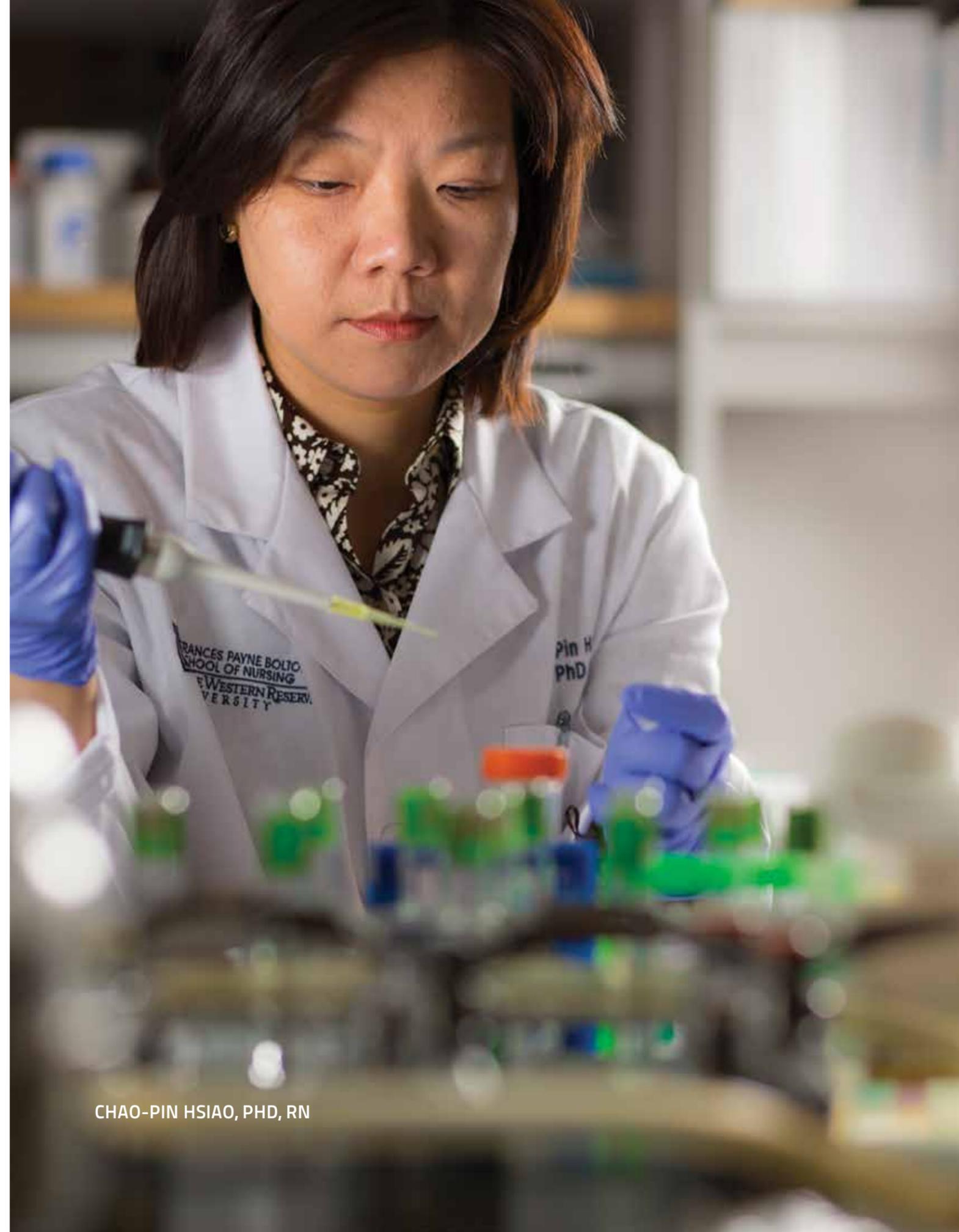
“My goal is to link my bench work focused on molecular-genetic mechanisms associated to symptoms with clinical meaning in improving patients' quality of life.”

Chao-Pin Hsiao, PhD, RN, assistant professor

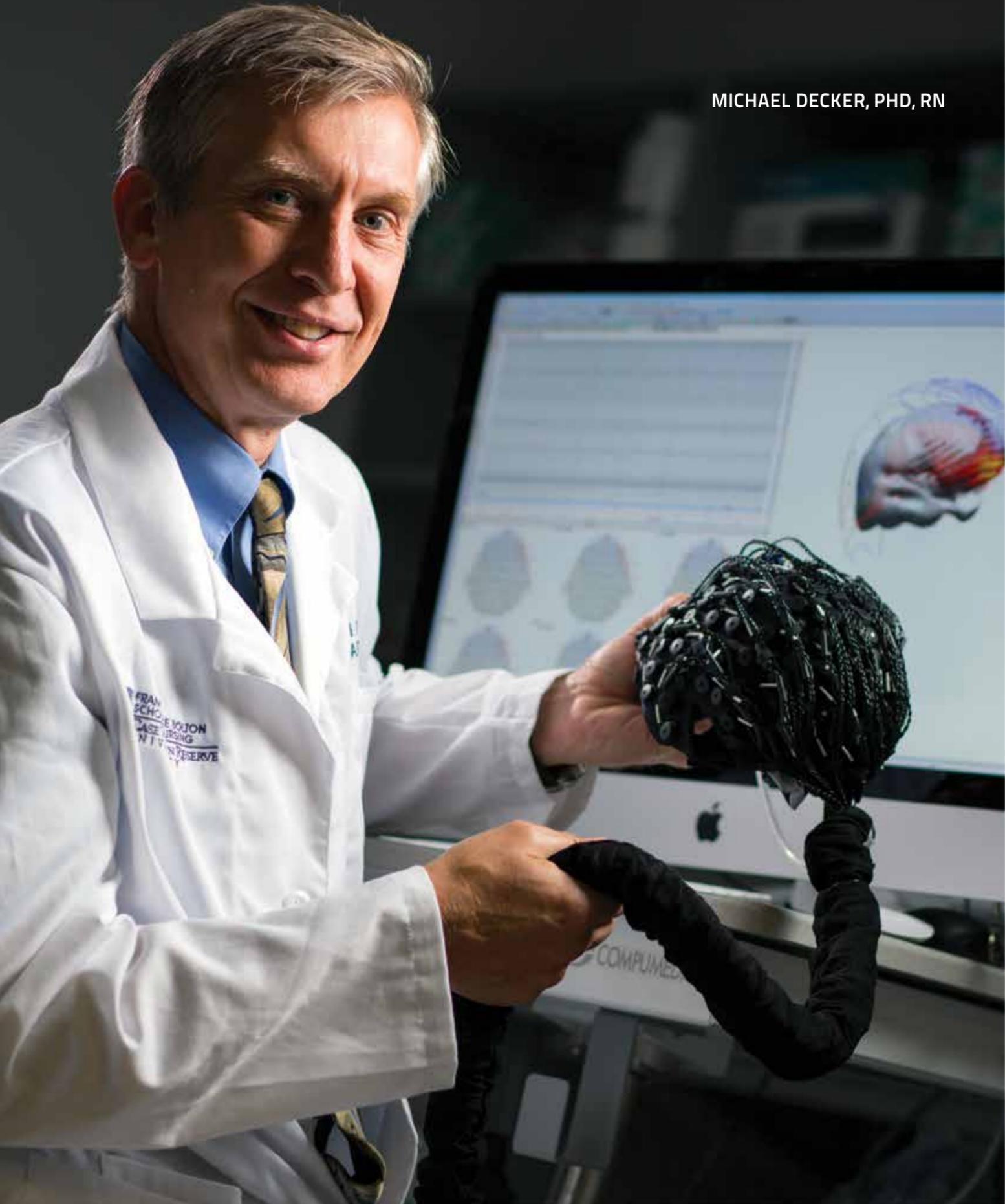
Nursing. “There's a lot of research focused on drugs that cure disease. But we as nurses are conducting research from a much broader perspective of the whole human being. As a practice discipline, we're very involved in looking at the scientific foundation for nursing practice.”

