

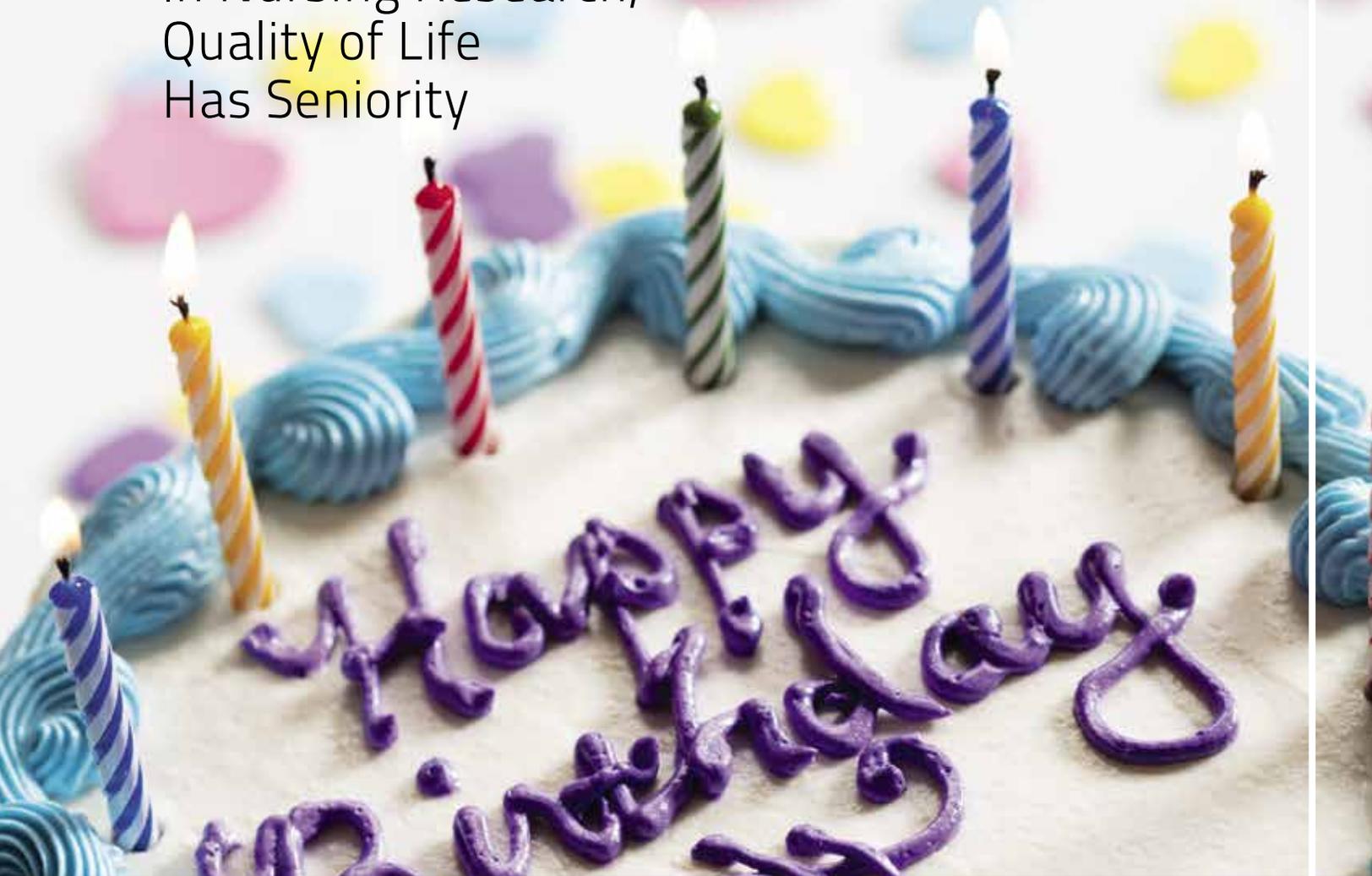
Fall 2015

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

*fore*FRONT

Easing **Aging:**

In Nursing Research,
Quality of Life
Has Seniority



FRANCES PAYNE BOLTON
SCHOOL OF NURSING

CASE WESTERN RESERVE
UNIVERSITY

INSIDE:

When Grandma Becomes Mom

A midwife at the other end of one's existence

Global Health Warrior:
Mix Fights Ebola

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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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dean's **LETTER****Dear Alumni and Friends:**

I admit I am part of a growing health care crisis in the United States.

I am one of 76 million Americans born between 1946 and 1964.

I am an aging baby boomer.

According to the American Association of Retired Persons (AARP), the first of us reached the retirement age of 65 in 2011. And for the next 18 years, boomers will be turning 65 at a rate of 10,000 per day. But many of us are ignoring the concept of being elderly and challenging what it means to age. We eat right. Exercise regularly, with activities like ballroom dancing and yoga—my favorites. We keep our minds active by taking classes, learning new skills and staying socially engaged. We are working longer, and we are staying younger longer.

This also means that eventually there could be more of us than the country has ever seen over the age of 100 and more living with multiple chronic health conditions.

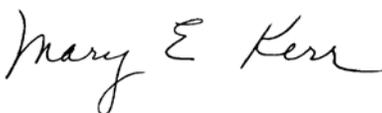
In its 38th annual report, the Centers for Disease Control and Prevention noted that “nearly 1 in 5 baby boomers have diabetes, 40 percent are obese, more than half take prescription medication for hypertension, and most will be covered by Medicare within the next 10 years....” Just as my fellow Baby Boomers have influenced educational organizations, the political landscape, and the labor market, we will now reshape our health care system, simply by our sheer numbers.

Aging and easing that process are the great health challenges of this century and the Frances Payne Bolton School of Nursing is seeking new ways to overcome them.

This issue of *Forefront* examines the depth and breadth of the school’s research on aging and how it is helping individuals and their families navigate the later years. In the cover story, “Easing Aging” (page 13), nurse scientists demonstrate how technology can fight the blues of isolated seniors and help distance caregivers make decisions closer to home, as well as improve the lives of prostate cancer and HIV/AIDS survivors.

In “When Grandma Becomes Mom” (page 23), investigators discuss the strengths and strains for grandparent caregivers. You will meet a pioneer of hospice and end-of-life care and a health care warrior who helped breathe life in last year’s Ebola epidemic: alumnae Derry Ann Moritz (NUR ’58) and Aisha Mix (NUR ’14), respectively.

Enjoy this issue while I go for my power walk.



Mary E. Kerr, PhD, RN, FAAN (GRS'91)

Dean and the May L. Wykle Endowed Professor



letters to the **EDITOR**



I wanted to take the opportunity to compliment you on the Fall 2014 issue of *Forefront*. I am a regular reader of all my FPB publications. This issue was especially worthy of praise. It was inspiring to see nursing investigators working across specialties for patient health promotion and disease prevention in “The New Pioneers” article. I also appreciated the Affordable Care article as it related to advanced practice education and nursing leadership opportunities within the health care industry.

Kudos to FPB for continuing to highlight cutting-edge nursing research and asking the difficult questions for the good of patient care.

Stefanie J. Kelley, (NUR '01)

I am writing in response to the article, “Building on a Collaborative Tradition” in the Spring 2015 issue of *Forefront* (p. 18). As a preceptor for the Student Run Free Clinic since Fall 2013, I have enjoyed working with collaborative teams of nursing, medical and social work students. The students are enthusiastic and eager to learn. The patients, primarily uninsured, are seen for acute conditions such as STD screenings and upper respiratory illnesses as well as for work physicals.

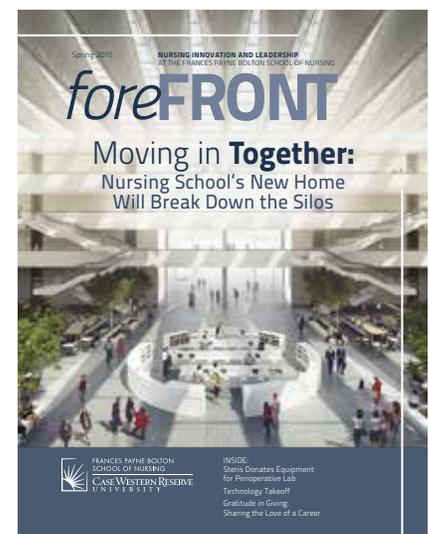
During these visits, emphasis is placed on helping patients access health insurance and encouraging finding a health care home. The SRFC occurs on Saturdays, twice a month, at the Free Medical Clinic of Greater Cleveland on Euclid Avenue. Ideally, each Saturday there are two or three preceptors to work with the students as they care for the patients. Besides myself, there is only one other APN in the preceptor pool. The rest are MDs.

I invite other APNs to explore the possibility of precepting for the SRFC—more APN preceptors would help model a collaborative approach to care. For more information, contact Samantha Buckholtz (smb213@case.edu), Student Run Free Clinic Recruitment and Training Committee, Frances Payne Bolton School of Nursing, Case Western Reserve University.

Jane Peterson (NUR '85), MSN, WHNP

The Spring 2015 issue is so tastefully done. The inclusion of the old Adelbert Road house, along with the breathtaking renderings of the coming new Health Education Campus, marks a new era of learning with our clinical practice partners that nurses have discussed for generations. It was thrilling to read the “Technology Take-Off” piece and the backstory on the flight simulator that includes a Sikorsky 576 helicopter fuselage. Best wishes for your continuing work at FPB.

Audrey J. Booth (NUR '48)

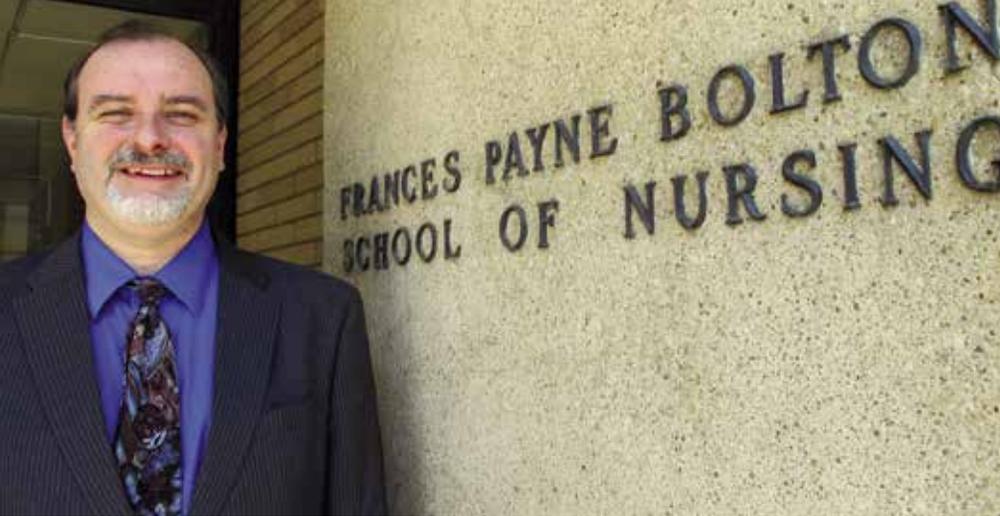


UPDATE:

On October 1, Case Western Reserve University and Cleveland Clinic broke ground on the Health Education Campus: the future home of the university's schools of nursing, dental medicine, medicine, and the Cleveland Clinic Lerner College of Medicine scheduled to open summer 2019.

