

Fall 2017

THE FRANCES PAYNE BOLTON SCHOOL OF NURSING  
AT CASE WESTERN RESERVE UNIVERSITY

# *fore*FRONT

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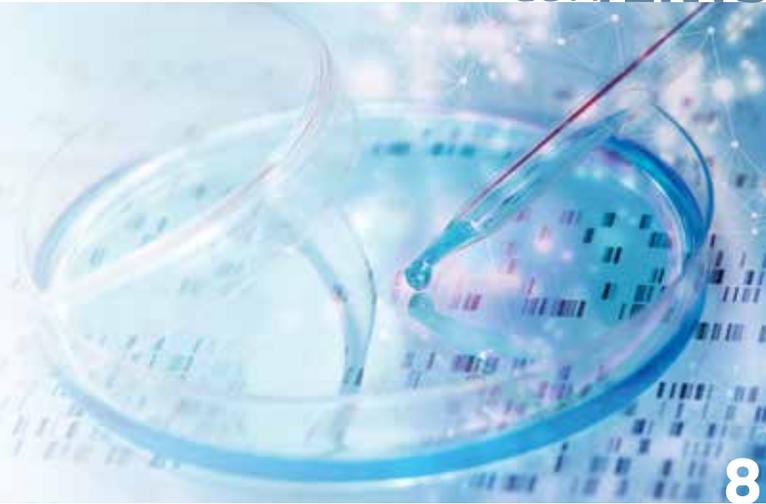
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#### About *Forefront*

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:**

Last summer I invited nurse executives from some of our nation's largest hospital systems to campus to discuss the challenges they face in the health care C-suite. Topics ranged from new sites to deliver care, to new individualized treatments, to the importance of patient quality and safety and more.

This kind of dialogue is a testament to the ability of the Frances Payne Bolton School of Nursing to anticipate the needs of our students, our patients, and our profession. Our willingness to question and innovate helps us define the future of health care.

You can see this in the cover story on page 8, "Your Health, Precisely." It introduces you to five of our scientists who work on the leading edge of the precision health revolution. They are incorporating new techniques and technologies to deliver better patient-centered care.

You also see it in the story, "Brain Child: Neurocritical Care Boot Camp Prepares Future Advanced Care Practitioners," found on page 18. In collaboration with the MetroHealth System, FPB developed a unique two-day training program for this high-tech, high-touch and high-adrenaline setting.

Our new transformative home at the Health Education Campus is another opportunity for the school to invent the future. Faculty, staff, students and I are working together to develop the school's vision after our June 2019 move. However, I have realized that the HEC timeline and my personal plans for retirement are not congruent. I feel it is vital to have continuity of leadership when we execute and nurture that vision, once we are in our new surroundings.

With that in mind, I felt it was in the best interest of the school to accelerate my plans. I will step down as dean at the end of the academic year, but remain a resource for the transition and continue to serve on faculty. I am proud to say that my successor will arrive to find a healthy, vibrant school in a new world-class facility, with all of the programs fully accredited, our NIH research dollars at record levels, and surrounded by amazing students, faculty, staff and alumni.

I deeply appreciate having the privilege of serving as dean of one of the greatest schools of nursing in the world. Thank you for your support over the past seven years.

Sincerely,

A handwritten signature in cursive script that reads "Mary E. Kerr".

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



### THINK TANK FOR DNP EDUCATION

Nurse leaders from across the country gathered on campus in July to examine doctoral education and competencies for executive nursing leadership. The Nurse Executive Think Tank, hosted by Frances Payne Bolton School of Nursing, engaged in discussions on curriculum, mentorship, practicum experiences, scholarly work and development needs of nurse executive leaders.

"We were very fortunate to have so many amazing nurse leaders together on campus," says Mary Kerr, dean of the School of Nursing. "They bring invaluable expertise as we consider the creation of a Nurse Executive elective sequence within our DNP program."

The participants included (front row, left to right): Kelly Hancock, Cleveland Clinic; Mary Terhaar, FPB; Carol Porter, MD Anderson Cancer Center, Patricia Higgins, FPB; (middle row, left to right) Mary Kerr, FPB; Catherine Koppelman, FPB; Michelle Janney, Indiana University Health, (back row, left to right): Kathleen Sanford, Catholic Health Initiatives; Marian Shaughnessy, American Nurses Foundation; Joan Clavelle, GetWellNetwork; Joyce Fitzpatrick, FPB.

### FIGHTING LEAD POISONING: FPB SCHOOL OF NURSING PARTNERS TO SCREEN SCHOOL CHILDREN

The Frances Payne Bolton School of Nursing at Case Western Reserve University, bolstered by a \$300,000 grant from the Elisabeth Severance Prentiss Foundation, has launched a pilot program to help address what program director Marilyn "Lynn" Lotas, PhD, RN, called a "crisis of lead exposure among Cleveland's children."

The "Partners in Health" program is a collaboration of the School of Nursing, the Cleveland Metropolitan School District (CMSD), the City of Cleveland Department of Public Health and the MetroHealth School Health Program. The program seeks to increase the percentage of young Cleveland school children screened for dangerous blood-lead levels from 33 percent, the current level, to 80 percent by 2019.

The City of Cleveland ranks among the nation's worst for childhood lead exposure, according to the Ohio Department of Health (ODH). A 2015 ODH study reported that as many as 65 percent of children at risk for lead poisoning in the City of Cleveland were not screened for blood-lead levels. Among those screened, an average of nearly 13 percent had dangerous levels of lead in their blood, Lotas said.

The goal of Partners in Health is to establish a sustainable program to annually test students from ages 3 to 5 years old enrolled in CMSD Pre-K and kindergarten programs. Children with high lead levels will be referred for further treatment as needed. The program will begin with three schools and grow each year.

"This is significant," said Deborah Aloschen, CMSD director of health and nursing services. "A whole community is coming together to help children who have been affected by exposure to lead."

Families of children with high lead levels will also receive information on how to reduce lead exposure in their home and will be referred for lead abatement in their house or apartment, where appropriate, Lotas said.

The program will begin with about 100 children in three schools being screened by undergraduate students this year. Graduate students will then provide outreach to families and schools with affected children. The program will expand to additional schools in subsequent years with the goal of annually screening all CMSD pre-K and kindergarten students.

"Another goal of this program is to expand the public health knowledge and experience of our nursing students," Lotas said.





### PHD STUDENT HELPS SAVE CAMP FOR CHILDREN WITH DIABETES

Julia Blanchette still remembers how distressed she was as a teenager when first diagnosed with Type 1 diabetes. She also has never forgotten how much better she felt about her condition when she attended a summer camp with other children who also suffered from diabetes.

Blanchette, a PhD student at the Frances Payne Bolton School of Nursing, now conducts research into the adverse psychosocial effects of Type 1 diabetes among those transitioning from pediatric to adult healthcare. She has also stayed connected to summer camp, volunteering the last few years at the nation's oldest camp for children with diabetes, Camp Ho Mita Koda in Newbury, Ohio.

"Everything is tied together—my own experience growing up with Type 1 diabetes and transitioning to adulthood, the importance of the camp experience and support network for every child and my current research," Blanchette says.

Last spring when The Diabetes Partnership of Cleveland announced the immediate shuttering of the camp, Blanchette was among those who was moved to help keep the camp open.

She helped organize camp supporters via social media in the days and weeks following the closing, helping them to form and then grow the Facebook group, "Save Camp Ho Mita Koda." She also gathered donated medical supplies and recruited volunteers to operate every aspect of the camp this summer.

"We just couldn't allow this camp to close for a summer, so we never let up since April," she says. It worked: Camp opened for a two-week session this summer.

Blanchette was named the camp's health care director by a newly formed board. Full medical care is provided at the camp by University Hospitals/Rainbow Babies and The MetroHealth System, in addition to the Cleveland Clinic.

### SCHOOL RECEIVES \$1.5 MILLION FROM HRSA FOR NURSE FACULTY LOAN PROGRAM

The Frances Payne Bolton School of Nursing at Case Western Reserve University is expanding its Nurse Faculty Loan Program, thanks to a new \$1.5 million federal grant.

The grant from the Health Resources and Service Administration (HRSA) for the 2017-18 academic year will grow the school's NFLP to 130 students this year, from 114 currently enrolled.

The loans are awarded to students to help pay tuition and other costs, up to \$35,000 a year. After earning their degrees, if students teach for at least four consecutive years at an accredited nursing school, 85 percent of their NFLP loan is forgiven—up to \$150,875 of the total \$177,500.

The federal loan-forgiveness program is aimed at increasing the number of qualified nursing faculty to keep pace with the growing number of nurses needed in the workforce, says Jaclene Zauszniewski, PhD, RN, the Kate Hanna Harvey Professor in Community Health Nursing and PhD program director.

"The U.S. nurse faculty shortage remains at a critical level," Zauszniewski says.



### CRITICAL CARE TRANSPORT TRAINING

The Dorothy Ebersbach Academic Center for Flight Nursing acquired an ambulance for interprofessional training. Housed with the Helicopter Flight Nursing Simulator, the ambulance was first used during Flight Nursing Summer Camp in July. "The addition of the ambulance enables us to provide a complete critical care transport experience in our students' education," says Celeste M. Alfes, DNP, MSN, RN, CNE, CHSE, director of the Center of Nursing Education, Simulation and Innovation.

honors & awards

**Joyce J. Fitzpatrick, PhD, MBA, RN, FAAN**, Elizabeth Brooks Ford Professor of Nursing, received the Action in Advocacy Award for Excellence in Teaching and Mentoring Nursing's Future Leaders from the Nightingale Initiative for Global Health.

**Faye Gary, EdD, MSN, RN, FAAN**, the Medical Mutual of Ohio Kent W. Clapp Chair and Professor of Nursing, received the 2017 Diversity Achievement Award, Faculty Category, from the CWRU Office for Inclusion, Diversity and Equal Opportunity.