Since joining the School of Nursing in 2011 from her previous post as deputy director of the NIH's National Institute of Nursing Research, Kerr has been building on the school's established team of investigators to conduct and equip their students to carry out research across the entire continuum of human experience—from birth through pediatrics through adolescence through the end of life. The school's collective, multi-faceted perspective on research is breaking new ground—even helping to personalize care based on genetic and environmental factors.

The School of Nursing is part of an overall evolution in nursing science, explains Shirley Moore, PhD, RN, FAAN, the school's associate dean for research. “As nurse scientists, we carve out our unique piece to add to the



CHAO-PIN HSIAO, PHD, RN



**MICHAEL DECKER, PHD, RN**

with cancer-related fatigue in patients receiving radiation therapy. “My goal,” Hsiao summarizes, “is to link my bench work focused on molecular-genetic mechanisms associated to symptoms with clinical meaning in improving patients’ quality of life.”

*Spotlight on current research...*

**What molecular-genetic mechanisms related to mitochondrial function are at the root of fatigue felt by prostate cancer patients after radiation, and how can fatigue-fighting therapies be developed based on an understanding of culprit genes?**

Nurse scientist Hsiao is working to identify pathways and early biomarkers that will lead to novel targeted therapies for cancer-related fatigue. From her previous research identifying mitochondrial-related genes that seem to be involved with fatigue in prostate cancer patients treated with external beam radiation therapy, Hsiao has earned funding to delve deeper into these radiation-induced biological changes. She is looking at the depletion of adenosine triphosphate (ATP) as one possible contributor to fatigue in cancer patients. “The goal is to prove a mechanism first, and then develop an intervention based on this knowledge. If we prove there’s a mitochondrial bioenergetics mechanism that depletes ATP, for example, we may be able to design an intervention, such as nutritional or exercise intervention that improves mitochondrial function and increases energy production, and ultimately enhances patients’ quality of life.”

**Rebecca Darrah, PhD**

At a time when health care is quickly moving toward gene-based individualized care, board-certified geneticist Rebecca M. Darrah, PhD, brings her specialized genetics knowledge to the nursing school as an assistant professor. Her expertise not only adds a genetics component at all levels of FPB nursing education, but also allows doctoral students and nurse faculty alike to broaden their research

methods. Darrah—who holds master’s degrees from Case Western Reserve in genetic counseling as well as bioethics—says, “Many funding organizations want genetics and genomics approaches discussed in grant submissions, and one of my main goals is to mentor students to push their research to the cutting edge.”

*Spotlight on current research...*

**Which genetic factors in cystic fibrosis affect the condition’s severity and could represent targets for treating the disease?**

As part of a larger effort to identify genetic factors in cystic fibrosis (CF), Darrah is searching for genetic differences between patients with the most severe cases

“One of my main goals is to mentor students to push their research to the cutting edge.”

Rebecca Darrah, PhD, assistant professor

of CF and patients with the most mild ones. “Knowing these differences,” she explains, “might allow us to identify targets for interventions—if not to cure cystic fibrosis, then at least to improve symptoms so that everybody’s case is in the mild category.” From a genome-wide examination of some 600,000 variants, Darrah’s team has so far zeroed in on less than half a dozen genetic regions that seem to be conferring the largest effect on disease severity. Darrah hopes to have clinical trials in place within five years to study promising targets “to capitalize on naturally occurring genetic variations that can point the way to patient-specific therapies.”

**Michael Decker, PhD, RN**

A double alumnus of Case Western Reserve University—with a BSN from the nursing school and a PhD from the medical school’s department of anatomy, Decker recently returned to FPB as an associate professor. About his decision to return, Decker says, “I wanted to bring my

biomedical research training back to FPB to support the vision of fostering the next generation of nurse scientists.” Decker’s basic science research focuses on sleep-related disorders, including their etiology and associated complications. His clinical research examines the incidence and prevalence of sleep-related disorders and hypoxia associated with chronic illnesses such as chronic fatigue syndrome, diabetes, hypertension and stroke.

**Spotlight on current research...**

**When oxygen delivery to the brain is stifled during the months surrounding a child’s premature birth, how does this hypoxia—even in a mild form—lead to brain disorders such as attention deficit hyperactivity disorder (ADHD)?**

As part of this research, Decker’s team is trying to identify those neurochemical pathways that are most susceptible to hypoxia in the perinatal period (the period immediately before and after birth), and is looking for ways to protect at-risk fetal and newborn brains from hypoxia-caused damage.

Already, the nurse scientist has found, based on his experimental models, that short, subtle pauses in breathing and corresponding drops in blood oxygen levels lead to long-term changes in the brain’s dopamine neurotransmitter system. They are in turn associated with symptoms such as inattention, poor decision-making and daytime sleepiness. “Once we understood the brain dysfunction that elicited those symptoms, we were able to begin developing and assessing neuroprotective strategies and treatment options,” Decker sums up. Among the core questions his team still aims to answer: “Can you take a mother who’s at risk for having a premature baby and give her a treatment that protects the baby’s brain?”

**Ronald Hickman, Jr., PhD, RN**

His undergraduate degree in biological science from CWRU dovetails nicely, Ronald Hickman says, with his clinical interests when he pursued both his master’s and doctoral degrees from the School of Nursing. Today, Hickman capitalizes on his unique background in his roles as FPB assistant professor and acute care nurse practitioner with

University Hospital Case Medical Center. “The school’s new energy and trajectory in advancing nursing science has allowed me to pursue a research career path that innovatively combines computer and behavioral sciences to create novel decision support technology for patients and their family decision makers.”