Learn more at

bit.ly/hec_fpb nursing



BURANT WINS DIEKHOFF TEACHING AWARD

A couple of things are certain for graduate students taking any research statistics course that Chris Burant teaches. He will let his class know right away the material is so challenging they may feel as if they are climbing a steep mountain. He also lets them know he is their safety line, so they should hold on and have a good time.

Assistant Professor Christopher J. Burant, PhD was the recipient of one of Case Western Reserve University's highest honors, the John S. Diekhoff Award for Distinguished Graduate Student Teaching. Created in 1978, the award is presented annually at Commencement to two faculty members who have made exemplary contributions to graduate students in the classroom.

Burant teaches primarily at Frances Payne Bolton School of Nursing. Twice a week, he also provides statistical support for the Geriatric Research, Education, and Clinical Center at Louis Stokes Cleveland VA Medical Center.

Burant, who joined the school of nursing faculty in 2007, remembered his first experience with a statistics as an undergraduate at Cleveland State University. He worked hard at it and earned an A. "But I did not understand a thing," he says. "Once I figured it out, I enjoyed it. I was blessed by great teachers and mentors, who went out of their way to foster my interests in statistics."

One principal investigator from a research institution connected him with experts to train him in statistics for her projects. "Their enthusiasm for my growth is what I try to pass on to my students," says Burant.

Based on the nomination from his students, he is accomplishing that goal. "He touches the lives of each of his students through his remarkably down-to-earth manner of teaching and genuine care to assure that his students are properly grasping the material," one student nominator writes.

Another nominator comments, "The impact Dr. Burant had on me is best expressed in a sentence I never thought I would say: 'I love statistics.'"

"Statistics plays such an important role in providing a foundation for these future nurse scientists and their careers," Burant says. "Statistics provide the background not only for correctly interpreting new findings, but empowering nurses to become educated consumers of this new knowledge. This translates into nurses who know what the best current possible care is for their patients."

*school*NEWS

NEW ASSOCIATE DEAN FOR ACADEMIC AFFAIRS NAMED

Mary F. Terhaar, DNSc joined the faculty as Associate Dean for Academic Affairs this fall. Terhaar comes to the School of Nursing from Johns Hopkins University where she directed the Doctor of Nursing Practice program.

Active in Sigma Theta Tau International, she is also a member of the National League of Nursing, American



Nurses Association and the Association of Women's Health Obstetric and Neonatal Nurses, among others. Her research focuses on workforce and neonatal scholarship development. She has in-depth experience with curriculum design and evaluation. "Dr. Terhaar is a wonderful addition to the school as an administrator, clinician and scholar," says Mary E. Kerr, PhD, RN, FAAN, dean and the May L. Wykle Endowed Professor. "She can help the school meet the challenges of today's dynamic health care environment."

Terhaar succeeds Elizabeth Madigan, PhD, RN, FAAN. Madigan returned to the faculty to focus on her research in home health care nursing.

HONORS & AWARDS

Mary A. Dolansky, PhD, RN,

associate professor, received an award for A Hidden Safety Resource: Family Caregiver Participation in Medication Reconciliation Across Care Transitions from the Hartford Change AGENTS Initiative.

Evelyn G. Duffy, DNP, AGPCNP-BC,

FAANP, associate professor, received an award for Transforming Chronic Disease Management Practice in the Skilled Nursing Centered Clinical Decision Support from the Hartford Change AGENTS Initiative.

Evanne Juratovac, PhD, RN,

GCNS-BC, assistant professor, received an Alumni Legacy Award from the University of Cincinnati College of Nursing and Health.

Gretchen Mettler, PhD, CNM, assistant professor and director of the nurse midwifery program was named chair of the Board of Review for the Accreditation Commission for Midwifery Education.

Stephanie Steiner, MSN, ACNP-AC,

CPNP-AC, CFRN, clinical director of the Dorothy Ebersbach Academic Center for Flight Nursing, received the Rescue Award from Sikorsky Aircraft for participating in a lifesaving mission with a Sikorsky Helicopter.

Jaclene A. Zauszniewski, PhD, RN-BC,

FAAN, Kate Hanna Harvey Professor in Community Health Nursing, and the director of the PhD in Nursing Program, received a \$2.9 million Nurse Faculty Loan Program grant funded by the Health Resources and Services Administration (HRSA).



HICKMAN NAMED AAN FELLOW

Ronald Hickman, PhD, RN, ACNP-BC, associate professor of nursing at Case Western Reserve University's Frances Payne Bolton School of Nursing, has been recognized as a fellow of the American Academy of Nursing, a national honor awarded for his contributions to the profession.

Hickman, a triple alumnus of the university, joins 15 faculty members at the nursing school and more than 100 alumni who have

gone through the rigorous selection process to receive the distinguished recognition. He will join 162 nurse leaders from around the world for induction into the Academy during its annual policy conference, "Transforming Health, Driving Policy," on Oct. 17 in Washington, D.C.

"This honor recognizes the potential impact of his work and his emerging role as both a nurse scientist and nurse leader," says Mary E. Kerr, dean and May L. Wykle Endowed Professor at the School of Nursing. "I am especially proud of Ron. He represents the finest in a Case Western Reserve nursing graduate and faculty member."

Among the other inductees were the school's new Associate Dean of Academic Affairs Mary Terhaar, DNSc and the following alumni: Judy E. Davidson NUR '08, Tondi M. Harrison NUR '99, and Gail Mallory NUR '71.

PROMOTIONS

Sara Douglas, PhD, RN, has been promoted from associate professor to professor.

Donna Dowling, PhD, RN, has been promoted from associate professor to professor.

Mary Quinn Griffin PhD, RN, FAAN, has been promoted from associate professor to professor.

Debbie Lindell, DNP, RN, CNE, ANEF, has been promoted from assistant professor to associate professor.

Celeste Alfes, DNP, RN, has been promoted from assistant professor to associate professor.

Ron Hickman, PhD, RN, ACNP-BC, has been promoted from assistant professor to associate professor.

Andrew Reimer, PhD, RN, has been promoted from a KL2 Scholar and instructor to assistant professor.



PATIENT COMMUNICATION EN ESPAÑOL

Abigail Helman headed to the first room at her clinical rotation and knew something was wrong. The patient, a new mom, was receiving instructions from the nurse in English, but there was one problem—she only spoke Spanish.

“She’s already a young, scared mom,” says Helman, who grew up speaking Spanish and had translated for patients before. “I asked her and her mom in Spanish, ‘Do you know what the nurse is saying?’ And they said, ‘No, we have no idea.’”

Helman (NUR ’15) and Jordan Fayen (NUR ’15) were part of a pilot program that allowed Graduate Entry Nursing degree students to take elective medical Spanish classes at Case Western Reserve University’s School of Medicine.

The program, directed by Dr. Maria Herran, was developed in 2007 by Jessica Galarraga (MED ’09, ’11), to strengthen students’ skills in medical Spanish and intercultural communication.

With the introduction of the nursing students, the classes also work as an interprofessional education opportunity, says Cindy Motley, DNP, RN, FNP-BC, instructor in the School of Nursing, who helped organize the pilot program.

“When the class discusses patient care scenarios, the nursing students, who start their clinicals much earlier in their education than the medical students, were able to give real-world examples.”

“They have been there,” says Motley. “I think that helped generate respect from the medical students. The IPE contribution to the learning environment is tremendous.”

Fayen, a Californian, grew up hearing Spanish in her home. “This was a unique experience,” says Fayen, who chose Case Western Reserve because it offered a medical Spanish program. “Serving the Latino and Hispanic population is something that’s really important to me.”

Helman agrees, “To me this is what I’m doing with my future—advocating for these patients by tearing down the language barrier.”

NOTEABLE STUDENTS

Shanina Knighton, PhD student, won a pre-doctoral fellowship in the VA Quality Scholars Fellowship Program. She also was selected as a runner-up of the “Accelerate 2015: A new model for change” civic pitch event. She also was selected as an Infection Control Tomorrow scholarship winner by *Infection Control Today*.

Isaac Martinez and **Elizabeth Reyes**, BSN students, received scholarships at Esperanza Inc.’s Fiesta of Hope event.

Heather Rice, PhD student, was cited as one of the Top 25 under 35 Movers & Shakers by the Cleveland Professional 20/30 Club.

Norman Carl Swart, PhD student, received a conference scholarship from the International Society for Nurses in Cancer Care (ISNCC).

Moriah Watts, BSN student, received 1st Place at the 2015 Intersections: SOURCE Symposium for her poster presentation: “Increasing Colorectal Cancer Screening.” **Sara Mithani**, BSN student, also received 1st Place for her poster presentation: “Self-care Instructions Improve Biomarkers for Gum Disease in Postmenopausal Women.” **Rachel Wieber** and **Breanon Glover**, BSN students, received 2nd Place for their poster presentation: “Improving Nutrition Knowledge Among Irish Traveller Children.”

Annie Wennerberg, BSN student, was named University Athletic Association Softball Hitter of the Week last spring.

LAB NOTES

Michael J. Decker, PhD, RN, RRT, Diplomate ABSM, associate professor, received an award from the Clinical & Translational Science Collaborative at CWRU for “Biologic Determinants of Exercise-Mediated Symptom Reduction in Chronic Fatigue.”

Mary A. Dolansky, PhD, RN, associate professor, received a grant award for Transforming Out-Patient Care (TOPC) Center of Excellence from the VA Office of Academic Affiliations.

SCHOOL RECEIVES \$1.79 MILLION NIH TRAINING GRANT FOR BETTER MANAGEMENT OF MULTIPLE CHRONIC ILLNESSES

Frances Payne Bolton School of Nursing will train predoctoral and postdoctoral researchers to study people with multiple chronic illnesses in hopes of discovering better methods for managing a complex combination of illnesses.

The School of Nursing received a five-year, \$1.79 million training grant from the National Institute of Nursing Research at the National Institutes of Health for the project, “Multiple Chronic Conditions: An Interdisciplinary Nursing Scientist Training Program,”

The program was based on the need to research and better understand complex health care situations, such as diabetes, hypertension and heart disease, says Shirley M. Moore, PhD, RN, FAAN, the Edward J. and Louise Mellen Professor of Nursing, and director of the Self-Management for the Advancement through Research and Translation (SMART) Center.

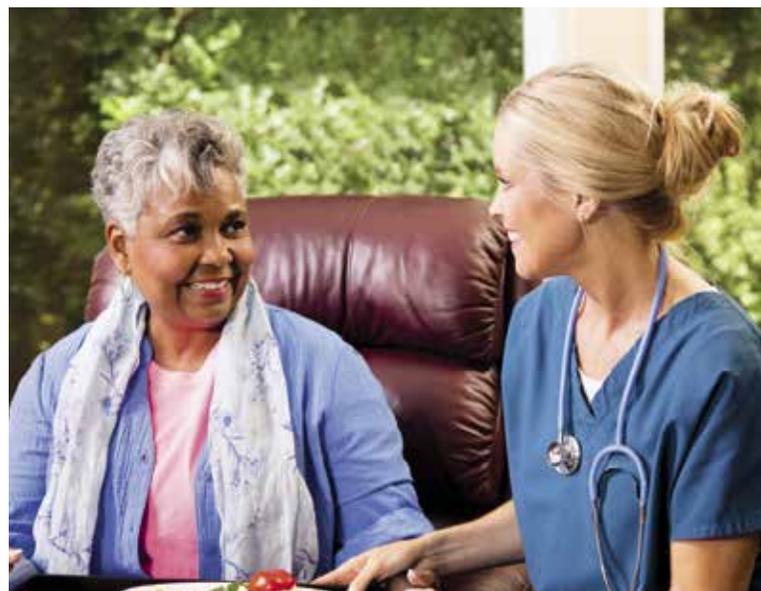
Moore, who will direct the project, says the program’s goals are to reduce health disparities in vulnerable groups, and train and educate a culturally diverse workforce with research skills. Each researcher will work with mentors from various health care fields.