**Susan M. Ludington, PhD, RN, F-CNM, CKC, FAAN**, the Carl W. and Margaret Davis Walter Professor of Pediatric Nursing, received the 2017 Excellence in Nursing Research Award from the Ohio Nurses Association.

**Shirley M. Moore, PhD, RN, FAAN**, the Edward J. and Louise Mellen Professor of Nursing; associate dean for research, received the 2017 Elizabeth McWilliams Miller Award for Excellence in Research from the Sigma Theta Tau International (STTI) Honor Society of Nursing. She also received the Katharine A. Lembright Award for Achievements in Cardiovascular Nursing Research from the American Heart Association Council on Cardiovascular and Stroke Nursing.

**Jaclene A. Zauszniewski, PhD, RN-BC, FAAN**, the Kate Hanna Harvey Professor in Community Health Nursing and PhD Program Director, was named the 2017 Psychiatric Nurse of the Year from the American Psychiatric Nurses Association (APNA).

**Ronald L. Hickman, Jr., PhD, RN, ACNP-BC, FNAP, FAAN**, associate professor, won the 2017 Best Faculty Paper Award for "Evaluation of the Decisional Fatigue

Scale Among Surrogate Decision Makers of the Critically Ill" from the Western Journal of Nursing Research/Midwest Nursing Research Society.

**Marilyn Lotas, PhD, RN, FAAN**, associate professor, received the 2017 Ethelrine Shaw-Nickerson Award from the Ohio Nurses Association.

**Maryjo Prince-Paul, PhD, APRN, ACHPN, FPCN**, associate professor, was inducted as a Paul Harris Fellow of the Rotary Foundation of Rotary International.

**Amy Y. Zhang, PhD**, associate professor, received the 2017-2018 Fulbright Scholar Grant to conduct research on Depressive Symptoms of Breast Cancer Patients in China.

**Carolyn Harmon Still, PhD, MSM, AGPCNP-BC, CCRP**, assistant professor, was accepted into the Summer Institute on Advanced Health Disparities for

Programs to Increase Diversity Among Individuals Engaged in Health-Related Research (PRIDE-AHD) at The University of Arizona Health Sciences. She also received the Hypertension Early Career Oral Award for her abstract "Clinical Outcomes by Race and Ethnicity in the Systolic Blood Pressure Intervention Trials (SPRINT): A Randomized Control Trial" from The American Heart Association.

**Allison Webel, PhD, RN**, assistant professor, received third place in the 2016 American Journal of Nursing Book of the Year Awards for her published book "Living a Healthy Life with HIV". She also was elected to the Nominating Committee Association of Nurses in AIDS Care (ANAC).

**Mary Franklin, MSN, CNM**, instructor, won the 2017 American College of Nurse-Midwives Clinical Star Award.



**FACULTY AND STAFF DONATE TO BATON ROUGE FLOOD RELIEF**

Before there was Harvey, Irma or Maria, a prolonged rainfall in August 2016 in the Baton Rouge, La. area resulted in catastrophic flooding that submerged or severely damaged thousands of homes, businesses and schools. Cheryl M. Killion, PhD, RN, FAAN, associate professor at the Frances Payne Bolton School of Nursing (above, far right) organized a supply drive for the Glen Oaks High School Medical Magnet in Baton Rouge. The school had to relocate following the floods and lost all of their Skills Lab equipment. Items were donated from the School of Nursing and its faculty and staff through Buckeye Medical Supply Co.



### NEW ABU DHABI DNP COHORT

The first DNP cohort at the Cleveland Clinic Abu Dhabi in the United Arab Emirates began this summer. Mary F. Terhaar, DNSc, RN, ANEF, FAAN, the Arline H. and Curtis F. Garvin Professor of Nursing and Associate Dean for Academic Affairs, (holding FPB shirt) taught the first class "Leadership in Organizations and Systems."

### QSEN AND SHADOW HEALTH PARTNER TO DELIVER DIGITAL QUALITY AND SAFETY SIMULATION

Educational software developer Shadow Health launched "Undergraduate Mental Health and Gerontology Digital Clinical Experiences" — the first of the simulations developed in full partnership with the Quality and Safety Education for Nurses Institute (QSEN) at Case Western Reserve University.

"The Shadow Health simulations effectively integrate quality and safety competencies into nursing education. Students have the opportunity to see and react to real-time experiences," says Mary Dolansky, PhD, RN, FAAN, QSEN Institute director and associate professor at Frances Payne Bolton School of Nursing. "The Shadow Health simulations enable students to connect the dots between nursing care and quality and safety. This connection is essential for the next generation of learners to have an impact on contributing to the triple aim: quality, health, and cost."

Shadow Health has developed Digital Clinical Experiences for Advanced Health

Assessment, Health Assessment, and Pharmacology. The QSEN Institute advises and provides expertise to Shadow Health team members as they build virtual patient simulations for all courses across the graduate and undergraduate nursing curriculum.

### JACKSON NAMED NEW GRAD ENTRY DIRECTOR

Alumna Molly J. Jackson, DNP, APRN, A-GNP-C, ACHPN is the new Director of the Graduate Entry Nursing Program. Jackson, assistant professor, has been on the Frances Payne Bolton School of Nursing faculty for seven years. She also is an Advance Practice Nurse in Palliative Care at the Hospice of the Western Reserve. Jackson succeeds Deborah Lindell, DNP, RN, CNE, ANEF, who is returning to the faculty to teach. Under Lindell's tenure, the program earned full accreditation for the first time in its history.

"Dr. Jackson builds on the excellent foundation that Dr. Lindell has created with program," says Mary E. Kerr, PhD, RN, FAAN, dean of the School of Nursing.

**Carol L. Savrin, DNP, RN, CPNP, FNP, BC, FAANP**, associate professor, received funding of \$140,925 for the Interprofessional Learning Exchange and Practice (I-LEAP) partnership with Care Alliance and Neighborhood Family Practice from the Saint Luke's Foundation.

**Rebecca Darrah, PhD**, assistant professor, received \$248,843 for Application of GWAS Results for Therapeutic Benefit in CF Lung Disease from the Cystic Fibrosis Foundation.

**Sonya D. Moore, DNP, CRNA**, assistant professor; Nurse Anesthesia Program director, received funding of \$36,288 for Nurse Anesthetist Traineeships from the Health Resources and Services Administration (HRSA).

**Matthew Plow, PhD**, assistant professor, received \$4.9 million from Patient-Centered Outcomes Research Institute (PCORI) for "Comparing the Effectiveness of Fatigue Management Programs for People with MS."

**Valerie Boebel Toly, PhD, RN, CPNP**, assistant professor, received an Academic Research Enhancement Award R15 of \$479,869 from the National Institute for Nursing Research National Institutes of Health for "Resourcefulness Intervention for Mothers of Technology-Dependent Children."



### IN PURSUIT OF NURSING RESEARCH

The Frances Payne Bolton School of Nursing is known for educating the most innovative nurse scientists in the nation. Forefront asked to four of the school's post-doctoral fellows what inspired them to become a nurse scientist and what advice they would offer for nurses interested in pursuing research careers. Visit [nursing.case.edu/forefront/postdoc/](http://nursing.case.edu/forefront/postdoc/) for their full interviews.



**Name:** Scott E. Moore, PhD, MSN, RN

**Hometown:** Greer, South Carolina

**Research interest:** Inflammation and other biological processes altered by HIV and aging, its influence on psycho-social and physical function and the impact of early intervention

and prevention.

**Inspiration:** As my practice and educational experiences unfolded, I realized there were lots of unanswered questions and lots of areas for improvement in health care. I was also intrigued by a job that would allow me to both constantly learn and pass on knowledge to others.

**Advice:** I tell students to figure out what your passion is. Find a mentor who is knowledgeable about your area of interest and willing to invest the time. Ask plenty of questions, and follow through with the work to answer your questions. Continue to build a network of mentors and teachers and

learn as much as you can. One day return the favor and pass on the mentoring to other early career scientists.



**Name:** Karen O. Moss, PhD, RN, CNL

**Hometown:** Nassau, Bahamas

**Research interest:** End-of-life decision making for adults with serious illnesses such as advanced cancer and dementia, with special emphasis on older adults, family caregivers, and African Americans.

**Inspiration:** Since I started in nursing, I was intrigued by death and dying. When I delved into the topic, I developed a passion for the end-of-life and wanting to make a difference in the lives of patients and families facing death.

**Advice:** I would suggest having a conversation — an informational interview — with an advisor or a mentor who is a nurse scientist or contact a school of nursing and interview one of their nurse scientists. Seek opportunities to work with a nurse researcher in an area of interest to you to get a glimpse into the world of nursing research before committing to a PhD nursing program. Finally, have candid conversations with students currently enrolled in a PhD nursing program, before you apply.



**Name:** Ashley Weber, PhD, MSN, RN

**Hometown:** Cleveland, Ohio

**Research interest:** Family-centered care interventions to improve brain development in preterm infants.

**Inspiration:** I became a nurse scientist because I felt an ethical calling to address many of the challenges we face in the Neonatal Intensive Care Unit (NICU). My love for my job and my patients inspired me to have a career in which my sole goal is to find solutions to those challenges. Research empowers patients.

**Advice:** I think that gaining clinical experience as a bedside RN—either before returning to graduate school, or during graduate school—helps you gain perspective on your research interests and the problems that you want to solve as a nurse scientist. I am so glad I am a NICU nurse—it gives me great joy and strengthens my proposals because I have clinically seen what works and what doesn't.



**Name:** Kelly L. Wierenga PhD, MSN, RN

**Hometown:** Muskegon, Michigan

**Research interest:** Identification of relationships between emotion regulation and the self-management of health behaviors targeted to patients who are in rehabilitation from a first major cardiac event.

who are in rehabilitation from a first major cardiac event.

**Inspiration:** Early in my nursing career I saw patients experiencing frequent re-hospitalizations that seemed preventable. I started a journal club to explore how we could engage staff, provide better patient care, and improve patient outcomes through hospital policy changes. We also conducted a research project to see if the emotional intelligence of the nursing staff had any impact on patient care or outcomes.