**Spotlight on current research...**

**If a patient is too ill to make his or her own health care decisions, how can surrogate decision makers—often family members—be guided in making high-quality care decisions that line up with their loved ones’ preferences?**

Nurse scientist Hickman saw his own parents wrestle with making heart-rending medical choices on behalf of two of his grandparents in intensive care. “Watching my parents navigate the complexities of these decisions opened my eyes to an important unmet need,” says Hickman. His “decision support” research will enhance the quality of the family decision-makers’ experience while improving the health care of patients themselves. A primary aspect of the research is the development of “avatars” that act as virtual coaches to guide people through decisions, the emotional strain of which often leads to anxiety and depression.

In less than an hour, the avatars acting as health professionals walk people through customized health scenarios—teaching family decision-makers in a non-threatening environment how to become effective health advocates. “My team is working to help family decision makers get vetted, reliable information in the palms of their hands when needed most to support them when making difficult health care decisions,” says Hickman. His ongoing randomized controlled trial is comparing the newly developed decision support intervention with more traditional options such as informative videos, which is supported by a grant from the National Institute of Nursing Research.

**Allison Webel, PhD, RN**

Potent antiretroviral therapies are achieving remarkable health improvements in people with HIV. Still, those with the chronic disease are wrestling with daunting challenges



ALLISON WEBEL, PHD, RN



MATTHEW PLOW, PHD

to their quality of life, including stigma, says FPB assistant professor Allison Webel, who is determined to improve health and wellness in those with HIV and other chronic illnesses. In particular, the nurse scientist is committed to empowering people to take “self-management” steps to enhance their own health and quality of life.

**Spotlight on current research...**

**For those with HIV, how do demographic factors such as age affect feelings of stress and isolation?**

In a first-of-its-kind study in a diverse population of patients with HIV, Webel and her research team recently found that younger patients suffered more from stress and social isolation than older ones. In the study published in the journal *AIDS Care*, Webel specifies that study participants under age 50 felt more disconnected from family and friends and experienced more stigma than their older counterparts. “Younger adults living with HIV face a tremendous amount of stress and isolation that must be addressed in order for them to live as well as possible,” says Webel, who hopes that her findings will encourage clinicians to connect their patients—especially the younger ones—with support resources.

Curbing stigma is an all-important factor in decreasing HIV patients’ negative perceptions such as feelings of detachment, says Webel, who has won American Heart Association funding (see page 6) to continue her HIV research. Next, the nurse investigator is looking at exercise and other steps that those with HIV can take themselves to improve their health. In particular, Webel wants to build on her recent study’s conclusions by clarifying how a self-management strategy, including exercise, affects perceived stress, and how age may play a role in the strategy’s effectiveness.

**Matthew Plow, PhD**

New FPB assistant professor Plow applies his background in rehabilitation science to his research on physical activity and self-management strategies. Plow is examining health promotion and behavior change for people with chronic

disabling conditions. What attracted him to FPB? “The focus on, and support for, multidisciplinary research was a big draw. Not only am I given protected time to conduct my research, but there is a support structure here that recognizes that new investigators need mentorship.”

**Spotlight on current research...**

**Does the behavioral approach called SystemCHANGE™, which focuses on thoughtfully redesigning the social environment, lead to weight loss and improved health and functioning in stroke survivors?**

Stroke survivors who are overweight or obese have multiple risk factors for cardiovascular disease and a secondary stroke. Still, few researchers have looked at the impact of comprehensive lifestyle behavior interventions for weight loss in stroke survivors. Plow is examining

“There is a support structure here that recognizes that new investigators need mentorship.”  
Matthew Plow, PhD, assistant professor

the SystemCHANGE™ behavior modification approach to see whether it helps stroke survivors in the study lose body weight, and in turn boost health and function. In the SystemCHANGE™ approach, developed by FPB’s Dr. Shirley Moore, people are taught a set of skills to support their incorporation of healthy lifestyle habits into their daily lives despite wavering motivation and willpower.

In another ongoing study, Plow is conducting a randomized controlled trial in 225 people with multiple sclerosis (MS) to determine whether a health behavior change intervention delivered entirely over the phone is effective in improving physical activity levels and reducing fatigue impact. Such distance-learning interventions have the potential to be widely-disseminated and reach people with MS who may not have access to rehabilitation services. +



## Affirming Affordable Care:

Top nursing leaders across the country reflect on the changing health care landscape and the future of nursing

BY LISA CHIU

While changes resulting from the Affordable Care Act (ACA) have dramatically affected the nation's health care landscape, top nurse leaders see promising opportunities for dedicated practitioners. *Forefront* asked six top nurse executives— alumni and friends of Frances Payne Bolton School of Nursing— to share their perspectives on the changing role of nursing in the hospitals and health care organizations they lead.



**Linda Burnes Bolton, DrPH, RN, FAAN** (far left)  
Vice President, Nursing & Chief Nursing Officer  
Cedars-Sinai, Los Angeles  
CWRU Trustee and  
Honorary FPB Alumna



**Diane Stringer, RN, MSN** (NUR'76)  
President &  
Chief Executive Officer  
Care Dimensions  
(formerly Hospice of the  
North Shore and Greater Boston)

### CHALLENGES AND CHANGES

"The ACA was aimed at improving access to care for people who otherwise wouldn't have it," says **Linda Burnes Bolton, DrPH, RN, FAAN**, the vice president for nursing, chief nursing officer and director of nursing research at Cedars-Sinai Health System in Los Angeles.

Burnes Bolton served as vice chair of the Initiative on the Future of Nursing, a joint effort of the Robert Wood Johnson Foundation and the Institute of Medicine that examined the impact of the ACA on nursing.

"The recommendations that came through the study went beyond providing access to care, but also included recommendations to improve the quality of care delivered, and to ensure that best practices in care are followed," explains Burnes Bolton, a Case Western Reserve University Trustee, honorary alumna of the School of Nursing and member of its visiting committee.

"At Cedars-Sinai, we aren't just improving access but providing value proposition," she says. "We're trying to achieve the triple aim: developing safe, effective, evidence-

based person-centered care; engaging consumers of health care services while creating programs that exceed their expectations; and decreasing cost by eliminating underuse and overuse of services."

For **Diane Stringer, RN, MSN**, president and chief executive officer of Care Dimensions in Danvers, Mass., access is not the primary challenge. She leads a hospice organization that provides end-of-life care for more than 5,000 patients annually.

"Most Massachusetts residents have health insurance coverage, so we were ahead of the curve already," says Stringer (NUR '76). "The question for us is how do we manage costs? We're looking for the right care, in the right place, and at the right time."

At Care Dimensions, nurses help patients understand their treatment options and know what to anticipate, while also educating and coaching family members on how to care for their loved ones at home.

