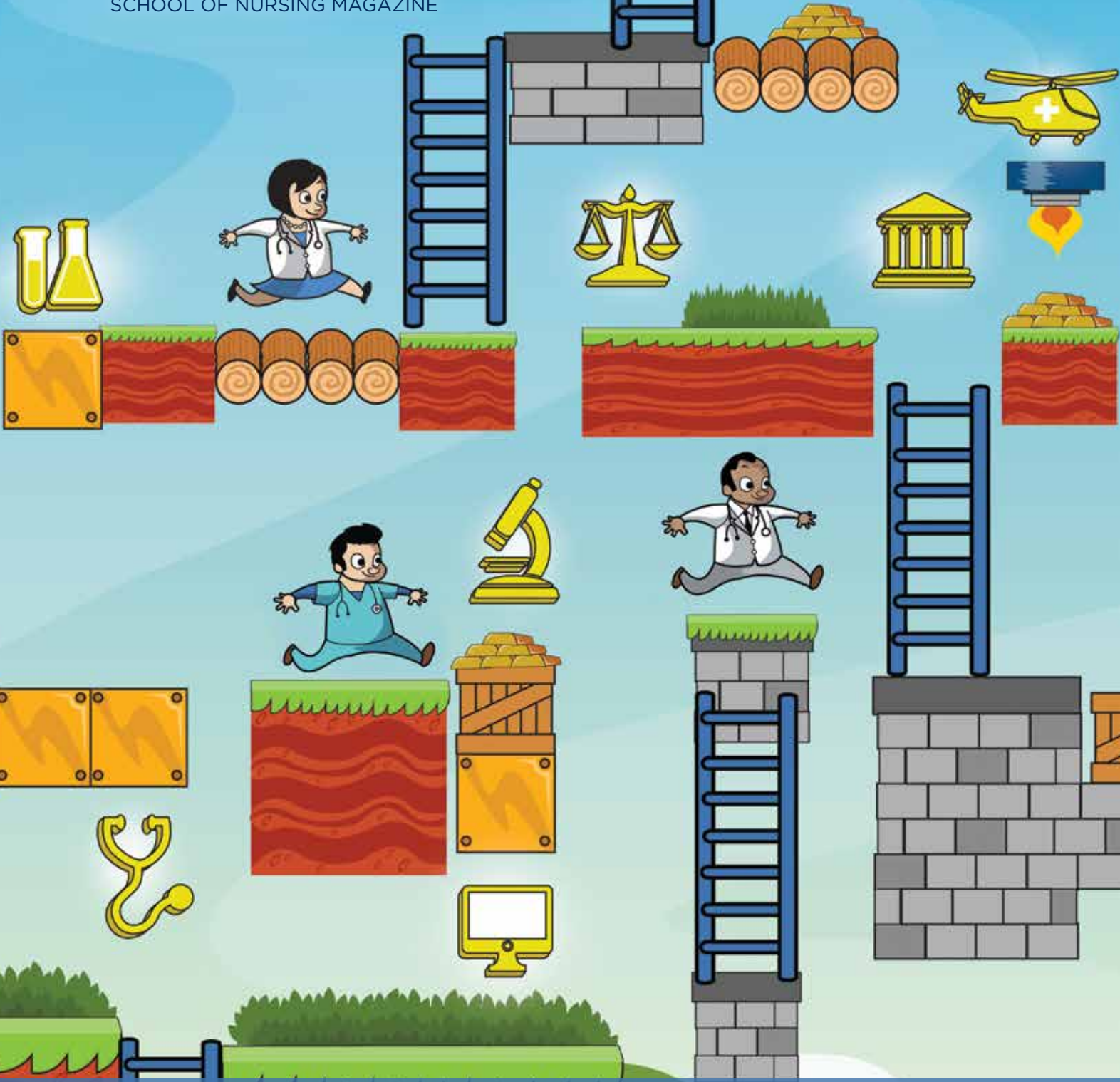


PITT

Nurse

UNIVERSITY OF PITTSBURGH
SCHOOL OF NURSING MAGAZINE

FALL 2013



PITT NURSING: MANY OPTIONS, MANY REWARDS



About the cover: Instead of wending their way through virtual worlds, nurses journey through the real world to find new educational and career opportunities. This edition of *Pitt Nurse* describes the paths taken by practitioners to expand their knowledge, better serve their patients and profession, or broaden their career options.