**Advice:** If you are curious about nursing science, form relationships with researchers who share your interests. Many hospitals participate in research and can point you towards scientists exploring research questions within their own organizations. By aligning yourself with established nurse scientists, you will have the support, guidance, and opportunities to engage in research at whatever level you desire.

**Breanna Hetland, PhD, RN**, T32 post-doctoral fellow, received the American Association of Critical-Care Nurses Impact Research Grant for her Evaluation of a Web-Based Intervention to Promote Family Caregiver Engagement in Symptom Assessment and Management during Mechanical Ventilation.

**Scott E. Moore, PhD, APRN, AGPCNP-BC**, post doctoral fellow, was selected to participate in the 2017 Butler-Williams Scholars Program from the National Institute on Aging (NIA).

**Karen Moss, PhD, RN, CNL**, post-doctoral fellow, was appointed Emerging Scholar and Professional Organization (ESPO) Representative in the Health Sciences Executive Committee of the Gerontological Society of America.

**Ashley Weber, PhD, RN**, T32 post-doctoral fellow, was elected to the Special Interest Group (SIG) Research Committee for the National Association of Neonatal Nurses (NANN). She also received the Sigma Theta Tau International/Rosemary Berkel Crisp Research Award for her Epidermal Stress Responses to Nursing Care and Skin-to-Skin Care in Premature Infants: A Pilot Study.

**Jill Byrne, RN**, PhD student, was honored with the 2017 Outstanding Innovation in Delivery Solutions for her Surgical Cooling Vest at the Cleveland Clinic Foundation Innovator Awards.

**Nirmala Lekhak, BSN, RN**, PhD student, was selected for the 2017 Mind & Life Summer Research Institute Program at the Garrison Institute.

**Anne M. Kolenic, MSN, RN, AOCNS**, DNP student, received the 2017-2018 Clinical Doctoral Scholarship from the Oncology Nursing Society Susan Mazanec served as project mentor.

Midwifery students **Mary Dunn, BSN, RN**, **Kiley Hewett, BSN, RN** and **Amy Rogers, BSN, RN**, won the 2017 American College of Nurse-Midwives Video Contest.

**Jackson Currie**, BSN student, received the 2017 Summer SOURCE Research Award for his project "Exploring the relationship between fatigue, exercise, and cardiovascular fitness in people living with HIV". Allison Webel, PhD, RN served as project mentor.

**Sarah Em**, BSN student, received the 2017 Summer SOURCE Research Award "The Effects of Resourcefulness Training Intervention and Decentering on Self-Management of Stress in Caregivers of Children with Complex Chronic Conditions Dependent on Lifesaving Medical Technology". Valerie B. Toly, PhD, RN, CPNP served as project mentor.

# Your Health, Precisely

New research puts your genes,  
your jogs, and even your phone  
to work for better health

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STORY BY JESSICA ULLIAN  
PHOTOGRAPHS BY GARY YASAKI

**N**ursing has long occupied a unique position in health care around the globe, combining expertise in clinical research with commitment to patient well-being. Now, with unprecedented technology and data collection tools, the health care industry is turning to nurse scientists to lead with a new approach that treats the individual as much as the illness—precision health.



“Years can be wasted if you try a treatment and don’t see a benefit. But if we can study the genetic structures using an individual’s own cells in a lab, we can predict the treatment challenges moving forward.”

– Rebecca Darrah, PhD

The advent of precision health promises a future where a one-size-fits-all approach to illness is replaced with treatments and disease management programs tailored to an individual’s environment, resources, symptoms, and even genetic makeup. Everything from DNA code to typical diet can play a part, and nurse scientists, with an established hand in assessing both science and symptoms, are poised to be among the early innovators in this developing field.

“Nursing’s paradigm respects the human being in its entirety from its DNA structure to its social structure,” says Ronald Hickman, Jr., PhD, RN, ACNP-BC, FAAN, an associate professor creating precision health interventions for patient caregivers. “We’re the interface of basic science and clinical practice.”

Faculty, such as Hickman, at Case Western Reserve University’s Frances Payne Bolton School of Nursing are reaping the benefits of this new national interest. Their specializations

range from genetic diseases like cystic fibrosis to contracted viruses such as HIV— and their innovations in patient care not only take place within the human genome, but also on mobile phones.

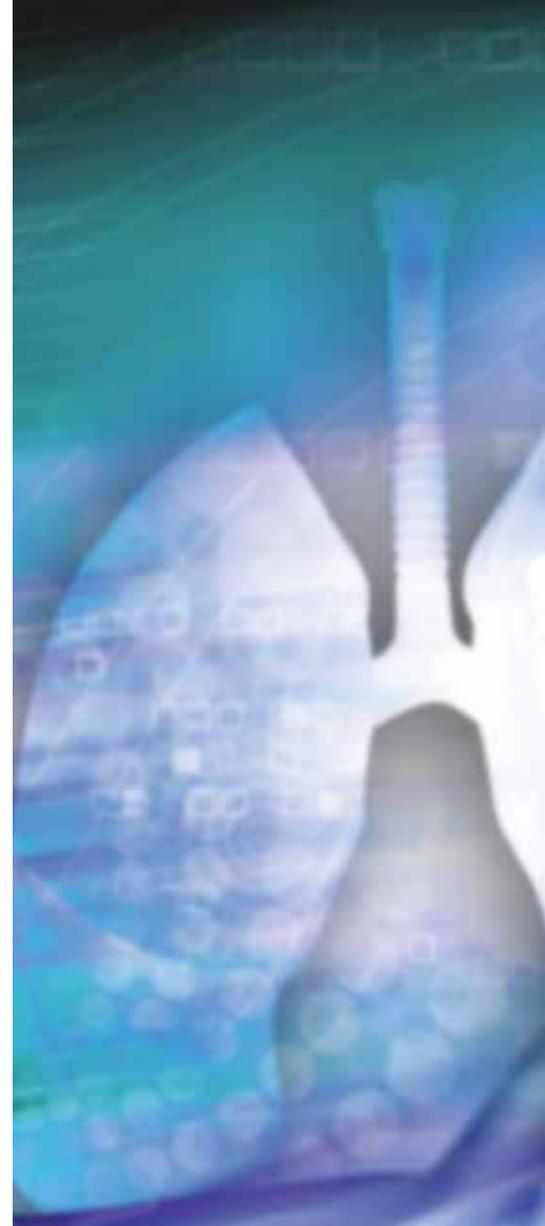
#### WHAT THE GENOME KNOWS

Rebecca Darrah, PhD, assistant professor, started her career conducting pediatric and prenatal counseling for patients and families with diseases like cystic fibrosis. Now, with support from the Cystic Fibrosis Foundation and the National Institutes of Health (NIH), she researches the disease at the molecular level. Her goal is to better understand what genetic factors determine how cystic fibrosis symptoms presents in different people, with the hope of tailoring treatments to an individual’s risk factors.

Using mouse models, Darrah and her team are comparing two different genetic regions to see how the presence or absence of specific

receptors affect a patient’s lung function. Initial results have shown that mice missing the AGTR2 gene have highly-improved pulmonary function, even when they have the genetic mutation that causes cystic fibrosis. In lab trials, Darrah injected cystic-fibrosis mice with drugs that blocked the AGTR2 gene, to see if it improved their pulmonary function. “When we took out that gene, they started to look a whole lot like mice without cystic fibrosis,” Darrah says.

That’s the challenge of genetic diseases, Darrah explains. While





all the mice had the cystic fibrosis disease, differences in the genetic make-up resulted in varying symptoms. The same is true for people. The type and severity of the symptoms can vary by specific genetic make-up. It makes a one-size-fits-all treatment plan ineffective. Precision health, she says, recognizes those inefficiencies, and strives to reduce or eliminate them.

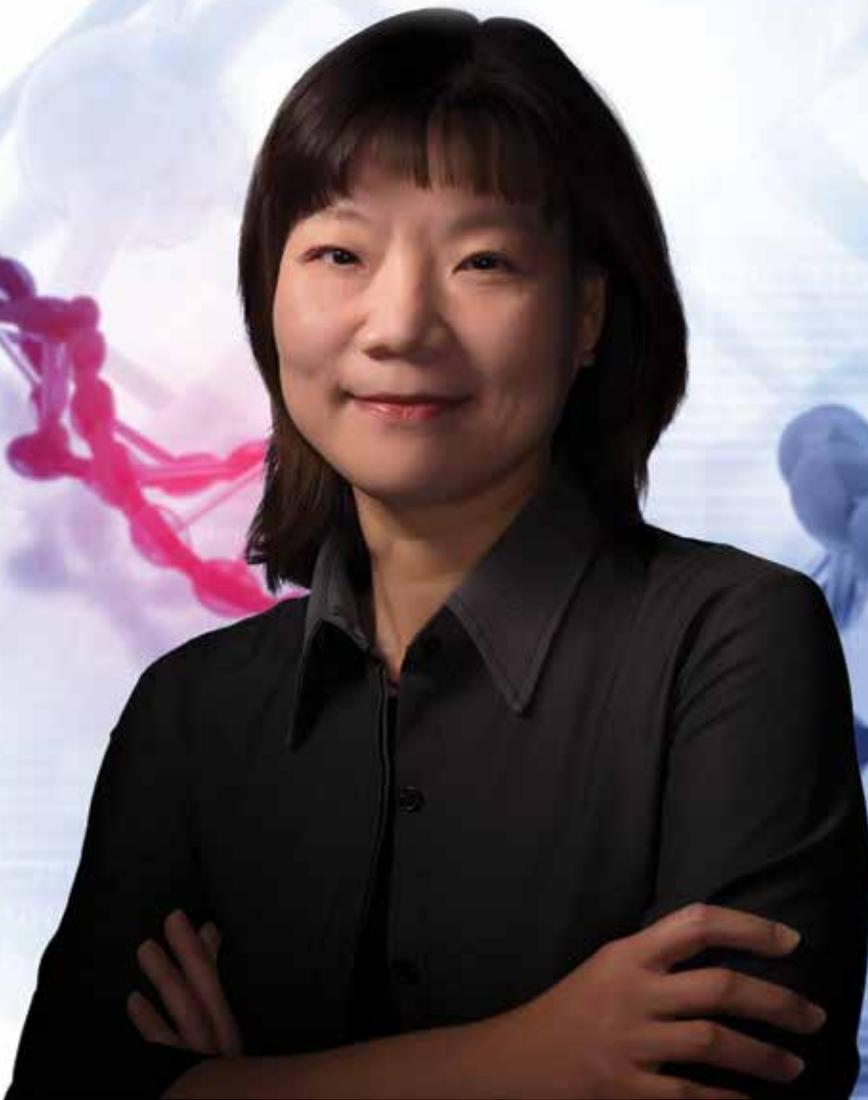
"Years can be wasted if you try a treatment and don't see a benefit," Darrah says. "But if we can study the genetic structures using an

individual's own cells in a lab, we can predict the treatment challenges moving forward. If you have the kind of cystic fibrosis that has more aggressive lung disease, then your care team can treat that more aggressively from the beginning."