Most at risk for multiple chronic illnesses are African-American and Hispanic people from low-income neighborhoods who lack access to appropriate health care and education, according to Moore.

The project will support eight doctoral students and nine postdoctoral researchers, providing each with stipends for two years. The grant also provides full tuition support for the PhD program and additional courses for postdocs during the two years in training.

With this grant FPB will partner with the Florida Agricultural and Mechanical University School of Nursing, a historically black college, and Lehman College and Graduate School at City University of New York, which has a large Hispanic student population.

For more information about this program and any pre- or postdoctoral opportunities, contact Shirley Moore at smm8@case.edu





HOUSEWORK KEEPS OLDER ADULTS PHYSICALLY AND EMOTIONALLY FIT

Older adults who get exercise through housework tend to feel emotionally and physically better than those who do not tackle household chores, according to nurse researchers at Frances Payne Bolton School of Nursing.

Researchers tested a theory called House's Conceptual Framework for Understanding Social Inequalities in Health and Aging – considered a blueprint for understanding how different factors influence an older person's health.

The study's 337 participants, aged 65-94, had at least one chronic condition. They also had physical restrictions that prevented them from doing at least one basic daily task, such as bathing and dressing, and were unable to manage responsibilities like taking medicines, handling finances or accessing transportation.

The researchers linked geographic and socioeconomic information on the neighborhoods in which the participants lived with health data.

Lead study author, Kathy D. Wright, PhD, RN, GCNS-BC, PMHCNS-BC, instructor and KL2 Scholar, says she was surprised to find that housework and maintaining property positively affected the participants' physical and mental well-being more than factors such as neighborhood or income.

Wright says the study highlighted how important it was for sedentary older adults with disabilities and chronic illnesses to continue physical activities, such as doing reaching exercises while sitting, arm curls and standing up and sitting down in a chair.

"House cleaning kept them up and moving," she says. The study findings were published in the journal *Geriatric Nursing*.



LAB NOTES

Sonya D. Moore, MSN, CRNA, director of the Nurse Anesthesia Program, received a Nurse Anesthetist Traineeship grant funded by the Health Resources and Services Administration (HRSA).

Allison Webel, PhD, RN, assistant professor, received an ACES+ ADVANCE Opportunity Grant from Case Western Reserve for "Improving Exercise and Cardiometabolic Fitness in HIV-Infected Adults: Dissemination of Findings." She also received a grant award for "Social Capital and Self-Management in HIV+ Women," from the Midwest Nursing Research Society.

STUDENT AWARDS

Lenette M. Jones, PhD, ACNS-BC, post-doctoral fellow in the School of Nursing, received the MNRS Self-Care Research Dissertation Award for “Reducing Disparities in Hypertension among African-American Women through Understanding Information Seeking and Information Use.”

Nirmala Lekhak, BSN, RN, PhD student, received the 2015 Marie Haug Award from the University Center on Aging and Health. She is pledging a portion out of the award to an organization working to help the aging population in Nepal, following the recent earthquake.

Ana Laura Solano López, BSN, RN, PhD student, received a research award from the Alumni Association of the Frances Payne Bolton School of Nursing for her study, “The Relationships Among Body Awareness, Self-Regulation, Self-Management, and Blood Pressure in Adults with Hypertension.”

DISCONTINUING STATIN THERAPY DURING LIFE-LIMITING ILLNESSES IS SAFE AND BENEFICIAL

Researchers in palliative care can now answer questions from patients with terminal illnesses about stopping statin medications.

Research published in the *JAMA Internal Medicine* article, “Safety and Benefit of Discontinuing Statin Therapy in the Setting of Advanced, Life-Limiting Illness: A Randomized Clinical Trial,”

provides palliative care nurses and health care providers with the first scientific evidence that it’s okay for patients with cancer, heart disease and other life-limiting illnesses to stop taking statin medications, or at least begin conversations about making that choice.

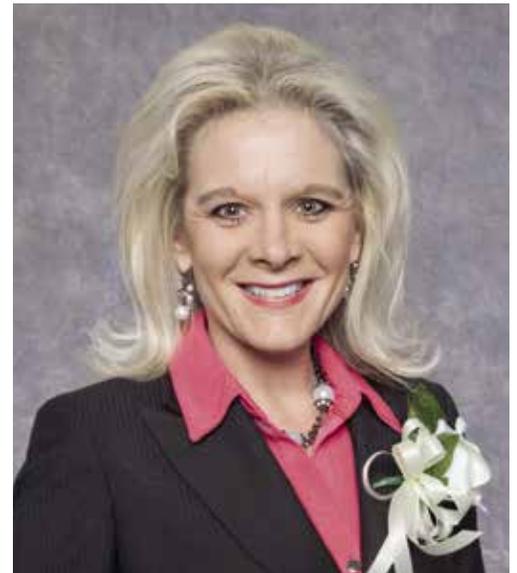
Maryjo Prince-Paul, PhD, APRN, ACHPN, FPCN, an assistant professor of nursing from Frances Payne Bolton School of Nursing, was among a team of doctors, palliative care nurses, social workers and statisticians from 15 Palliative Care Research Cooperative Group member sites nationally that recruited and collected data for the major National Institute of Nursing Research-funded study. Researchers at the University of Colorado Anschutz Medical Campus and Duke University were the principal investigators on the project.

Statins, used to control cholesterol and reduce the risk of heart attack and stroke, are among the most commonly prescribed medications in the country. About 25 percent of Medicare patients have prescriptions for the medication.

“Some have been taking this medication for years. We need these kinds of evidence-based studies to guide our conversations with patients in order for them to make meaningful decisions about their care,” Prince-Paul says.

She explained that many patients with life-limiting illnesses take 15 or more drugs, which are expensive. But some question whether patients diagnosed with a limited time to live really need to take the statin therapy.

The investigation was among the first to study whether a medication impacts the length and quality of life for people in their final days, Prince-Paul says.





CWRU NURSING SCHOOL RESEARCHER RAISES AWARENESS OF FLAME-RETARDANT DANGERS IN HOUSEHOLD PRODUCTS

Parents might be surprised to learn their cellphones, living room sofas, baby carriers, bouncy baby chairs and even some pizza boxes may contain chemicals harmful to young children, according to Case Western Reserve University School of Nursing researcher Laura Distelhorst.

Distelhorst, MSN, RN, an instructor at the Frances Payne Bolton School of Nursing, plans to raise awareness about the dangers of exposure to chemical flame-retardants found in common household products that make babies and children vulnerable to cognitive and physical problems as they grow and develop.

The pediatric nurse, pursuing her doctor of nursing practice degree, has launched the research project, "Pediatric Nurses' Knowledge of Toxic Chemical Flame Retardants."

The Ohio Nurses Foundation awarded her a \$2,000 grant to support a survey of more than 100 pediatric nurses from several major organizations over the next six months. The goal is to find out what pediatric nurses know about chemicals with such names as PBDEs (polybrominated diphenyl ethers), Firemaster 550, and Tris phosphate family (TCPP, TDCPP and TCEP).

Distelhorst plans to use their responses to develop an online program and/or workshop materials to inform nurses, who, in turn, can share the knowledge with parents and their children.

BREAKING NEWS

MORE THAN \$4 MILLION IN NEW NIH FUNDING AWARDED

Ronald L. Hickman, Jr., PhD, RN, ACNP-BC, associate professor, received an R01 research grant for \$2,482,731 from the National Institute Nursing Research (NINR), National Institutes of Health, for his project, "A Clinical Trial of Decision Support for End of Life Care Among Surrogate Decision Makers of the Chronically Critically Ill."

Elizabeth Madigan, PhD, RN, FAAN, Independence Foundation Professor, received an R25 research education grant of \$1,145,410 from NIH's National Institute of General Medical Sciences for her project, "Bridges to the Doctorate in Nursing for Northeastern Ohio."

Chao-Pin Hsiao, PhD, RN, assistant professor, received an award of \$272,970 from NINR for her research, "Mitochondrial Bioenergetics Mechanism of Cancer-Related Fatigue."

Shirley Moore, PhD, RN, FAAN, Edward J. and Louise Mellen professor of nursing and associate dean for research, received a Diversity Training Program and Research Supplement Grant of \$157,543 for her P30 SMART Center II from NINR for the project with **Lenette Jones, PhD, ACNS-BC**, post-doctoral fellow, "Brain and Hormonal Biomarkers Associated with Self-management Information Behaviors." Moore also received an Administrative Supplement Grant of \$164,249 on "Understanding the Neurobiological Mechanisms of Self-Management Science" for the P30.

A midwife at the other end of one's existence

BY MICHELLE SIMAKIS



Derry Moritz (right) chats with Barbara Daly, PhD, RN, FAAN, Gertrude Perkins Oliva Professor in Oncology Nursing.

When Derry Ann Moritz (NUR '58) was just 13 years old, she cared for a dying woman who was staying in her family's home. Many young teenagers might consider this upsetting or a burden, but not Moritz.

"I enjoyed doing things for her that she wasn't able to do herself," says Moritz, who grew up in Sun Valley, Idaho. "I cared for her until her death, and I found it very rewarding to be there for her."

Moritz's passion for caring for others grew when she worked as an aide in the hospital where her father was the physician. "I saw the nurses as decision makers, actively involved in patient care," she says. "The people who influenced me most were those nurses."

But her father, a graduate of Western Reserve School of Medicine, was the one who encouraged her to attend Frances Payne Bolton School of Nursing (FPB). Moritz says, the School of Nursing not only taught her the science of nursing, but perhaps more importantly, the humanity of nursing. That knowledge, coupled with her experience comforting a dying woman as a child, ultimately inspired her to pursue hospice care.

She recalled a time early in her career when she witnessed how an end-of-life caregiver responded to a patient's mood.

"When the nurse came into the room, she was being her

usual upbeat self. The patient burst into tears. The nurse immediately put down her medication tray, sat on the bed, and changed her demeanor," Moritz says. "I think that's what moved me about hospice—the importance of being able to focus on and be aware of how the patient feels."

After receiving her bachelor of science in nursing at FPB, Moritz earned master's degrees in nursing, philosophy and education from Columbia University and Boston College. She wrote articles on patient responses to illness and taught at several schools, including at the University of Massachusetts, and Yale University, mentoring many students along the way.

Her commitment to education is reflected in her generosity and giving to schools, including the FPB. She recently announced her estate plan included a contribution to her alma mater.

Moritz says she hopes her gift will help future nurses become excellent palliative caregivers. Part of being a caregiver in a hospice setting is helping prepare persons for the transition from life through death.

"Being a hospice nurse is like being a midwife except at the other end of ones' existence here on Earth," she says. "You were helping people at the stage of life when they're ending this part of their journey and going on to the next."

Case Western Reserve receives \$2.27 million for scholarships

Northeast Ohio's Bonacker and Warburton families exemplify the spirit of interprofessional health care. Now, their foundation will advance a similar spirit in education. President Barbara R. Snyder announced a \$2.27 million commitment in June from the Ralph T. and Esther L. Warburton Foundation to support scholarships for students in nursing, medicine, and dental medicine. This award joins an earlier grant of more than \$700,000, putting the family foundation's total commitment to health sciences scholarships at \$3 million. This commitment also creates the Lewis-Schiltz Interprofessional Scholarship in Nursing.