Inside PITT NURSE

PITT NURSING: MANY OPTIONS, MANY REWARDS



Front and Center: As Nursing Evolves,
New Leadership Paradigms Emerge 2

Faculty Profile21

An Evening with Lou Holtz 23

Development 24

Alumni News + Notes 26

NurseBeat 29

Remember When 33



Careers in Academia Can Transform
Research into Practice6



Setting the Research Agenda9



Advanced Education Prepares Clinical Nurses
for Specialized Careers 11



Flying High: Building Careers Outside
Hospital Walls14



Unconventional Wisdom: Nursing Leads to
Career Paths Far from the Bedside 16



The Business of Health Care:
New Opportunities 19

IT'S ALL THERE

Check out the University of Pittsburgh School of Nursing Alumni Society Web site for the latest alumni news. Visit www.nursing.pitt.edu and click on the Alumni tab at the top of the page.



Recycle This Magazine

Share it with someone you know and help to spread the word about Pitt nursing.

Lower mortality rates, fewer medication errors, and positive health outcomes are all high-priority goals in health care today. Not coincidentally, these results are all linked directly to the preparation of nurses at the baccalaureate and graduate degree levels.

For example, the October 2012 issue of *Medical Care* cites research that found that surgical patients in magnet hospitals experienced 14 percent lower odds of inpatient death within 30 days and 12 percent lower odds of failure to rescue compared to their counterparts at nonmagnet hospitals. The difference? Investment in highly qualified nurses, including a higher proportion with baccalaureate degrees.

Likewise, *The Journal of Nursing Administration* reports that every 10 percent increase in the proportion of BSN nurses on the hospital staff translated into a 4 percent decrease in the risk of death. And an extensive study published by the same authors in *The Journal of the American Medical Association* links a “substantial survival advantage” for surgical patients treated in hospitals with higher proportions of nurses educated at the baccalaureate level or higher.

With the recent growth in managed care driving a need for primary care practitioners, demand has never been higher for advanced practice nurses. And nurses with advanced degrees will find more doors open to them: advanced clinical practice, faculty teaching positions, higher level administrative roles, and government jobs. Baccalaureate and advanced degrees emphasize evidence-based practice, meaning the work of the nurse is rooted in science, thus contributing to better outcomes. In turn, these nurses are able to create and realize change at a more global level, making a difference for entire populations rather than a single patient.

Like the profession we represent, the University of Pittsburgh School of Nursing is always evolving, adapting to meet the demands of health care and the people who provide it. It is no small endeavor to educate a nurse today who will be working decades from now in an unpredictable environment. And because the information yielded by that environment also changes, we embrace evidence-based practice to ensure that we are always setting the bar higher, meeting the challenges of our profession armed with the best possible information to create the best possible outcomes.

Nurses tend to be agile in their career choices; no longer are they limited to traditional bedside care. Rather, they are finding a voice at the table at all levels of policymaking, whether they are helping to start a specialty care hospital, creating practice guidelines for the U.S. Department of Veterans Affairs, or researching the next generation of health care science. A single nurse might experience two, three, or even four distinct career paths in a lifetime.



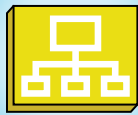
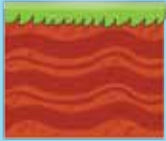
Clearly, then, it is our mission as nurse educators to define and deliver a top-notch education, one that results in professionals prepared to deliver outstanding contributions to the field, whether in bedside nursing, research, education, or leadership. Pitt nurses thrive in many environments, as this issue illustrates. Alumni from many walks of life tell their stories in the following pages, but they all have one thing in common: the education that helped to prepare them for where they are today.