The new possibilities offered by genome analysis do present some challenges. From a nursing education perspective, Darrah says, there isn't an easy pathway to learning diseases and treatments. The field of genetic counseling is rapidly adapting to the proliferation of for-profit testing

centers, which provide consumers with personalized genetic data, but often lacks the infrastructure to offer skilled interpretation of the results. "It's a fantastic learning opportunity," says Darrah. "And the level of care is potentially astronomically better."

Assistant Professor Chao-Pin Hsiao, PhD, RN also works at the molecular level, but to relieve radiation-induced fatigue in cancer patients. Hsiao started her career as an oncology nurse, and credits her clinical work with motivating her to take on research that gets to the root of an



“To improve a patient’s quality of life by eliminating symptoms is one of the core foundations of nursing.”

– Chao-Pin Hsiao, PhD, RN

individual’s symptoms. “To improve a patient’s quality of life by eliminating symptoms is one of the core foundations of nursing,” she says. “As a translational scientist, I’m designing care for patients from their baseline.”

The baseline in Hsiao’s NIH research is the mitochondrial cell components that produce energy. After completing a doctoral dissertation comparing cortisol levels and reported stress

in prostate cancer patients opting for radiation or surgery, she found that patients receiving radiation consistently reported higher stress with higher cortisol levels. With this result in mind, she joined a research group at NIH seeking to establish a phenotype—a description of characteristics related to molecular changes—for cancer fatigue. Now at Case Western Reserve University, her

research delves into mitochondrial bioenergetic mechanisms of cancer-related fatigue.

If she can demonstrate that radiation creates a mitochondrial shift that leads to reduced energy, it could provide new opportunities for patient interventions that boost mitochondrial function, and reduce cancer-related fatigue.

“Cancer fatigue is a subjective

“What we want to do is identify the fatigue phenotypes, the patterns over time, and then identify the actual steps to manage this person’s symptoms of fatigue, and prescribe exercise programs.”

– Matthew Plow, PhD

experience, with multi-factors impacting a person’s quality of life,” Hsiao explains. “But if I can propose early biomarkers for radiation-induced fatigue, we can identify, prior to the development of the subjective symptoms, and treat it before it becomes debilitating.”

Such approaches could mean a broad shift in the protocols for symptom science of cancer care that

recognizes and anticipates radiation-induced cellular shifts and energy depletion. “Once we prove this,” Hsiao says, “we will improve a patient’s quality of life.”

#### CAUSES AND EFFECTS

As providers know, understanding risk factors at the genomic level is only part of improving health care outcomes. Lifestyle choices and

psychosocial interventions play a big role in the lives of patients living with chronic conditions. Just as twentieth-century developments in genome sequencing have led to new discoveries, twenty-first century technology has opened up the realm of precision health at the lifestyle level, allowing researchers to create and refine therapies and practices geared toward a range of patients



“One day people were dying, and the next day they were living with a chronic disease. We want them to live long and live well.”

– Allison Webel, PhD, RN

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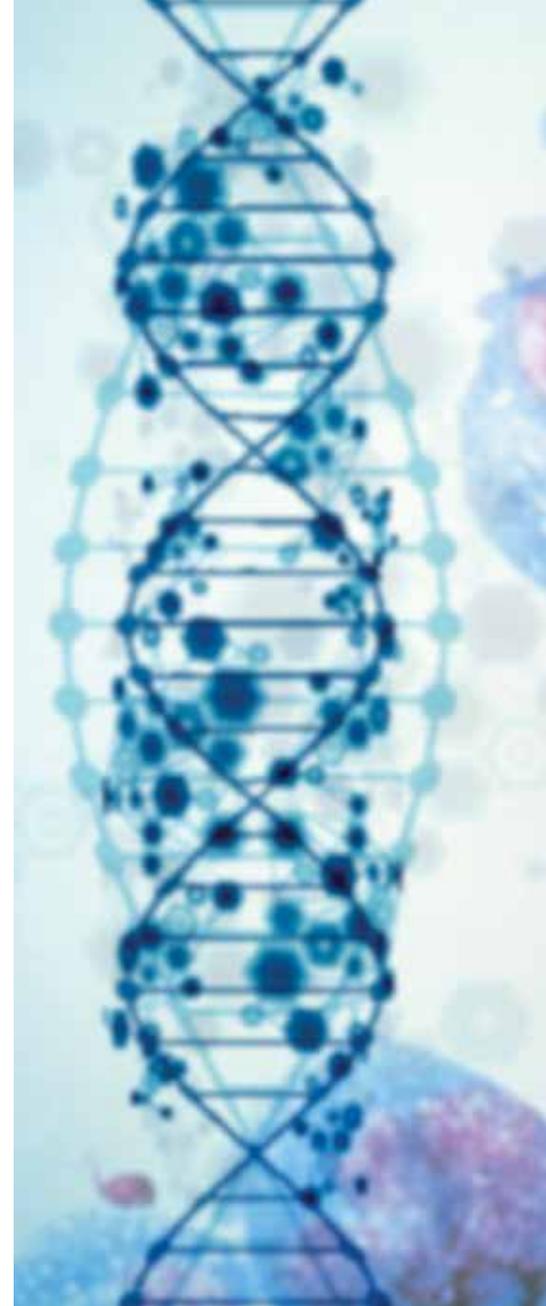
who share a diagnosis.

Assistant Professor Matthew Plow, PhD, also centers his research on fatigue, specifically in people living with multiple sclerosis. A former athletic trainer, Plow observed a lack of evidence-based exercise programs for people with disabilities. Such standardized recommendations, he says, often led to patients becoming frustrated and quickly abandoning regimens designed to build their strength and stamina. “I started thinking a lot about the behavioral piece of it, and how, when you give people all the recommendations, a lot of resources and energy are wasted,” he says. “What we want to do is identify the fatigue phenotypes, the patterns over time, and then identify the actual steps to manage this person’s symptoms of fatigue, and prescribe exercise programs tailored to the individual.”

Plow recently received a two-year grant to advance his research from the Department of Defense to help the many people with multiple

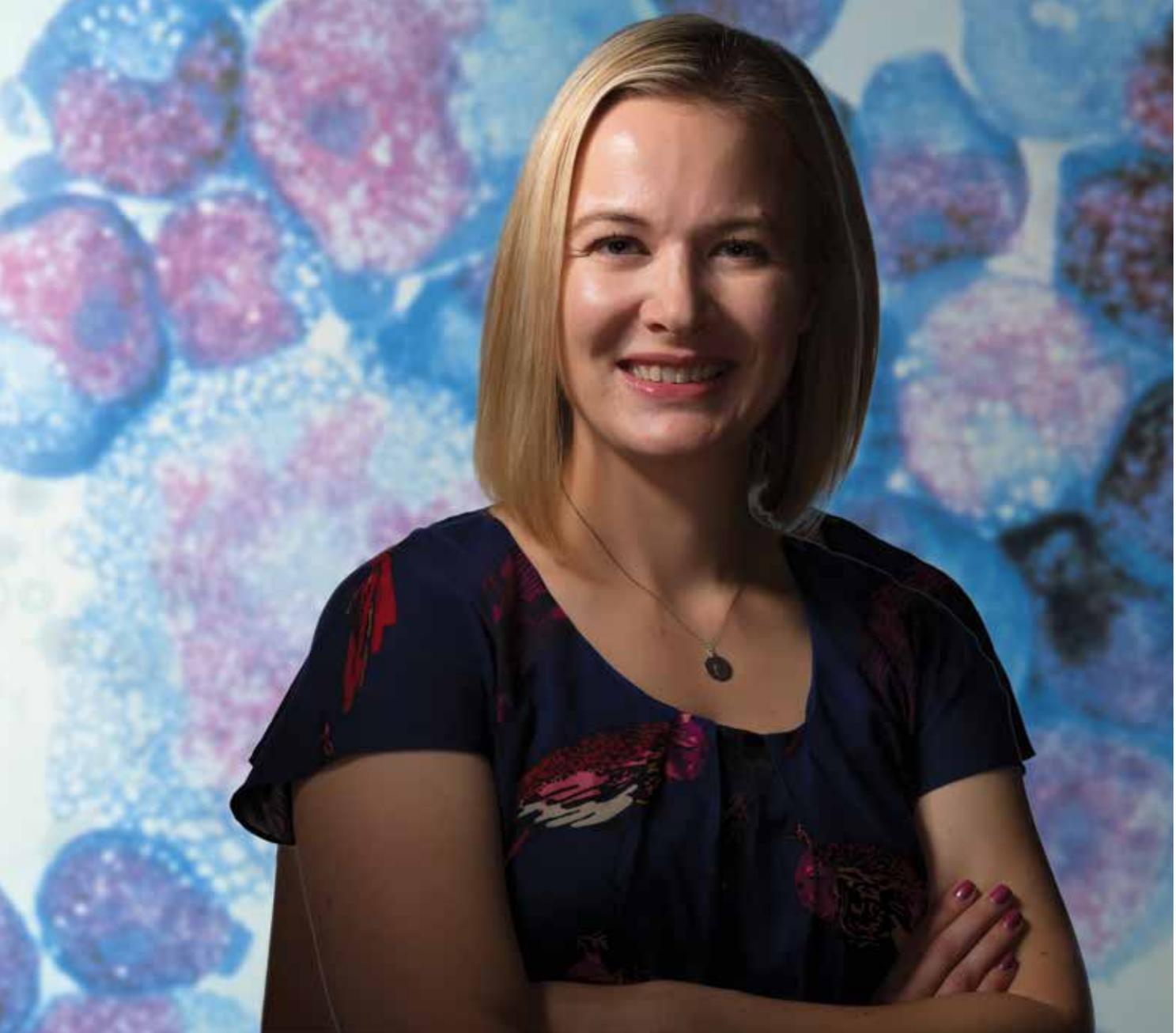
sclerosis. Using mobile phones as an access point, the study will ask patients with multiple sclerosis to answer a series of questions five times a day to assess their activity levels, their stress levels, overall mood, and fatigue. It’s a departure from previous assessments, Plow says, which typically asked participants to report on a biweekly basis. “That would give us a composite score, but we couldn’t see fluctuations,” Plow says. “Some people with MS experience fatigue all the time, while others report daily highs and lows. Plus, some people experience it physically, while others cognitively.”

