



# December 2014 e-Newsletter

## A New Year ... A New You!

In 2015, why not be more proactive in acquiring the tools to effectively cope with stress? Join the School of Nursing for

*The Practice of Mindfulness: A Retreat to Promote Self-Care for the Professional Nurse, Educator, and Leader, to Understand the Role of Mindfulness Meditation to Enhance the Delivery of Nursing Care.*

*Two upcoming sessions: January 16th and February 13th. You can earn 6.5 contact hours (per session).*

This day-long retreat will help you to learn more about, and gain experience with, Mindfulness Meditation. This practice can be an effective tool in reducing stress and supporting well-being, when practiced regularly. Practitioners of mindfulness report:

- an increased ability to relax
- greater energy and enthusiasm for life
- an ability to cope more effectively with both short and long-term stressors
- enhanced flexibility
- lasting decreases in physical and psychological symptoms of stress
- increased concentration and mental clarity
- strengthened abilities to relate to others and one's self with kindness, acceptance and compassion.



Facilitated by [Katherine Hammond Holtz](#), Psy.D., a Mindfulness-Based Stress Reduction Teacher and Licensed Psychologist, this Pitt Nursing Continuing Education event will introduce you to the practice, implementation, and practical benefits of mindfulness.

There are two retreats scheduled: one for nurse educators and leaders, and the second for professional nurses. Learn more [here](#) about our "Practice of Mindfulness" Sessions.

## Congratulations to Pitt Nursing Research Team for Winning YWCA Racial



### Justice Award!

At the 2014 YWCA's Racial Justice Awards Luncheon, members of the School of Nursing's ACTS Research Team were honored in the "Healthcare" category. THE ACTS (the Attitude, Communication, Treatment and Support) Team has been conducting community-based research for over a decade on interventions to mitigate the disparity in the breast cancer experience for African American women from screening through end-of-life care. The team is pictured above and includes Margaret Rosenzweig, MSN'86, PhD'01, associate professor and staff members Jacqueline Simon, Howard Stein, Debra Otey, Tamami Hamada, and Mary Connolly.

Early ACTS findings led to a research grant from the American Cancer Society (2009 – 2015) for the development of a six-site, regional, [randomized trial](#). Findings thus far indicate that if supportive needs are met, African American women will adhere to chemotherapy. Additionally, study results "give voice" to African American women regarding the difficulty of the breast cancer experience. This novel and exciting research is carried out daily through labor intensive clinical research studies by the ACTS research team.

Congratulations to the ACTS team for this recognition by the YWCA.

## Pitt Nursing Faculty Take On Leadership Roles

Faculty at the School of Nursing are having an impact on the students in the classroom, but also far beyond that. They are leaders of many national and regional organizations dedicated to advancing the nursing profession and patient care. Our congratulations go to these recently-designated leaders:

Cecelia Yates Binder, Chair-Elect, Committee on Career Development and Diversity, American Society of Investigative Pathology

Richard Henker, Member, Board of Directors of Health Volunteers Overseas

Rosemary Hoffmann, Member, Board of Commissioners on Nurse Certification, AACN

Kathy Magdic, Vice President, Pennsylvania Coalition of Nurse Practitioners

Elizabeth Schlenk, President Elect, Association of Rheumatology Health Professionals

## Adult-Gerontology NP Special Information Sessions at Pitt Nursing

You are invited to attend one of the information sessions listed below to learn more about the Adult-Gerontology Acute Care Nurse Practitioner program at the School of Nursing. This concentration prepares you to be a generalist, a principal provider of care to adults with acute, critical and complex chronic health conditions. The AG-ACNP concentration includes sub-specialties in selected clinical

emphases: cardiopulmonary, critical care, oncology, trauma & emergency preparedness, or directed study. Curriculum options include BSN-DNP, MSN-DNP, and Post-Master's Certificate. Faculty and staff will discuss the benefits of the program, admission criteria, and specifics of the various curricula.

**Dates:** Thursday, March 26, 2015  
Thursday, June 25, 2015  
Thursday, October 22, 2015

**Time:** 9:00-11:00 AM

**Location:** Room 336, Victoria Building, 3500 Street, Pittsburgh, PA  
15261

RSVP to 412-624-6866 or [pmcn@pitt.edu](mailto:pmcn@pitt.edu)