"We need to provide care that is person- and family-centered, as well as culturally respectful," Stringer says.

**Linda Q. Everett, PhD, RN, NEA-BC, FAAN (NUR'85)**  
Executive Vice President & Chief Nurse Executive, Indiana University Health  
Former President of AONE (American Organization of Nurse Executives)



**Margaret M. Calarco, PhD, RN (NUR'82)**  
Senior Associate Director and Chief of Nursing Services  
University of Michigan Health System



**Carol Porter, DNP, RN, FAAN (NUR'09) (far left)**  
Chief Nursing Officer / Senior Vice President  
Mount Sinai Hospital

**Kathleen Gallo, PhD, MBA, RN, FAAN**  
Senior Vice President & Chief Learning Officer  
North Shore-LIJ Health System  
FPB associate adjunct professor



### FRONTLINES OF CARE

Nurses serve an important role in providing accountable care at all levels, explains **Linda Q. Everett, PhD, RN, NEA-BC, FAAN (NUR'85)**, executive vice president and chief nurse executive at Indiana University Health.

“Nurses have the most impact with point-of-care delivery, whether it’s in the hospital or in a home. The direct care nurse is the patient’s advocate. Everything I do in my role focuses on the patient and their family’s needs. I only think that is going to be stronger in this environment.”

“Nurses are the main workforce that delivers health care in this country. They can only provide the best care possible and the best outcomes by having the best tools, and the best evidence-based care,” Everett says.

To prepare large organizations for sweeping changes, some nurse leaders turned to proven management strategies. At the University of Michigan Health System, **Margaret M. Calarco, PhD, RN**, senior associate director and chief of nursing services, describes how her organization used the “Whole-Scale™ Change” methodology to examine its practice, which includes 5,000 nurses.

“We brought several hundred nurses together with

faculty, students, patients and families, pharmacists and physicians,” says Calarco (NUR'82). “We looked at our practice and how we wanted to change it.” The process included analyzing satisfaction surveys and quality data, but also listening to live feedback from patients and their families.

“The idea is to help whole populations take care of themselves in the most efficient and effective way,” she says. “This is the most opportune time for nursing, to really rise up and be clear about what nursing science offers with its focus on wellness and patient care, impacting the health of populations and the community.”

### TEAM APPROACH AND LEADERSHIP

Many new regulations focus on collaboration across health care disciplines, which nurse leaders view positively.

“The advantage for nursing, at least on the in-patient side, is that nurses are with the patients at the bedside,” says **Carol Porter, DNP, RN, FAAN**, chief nursing officer and senior vice president at Mount Sinai Hospital in New York.

Porter embraces the importance of collaboration, inclusivity and leadership. “At Mount Sinai, I am involved in many quality initiatives. We try to have all stakeholders involved. It’s not

top-down, it’s really bedside up—and it doesn’t stop at nursing,” she says. “When we celebrate success, we recognize everyone: housekeepers and food service, physicians and nurses, everyone who addresses the patient. We need the entire care team. It’s all about teamwork.”

Burnes Bolton says there are several different programs at Cedars Sinai where nurses are co-leading health care teams that include doctors, pharmacists, dietitians, therapists, along with the patients. They have been able to reduce hospital readmissions in elderly patients through focused efforts such as making sure patients understand medication and discharge instructions.

Calarco notes that nurses play a critical role in helping patients navigate what is often a fragmented health care experience. “We have to increase and enhance our coordination of care from one health venue to another. This is a big area of opportunity for nurses across the country,” she says.

### EDUCATION AND EMPOWERMENT

Providing affordable, accessible and high quality care for everyone requires coordination that does not come easily.

“As far as education goes, we grew up in silos,” says **Kathleen Gallo, PhD, MBA, RN, FAAN**, senior vice president and chief learning officer at the North Shore-LIJ Health System in New York. “Everyone went to different schools—I went to nursing school, physicians went to medical school—and we all showed up at work one day and were expected to know how to work together.”

Gallo, an FPB associate adjunct professor, who has encouraged more than 60 North Shore nurses to earn their doctorate of nursing practice (DNP) at FPB, believes that nursing programs can prepare their students by developing collaborative programs with other health care disciplines. “Some universities can do that—like Case Western Reserve, with a nursing school and a medical school—where you can have health care students learning together where it’s appropriate.”

Many nursing schools are reexamining their programs and collaborating with nearby health systems. At the University of Michigan, Calarco worked with the nursing school dean to redesign its undergraduate nursing clinical experience.

Everett, former president of the American Organization

of Nurse Executives, worked with the American Association of Critical Care Nurses and co-chaired the Academic Partnerships Steering Committee. This experience informed work at Indiana University Health and the Indiana University School of Nursing.

All six of these leaders encourage nurses to pursue advanced degrees. “Nurses today are leaders and coordinators of patient care. Nurses working with their physician partners need a higher level of education today,” Porter says. “They need to know how to read and interpret data. They have to know how to get things done. They need to design and lead quality and safety initiatives and have the ability to lead people.”

Porter earned a DNP from the Frances Payne Bolton School of Nursing in 2009. The program allowed her to work full time as the chief nursing officer while working on her degree. “It’s a great doctorate that addresses clinical operations and leadership,” she says. Today, 60 percent of senior nursing leadership have doctorates of which 80 percent are DNPs.

“Schools of nursing, like Case Western Reserve, are doing their part by preparing a workforce that will be able to serve as primary care providers, especially at the master’s and doctoral level,” Frances Bolton says. “They will impact

not just in Northeast Ohio but the world, as they graduate and move on in their careers.”

**THE FUTURE OF NURSING**

Nursing leaders agree that today’s nursing students need to be prepared for change.

Calarco reflects on how nursing has changed in the past 40 years. “We see patients with many more conditions and who are more acutely ill than we saw 40 years ago,” she says. “Patients that we cared for in ICUs, we now see them in their homes. Nurses use a multitude of interventions and technologies to advocate for the patient and family.”

Stringer recalls her undergraduate experience at FPB. In the ‘70s, BSN students took one semester of community health, where Stringer saw the role nurses play in health education and health promotion.

“The hospice movement then was just getting started,” Stringer says. “Now it’s an industry. With that dramatic growth, there are more opportunities.” Stringer hopes today’s nursing students get more exposure to clinical settings and other care settings.

“Nurses can take a leading role in facilitating collaborative efforts among all health care systems to reform the delivery of health care,” Gallo says. “It offers a tremendous opportunity for advanced practice nurses. It requires nurse leaders to become politically active to facilitate the change in regulations around nurse practice acts, which differ across the states.”