The new approach is intended to provide a more complete picture of the day-to-day changes that affect a patient’s symptoms, allowing clinicians to use the data to develop more customized exercise and wellness plans. Using information gathered from the study participants, Plow hopes to establish fatigue phenotypes, aligning with biomarkers



and symptoms in order to tailor recommendations accordingly.

A similar behavior-modification approach is part of the work by Assistant Professor Allison Webel, PhD, RN in symptom management for people living with the human immunodeficiency virus (HIV). For years, health care has largely been focused on establishing a regimen of antiretroviral medications to combat HIV. The result, Webel says, is that an HIV diagnosis, once considered



terminal, is now a chronic condition that can be managed. “One day people were dying, and the next day they were living with a chronic disease,” Webel says. “We want them to live long and age well.”

That means a comprehensive, multifaceted approach to health care that considers HIV’s most common comorbidities, which include cardiovascular disease and depression. Taking a precision health approach, Webel says, offers an

opportunity to fully investigate what factors contribute to these additional conditions, and tailor interventions accordingly — “not just to a group of people with HIV,” Webel says, “but subgroups and individuals, to help people live better.”

To craft individualized treatments, Webel and her team are examining established biomarkers, such as fat distribution in the heart and liver, and maximal oxygen consumption (e.g. VO<sub>2</sub> max) during exercise, to evaluate

risk for cardiovascular mortality. They also consider social factors, such as employment, social surroundings, and family relationships, to see if they can characterize different groups and behaviors.

“We want to shift the conversation from medication regimens to health, which is something patients say they want, whether they’re in Cleveland or Uganda,” Webel says. “Once people have learned how to take their medications, and how to live with an

“We can’t modify the genetic sequence. But if we know someone’s more susceptible to a disease or will have difficulty with managing their mood or sustaining a health behavior due to their genetics, we can now deliver resources with greater precision to support their decision-making and health behaviors.”

— Ronald Hickman, Jr., PhD, RN, ACNP-BC, FAAN

HIV-positive diagnosis, we’d like to have conversations about healthy behaviors and living environments. Then we can create a health plan that works for the individual. This is shifting how HIV care is delivered today.”

### INFORMATION FOR BETTER OUTCOMES

The success of precision health care demands an appreciation of something nurses already know: Health care isn’t simply about the patients, but also their family members and caregivers. That’s where Hickman’s work, supported by NIH and the Robert Wood Johnson Foundation, comes in: Targeted, specific approaches to decision-making that use both physiological and psychosocial elements to help caregivers navigate the health care system.

“My personal experience as a clinician made me realize that, in many situations, caregivers or families are not included in the process until providers need something from them,”

he says. “Those situations are often time-sensitive, and you don’t get much time to deliberate. I wanted to help them make health-care decisions that align with the patient.”

Hickman’s primary intervention is through the creation of an interactive avatar that walks caregivers through several decision-making scenarios, offering unbiased, evidence-based information on procedures or treatment plans under consideration. The system, designed to work across a range of platforms, asks caregivers to identify their primary concerns, and provides a real-time response with information and suggestions.

“It’s ‘here’s the information, and here’s what the path will look like if you choose path A, versus path B,’” Hickman says. “The goal is to be proactive, and provide something that makes the patient or the caregiver feel prepared.”

In another study, Hickman and colleagues are adding a precision health perspective to their behavioral



research. They are examining variations in a neurotrophic factor gene in the brain—proteins that support brain function—and how variations in the gene influence informed decisions about health care. “We can’t modify the genetic sequence,” Hickman says, “but if we know someone’s more susceptible to



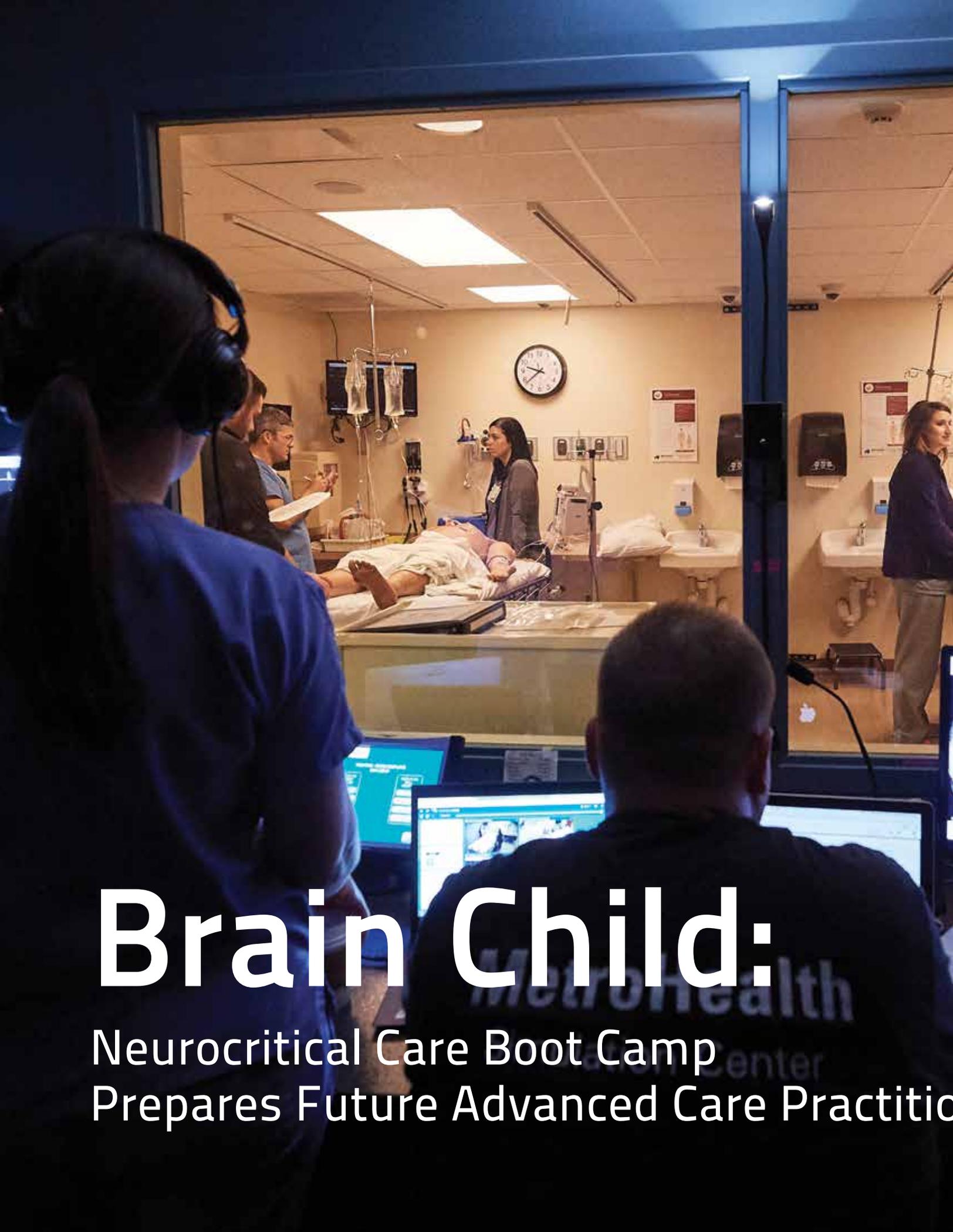
a disease or will have difficulty with managing their mood or sustaining a health behavior due to their genetics, we can now deliver resources with greater precision to support their decision-making and health behaviors.”

This interplay between behavioral, biological, and psychosocial

mechanisms represents the new frontier for precision health, made possible by recent developments in both research and intervention that combine more advanced technology and analysis.

“The concept of precision health isn’t really new to nursing,” Hickman says. “It’s a framework of nursing care, to do

an assessment from both a psychosocial and biological standpoint. But what is new is the use of more sophisticated techniques. A precise nursing intervention can help alleviate burdensome symptoms, support wellness behaviors, and maybe even help guide decision-making.” +



# Brain Child:

Neurocritical Care Boot Camp  
Prepares Future Advanced Care Practitioners



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STORY BY HELEN JONES-TOMS  
PHOTOGRAPHS BY ROGER MASTROIANNI

**A**mid the antiseptic stillness of the cadaver lab is a quiet hum of conversation. Students and instructors huddle around two tables: one with a male patient and one with a female. Only the tops of their heads are visible from beneath their drapes.

After receiving instructions from Ben Roitberg, MD and fellow neurosurgeon Robert Geertman, MD, PhD, FAANS, a first-year MSN student prepares to drill burr holes. It's the first part of the procedure to measure cranial pressure. The student is noticeably timid. Roitberg reminds her that she can't hurt the patient.