Annual Fund Hits the Mark and More

Thanks to the support of alumni and friends, the Annual Fund for the Frances Payne Bolton School of Nursing hit a new record in the 2014-15 fiscal year with \$405,269 in gifts.

"Annual Fund contributions are vital to the wellbeing of the school," notes Mary E. Kerr, dean and the May L. Wykle Endowed Professor. "They provide the school with flexibility to strengthen academic initiatives, hire new faculty and bolster student aid: all important to insure student success each year."

"These gifts also serve as endorsements of the school's vision and future," she continues. "On behalf of school, its students, faculty and staff, I would like to thank the FPB community for making this such a successful year."

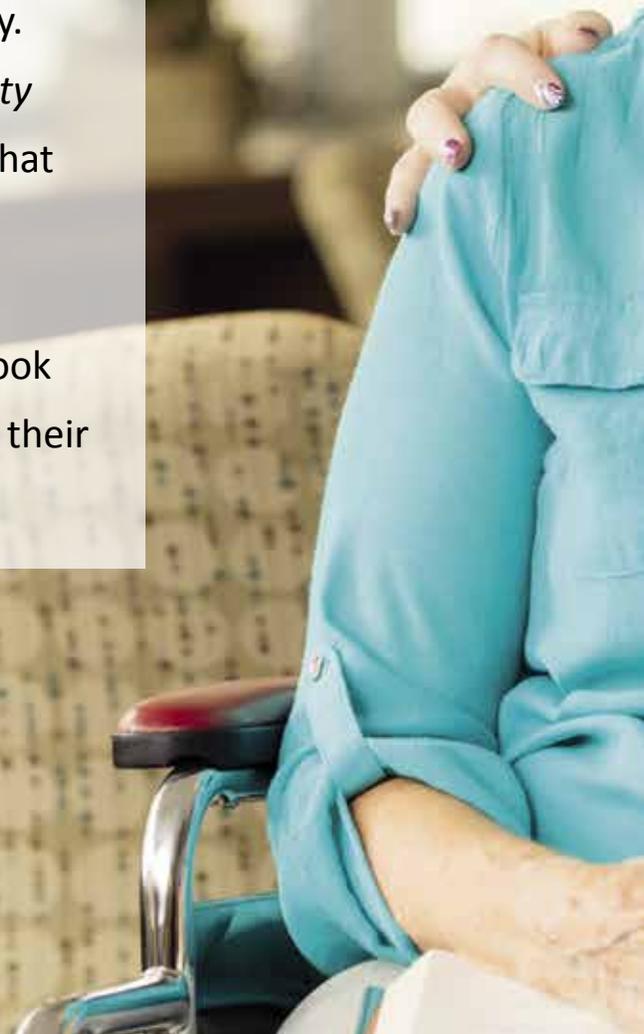
For more information on making a gift to the FPB Annual Fund, contact the office of Development and Alumni Relations at 216.368.6302 or fpbdevelopment@case.edu. You can also contribute online through giving.case.edu/fpb.

Easing Aging

In Nursing Research,
Quality of Life Has Seniority

BY TAMAR NORDENBERG

*Fending off death, some may say, is the crowning feat of modern nursing care. After all, the 20th century's grand advancements in health care contributed to a 30-year gain in life expectancy. But older people are likely to name their *quality* of life—even more than the length of it—as what they hold dearest in their later years. “It is not death that the very old tell me they fear,” says Atul Gawande, MD, in his recent bestselling book *Being Mortal*. Instead, they're afraid of seeing their well-being slip away.*





Diana L. Morris, PhD, RN, FAAN, FGSA
(right) leads the University Center
on Aging and Health.

Making life better for people as they age—as well as for their caregivers—is priority one for scientists at the Frances Payne Bolton School of Nursing at Case



Western Reserve University. The

investigators' work promises to benefit a huge population that is growing at a remarkable rate.

According to the CDC's State of Aging and

Health 2013 report,

within 25 years,

the United

States will see

a doubling of

the number

of Americans

aged 65 or

older—thanks

to longer

life spans

combined with

the aging of baby

boomers.

This group of older

Americans is not only

large and growing, but is also

extremely diverse in its health needs and preferences, points out Diana L. Morris, PhD, RN, FAAN, FGSA, the Florence Cellar Associate Professor of Gerontological Nursing and director of the University Center on Aging and Health. "Look at all the different cohorts we serve, with their very different life experiences—baby boomers, middle old, older old and the oldest old, some of whom lived through the Depression and World War II. Given all their different experiences, when you've seen one older person," she says, turning an age-old expression on its head, "you've really just seen one older person."

To transform the later chapters in these divergent lives,

School of Nursing scientists research a broad range of pressing issues affecting aging Americans and the loved ones who support them.

School of Nursing investigators conduct their research in recognition that their role is greater than safeguarding survival. As Gawande—himself a surgeon—drives home in *Being Mortal*, health care should "enable well-being. And well-being is about the reasons one wishes to be alive."

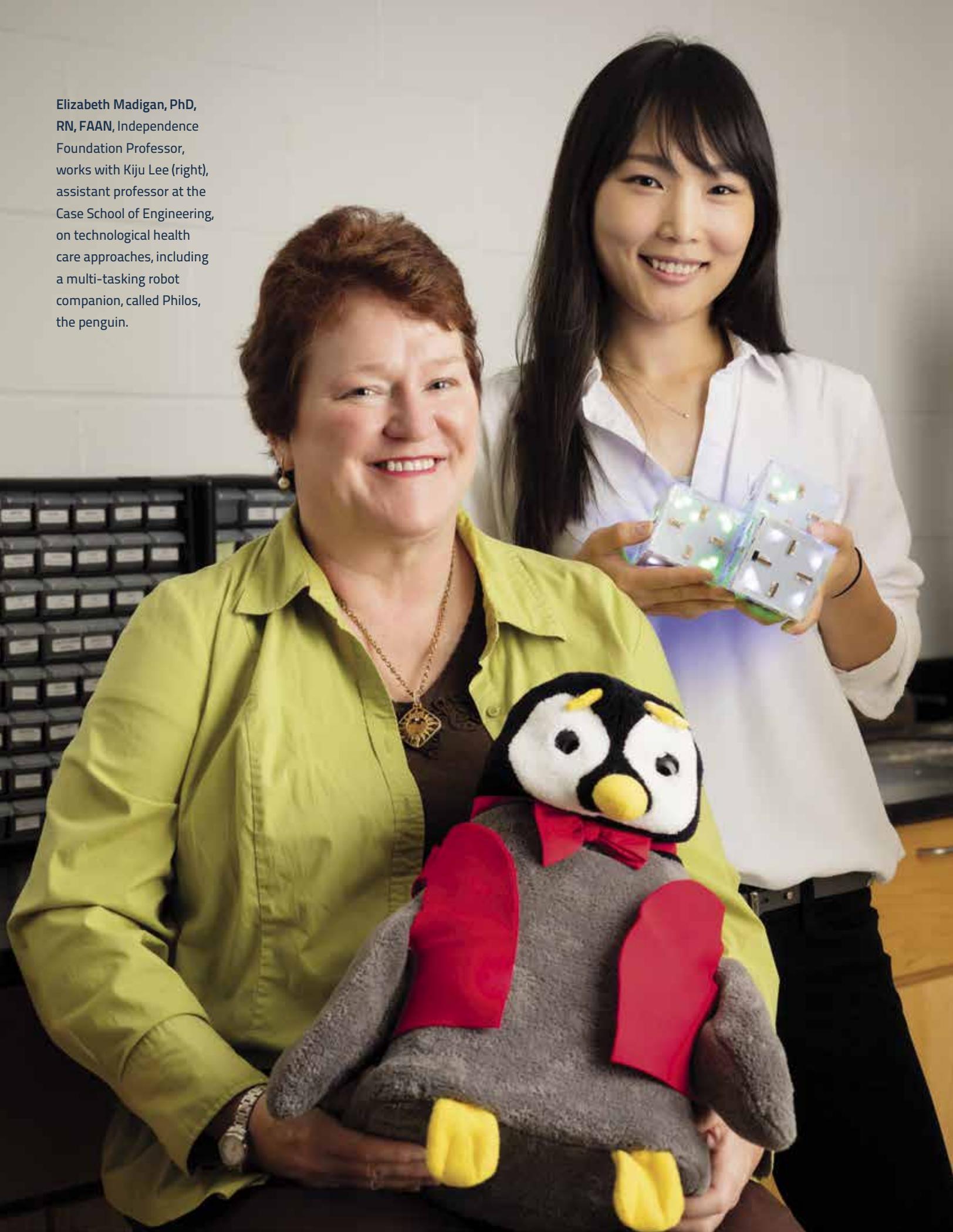
On these pages is presented just a small sampling of studies at the School of Nursing focused on making life better for people as they age.

CARING COMPANION

A multi-tasking robot is being designed at the Case School of Engineering in collaboration with the School of Nursing at Case Western Reserve that would provide a person with social interaction, while simultaneously monitoring the individual's physiologic responses in real time. The robot receives health data via wireless communication with sensors the person wears and a recognition program enables it to track human faces and engage with the person wearing the monitor. "The robots will certainly not replace people," stresses Elizabeth Madigan, PhD, RN, FAAN, Independence Foundation Professor at the School of Nursing, co-developer of this electronic companion. "But they can provide social interaction for those who are isolated—more like a pet," she says.

This project, Madigan says, illustrates the power of collaboration among Case Western Reserve schools. While her engineering colleague brings essential technological know-how to the project, nurses like her have the knowledge and experience to communicate with patients and gain an understanding of their needs and preferences. Technological health care approaches can take older people more getting used to, for example, says Madigan, an expert on technology's role and promise in the health care arena. "We spend time with patients learning how to achieve patient-centered care. Our focus is not on 'How does this health care approach work?' but 'how does this health care approach work for you?'"

Elizabeth Madigan, PhD, RN, FAAN, Independence Foundation Professor, works with Kiju Lee (right), assistant professor at the Case School of Engineering, on technological health care approaches, including a multi-tasking robot companion, called Philos, the penguin.





Jacquelyn Slomka, PhD, RN, assistant professor, is investigating whether patients with HIV can improve their quality of life with early palliative services provided at the community level.

LIVING LONGER AND LIVING BETTER WITH HIV

In an about-face from the bleak prognosis of the 1980s, HIV is no longer a death sentence. Many people living with the virus are surviving into older adulthood. “Patients who didn’t think they would survive in the early era of HIV/AIDS are now at risk for getting additional chronic conditions associated with aging and long-term HIV,” says Jacquelyn Slomka, PhD, RN, a School of Nursing assistant professor. Slomka is leading a study, funded by the National Institutes of Health, to examine whether patients with HIV can improve their quality of life with early palliative services provided at the community level.

“Research shows that, even when those with HIV receive high-quality care from their health care providers, symptom management due to chronic conditions can be lacking,” Slomka points out. “Providers making home visits may be able to provide symptom management, improve coordination of care, and possibly keep people out of the hospital.”

School of Nursing investigators have partnered on this project with the Hospice of the Western Reserve, which is providing an advanced practice registered nurse (APRN) and social worker who make home visits and phone calls to patients over a three-year period. Current thinking is that palliative care is appropriate for chronic illnesses at all stages, says Slomka, stressing that, unlike hospice patients, participants in this study are expected

to live for many years. “We partnered with Hospice because such organizations have the best knowledge, skills and resources to provide evidence-based symptom management,” she clarifies.