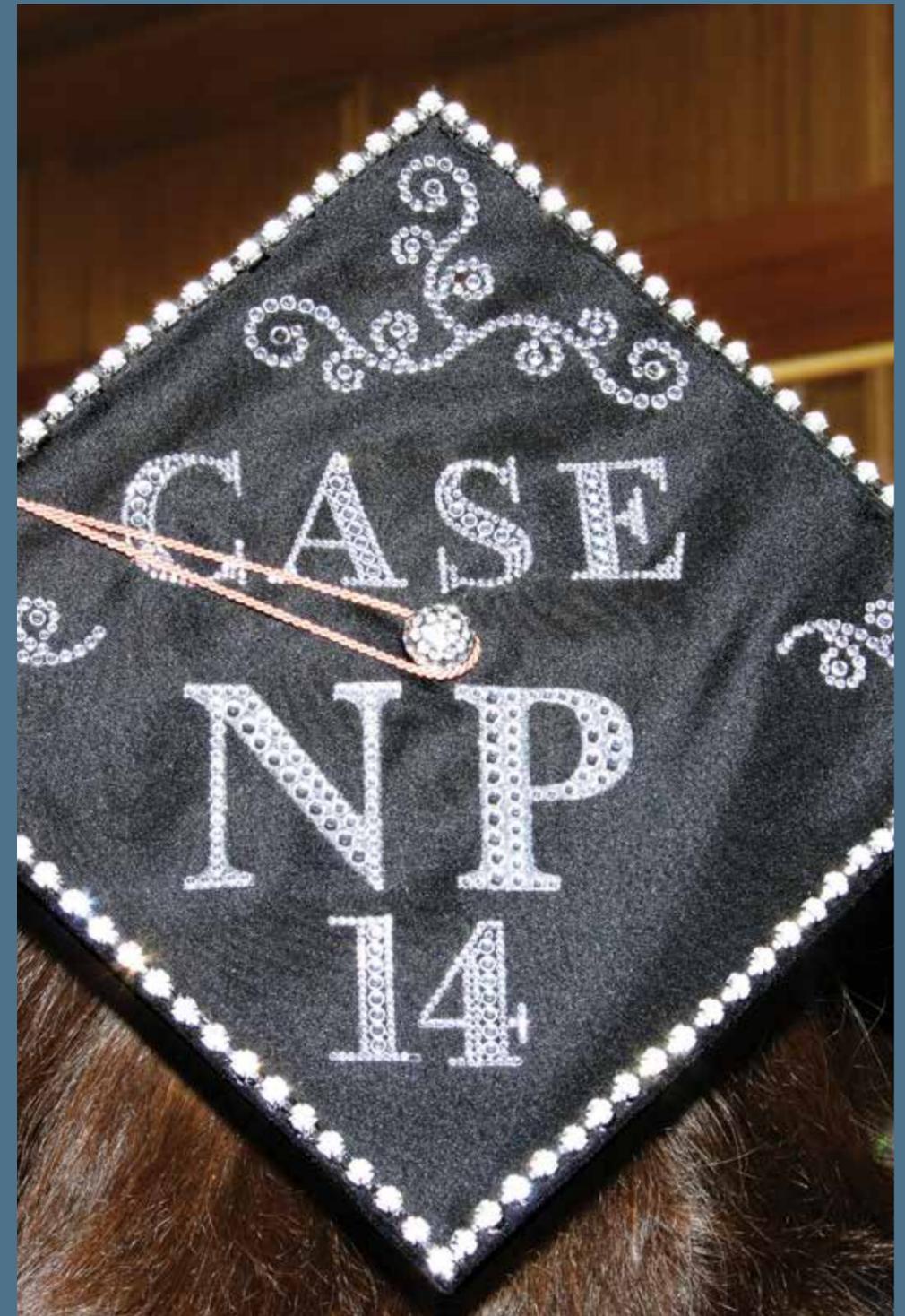
In the midst of changing health care settings and an evolving health care system, these top nurse leaders note that one thing remains constant.

“The most important thing to do at all levels is to focus on quality patient care,” Porter says. “No matter what goes on, the end result is to provide excellent, high quality and safe care with good outcomes.”

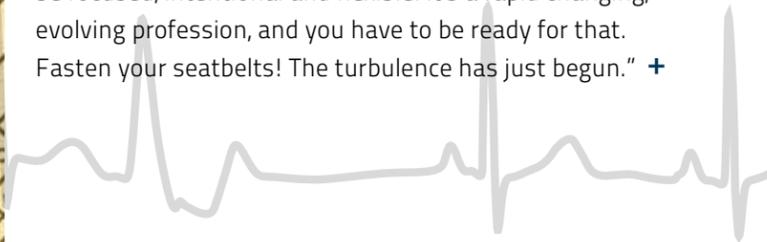
“Things are constantly changing in the industry, more so now than ever given the technology that we have,” Everett says. “It’s going to be a fast ride. Nurses need to be focused, intentional and flexible. It’s a rapid changing, evolving profession, and you have to be ready for that. Fasten your seatbelts! The turbulence has just begun.” +

**TIP YOUR HAT**

Congrats to all of the Frances Payne Bolton School of Nursing graduates who earned their diplomas this past May.



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# Nursing as a Family Affair

By Susan Griffith



Sue Collier with daughter Katie and son Steven.

Sue Collier, who has been a nurse for 37 years, was among the 200 graduates on Commencement Weekend, as she received her Doctor of Nursing Practice (DNP) degree during the Frances Payne Bolton School of Nursing diploma ceremony.

But she wasn't the only School of Nursing graduate from her immediate family this past academic year.

Her daughter, Katherine Collier, a nurse for five years, graduated from Case Western Reserve University with her Masters of Science in Nursing (MSN) last December.

Sue, who is now vice president and chief of nursing officer at Cleveland Clinic's Hillcrest Hospital, has spent 20 years in leadership roles in the nursing profession.

Sue earned her nursing diploma from the former Huron Road Hospital School of Nursing, a Bachelor of Science in Nursing (BSN) from Cleveland State and a MSN from Ursuline College.

"I've stayed with the profession because of the opportunity to connect with people," Sue said. "I love to support and motivate people to achieve the team goals." She wanted to learn more and sought the DNP's leadership sequence. With weeklong and weekend intensive courses, the DNP program is geared for graduate students, working full-time who don't want interrupt their careers to earn a doctorate.

Sue admits it was hard, but her DNP cohort—the classmates with whom she started her studies—encouraged each other to tough it out and stick together to make it to graduation.

The route daughter Katie took to earn her FPB degree was just as challenging but not as direct. After graduating with a Bachelor of Arts in history from Kent State University, she worked in the Hillcrest's nurses staffing office.

"I was surrounded by nurses all day, and I wanted to see what they actually did," Katie said. Although she heard inspiring stories as a child about nursing, she shadowed the intensive care unit nurses at Cleveland Clinic's South Pointe Hospital. She was hooked on the profession and earned her BSN at Cleveland State University.

After three years as an intensive care unit nurse at Cleveland Clinic, she enrolled in the MSN program in nurse anesthesia at FPB. After graduation, she returned to the Clinic as a nurse anesthetist.