Still, it's not easy to take a hand drill to someone's skull, living or dead.

"Hold the drill this way—perpendicular to the skull," prompts Roitberg, chair of Neurosciences and Neurological Surgery at MetroHealth Medical Center. "Gentle pressure. Let the drill do the work. You will feel a slight tug when you hit the inner layer of the skull—the composition of the bone changes."

The student listens intently as she continues her work. Once completed, she breathes a sign of relief, removes the drill, gently twists the screw into the bone and dresses the wound.

Welcome to boot camp.

#### **HIGH DEMAND FOR THE HIGHLY SKILLED**

Neurocritical Care Boot Camp, jointly sponsored by the Frances Payne Bolton School of Nursing at Case Western Reserve University and MetroHealth Medical Center, is a two-day continuing education seminar to prepare advanced practice providers to practice in the



field of neurocritical care. It's the brain child of Chris Winkelman, PhD, ACNP, FAANP, FCCM, associate professor at FPB and Molly McNett, PhD, RN, CNRN, director of nursing research at MetroHealth, and adjunct FPB faculty.

Winkelman says, "I have seen the volume of Adult-Gerontology Acute Care Nurse Practitioner students and employment opportunities grow substantially in the eight years since I've been lead faculty for this track at FPB. I've recently seen up to ten open positions for Neuro APRNs—advanced practice registered nurses or nurse practitioners—across the major hospitals in Northeast Ohio, alone."

"The majority of my research is in clinical neuroscience and neurocritical care," McNett says. "Neurocritical care is a fast-growing subspecialty, highly reliant on skilled APRNs—yet there are no training programs to ensure advanced practice registered nurses (APRN) have the special skill set required to function effectively in this role."

McNett adds, "I knew by partnering with Chris Winkelman and Case Western Reserve, we could jointly meet that demand by pooling resources and collaboration."

Open to APRNs and physician assistants (PAs), the camp is designed for seasoned, new, and in-training advanced practice providers interested in a career working with patients who required neurocritical care. The interprofessional program includes didactic, simulation, and skills-based learning led by nurse practitioners, researchers, neurosurgeons and pharmacologists.

**DAY ONE:****CRANIAL CLASSROOM AND DURA DISCUSSIONS**

On the mandatory first day of the seminar, 26 attendees focus on learning or re-learning anatomy and physiology, neurocritical care management, neuropharmacology, neuroimaging, and best practice guidelines. Lectures held on the Case Western Reserve campus were followed by exercises to engage learners and apply content.

For example, following the neuroradiology lecture, participants moved from Mondo board to Mondo board—oversized touch screens with internet connectivity. They reviewed X-rays, magnetic resonance images (MRIs), computerized tomography (CT) scans, and other tests as if in a mock Grand Rounds. Each station had expert-led discussion to hone diagnostic reasoning. In another exercise, pharmacologic approaches to treatment were detailed in small groups.

“In the course of the day you see students gain confidence in prescribing and in reading and interpreting images when we went on ‘image rounds,’” says Winkelman.

Twelve participants attend the optional second day, which provides on-site training at the MetroHealth Simulation Center on complex patient management. They practice placement of invasive lines and monitoring devices, suturing, and communicating with interdisciplinary teams. The emphasis is on realistic, hands-on training.

**DAY TWO:****ALL HANDS-ON TO SAVE THE BRAIN**

Down the hall from the cadaver lab, another patient—a high-fidelity “Sim-Man”—is critically ill. In a simulated intensive care unit, the manikin lays on the bed with deteriorating neurological status and life-threatening changes in vital signs. The monitors alarm the unit “staff” who look to the boot camp participant to determine next steps. Behind the two-way mirror, the MetroHealth Simulation Center staff record the entire procedure as they manipulate monitor and Sim-Man remotely.

The patient’s “spouse”—played by Winkelman—walks in and sees the patient with wires protruding from his





skull. She's told that overnight the patient experienced brain swelling and the health care team had to intubate and place a device to monitor the pressure in the skull.

Wife Winkelman appears anxious. She leans over the patient and wistfully asks, "Can he hear me?"

Suddenly, the patient crashes as monitors beep violently. Winkelman ups her game as the hysterical spouse and cries, "What's happening? What's happening? Is he dying?"

The would-be staff member must now manage not only a critically ill patient but a frantic family member. She attempts to calm the spouse and usher her out of the room while picking up the phone to ask for the team to come help. Winkelman breaks character during the simulation.

"There is no team to call," she states. "You ARE the team. You decide what to do next."

The startled new member of the neuro acute care unit points at the professor and exclaims, "Right!" She starts checking vitals, assigning tasks, and asking for medications.

Once the exercise is complete, Winkelman returns to her Neuro Boot Camp faculty role and reviews the tape with the participants: what went well, what needs improvement and a review of the goals for learning are discussed. The atmosphere lightens. The newest graduates of the patient simulation station take selfies with faculty to capture their learning experiences as their video rolls in the background.

"I love working with patients who have neurological illness that requires acute and critical care," says Winkelman.

"It's challenging and rewarding to work in an environment where human outcomes are uncertain and families drive so many decisions around care. I want to share the challenges of neurocritical care in a safe environment like Boot Camp and help others explore the field and be more confident in that environment."

"Over the two days, you could see the participants gain insights into clinical decisions, along with ongoing resilience in an environment where uncertainty in outcome can be distressing," says McNett. "Plus, there is a renewed commitment to both best practices and family-centered care."

Winkelman adds, "We felt the Neurocritical Care Boot Camp provided a great way to bridge education, science, and practice." +

*The next Neurocritical Care Boot Camp will be offered in Spring 2018. Visit [nursing.case.edu/neuro-boot-camp/](http://nursing.case.edu/neuro-boot-camp/) for updates on registration.*

to Share in the Endowing of the Larger Foundation  
Dedicated to  
the Liberalizing and Uplifting of Men.



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**Patricia Flatley Brennan, RN, PhD, FAAN**, Director of National Library of Medicine, NIH Interim Associate Director for Data Science and former FPB School of Nursing faculty member, was honored with an Honorary Doctor of Science degree from Case Western Reserve University at Commencement in May.

# Giving Back to the Beginning

## Mara Baun Helps Early Career Investigators



BY MICHELLE SIMAKIS

**Mara Baun, PhD, RN, FAAN** (NUR '70) was always interested in learning how the body worked. But as an undergraduate at Fontbonne College in St. Louis in the early 1960s, teaching was the only career path available to women at the school. Baun (above, center) didn't want to teach at the grade school level, but she wasn't sure what direction to go. "When I was in school, there didn't seem to be a lot of options open to women," Baun says. So instead of becoming a grade school teacher, she decided to study biology.

Upon graduation, she discovered another career path—one that

merged her love of biological and human physiological systems: nursing. She immediately enrolled in the nursing program at the College of St. Catherine and, after becoming a nurse, she worked for several years in hospital intensive care units (ICUs).

She became concerned about the safety of a nursing procedure that was routinely performed on critically ill patients to prevent pneumonia: endotracheal suctioning. She watched as people suffered from complications such as cardiac arrhythmias, oxygen depletion and even cardiac arrest from the procedure.

### BIRTH OF A NURSE SCIENTIST

Norma J. Kolthoff, the first nurse to receive her PhD in physiology, was conducting research at FPB when Baun met her. Kolthoff asked for Baun's help studying circadian fluctuations in albino rats experiencing sensory deprivation. This nurse scientist would change the course of her career.

"I collected data on circadian rhythm three or four times a day," Baun says, "and analyzed the biological changes in urine associated with circadian fluctuations for my master's thesis. It was unusual for nurses to be involved in

physiology research in that era.” Baun’s experience in the FPB lab inspired her to pursue a new career path: research.

“Working with Kolthoff, I learned the importance of clinical research. It convinced me that I wanted to be a nurse scientist and that I needed to get a PhD in order to do that,” Baun says. “I still believed that endotracheal suctioning was an underestimated dangerous procedure, and I wanted to understand what caused these complications. I knew that with a PhD, I could improve the procedure by maximizing the benefit while minimizing the risks through research,” she says. She earned her PhD from the University of California, San Francisco.

After receiving her PhD, Baun became a member of the American Association of Critical Care Nursing (AACN) and one of several elite scientists that formed the Endotracheal Suctioning Study Group. They received initial funding from AACN and later the National Institute for Health for multiple clinical and laboratory studies focused on better understanding the risks and benefits of endotracheal suctioning. Based on this research, Baun and other members of the Endotracheal Suctioning Study Group produced the national clinical guidelines adopted by ICU’s around the country. Since that time, she has led and mentored other nurses in their pursuit of dreams of becoming nurse scientists.

“Norma Kolthoff was the one who helped me get my start doing this research. I wanted to make sure that others have that opportunity, too.”

### THE PASSION OF DISCOVERY

In addition to her passion for research, Baun has an additional passion – animals – but specifically dogs. “In the mid-1970s, people started noticing how dogs could affect the health of humans,” Baun says. She decided to investigate these phenomena, remembering how her first dog was a comfort to her when her family moved often for her father’s job. Baun, an only child, remembers, “I would go to these different schools, and he’d always be there for me.”

She became a pioneer in the field of the physiological and psychosocial benefits of companion animals. As part of her research, she took dogs to nursing homes and hospitals, and noticed tangible, measurable benefits like lower blood pressure and reduced stress among patients. Findings included the ability to calm people with Alzheimer’s suffering from “sundown syndrome.” She also discovered that when women held dogs, they secreted oxytocin, the same feel-good hormones mothers produce when holding their newborns.

“Residents with sundown syndrome often experienced sadness and agitation, but when a dog visited, they were more relaxed and happier.” Baun is internationally known for her work in this area, as well as her improvement in care of the critically ill.