PELVIC FLOOR EXERCISES: MEN MAY BENEFIT, TOO

Exercises that contract and strengthen the pelvic floor muscles to reduce urine leakage are often associated with women after giving birth. But researchers at the School of Nursing—teaming up with investigators from Cleveland Clinic, University Hospitals and VA Hospitals—want to know whether these types of exercises could help men who experience urinary incontinence following prostate cancer treatment.

“Urinary incontinence has been shown to cause significant distress in men following treatment for prostate cancer” says School of Nursing associate professor Amy Y. Zhang, PhD. “Their cancer cells are gone, but they are left with incontinence that bothers them every day,” she says of these patients who tend to be older simply because prostate cancer affects mostly older men. “They’re afraid to travel or attend other social gatherings because there may not be a restroom nearby.”

Zhang and her team recently tested whether “pelvic floor muscle exercises”—in combination with support groups or one-on-one meetings with a therapist—improved men’s



incontinence over time. At the three-month point, the groups doing the pelvic exercises had less leakage than those who did not include the exercises. Zhang says that follow-up research is needed, however, to determine whether the results are sustainable and improve quality of life.

GOING THE DISTANCE FOR A LOVED ONE'S CARE

Some 7 million people who step up to help a family member facing illness, and who live at least an hour away—100 miles, on average—from the loved one in need are considered “distance caregivers (DCG).” They often take on responsibilities such as making caregiving decisions, helping to arrange transportation, overseeing finances and shopping for their sick family member. And these weighty responsibilities, with the travel required, can cause work conflicts and financial burdens for the distance caregivers.

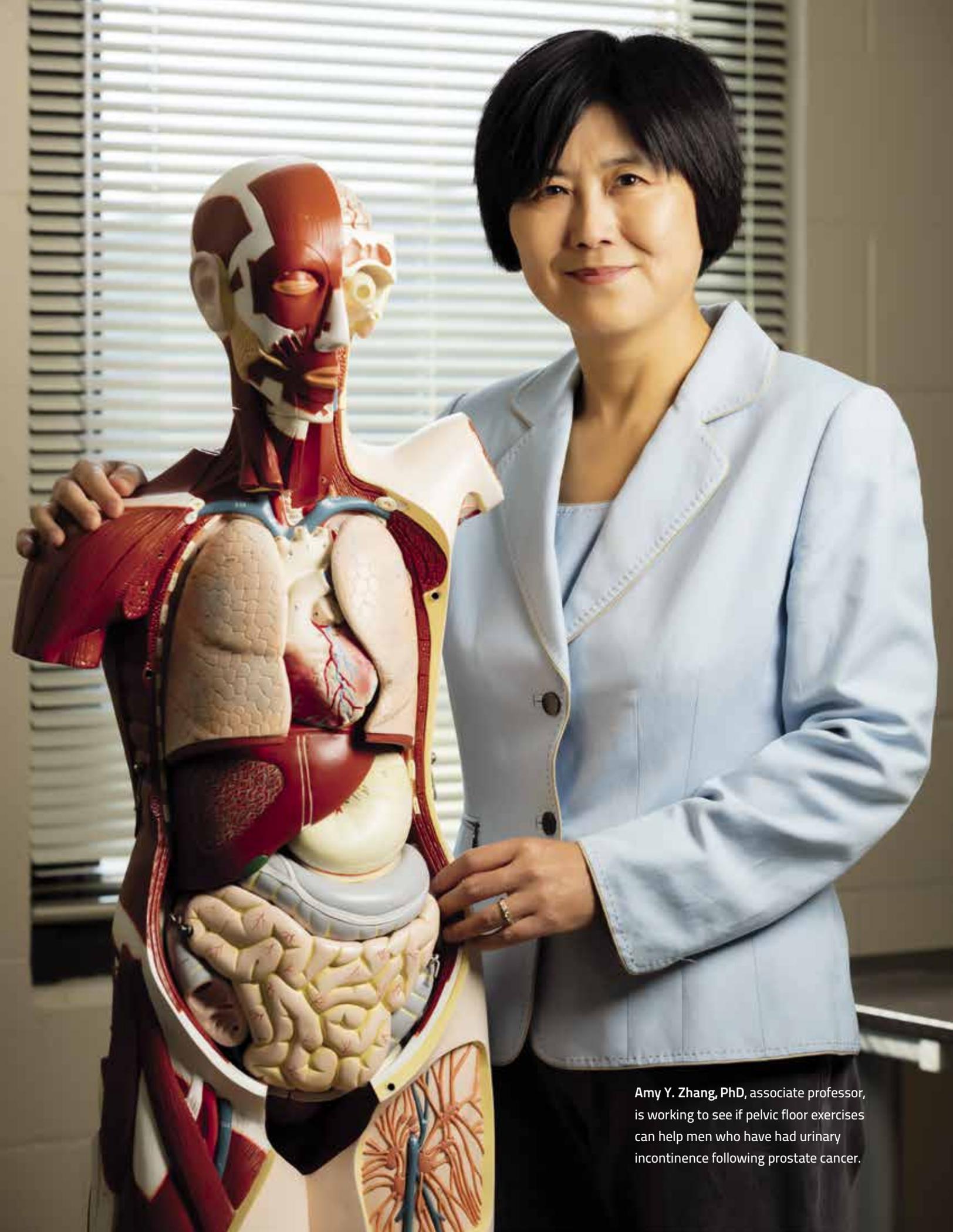
As the US population ages and the number of DCGs grows, Sara L. Douglas, PhD, RN, works to reduce the strain on these informal caregivers. She conducted a pilot study involving families with a relative diagnosed with advanced cancer. Douglas and her research team examine the impact of including long-distance relatives into health care conversations using real-time videoconferencing.

In a pilot study, a nurse with a laptop made it possible for out-of-town family members to take a video tour of the treatment facilities; talk with the patient and the local, hands-on caregiver in the waiting room; and join discussions with the health care provider in the exam room and ask questions. “The whole group traveled through the experience together,” says Douglas. The preliminary results showed that the videoconference meeting was welcomed by the members of the health care team and significantly reduced the DCG’s anxiety and distress. Douglas expects to conduct a much larger study to follow up on these findings.

In another patient population, Douglas is also examining how end-of-life care decisions are made to help ensure that patients with incurable cancer get the type of care they prefer, without unwanted financial and personal burdens. “There can be a disconnect between what a patient wants and the more aggressive treatment that others want for the person”, says the nurse scientist, who is leading a NIH-funded study toward helping patients effectively express their end-of-life care preferences. Her team, including other investigators from the schools of nursing and medicine at Case Western Reserve, want to broaden conversations about end of life. Those conversations commonly take place between the patient and physician. Her team wants to include other influential voices from caregivers and nurses.

Families who know and carry out a patient’s wishes have been shown, in previous CWRU studies, to suffer less regret and second-guessing after their loved one has died. For patients themselves, changing the way end-of-life decisions are made could offer benefits of care—such as hospice care at home—focusing on the quality of life. +





Amy Y. Zhang, PhD, associate professor, is working to see if pelvic floor exercises can help men who have had urinary incontinence following prostate cancer.



Sara L. Douglas, PhD, RN, professor and assistant dean of research, is examining the impact of including distance caregivers into health care conversations, using real-time videoconferencing.

FRONT AND CENTER: SUCCESSFUL AGING STRATEGIES

As a youngster, Diana Morris, PhD, RN, FAAN, FGSA enjoyed warm relationships with aging relatives, which helped inspire her passion for gerontology. “I had the wonderful experience of knowing my grandparents and two of my great-grandparents,” says Morris, a professor at the School of Nursing and executive director of the University Center on Aging and Health, based at the School of Nursing. “They were some of my favorite people in the world growing up.”

Morris was also challenged by the complex knowledge base required to pursue the field, she says. “Gerontology is exciting and demanding at the same time because you have to understand and integrate so many issues, including basic aging, the problems of aging, and mental health challenges.”

Case Western Reserve’s University Center on Aging and Health, which sits administratively in the School of Nursing, is a hub for interdisciplinary research, education and community service. It amplifies the nursing investigators’ contributions to the fields of gerontology—the study of aging from the perspective of its physical, mental and social implications—and geriatrics—a specialty dealing with the treatment and care of older people.

The center’s mission is to foster collaboration among CWRU’s faculty and students, as well as with experts and laypeople in the larger community, who are interested in advancing the health and well-being of older adults. “Over the center’s history, it has been the focus of collaboration for people with an interest in gerontology or geriatrics,” says Linda S. Noelker, PhD, recently retired director of the Katz Policy Institute of the Benjamin Rose Institute on Aging in Cleveland.

Center faculty members number 35 to 40 and include nurses, physicians, dentists, nutritionists, political scientists, anthropologists, biologists, and social workers. Many of these experts become known for their leadership on nonprofit boards, councils and other policy-making bodies, Morris says. “One of the center’s contributions is to develop synergistic relationships among people who might not normally have come together,” Morris adds.

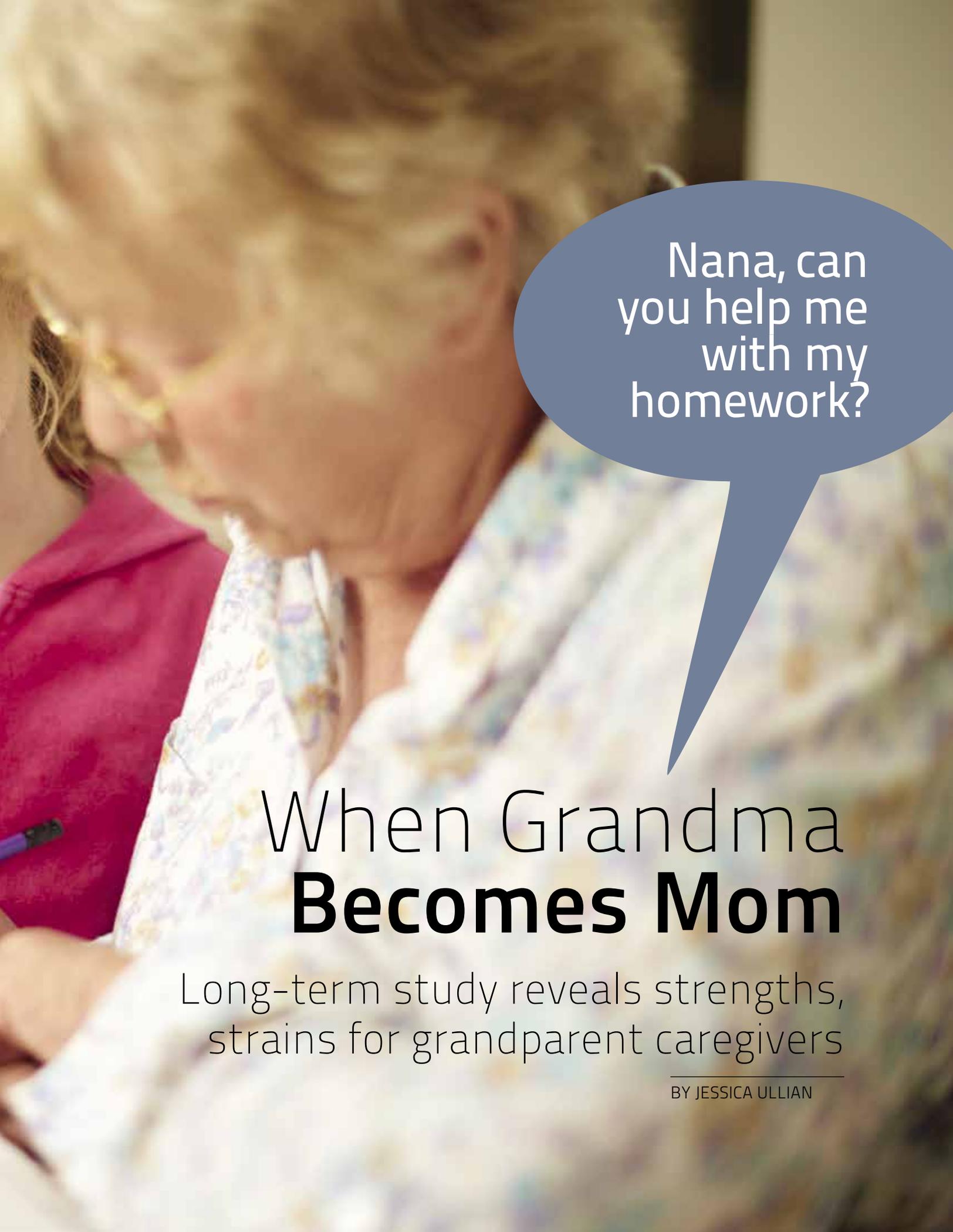
Some of the center’s primary features, which include not only research projects but education and service programs, are a graduate certificate in gerontology and the Cellar Conference.