While at work, Katie may see another family-member: her brother and soon-to-be-FPB-alumnus, Steven, a 35-year-old DNP student. He currently is a nurse practitioner in the Clinic's Neurological Institute.

With all these nurses in the family, mother Sue is reminded of the words that her mentor Joyce Fitzpatrick, the Elizabeth Brooks Ford Professor of Nursing shared: Regardless of age, you can make a difference in the profession.

The Collier trio plan to do just that. +



(1) MSN students head into the University Circle United Methodist Church May 18 for the FPB Diploma Ceremony. (2) Students gave Marilyn Lotas, PhD, RN, FAAN, associate professor, gifts and a round of applause at the May Pinning Ceremony. Lotas stepped down as BSN program director this summer. (3) Smiles and hugs at the May pinning ceremony, (4) and the May Diploma Ceremony. (5) Students get ready to head into the sanctuary of the Pentecostal Church of Christ for pinning.

## classNOTES

### 1940s

The classmates of **Diana Lewis Kaufman (NUR '49)** report that her husband, Herbert Kaufman, passed and express their heartfelt condolences to her.

### 1960s

The classmates of **Barbara G. Dean (NUR '62)** wish to express their condolences to her over the passing of her husband, Charles F. Dean.

**May L. Hinton Wykle (NUR '62, '69; GRS '81)** received the Lifetime Achievement Award from Crain's Cleveland Business.

**Barbara L. Nichols (NUR '66)** was named project coordinator for the Wisconsin Action Coalition to help diversify the state's nursing workforce. She also is a visiting associate professor at the University of Wisconsin-Milwaukee College of Nursing and was the first African-American president of the American Nurses Association.



### 1970s

**Betsy Schenk (NUR '74)** retired as pastor of Girard First United Methodist Church in Ohio.

**Judith L. Beeler (NUR '74)** received the Lifetime of Care Award at the 2014 *Cleveland Magazine* Faces of Care Gala. She worked as a clinical instructor at the Frances Payne Bolton School of Nursing for the past 40 years. In tandem with her clinical instructor position, she served as

staff development coordinator for University Hospitals Case Medical Center, until her recent retirement.

**Karin Dufault (NUR '76, GRS '81)**, congregational leader of the Sisters of Providence religious community, delivered the 2014 commencement address at Saint Martin's University. Sister Karin also received an honorary degree in humane letters from the university.

**Debbie Krueger (NUR '79)** is now the Magnet Program Director at St. Vincent Health System in Little Rock, Ark. She previously worked at Baptist Medical in Winston-Salem, N.C.

### 1980s

**Coy L. Smith (NUR '83, '86)** joined the Philadelphia Veteran's Administration Medical Center as associate director of patient care and nurse executive, after five years as the Chief Nursing Officer for Catholic Health East-Trinity's Saint Francis Hospital.

**Linda Everett (NUR '85)** was named a Sagamore of the Wabash by the state of Indiana. She also received the Nursing Excellence and Achievement Award by the Philippine Nurses Association of Indiana.

**Laura Dzurec (GRS '86)** was named dean of the Widener University School of Nursing. Dzurec served as dean of the College of Nursing at Kent State University from 2006 to 2013. She was also named a 2014 National League for Nursing (NLN) Academy of Nursing Education fellow.



**Cheri Dodson**

**Reece (NUR '87)**, nursing faculty at Darton State College, was named a Worldwide Branding Professional of the Year in Nursing Education. Reece also received this honor in 2013 and 2010.



### 1990s

**Susanne Quallich (NUR '94, '96)** was selected as a 2014 fellow by the Fellows of the American Association of Nurse Practitioners (FAANP) for contributions to education and clinical practice. She is completing her PhD at the University of Michigan School of Nursing, with a project related to her expertise in men's sexual & reproductive health. She is also a peer reviewer for several journals due to her unique clinical focus.



**Catherine W. Kowalski (NUR '95)** was featured in Becker's ASC Review as one of "9 ASC Industry Leaders to Know: Women in the C-Suite." She is currently COO and executive vice president of Meridian Surgical Partners. During her career, she has also been vice president of MedCenter Management Services, manager of Ohio Orthopedic Institute and a cardiothoracic surgery staff nurse.

**Cheryl L. Strother (NUR '95)** was inducted into the Trumbull County African-American Achievers Hall of Fame in Ohio. She has been director

of nursing at the Warren Health Department since 2008. Prior to that, she was employed as a public-health nurse with the department.

**Betty Partin (NUR '97)** was one of 40 outstanding alumni recognized by the University of Louisville's nursing school as part of its 40th anniversary celebration.



**Kathryn Detjens (NUR MSN '99)**

joined the University of South Alabama's department of obstetrics and gynecology to serve as a nurse midwife. She'll work exclusively at USA Children's and Women's Hospital's evaluation center and at the hospital's labor and delivery service. Previously, Detjens served as an advanced registered nurse practitioner at Sacred Heart Health Systems in Pensacola, Fla.



### 2000s

**Beverly A. Bokovitz (NUR '00)** has been promoted to Office of the President at St. Anthony's Medical Center in St. Louis. Bokovitz, who joined St. Anthony's in January, will continue to serve as Chief Nursing Officer.

**Lisa D. Kaloczi (NUR '00)** returned to University Hospitals Case Medical Center as a nurse practitioner at the MacDonald



### BERKOWITZ TO HEAD AAN

**Bobbie Berkowitz (GRS '90)**, was voted president-elect of the American Academy of Nursing (AAN). She will assist the 2,000-member AAN in shaping policy in the health care arena, addressing the direct and the indirect factors contributing to the health care of communities, and helping promote nurses in leadership positions at the national level. Berkowitz, who received her PhD from FPB, is the dean of the Columbia University School of Nursing.

Women's Hospital. She is working to promote evidence-based practice through nursing development projects, research and policy and guideline management. Kaloczi also sits on system-wide councils and committees to promote evidence-based practice and research.

**Yafen Wang (NUR '00, GRS '13)** received a Certificate of Honorable Mention for the Excellence in Advancing Nursing Science Award from the American Association of Colleges of Nursing for the dissertation, "Associations among Academic Stress, Dispositional Optimism, and Resourcefulness in Fifth and Sixth Graders in Taiwan."

**Anne Cockerham (NUR '01)** was named associate dean of midwifery and women's health at Frontier Nursing University. She has served on the faculty at the university for four years and was recently appointed a professor of history.



**Angela Christine Valdez (NUR '01)** graduated with her Master of Science in Nursing (MSN) as a family nurse practitioner at California State University, Dominguez Hills. She also completed a post-graduate certificate program in Advance Practice Palliative Care Nursing from University of Colorado at Denver.