### LEADING YOUNG RESEARCHERS

Throughout her career, Baun encouraged young students to pursue research projects, just as Kolthoff inspired her. As associate dean of research at the University of Nebraska Medical Center, she was instrumental in UNMC’s high ranking among research-funded schools in the United States. Later at the University of Texas, Houston, she led efforts to create an accelerated PhD program in nursing.

Now retired, she continues to support young people starting their research careers. She recently established the Agnes Stahlin Baun Early Investigator Award at FPB to support the research of junior faculty. Baun explains, “Sometimes it’s difficult for young faculty to secure funding to start their research.” Baun named the fund in her mother’s memory: her first role model who encouraged her pursuit of higher education. And she decided to create this award at FPB is because it was here that she had her first research experience.

“Norma Kolthoff was the one who helped me get my start doing this research.” she says. “I want to make sure that others have that opportunity too.” +

## 1940s

**Jean Fischer (NUR '49)** received the Mayor's Community Service Award in Avon, Ohio. Fisher and her late husband were founding members of the Avon Historical Society, preserving the home of Avon's founder, Wilbur Cahoon. The Fischers also co-founded the Olde Avon Village.

## 1960s

**Carolyn Whittenburg (NUR '61)** is a museum docent at the National Museum of Health and Medicine and has volunteered for 20 years at NMHM. She spent many years working in public health at various institutions. One of her fondest memories was working at the Cleveland Clinic, particularly with Dr. Willem Kolff, the father of artificial organs.

**Rosemary Mann (NUR '65)** received the Dorothea M. Lang Pioneer Award at the 2017 American College of Nurse-Midwives Annual Meeting & Exhibition. The award honors midwifery's "unsung heroes" who have demonstrated pioneering vision and innovative leadership.

## 1970s

**Barbara Smith (NUR '75, '78)** was inducted into the Lisbon, Ohio Alumni Hall of Fame. Smith recently retired as professor and associate dean for research at Michigan State University College of Nursing. She has been on a number of professional journals' editorial boards and has been



a consultant for organizations like the Clinton Foundation, World Health Organization, National Cancer Institute and Yale University's School of Nursing as well as working as a senior scientist at the University of Alabama.

**Margaret Beal (NURS' 78)** received a Fellow Award at the 2017 American College of Nurse-Midwives Annual Meeting & Exhibition.

## 1980s

**Kim Litwack (NUR '82, '84)** is the new dean of the College of Nursing at the University of Wisconsin-Milwaukee. She joined its faculty in 2004 and served as associate dean for academic affairs before being named interim dean in July 2016.

**Marylin M. Melison (NUR '89)** joined the International Nurses Association with her publication in the *Worldwide Leaders in Healthcare*. She is currently serving as Interim Leadership Consultant within B.E. Smith in North Carolina.

## 1990s

**John van de Velde (NUR '94, '97)** joined Physicians' Primary Care of Southwest Florida as a pediatric nurse practitioner (PNP-C). He has 20 years of experience as a pediatric nurse practitioner with the United States Air Force, having served as clinic manager, chief nurse and director of clinical operations at bases in Colorado, South Carolina, Virginia, New Mexico, Mississippi and Utah.

**Mylynn Tufte (NUR '95)** was named State Health Officer, leading the North Dakota Department of Health. Tufte has more than 20 years of experience in the health industry. Tufte is married to North Dakota Supreme Court Justice Jerod Tufte (CSE '97).



Gwen Leigh (NUR '08), Kevin Besse (NUR '15), Debra Angelina White (NUR '16) and Helen Hurst (NUR '99), all nursing faculty at the University of Louisiana at Lafayette, show off their FPB regalia at UL Lafayette's commencement.



Graduates of Frances Payne Bolton School of Nursing celebrated with family, friends, faculty and staff during Commencement weekend in May with both the pinning and diploma ceremonies. Congratulations to all of our graduates.

# Commencement 2017

**Mary Dellorso (NUR '97)** joined the International Nurses Association with her publication in the Worldwide Leaders in Healthcare. She currently works at the Community Living Center at the Louis Stokes Cleveland VA Medical Center.

**Mayri Leslie (NUR '97)** received a Fellow Award at the 2017 American College of Nurse-Midwives Annual Meeting & Exhibition.

**Katherine Proehl (NUR '86, '97)** received the Mental Health Innovator Award at the 2017 annual meeting for the National Alliance on Mental Illness of Greater Cleveland in Cleveland, Ohio. Proehl is the associate medical director for the Centers for Families & Children and a clinical assistant professor at University Hospitals of Cleveland, Department of Psychiatry.

**Joyce Wilder (NUR '98)** joined the International Nurses Association with her publication in the Worldwide Leaders in Healthcare. Wilder is a Certified Nurse Midwife and Women's Health Nurse Practitioner on staff at North Country Midwifery, in Watertown, N.Y.

**Cathy Chase (NUR '99)** retired from her midwifery practice at the Martha's Vineyard Hospital. Along with spending time with her husband and their pets, Chase is looking forward to getting more rest and taking part in health-promoting activities such as yoga, tai chi and meditation.



**Lisa Hanson (NUR '99)** received an Excellence in Teaching Award at the 2017 American College of Nurse-Midwives Annual Meeting & Exhibition.



**Eric Kramer (NUR '11)** volunteers for a mission hospital in Mexico, working with an indigenous people called the Tarahumara. In the photo above, he is transporting a woman—who has been in labor for a couple of days—with the hospital's off-road ambulance. Kramer is currently finishing his FNP degree at FPB, and then plans to return to Mexico. The photo was one of the winners of this year's FPB Nurses Week Student Photo Contest. [View more: nursing.case.edu/photo-contest-2017/](http://nursing.case.edu/photo-contest-2017/)

## 2000s

**Anna Cerra (NUR '05, GRS '06)** was appointed vice president of Patient Care Services and chief nursing officer at Greenwich Hospital in Greenwich, Conn. She has worked at Greenwich Hospital for 17 years, most recently as executive director of Women's and Children's Services as well as Surgical Services.

**Margaret Fitzgerald (NUR '06)** received the 2016 Massachusetts Coalition of Nurse Practitioners Lifetime Achievement Award, which recognizes NPs who have made significant contributions to the practice. She is a founder/president of Fitzgerald Health Education Associates, Inc., a provider of NP certification preparation and consulting education.

**Judy Davidson (NUR '08)** received the Grenvik Family Award for Ethics from the Society of Critical Care Medicine. The award recognizes a SCCM member who has devoted significant efforts toward ethics problems in critical care. Davidson, the evidence-based practice and research nurse liaison for UC San

Diego Health, is currently focused on research related to workplace caring and family-centered care.

**Arlene Guzik (NUR '08)** joined BayCare Urgent Care in Florida as director of occupational medicine services. Guzik has more than 25 years of experience in occupational health and previously served as assistant medical director and vice president, operations of Lakeside Occupational Medical Centers Inc. in Largo. She is a nationally recognized author and leader, specializing in fitness for duty, substance testing, disability management, safety and workers' compensation.



**Jean Truman (NUR '08)** was named assistant dean of academic affairs the University of Pittsburgh at Bradford. She is coordinator of



the Associate of Science in Nursing program and teaches in the RN-BSN program. In her new role, she will focus on academic assessment efforts as well as continue to teach in the nursing program.

**Lauren Patton**

**(NUR '09)** was named the recipient of the North East Ohio Nursing Initiative Rising Star award for Academia from the Center for Health Affairs at the 2017 NEONI Nursing Excellence event. She is the Nursing Resource and Simulation Center Coordinator and Nursing Instructor for The Breen School of Nursing at Ursuline College. She is pursuing her Doctor of Nursing Practice degree from Case Western Reserve University.



**Patricia Sharpnack**

**(NUR '09)**, dean and Strawbridge professor of Ursuline's Breen School of Nursing, has been elected president of the Ohio Board of Nursing.



**Virginia (Ginger) Savely (NUR '09)**, a family nurse practitioner, is a certified applied clinical nutritionist and uses an integrative approach to patient care. Part of her treatment approach involves uncovering and treating possible mold toxicity. Savely has treated thousands of Lyme disease patients and more than 900 Morgellons disease patients since she began specializing in these diseases in 2003. She was one of the first people in the United States to assert that Morgellons disease was not psychiatric but infectious in nature.

## 2010s

**Daniel Phillips (NUR '10)** is a nurse practitioner specializing in pediatric palliative care at Akron Children's Hospital.

**Loressa Cole (NUR '12)** is the new chief officer/executive vice president of the American Nurses Credentialing Center (ANCC). She is a health care leader who brings more than 30 years of nursing and management experience, most recently as the chief nursing executive for LewisGale Regional Health System located in Salem, Va., where she directed system-wide clinical operations, partnering with other C-suite leaders on strategic and tactical planning and execution.

**George Byron Peraza-Smith (NUR '12)**, a gerontological and a gerontology-adult nurse practitioner, is an associate dean at United States University. He maintains a private practice in long-term care and with Brandon Outreach Clinic. He is serving his first term as treasurer of the Florida Nurse Practitioner Network and secretary of the Florida Gulf Coast Chapter Gerontological Advanced Practice Nurses Association.

**Dawn McMeekin (NUR '15)** published "Stress and Coping of Critical Care Nurses After Unsuccessful Cardiopulmonary Resuscitation" in the American Journal of Critical Care. When the study was conducted, McMeekin was a DNP student at Frances Payne Bolton School of Nursing. For the study, she worked with faculty members Ronald L. Hickman Jr., Carol G. Kelley and Sara L. Douglas, who serve as co-authors of the AJCC article.

**Carolyn Williams (NUR '15)** provides behavioral health services for Primary Health Network in Clarion, Penn. She joined PHN in January 2017.

**Michelle Buerschen**

**(NUR '13, '16)** joined the practice of Hyatt Family Care. Buerschen sees patients at the Premier Physician Network practice in Tipp City, Ohio.



**Beth Oliver (NUR '12)** and **Arlene Travis (NUR '17)** were named first runner up for Kim Mo Im Policy Innovation and Impact Award. They will receive a \$5,000 grant to advance their innovative policy project focusing on the "empowerment of individuals and communities to improve cardiovascular health." Oliver is Senior Vice President of Cardiac Services at Mount Sinai Health System and Travis is a nurse clinician at Mount Sinai Hospital.