The 12-credit Graduate Certificate Program in Gerontology, taught by Center faculty associates from a variety of disciplines, helps prepare those who already have a master’s degree to work with the aging population.

The Florence Cellar Conference on Aging, held every other year, invites world-class national speakers on aging-related topics. “This is one opportunity to get all of our community partners involved,” says Evelyn G. Duffy, DNP, AGPCNP-BC, FAANP, School of Nursing associate professor and the UCAH’s associate director, “from suggesting a conference topic to sharing their knowledge, or learning from others, at the all-day event.” The most recent conference—the 21st of its kind—was held in April 2015 and focused on the theme “Navigating Care Transitions across the Continuum.”





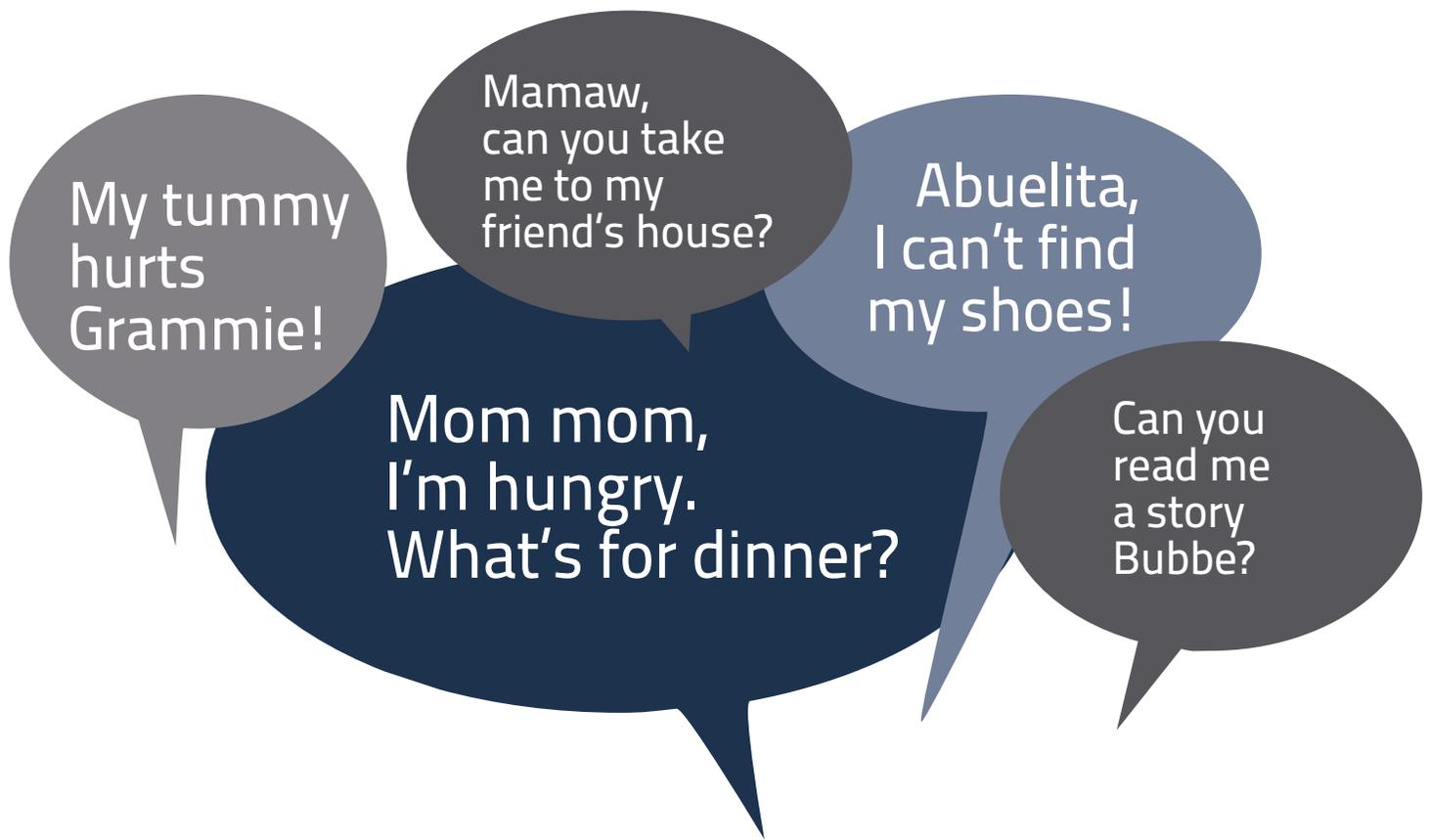


Nana, can
you help me
with my
homework?

When Grandma **Becomes Mom**

Long-term study reveals strengths,
strains for grandparent caregivers

BY JESSICA ULLIAN



Ask anyone to describe a grandmother, and chances are he or she will paint a picture of an affectionate visitor, ready to indulge her grandchildren with an endless supply of treats and attention. But for an estimated one in 10 children, according to the Pew Research Center, a grandmother is more like “Marion,” a 60-something Ohio grandmother who found herself suddenly responsible for her two young grandchildren. She cooked their meals, did their laundry, and drove them to and from school when her daughter’s marriage fell apart.

Across the country, more and more grandmothers are taking on partial or primary caregiving responsibilities for their grandchildren, radically shifting both social and personal expectations of what a grandparent does. Carol Musil, PhD, RN, FAAN, FGSA, the Marvin E. and Ruth Durr Denekas Professor of Nursing, has spent nearly 20 years focusing on the linchpin of this new family dynamic: the grandmothers themselves. Since 1996, Musil has enrolled nearly 1000 women in three studies of grandmothers, funded by the American Nurses Association, National Institutes of Health, National Institute of Aging, and National Institute of Nursing Research.

The Grandmother Study started in 2001 with almost 500 participants caring for their grandchildren. The caregivers were asked to report on their physical health, their sense of family functioning, and their emotional well-being. Musil continuously followed these women for 15 years and she has found a strong connection between increased family responsibilities and increased stress, depression, and physical decline. Now, with more than 100 participants still involved, she’s using her results to highlight the need for new conversations about geriatric care and support.

“Typically these women are past childbearing age, so caring for children might be overlooked as a stress factor in health care assessments,” Musil says. “But about 20 percent of these women are being treated for depression, which is higher than we’d normally be seeing. Clinicians need to know what their patients are experiencing, to provide them with access to the services they need.”

A former psychiatric clinician with a special interest in women’s and geriatric mental health, Musil first observed the growing trend in grandmother caregiving in the mid-1990s when she just started on the faculty at FPB. A 1998 U.S. Census report cited a range of factors, including



Researchers Carol Musil (right) and Camille Warner

drug use among parents, teen pregnancy, divorce, and incarceration to explain the trend. As Musil and her co-investigator, Camille Warner, PhD, assistant professor, began recruiting, they also found military deployment and pursuing education opportunities played a role in shifting family structures.

To enroll participants, they used random digit dialing, a systematic sampling method designed to create a representative sample. They also contacted a statewide support group for grandmothers raising grandchildren. Grandmothers completed mailed questionnaires six times over the past 14 years, making it the longest running study of grandmother caregivers in the United States.

"It sounds antiquated," Musil says. "But with the random digit dialing as well as reaching out to support groups, we enrolled grandmothers from rural, urban, and suburban areas of Ohio, 72 of the state's 88 counties."

Although a major emphasis of the study was on grandmothers raising grandchildren without parents living in the home, participants were compared with mothers who lived in multi-generational homes, as well as grandmothers who lived separately from grandchildren

but were "involved and connected," Musil says.

One result was consistent: grandmothers with increased responsibilities for their grandchildren reported higher levels of stress and depression than the non-custodial grandparents—a factor consistently associated with declines in physical health, and used as a predictor of morbidity and mortality. As the study progressed and additional sources of funding allowed the investigators to follow up over time, more nuanced details emerged. Grandmothers living in multigenerational homes, for example, did not have dramatically higher depression levels, but had increased levels of intra-family strain.

Musil reported that transitions both into and out of primary caregiving roles also proved a significant emotional health issue. "Sometimes the grandmothers wouldn't have any warning they were going to be raising their grandchild—the adult children moved out suddenly," Musil says. "We had other cases where the grandmother was a primary caregiver, and then the parent reunited with the child, and the grandmother was concerned about how the parent would do on their own." The grandmothers often revealed a sense of insecurity about raising their grandchildren,



Thank you
Gramma!

Grandmom,
I love you!

Musil says, particularly when their own adult children were incarcerated or suffering from drug addiction.

However, The Grandmother Study also revealed positive outcomes, such as a consistent level across all groups of “resourcefulness”—a set of cognitive behavioral skills related to problem-solving, proven to stave off depressive symptoms. The grandmothers who had access to more forms of support, whether from a spouse, other family members, or outside resources, also reported better functioning and less depression. “Because we have these multiple data sources, we have a qualitative and quantitative picture of successful stories of resilience,” says Warner. “It’s a great way of testing interventions for grandmothers, such as support groups and mental-health self-care and treatment, and offer ways of to cope with the challenging health issues that come with aging and caregiving.”

The study’s remarkable duration has also provided access to another valuable data source: the grandchildren themselves. Over the past 14 years, more than 150 of the grandchildren have been able to answer questions about their own perceptions of family functioning and well-being.

Like their grandmothers, they show a strong link between increased family support and less depression. As they transition into adulthood, Warner says, they offer a more complete look at the trajectory of grandmother caregiving and its long-term effects.

One more finding has been consistent across the years: no matter how many physical or emotional challenges result from their caregiving, grandmothers in all groups said that they would not have done anything differently when asked to raise their grandchildren.

“As I look back, I realize what a privilege it has been to have him in my life,” wrote one participant. “He’s had a lot of negativity but has risen above it, which I am really proud of!” As Musil and her colleagues continue assessing the most recent data, collected this year, they remain focused on finding new supports and interventions for a group that’s redefining the word “grandmother” for the next generation.