**Tanya Bailey (NUR '02)** was inducted as a fellow of the American College of Nurse-Midwives. A practicing certified nurse-midwife since 2002, she currently works with Wendover Ob-Gyn & Infertility in a full-scope setting that includes first assist, limited ultrasound, infertility, and water birth. She is the first midwife president of the Guilford County Coalition on Infant Mortality.

**Megan DiGiorgio (NUR '03, '06)** hosted a webinar through Infection Control Today called: "Evaluating Resources Critically: How to Become an Effective Consumer of Research." She has worked in



## classNOTES

infection prevention for 10 years, spending the last eight years at the Cleveland Clinic.

**Sandra Baker (NUR '07)** was named a 2014 NLN Academy of Nursing Education fellow.

**Julie Stewart (NUR '08)** was a keynote speaker for "Transforming Practice in Primary Health Care: A New Direction," conference hosted by the Institute of Technology Tralee, Tralee, Co. Kerry, Ireland in partnership with the Health Services Executive. She is an assistant professor and director of the Family Nurse Practitioner program, and interim director of the DNP program at Sacred Heart University.

**Pat Sharpnack (NUR '09)**, a new fellow of NLN Academy of Nursing Education, was named dean of Ursuline College.



She also was recently appointed to the Ohio Board of Nursing.

### 2010s

**Darina Petrovsky (NUR '11)** was named a 2014-2016 Patricia G. Archbold Hartford Predoctoral Scholar with the National



Hartford Centers of Gerontological Nursing Excellence. She is a PhD student at the University of Pennsylvania and lives in Jackson, N.J. with her husband.

**Larry Rosenquist (NUR '12)**

associate professor of nursing at the University of Charleston, will lead the new associate degree in nursing program at University of California, Berkley. Previously, he served as assistant professor at Longwood University in Farmville, Va.



### TELL US ABOUT IT

Have you recently married, changed careers, received an award, had a baby or have other news to share? Tell us your story at [nursing.case.edu/classnotes](http://nursing.case.edu/classnotes) or send notes to [fpbmarketing@case.edu](mailto:fpbmarketing@case.edu) or to *ForeFront*, Frances Payne Bolton School of Nursing, Case Western Reserve University, 10900 Euclid Ave., Cleveland, OH 44106-4904.



### AACN HONORS TWO FPB ALUMNI

Carrie Lenburg (NUR '58, '60) and Reynaldo R. Rivera (NUR '10) were honored by the American Association of Critical-Care Nurses (AACN), during its 2014 National Teaching Institute & Critical Care Exposition (NTI).

Lenburg received the GE-AACN Healthcare Pioneering Spirit Award. She advises nurse administrators, educators and other healthcare professionals in the United States and abroad on developing innovative outcomes and competency-based education programs through her Tennessee-based consulting firm, Creative Learning & Assessment Systems (CLAS).

Rivera received the AACN's Flame of Excellence Award. Since 2006, Rivera has worked at hospitals within the New York-Presbyterian Hospital System. As corporate director of professional nursing practice innovations, he oversees the implementation of evidence-based initiatives that improves nursing practice and patient outcomes. He also established the hospital's graduate nurse residency program.

## events&CELEBRATIONS

### CELEBRATING NURSING WEEK

Students and alumni helped FPB celebrate Nurses Week, May 6-12, 2014 with a photo contest, showcasing the joy of nursing. The week culminated with guest speaker, Cathy Koppelman, RN, MSN, University Hospitals Chief Nursing Officer and Patient Experience Officer.



(1) Cathy Koppelman spoke to faculty, staff and students on "Health Care Reform and Nursing Education Reform—Match it up!"

#### Among Nursing Week photo contest winners:

(2) Janet Craig Azar, PhD (NUR'64) works on a manikin in skills lab in 1963.

(3) Last day of BSN clinicals at University Hospitals McDonald House.

(4) Lynn Allchin, PhD, RN (NUR'83) submitted a photo of six FPB alumni who have known each other since 1981. They met during the first week of courses for the MSN program. Left to right: Karen Gum Knific, Allchin, Patricia Schneider Jao, Michele Baron Maston, Mary Barrett Prybylo, and Barbara Hall Higgins in Sedona, Ariz. in June 2013. The group started going on vacation getaways in the fall of 1983.

To view all of our 2014 photo contest winners, go to [nursing.case.edu/alumni/photocontest2014.shtm](http://nursing.case.edu/alumni/photocontest2014.shtm)

## inMEMORIAM

### 1930s

**Elizabeth "Beth" C. Scanlan (NUR '39)**, age 88, of Cambridge, Mass., died Feb. 2, 2014, two weeks short of her 99th birthday. A founding member and first president of the Cleveland Women's Orchestra, she played double bass. During her nursing career, she worked as a visiting public health nurse throughout the Greater Boston area.

### 1940s

**Irene Ramseth (NUR '42)**, age 95, of Sacramento, Calif., died March 2, 2014. Salutatorian at an American boarding school in China, she immigrated to the United States in 1935. She earned a master's degree in nursing at Case Western Reserve University and served as a naval officer during World War II. She also earned several patents and took Chinese classes.

**Alice Riffer Nickerson (NUR '43)**, age 96, of St. Louis Park, Minn., died Feb. 21, 2014. She enrolled in the master's program at the Frances Payne Bolton School of Nursing. At Case Western Reserve, she met her future husband, Neil Nickerson, then a medical student. They married in 1942, and were assigned by the U.S. Army to Gorgas Hospital, Panama, at the conclusion of World War II. In 1970, she began missionary service including serving as the interim director of nursing, and a clinical and classroom educator at Cuttington College, Liberia, as a nurse in a Thai refugee camp and as an advocate for public health education in Papua New Guinea and Kenya.



**Merdine Thompson Morris (NUR '45, '55)**, age 91, of Willoughby, Ohio, died Feb. 18, 2014. Between 1955 and 1960, she was employed by the Georgetown University Hospital in Washington, D.C., becoming the assistant director of nursing services. She worked as a school nurse in the Cleveland Metropolitan School System. She traveled to China as a Presbyterian Church representative in 1987. A strong advocate for civil rights and women's rights, she credited the relationship between her family and Dr. Martin Luther King Jr., for her unshakeable faith that freedom and equality could be achieved.



**Elizabeth Kosnik (FSM '45, NUR '47)**, age 90, of Hudson, Ohio, died March 4, 2014.



**Louise (Edna) Troup (NUR '47)**, age 94, of Pittsburgh, died Feb. 14, 2014. She entered the Cadet Nursing program at FPB and taught nursing at the school for a year. In 1956 she joined the staff of Pioneer Girls, serving as National Field Director, then as Executive Director. Returning to nursing in 1970, she taught at the West Suburban School of Nursing, then the College of DuPage. She also published a memoir, *Glimpses of My Life Journey*.