**Rosemary Ventura**

**(NUR '17)** was appointed Chief Nursing Informatics Officer for New York-Presbyterian health care system. In this newly established role, Ventura is responsible for leveraging technology and analytics to improve nursing practices and patient care.



## inMEMORIAM

### 1930s

**Mary Frances Swope Allton (NURS '36)**, age 103, of Zanesville, Ohio, died July 8, 2017. She was a member of Central Presbyterian Church and found joy in her pets, as well as feeding the birds and deer from her backyard. She was preceded in death by her husband, Harold Allton.

### 1940s

**Marie Hruby May (NUR '40)**, age 103, of Cleveland, Ohio, died Aug. 2, 2017. A life-long resident of Greater Cleveland, founding member of the Church of the Gesu, devoted Cleveland Orchestra supporter and avid Cleveland Indians fan, she worked at John Carroll University, University Hospitals MacDonald Women's Hospital, and General Electric Co. After bringing up her children, she served as the nurse at Hathaway Brown School until her retirement. Her watercolor paintings were featured in an exhibition in 2001 at the Howsen Gallery at Judson Park, where she was a resident. During World War II, May was an industrial nurse at Jack & Heintz Co. in support of the war effort. *Read more about her WWII experience in the Fall 2017 issue of Forefront nursing.case.edu/wwii/*



**Rachael C. King (NUR '45)**, age 95, of Kennett Square, Penn., died May 13, 2017. She worked with the Visiting Nurse Association of Ohio, the prenatal clinic at University Hospitals of

Cleveland, Planned Parenthood and fertility clinics. A school nurse on the United States' Army Base in Germany, she was also as a psychiatric nurse at Fair Oaks Hospital and a head nurse at Family Health Clinics at Overlook Hospital, both in Summit, N.J. This avid world traveler volunteered with Planned Parenthood, the Girl Scouts, and the Arts Council of Penn Yan, N.Y. She was also watercolorist and a quilter.

**Lenore M. Portman (NURS '46)**, age 94, of Houston, Texas, died June 26, 2017. She taught public health administration at Columbia University during the 1960s and was director of the Visiting Nurses in Bergen County, N.J, and at Englewood Hospital in N.J. She and her husband, Al, retired to Austin, Texas where they both were avid golfers.

**Christina McCune (NURS '47)**, age 95, of Fremont, Ohio, died July 12, 2017. After graduating from college, McCune entered the Reserves where she received military nurse training in Samson, N.Y. She then taught medical and surgical nursing at Milwaukee Lutheran Hospital, and later at Mercy Hospital in Toledo. She married Willis McCune in Casselton, N.D. and had four children.

**Alma McKinney (NURS '48)**, age 90, of Richardson, Texas, died July 17, 2017. She and her husband, James, moved to Wichita Falls, Texas, where he established a private anesthesia practice, and they raised their family over the next 40 years. The McKinneys loved horses and established Treefield Ranch near Kamay, Texas, raising

Appaloosa and American Quarter horses, and Angus cattle. She tended to irrigation from horseback, baled hay, and learning to "cut and weld" to build ranch fencing. She learned to snow ski in her mid-40s and volunteered as a nurse on charity medical trips to Mexico to repair children's cleft lips.

**Irma Dayton Small (NURS' 48)**, age 90, of New Bedford, Mass., died Jan. 10, 2017. During World War II, Small served with the Cadet Nurse Corps. After the war, she was a nurse at University Hospitals of Cleveland and Georgetown University Hospital in Washington, D.C. She and her husband, Robert, moved to Massachusetts where she was as an intravenous nurse, a Red Cross nurse, and volunteered as a school nurse at Bishop Stang High School. After her youngest child started college, she worked at St. Luke's Hospital in the ambulatory surgery unit until her retirement in 1997.

**Carol Steffen (NUR '48)**, age 91, of North Ridgeville, Ohio died June 24, 2017. Steffen enrolled in the Cadet Nurse Corps and later worked at Elyria Memorial Hospital for 25 years and several years as a private duty nurse. She also was a school nurse for Elyria Catholic Schools for seven years before retiring in 1988. A volunteer at the North Ridgeville Senior Center and American Red Cross, she was an avid reader and enjoyed keeping up with current events. Nothing made her happier than spending time with her family and friends.

**Dorothy J. Sosinski (NURS '49, '54)**, age 90, of Middleburg Heights, Ohio,

## inMEMORIAM

died May 26, 2017. A member of the Cadet Nurses Corps, Sosinski served the Visiting Nurse Association before assisting her husband with his podiatry practice and raising their family. The founding member of the Middleburg Heights Historical Society, she was an avid antique collector, and enjoyed exploring her family's Yorkshire English heritage.

### 1950s

**Edwyna "Eddie" McAninch (NUR '50)**, age 89, of Camas, Wash., died Jan. 18, 2017. She was a public health nurse while her husband, Ed, completed in medical school in Philadelphia. The couple moved to Washington State and settled in Camas where she served as a volunteer community nurse, school assistant, and began raising their family. Adventure was a large part of Eddie's life, whether it took her to the trails of the Columbia River Gorge, Baja, Mexico, or the Grand Canyon where she lived for months and hiked over 300 miles. All told, she touched six of the seven continents, missing only Africa.

**Diane A. Neville (NUR '55)**, age 83, of Scranton, Pa., died on Feb. 15, 2017. She worked as a nurse in Cleveland, and in 1965, became one of only seven women accepted in that year's Case Western Reserve School of Medicine. She and her husband, Edwin, lived in West Virginia, Ohio and Connecticut, before settling in Scranton in 1972. She was a board member of the Greater Scranton YMCA, the United Way, the Women's Medical Auxiliary, the Christmas Bureau and was the founder of the St. Paul's Friday Night Ski Club.

**Helen Bell Cressey-Ashley (NURS '57)**, age 85, of Syracuse, N.Y. died on Jan. 17, 2017. The first to teach birth control in Onondaga County at Planned Parenthood, she became one of the first women to earn a nurse practitioner certificate and completed her career in that county's women's health department. She was a member of May Memorial Unitarian Universalist Society and served as vice president.

**Betty Jean Rugh Elder (NUR '58)**, age 84, of Kendal, Pa., died March 14, 2017. Born in Changsha, Hunan, China, she was a family nurse practitioner at Penn Urban in Philadelphia before retiring to Kendal. She was a member of Germantown Friends Meeting.

### 1960s

**Sharon Speck (NURS '61)**, age 79, of Worthington, Ohio, died July 14, 2017. A public health nurse, she served as director of nursing in Malawi African Mental Hospital while traveling with her husband for his dissertation research. She later continued her nursing career in Ohio, serving in several jobs including with the Zanesville-Muskingum County Board of Health. Experiencing diminishing vision and hearing throughout her adult life, she became an advocate and a role model for the hearing-impaired community. A volunteer with deaf children in the Zanesville City School system and president of the regional Self Help for Hard of Hearing People organization, she served on the State Committee



on the Education of the Deaf and the Ohio Rehabilitation Services Advisory Committee on Deafness and Hearing Impairment. In recognition of her lifelong achievements, she was awarded the 2013 Alumni Association President's Award from Frances Payne Bolton School of Nursing. Web Extra: <http://bit.ly/2013-speck>

### 2000s

**Erin Gibbons (NURS '05)**, age 53, of Dublin, Ohio, died July 29, 2017. Gibbons was a psychiatric nurse practitioner in Central Ohio. This lifelong traveler visited 82 countries, spoke four languages and had friends all around the world. A member of Saint Mary's College Alumni Club, St. Brigid of Kildare Parish, a Dame in the Order of Malta, she supported and volunteered for numerous service organizations including the Women's Care Center, Capital Area Humane Society, and Cozy Cat Cottage.



This memorial section lists deceased alumni and friends of the Frances Payne Bolton School of Nursing for whom death notices were received between **Feb. 1, 2017 and August 1, 2017**.

# Endless Possibilities for STTI and Liz Madigan

BY MICHELLE KOSKI



This fall, Elizabeth Madigan, PhD, RN, FAAN, heads to Indianapolis for her new role as chief executive officer of the Honor Society of Nursing, Sigma Theta Tau International (STTI). Madigan, who became the Independence Foundation Professor in Nursing Education, first came to the Frances Payne Bolton School of Nursing as a PhD student in 1992.

“Between FPB and Case Western Reserve University, all of my experiences came together to create this opportunity to serve my fellow nurses as CEO of STTI,” says Madigan, who also served as the School of Nursing’s associate dean for academic affairs. “I taught across programs for years—in every program actually—with every kind of student you can imagine. Many of them are doing incredible things in health care and beyond—some have already retired!”

Besides her background in nursing education, Madigan brings a wealth of academic and global knowledge to STTI. For more than 10 years she has served as administrative head for the Pan American Health Organization/World Health Organization (PAHO/WHO) Collaborating Center for Research and Clinical Training in Home Care Nursing. She has volunteered on boards, including the Midwest

Nursing Research Society (MNRS), made presentations on international healthcare issues, and published as a respected researcher in home care. Madigan, a longstanding STTI member who received its Daniel J. Pesut Spirit of Renewal Award in 2007, is eager to begin her work at the 95-year-old organization.

“STTI is already in a terrific position. My role will be to uphold all of the great things it currently does, and support the creation of new initiatives as it continues to expand its global presence.”

Founded in 1922, STTI has more than 135,000 active members in over 90 countries and territories, with members including practicing nurses, instructors, researchers, policymakers, entrepreneurs, and many others. Madigan will be presented formally to STTI’s members during its 44th Biennial Convention in October, and will assume her position as chief executive officer following the convention.

“Like FPB, STTI is at the forefront of the highest quality programs and service,” says Madigan, “and I intend to explore new possibilities for the organization and keep the momentum going. The possibilities are endless.” +



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