“This is a population in need, but it’s also a population with a lot of hope,” Musil says. “To me, they are role models for their own self-advocacy, and for other women like them.” +

ENTERING THE NEXT PHASE

Parents, family, faculty & friends of all ages congratulated this year's Frances Payne Bolton School of Nursing graduates at the May Pinning Ceremony.



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Nurses Week 2015: A Jam-Packed Celebration!



(Left to right) Joe Brown with his mother, Connie, Jerry Gregoire and Dean Mary Kerr during the Flight Nursing Helicopter Simulator dedication.

More than 80 guests gathered to honor Joe Brown, president of Hartzell Propeller, Inc. and Jerry Gregoire, founder of Redbird Flight Simulations—together they created the first-of-its-kind flight nursing helicopter simulator.

The retired Sikorsky fuselage has found a second life as the fully articulating simulator, featuring video panels to mimic flight paths and weather conditions.

"It's a great training device to trick your brain into feeling the pitch and roll of the aircraft while you're trying to provide quality patient care," states Stephanie Steiner, MSN, RN, ACNP, clinical director of the Dorothy Ebersbach Academic Center for Flight Nursing.

The dedication was followed by the first annual Ebersbach Flight Nursing Summit called "From Tidal Waves to Terrorism: International Models of Care in Air Medical Transport and Roles in Disaster Response."

Participants enjoyed roundtable discussions with medical transport leaders like Andrea Robertson, president and CEO of STARS (Shock Trauma Air Rescue Society) and STARS Foundation and Ivan Ortega Deballon, Flight NP, LLB, MSc, associate professor at the Hi-Fi Sim Center and on the faculty of medicine and health sciences at the Universidad de Alcala de Henares in Madrid. Deballon was among those called to respond to 2004 terrorist bombings on trains in Madrid, and was sent to Indonesia after the catastrophic tsunami that same year.

Other speakers included Kimberlie A. Birever, LTC, AN, chief of Critical Care Nursing Services at the San Antonio Military Medical Center at Fort Sam Houston, Texas, and Benilani M. Pineda, CCRN, RN, CPT, AN, director of the Joint Enroute Care Course for the United States Army School of Aviation Medicine at Fort Ruckers, Ala.

Other highlights of the week included the annual keynote address featuring K. Kelly Hancock, MSN, RN, NE-BC, executive chief nursing officer of the Cleveland Clinic Health System. She discussed the role of nursing and nursing innovation at the Clinic with faculty, staff and students.

Throughout the week, the school's website featured winners of its third annual Nurses Week Student Photo Contest. "The students have a remarkable eye for capturing the heart of FPB nursing," said Mary E. Kerr, dean of the school and amateur photographer. The award-winning entries can be found on http://fpb.case.edu/CurrentStudents/photocontest_winners2015.shtm.

The best part of the celebration occurred the Sunday after the official close of Nurses Week. During Case Western Reserve University's Commencement, 92 students earned their first nursing degrees while another 48 students received master's degrees and doctorates. Congratulations to all!

FPB NURSES WEEK CELEBRATION

During National Nurses Week, May 6-12, 2015, students shared images showing what it means to be a nurse at Case Western Reserve for this year's photo contest. The next weekend, students became School of Nursing graduates.



(1) During her community clinical experience, freshman Jessica Chalas helps the school nurse at Tremont Montessori School collect heights and weights of first graders.

(2) Congratulations to the Frances Payne Bolton School of Nursing graduates who earned their pins & degrees this past May.

(3) First-year School of Nursing students learn how to wear personal protective equipment (PPE).

(4) Diana Kovacic recently volunteered in Haiti at a local orphanage and at the island's only trauma hospital.

(5) MN students during their clinical rotation at Metro. They were part of an Interprofessional Education project with 3rd year medical students discussing how to improve interdisciplinary education.

1940s

Ruth Clark (NUR '45) celebrated her 70th wedding anniversary Jan. 6, 2015 to her husband, Marion. Clark writes that the couple met in February 1944 at a dance at the nurses' dorm at Western Reserve University where Marion was in medical school and Ruth was pursuing a master's degree in nursing. As students, Marion and Ruth had to ask the nursing dean Marion G. Howell for permission to marry, and she said no. Their request then went to the FPB faculty, who gave permission. They were engaged in April of that year and were married Jan. 6, 1945, in the Ben Avon Presbyterian Church in Pittsburgh, Penn. The Clarks lived in Swindon, England, where Marion was stationed in the Air Force before moving to Washington where they have lived for 62 years. They have six children, 15 grandchildren and 16 great-grandchildren.

Audrey J. Booth (NUR '48) says hello to her classmates and fellow FPB alumni. She received her MSN



from the University of North Carolina School of Nursing, after leaving the Queen's Hospital in Honolulu in 1954, where she was assistant director of nursing. Booth worked for 28 years at UNC-Chapel Hill, including as associate dean. She was statewide coordinator for the North Carolina Area Health Education Centers, and was Chair of the North Carolina Board of Nursing, where she focused on legislation leading to recognition

of advanced practice for nurse practitioners and nurse midwives. In 2014, she was elected to the North Carolina Nurses Hall of Fame. Booth currently lives in Chapel Hill.

1960s

Beryl Brubaker (NUR '67), retired in June as director of the Sadie A. Hartzler Library at Eastern Mennonite University. This is Brubaker's second retirement, after 44 years of service to the university. She started as a professor in the nursing department and eventually became vice president of enrollment and then EMU's first provost. Brubaker plans to spend time with her family, as well as continue her work as president of the board of directors at Valley Brethren-Mennonite Heritage Center in Harrisonburg, Va.



1970s

Janice Giallourakis (NUR '70), faculty at the College of Nursing and Speech-Language Pathology at Mississippi University for Women, received two distinguished honors from the university: The Kossen Faculty Excellence Award and Faculty Member of the Year. She represents the Mississippi Nurses' Association, District 18, and also is a member of the American Nurses Association.

Gail Mallory (NUR '71), David Schottke (NUR '71) and Sandra Willis (NUR '71), met up in Harpers Ferry, W. Va., during



National Nurses Week 2015. Mallory lives in Pittsburgh and is the director of research for the Oncology Nursing Society. Schottke lives in Washington D.C. and is a consultant and author in the field of public safety. His latest book is the *Fundamentals of Fire Fighter Skills*, published in 2013. Willis has lived in Corvallis, Ore. since 1972, and is "a retired, happy grandmother enjoying lots of traveling."

Sr. Karin Dufault (NUR '76, '81) received a Lifetime Achievement Award from Seattle Business magazine at its Washington Leaders in Health Care awards gala. One of 19 honorees identified by the magazine as transforming medicine, Sister Karen has served the poor in Pacific Northwest communities and nationally for more than 55 years in leadership roles for Providence Health System, now Providence Health & Services. Her duties have ranged from nurse, hospital administrator, and vice president of mission leadership, to chairperson of the board of directors, and acting president and CEO.

Deborah Klein (NUR '77, '82) serves a three-year term as a director on the American Association of Critical-Care Nurses (AACN) board of directors through June 30, 2017. She served a one-year term as board secretary through June 30, 2016. Klein is a

clinical nurse specialist in the Coronary ICU, Heart Failure ICU and Cardiac Short Stay/PACU/CARU at Cleveland Clinic and is a clinical instructor at Case Western Reserve.

Karen L. Miller (NUR '72), dean of the University of Kansas schools of Nursing and Health Professions, stepped down from her leadership roles at the University of Kansas Medical Center at the end of the academic year. Miller has served 18 years as dean of the School of Nursing, 16 years as dean of the School of Health Professions, and nine years as senior vice chancellor for academic and student affairs. She will continue as a professor in the School of Nursing.

1980s

Joyce Ferrario (GRS '82), returned to teaching and research at Binghamton University after serving 10 years



as dean of its Decker School of Nursing. During her tenure as dean, she has seen graduate enrollment triple to more than 200 students. Ferrario has also been instrumental in securing significant external support from the Helene Fuld Health Trust Fund and the Health Resources and Services Administration (HRSA), expanding the school's international footprint and developing a state-of-the-art simulation lab to enhance student training.

Phyllis Gasper (GRS '86) was appointed National Director of Research and Development for The Goodman Group, a leader in developing and managing senior living and health

Clareen Wiencek (NUR '79, GRS '08) was named president-elect for the 104,000-member professional organization American Association of Critical Care Nurses (AACN). She is an associate professor of nursing at the University of Virginia (UVA) School of Nursing and coordinator of the ACNP program, Wiencek has almost 40 years of experience as a bedside nurse in critical care, nurse manager, educator and researcher.



care communities. Gasper specializes in geriatrics and long term care and has been a renowned researcher in the field. Before joining The Goodman Group, she was a professor at the University of Toledo.



1990s

Deborah McBain (NUR '96) wrote

for the PBS and Detroit Public Television blog, *Modern Midwives*, during the past season of *Call the Midwife*. You can read her posts here: www.pbs.org/call-the-midwife/blogs/modern-day-midwives/category/deborah-mcbain/



Patricia F. Fedorchak (NUR '96), family nurse practitioner, joined MedStar St. Mary's Hospital in Maryland as a pediatric specialist.

Susan Schneider (GRS '98), associate professor and faculty lead for the graduate



oncology specialty at the Duke University School of Nursing, was elected President-elect of the Oncology Nursing Society (ONS). Schneider will assume the role of President of the 35,000 member national society for a two-year term beginning in 2016, following a year as President-elect.

Coleen Brogan (NUR '99), a certified nurse midwife, is currently working with La Red Health Center in Sussex County, Del. to help expand prenatal care. LRHC offers a comprehensive prenatal program that includes pre-conception counseling, nutrition counseling, prenatal and perinatal services, and behavioral health services.

Carrie Levine (NUR '99), a certified nurse midwife, did a presentation on adrenal health and stress



management for busy women for the Mid-coast Chapter of Maine Women's Network. Levine runs Whole Woman Health, a holistic health care practice that serves women in the Mid-coast Maine area.

Sunida Preechawong (NUR '99, GRS '04),



an instructor at Chulalongkorn University in Thailand, was awarded an Outstanding Research Award in Tobacco Control at the 10th anniversary celebration of the Tobacco Control and Knowledge Management Center (TRC), with support from the Thai Health Promotion Foundation.

2000s

Moreen Donahue (NUR '05) leads



the development of Western Connecticut Health Network's Nurse Leadership program. In this newly created role, Donahue is responsible for the identification and implementation of leading edge and innovative nursing education standards and practices to ensure that Network nursing and patient care services



David Gordon (NUR '09, '11), exhibited his landscape photography at the Mission Center Building in San Francisco last summer. Gordon's photography has been published internationally by the London Times, The Daily Telegraph and the New York Post. It has also been featured by the U.S. Department of Interior, the National Park Service, the National Weather Service, Golden Gate National Recreation Area, NBC Bay Area, and ABC Bay Area.

are benchmarked to the best in the industry. Dr. Donahue also is pursuing an Interprofessional Fellowship in Innovative Health Leadership offered by Arizona State University and the American Organization of Nurse Executives in partnership with Mayo Clinic's Center for Innovation.

Ruby Fett (Cert '06) received her MSN degree as a Family Nurse Practitioner with a sub-specialty in Palliative Care from Ursuline College.

Abir Bekhet (GRS '07) was awarded tenure at Marquette University in Wisconsin, effective August 2015.