**Dorothy Rose Elder (NUR '48)**, age 88, of Columbus, Ohio, died Dec. 13, 2013.

**Margarethe "Margo" Larson (NUR '48)**, age 91, of Menno, S.D., died March 28, 2014. She earned her master's degree from FPB. As a registered nurse, she worked at Sacred Heart Hospital in Yankton, S.D. She also worked as a nurse in intensive care and mental health and completed her career at Freeman Nursing Home.



**Thelma Mae Tinker Murphy (NUR '48)**, age 95, of Block Island, R.I., died May 12, 2014. A member of the Army Nursing Corps during World War II, she achieved the rank of captain and served as a surgical nursing supervisor at LaGarde General Hospital in New Orleans, La. After completing her education, she accepted a position on Aruba, Netherlands Antilles, with Lago Oil and Transport Company in 1948. She lived with her family in Venezuela, Spain, and England before returning in 1975 to the United States.



**Marilyn Balliet Futhey (NUR '49)**, age 86, of Rocky River, Ohio, died April 14, 2014.

### 1950s

**Margaret "Peggy" Gordon Rambo (NUR '51)**, age 87, of Summerville, S.C., died March 7, 2014. She spent her childhood years in Pakistan, where her parents were missionaries. She taught at the Nursing School of the

University of Pennsylvania. In 1964, she moved to the Democratic Republic of the Congo, where her husband served as a missionary surgeon and she served as a nurse, midwife, plumber, carpenter, electrician, logistics supervisor, guest house manager, and exotic animal wrangler. She later moved to Zaire, now called the Democratic Republic of Congo, for nearly three decades.



**Rebecca Hill Elliot (NUR '52)**, age 88, of Cleveland Heights, Ohio, died Aug. 28, 2013. A registered nurse, she served as a past president of the Greater Cleveland Nurses Association. She was a member of Society of John Gaither Descendants and served on its Board of Directors beginning in 1985. She was also a member of St. Paul's Episcopal Church in Cleveland Heights, the Intown Club, and a former director of Lyric Opera.



**Winifred Jean Reid (NUR '53, '76)**, age 75, of Walnut Creek, Ohio, died April 25, 2014. She worked with the American Red Cross in Cleveland, where she served for ten years in the public health field.



**Alice Delphine Howell (NUR '55)**, age 93, of Toledo, Ohio, died March 29, 2014. She was a graduate of The Toledo Hospital School of Nursing, where she became a registered nurse. She served her

country honorably during World War II, as a 1st Lieutenant in the 101st Evac Hospital, where General Patton frequently visited the wounded soldiers. After attending Case Western Reserve, she returned to The Toledo Hospital to work as an O.B. supervisor, where she finished her career in the School of Nursing.

### 1960s

**Ruth Bishop Gluck (NUR '61)**, age 78, of Arlington, Va., died Jan. 20, 2014.



**Kathleen Sholette (NUR '66)**, age 83, of Meadowbrook, Pa., died Feb. 4, 2014. A member of the Grey Nuns of the Sacred Heart, Sister Sholette served in the Diocese of Ogdensburg as registered nurse, nursing home administrator, and patient advocate. After serving as assistant dean at the D'Youville College School of Nursing, Buffalo from 1966 to 1970, she returned to Ogdensburg as the administrator at St. Joseph's Home.

### 1970s

**Gladys Middleton Ford (NUR '71)**, age 91, of North Olmsted, Ohio, passed Feb. 26, 2014.



**M. Margrit Immoos (NUR '73)**, age 80, of Oshkosh, Wis., died Oct. 21, 2013. She entered the religious community of the Sisters of the Sorrowful Mother in 1950, in Rome. She came to the United

## inMEMORIAM

States in 1951, and resided at the Mother of Sorrows Motherhouse in Milwaukee. She was appointed as the administrator of Franciscan Courts and oversaw the entire facility as well as the needs of the sisters.



**Lynn Riegger Drab, MD, (NUR '79, NUR '89, MED '99)**, age 60, of Morris, Ill., passed May 3, 2014. Her greatest passion in life was taking care of others. She worked as a pediatrician and internist at Columbia St. Mary's Hospital in Germantown, Wis., and later with Morris Hospital in Morris, Ill. She treated her patients, family, and friends with loving compassion and kindness.

### 1980s

**Lauren Marie Rovito Goetz (NUR '89)**, age 68, of Mayfield Heights, Ohio, died March 19, 2014.

### 1990s

**Verline Barnes (NUR '97)**, age 77, of Cleveland, Ohio, passed April 17, 2014.

### OUR APOLOGIES

The photographs of Jane Howell Bergman (NUR '80) and Dora Loyer Rice (NUR '61, '84) were misidentified in the Memorium section of *Forefront's* spring 2014 issue. The staff of *Forefront* wish to extend our sincere apologies for this error.

*This memorial section lists deceased alumni and friends of the Frances Payne Bolton School of Nursing for whom death notices were received between Jan. 31, 2014 and June 30, 2014.*

# FORCES OF NATURE: *How Nurses Will Change the World*

BY JESSICA ULLIAN



**Judith Shamian, PhD, RN, FAAN**, likes to think of her nursing colleagues around the world as drops of water. Scattered across continents, their impact is felt by families and communities. Brought together, they're as powerful as Niagara Falls.

"Look what we have accomplished when we set our minds to help nursing transform and evolve over the last 40 years," says Shamian, who was elected president of the International Council of Nurses (ICN) in May, 2013. The ICN is a federation of more than 130 national nursing organizations worldwide representing 16 million nurses. "If we take the same resilience, drive, courage, and energy that we have brought to our practice, and apply it to policy, we can do anything we want to do. Nurses are amazing."

Shamian, who received her PhD in 1988 from the Frances Payne Bolton School of Nursing, has spent a lifetime learning about the power of nurses. Born in Hungary, the child of Holocaust survivors, she remembers often accompanying her chronically ill mother, Hannah, on ambulance rides to the hospital. The experience led her to pursue a career in nursing, which in turn took her through what she calls "the whole gamut of care," from

her start as an emergency room nurse in Israel to her most recent position as CEO of the Victorian Order of Nurses, the largest home care organization in Canada. Throughout, she's remained devoted to the idea that nursing care is at the core of successful communities. In her most recent role at the ICN, she's shifted her focus to giving nurses a voice in local, national, and global leadership.

"I want to take the rich knowledge, expertise, and experience of nursing," she says, "and make sure that it gets from the forefront to the bedside to the policy table, and everywhere in between."

In her first year as ICN president, Shamian has already taken steps to achieving that goal. She initiated discussions with the World Bank about how nurses can have a greater impact on health care policy. The Bank has been receptive, she says; the key to success will be mobilizing the ICN's membership—connecting those drops of water and making them into a force of nature.

"Our priority is to help those 16 million nurses work toward shaping the health care in their community, region, and country, but the transformation will only happen if all of us work together," Shamian says. †

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