Eric Joseph Williams (NUR '07) was inducted



into the William Carey University Alumni Hall of Fame. Williams, who earned his BSN from Carey in 1986, now serves as the assistant director and faculty leader of health sciences and as a professor of nursing at Santa Monica College in California. He is the first vice president of the National Black Nurses' Association Board of Directors and has served as president of the Council of Black Nurses - Los Angeles and the New Orleans Black Nurses' Association.

Jill Brennan-Cook (NUR '08) was appointed as an assistant professor of nursing with the Accelerated Bachelor of Science in Nursing program at Duke University School of Nursing. Her current research interests include sickle cell disease, nutrition and wellness, and educational strategies. She is a member of the International Nursing Association for Clinical Simulation and Learning and the Emergency Nurses Association.

Ida Danzey (NUR '08), associate dean in Santa Monica College's Health Sciences Department, was honored with a Lifetime Achievement Award by the Council of Black Nurses - Los Angeles for her career and commitment to nursing, especially nursing education.

2010s

Christine Montanaro (NUR '11) received her MSN from the University of Central Florida in May 2015 and will be practicing as an Adult/Gerontology Nurse Practitioner.

Anna Pietro (NUR '11) joined Hospice of Spokane as a primary care advanced registered nurse practitioner (ARNP). Pietro has four years of experience as an ARNP and is certified through the American Academy of Nurse Practitioners and the Oncology Nursing Society.

Fonya Atabong (NUR '12), assistant professor of medical surgical/ pediatric nursing at the Northern



Virginia Community College Medical Education Campus, was named a Fulbright Scholar for the 2015-2016 academic year. She will teach medical, surgical and pediatric nursing at the University of Buea in Cameroon. In addition, she will join other collaborators to address Cameroon's Ministry of Health focus to enhance nursing education and train midwives to combat maternal and child mortalities from diseases such as malaria and HIV/AIDS.

Colleen Leners (NUR '12) was selected as a 2014-2015 Robert Wood Johnson Foundation (RWJF) Health Policy Fellow in Washington, D.C. During her fellowship, Leners will work in the office of Sen. John Thune, a member of the Senate Finance Committee, which has jurisdiction over Medicare, Medicaid, and other health programs. She most recently served as the traumatic brain injury (TBI) program manager for Naval Medical Center San Diego. She is a board-certified family nurse practitioner with a post-Master's certificate specializing in emergency medicine.

Katie Jenkins (NUR '14) and Joseph Hayduk were married July 26, 2014 in Cleveland, Ohio. The bride earned a bachelor's degree in nursing from Youngstown State University and a master's degree in nurse anesthesia from Case Western Reserve University. She is a certified nurse anesthetist at the Cleveland Clinic. Her groom earned a bachelor's degree in computer science from Cleveland State University and is a systems administrator at Cleveland Clinic.

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inMEMORIAM

1940s



Marion L. Bittman (NUR '44, '62), age 95, of Cleveland, Ohio, died April 16, 2015. She was a dedicated nurse and inspiring person.

She lived as a quadriplegic for more than seven years, but had an active mind and coped in such a way as to inspire those that knew her.



Alice Reimschissel (NUR '49), age 90, of Chula Vista, Calif., died July 31, 2014. She was never afraid to try new things and her

education included master degrees in nursing and nursing education. Her career as a pediatric nurse and pediatric nursing instructor was briefly interrupted when she became a wire operator for a brokerage house. She later returned to nursing and became the in-service coordinator of San Diego Mental Health. She was also involved in P.E.O. Sisterhood, an organization supporting women's education.

Margaret "Peg" Barry Riley, (NUR'48) age 92, of Nashville, Tenn., passed on June 1, 2015. Born in Mount Vernon, Ohio, she attended Otterbein University. She earned her diploma in nursing from FPB, where she met her future husband, pediatric resident Harris "Pete" Riley Jr. The couple moved to Nashville, then Oklahoma City for 30 years. After their three children left for college, Peg worked at Oklahoma City's Visiting Nurses Association. The couple returned to

Nashville in 1991 where Peg renewed old friendships, and participated in the Vanderbilt Sewing Club and her garden club.

1950s

Kathleen "Kay" Davis Currie (NUR '50), age 91, of Cleveland, Ohio, died April 8, 2015. In 1945, she joined the U.S. Armed Forces as a nurse and rose to the rank of 1st Lieutenant while stationed in post-war Europe. She was selected to participate in the "Honor Flight" program as thanks for her service. Nursing was the perfect career for Kay; caring for others at work while at St. Luke's Hospital, Mt. Sinai Hospital, Women's General Hospital, Margaret Wagner House and others. She received a commendation from the mayor for her work with the City of South Euclid Commission on Aging. In 1950, she married William E. Currie (Bill) and they raised three children in Cleveland Heights, Ohio. In addition to their family, Bill and Kay loved to travel particularly to the British Isles.



Jean Elizabeth Baxter (NUR '51), age 86, of Spokane, Wash., died Feb. 16, 2015. Jean worked for University Hospitals of Cleveland

where she ran one of the first post-operative recovery rooms in the nation. She continued to use her nursing skills while working alongside her husband, Chadwick Baxter, in his pediatric surgery practice. She volunteered at her children's schools, the Girl Scouts and Boy Scouts, the Spokane County Medical Auxiliary, the Visiting Nurses

Association and her church, as a choir member and deacon. Involved in multiple projects in the community, she helped establish Meals on Wheels in Spokane.



Joan Lynch (NUR '53), age 84, of Groton, Conn., died May 19, 2015. She pursued a career in nursing after graduating from

Denver's Colorado Woman's College, and from Frances Payne Bolton School of Nursing. Her profession took her to hospitals in Denver, the small mining community of Clifton, Ariz., and then to New York City. She later worked at Mary Elizabeth Nursing Home in Mystic, Conn., and then as director of public health nursing in Ledyard, Conn. She raised seven children, without losing her quiet, dry humor.

Anna Mae Fretz (NUR'54), age 97, of Vineland, Ontario, Canada, died March 7, 2015. After working on the family farm, in a local food store and for a local physician, she became a registered nurse. She later earned her bachelor's degree from Goshen College (Indiana) and then her master's in nursing from Case Western Reserve University. She returned to Goshen to teach in the nursing department until 1976. She married Lyall Fretz in 1975. She worked as a staff nurse at the Punta Gorda, Fla. hospital where she and her husband would winter until her retirement in 1982. For another ten years, she helped with health care among winter residents at the Sunnybreeze Community in Arcadia, Fla.

inMEMORIAM

1960s

Dolores Anne Quigley (NUR '60), age 76, of Katy, Texas, died on May 15, 2014. She graduated from Flora Stone Mather College in 1957, and then received her BSN from the School of Nursing in 1960. She is survived by her husband Patrick.

Dorothy M. Bienz (NUR '61), age 86, of Norwalk, Ohio, died May 5, 2015. She retired after 30 years from the State of Ohio Department of Mental Health, where she held numerous administrative and teaching positions in several state facilities. In 1980 she married Robert Bienz. She was a member of the Hillsdale School Board, as well as a representative for the Ashland County West Holmes Career Center. She enjoyed scrapbooking, card making, quilting and playing bridge.

1970s



Gracia Largay (NUR '70), age 76, of Cumberland Foreside, Maine, died April 15, 2015. She spent the majority of

her career as a public health nurse and administrator for the Maine Department of Health and Human Services. She grew up in the Bangor area, where she met her husband, Larry. She took classes at the Osher Lifelong Learning Institute at the University of Southern Maine, and was involved with the Southern Maine Astronomy Club.

FACULTY & FRIENDS

Rita McNulty (NUR '05), age 79, of the Sisters of St. Joseph of Northwestern Pennsylvania, died April 27, 2015. The first nurse practitioner in northwestern Pennsylvania, Sister Rita was a full-time faculty member at the Frances Payne Bolton School of Nursing for 17 years. During that time, she also worked as a nurse practitioner at Buckeye Health Center and University Hospitals of Cleveland and taught nurse practitioner skills at the University of Zimbabwe in Africa. She taught at Niagara University, the University of Pittsburgh, the University of Michigan, where she held a joint appointment in the schools of nursing and medicine and most recently, Gannon University. A member of Sigma Theta Tau who was published in numerous nursing journals, she was a member of several nursing organizations including the Northwest Regional Action Coalition and the Board of the Ohio Association of Advanced Practice Nurses.



Carol A. Armbrrecht (NUR'72), age 65, of Youngstown, Ohio, passed on June 15, 2015. After earning her BSN from Case Western Reserve University, she received her master's in community health nursing from Texas Woman's University with additional studies at Kent State University. She worked at University Hospitals of Cleveland and later St. Elizabeth Health Center. A member of Sigma Theta Tau, she taught nursing at Youngstown State University, Kent, Akron and Penn State. Later, she became certified as a clinical nurse specialist in mental health nursing and started a career in counseling. She is survived by her husband Jim and their two daughters.

1990s



Heidi Jo Springer (NUR '96), age 52, of Willoughby Hills, Ohio, died Feb. 13, 2015. She earned her

bachelor's and master's degrees and had worked as a nurse anesthetist at The Cleveland Clinic and University Hospital System for more than 30 years. She was involved in triathlons and competitive skiing and swimming. She also enjoyed volleyball, cooking, gardening and her pets. She was the loving partner of Nistor Proczan.

2010s

Michele Penque (NUR '10), age 27, of East Meadow, N.Y., died May 24, 2015. She received her master's degree as a 2015 graduate from the New York University College of Nursing. She worked at New York University's Langone Medical Center.

GLOBAL HEALTH WARRIOR: *Mix fights Ebola*

BY KRISTIN OHLSON



“When Commander **Aisha Mix (NUR '14)** and her colleagues arrived in Liberia last October, people lined up on the streets of Monrovia and cheered as if they were returning heroes. But Mix and more than 60 officers of the United States Public Health Service (USPHS) Commissioned Corps who deployed to Liberia didn't think of themselves as heroes. They had arrived to save the heroes: the health care workers—some Liberian and some international—who had been at the frontlines of treating victims of the 2014 Ebola epidemic.

Mix says Ebola is often called “the heroes' disease,” since many caregivers ultimately develop symptoms of the infection. Over the next two months, she and her colleagues worked 12-hour shifts to care for them in the 25-bed Monrovia Medical Unit, returning many to good health.

The USPHS Commissioned Corps is one of the United States' seven uniformed services—a professional corps comprising of more than 6,800 highly qualified public health professionals. It includes physicians, dentists, nurses, social workers and health administrators serving the most underserved and vulnerable populations both domestically and abroad. Between such

deployments, Mix, an officer in the USPHS since 2006, works as a senior public health analyst at the Health Resources and Services Administration.

The mission to Liberia was life-changing for the single mother whose family and friends cared for her girls during this mission. It was Mix's first trip to Africa. While she was mesmerized by Liberia's natural beauty and history, she and her fellow USPHS officers found that Ebola's devastation was even worse than they had imagined. “Sometimes, every person in the family was dead except a child,” she says. “Until we saw the faces of the people there and heard their stories, we didn't really understand the impact.”

Amid this terrible tragedy, Mix learned to treasure the triumphs. After 10 days of treatment, a Liberian nurse's aide was finally healthy enough to leave the Monrovia Medical Unit. Her family assembled outside the unit for hours, awaiting her official discharge. Mix recalls, “They danced and sang and cried tears of joy.”

“I was so excited to go there and have this kind of global impact,” says Mix, “I joined the Public Health Service hoping for this kind of mission.” +

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