A handwritten signature in black ink that reads "Jacqueline Dunbar-Jacob". The signature is fluid and cursive, with a large initial "J".

Jacqueline Dunbar-Jacob, PhD, FAAN
Dean and Distinguished Service Professor
of Nursing, University of Pittsburgh
School of Nursing



Front and Center



As Nursing Evolves, New Leadership Paradigms Emerge

Andrea Schmid Mazzoccoli (PhD '06), BSN, MSN, FAAN, earned an MBA at a time when a business degree was still somewhat unusual for a nurse executive. Over time, however, she has noticed an increased recognition among nurse leaders that the current health care environment demands a certain level of business acumen.

“We as nurses operate from the social sciences historically, so we have a tendency to stay in that sweet spot,” says Mazzoccoli, vice president and chief nursing officer for Bon Secours Health System in Maryland. “But every day, I think patient care leaders are challenged to consider the economics of our health care delivery decisions.”

With the advent of health care reform and its emphasis on primary care strategies, Mazzoccoli sees many opportunities opening up for nurses, provided they respond. Baccalaureate and master’s degree nurses are on the rise, which is a necessity if nurses are to assume influential roles in policymaking, she notes.

“Our nursing leaders and nurses at every level of practice really have an opportunity nationally to influence policy and reforms,” she says. “We’re not always, as a profession, taking advantage of having a seat at the table.”

Mazzoccoli is in the Robert Wood Johnson Foundation Executive Nurse Fellows program learning how to do just that. “You have to get out of your comfort zone,” she says. She believes that nurses can take better advantage of opportunities when they realize the impact they can have.

“I’ve seen, with mentoring and with a little bit of courage, that the nursing voice can really step out of the sphere that we’re used to and make a big

impact on health care delivery systems,” she says. “Nurses grow up managing complex environments. As a bedside nurse, you’re interrupted how many times a day? Your work is all about relationships. Those two things have kept me grounded and allowed me to be successful.”

Additionally, consistent with the Institute of Medicine Future of Nursing report and strategies, nurse leaders must develop into full partners with our physician executives, “a strong partnership of a nurse executive and a physician executive really is a critical dyad to have in your leadership model moving forward.”

Writing on a Blank Slate

Graduates of the School of Nursing have established themselves in several echelons of professional leadership, many in areas once considered off limits for nurses. Anne S. Hast (MN '81, DNP '12) previously served as the vice president of patient care services at Washington Health System Washington Hospital in Washington, Pa., as well as a full-time student in the Doctor of Nursing Practice program. This was before a group of orthopaedic surgeons approached her about their plans to start a physician-owned specialty hospital.

“I was intrigued, because I had tremendous respect for these surgeons and their high standards for patient care and the patient experience,” says Hast.

The doctors wanted someone who could help them to assemble an excellent leadership team and design the systems and processes that would serve as the integral workings of the hospital, using evidence-based practice to create an exceptional, quality program. Hast would need to create a framework that matched the vision, hire the staff, and draw them into the culture and mission.

There was one catch: She had to do it all in four months to avoid a moratorium on the start-up of physician-owned hospitals under the Patient Protection and Affordable Care Act. But she, her leadership team, and the surgeons of Advanced Orthopaedics & Rehabilitation were up for the task.

“The attraction for me was that never in my career have I had a chance to be part of designing a new hospital from a blank sheet of paper,” says Hast. “For me, this was an opportunity to apply my leadership skills and utilize complexity science principles to create an exceptional health care experience.”

By the time her deadline arrived, she had installed the leadership team; hired and trained 100 staff members; and earned Pennsylvania Department of Health licensure, Centers for Medicare & Medicaid Services deemed status, Pennsylvania Bureau of Laboratory licensure, and the Clinical Laboratory Improvement Amendments certificate of accreditation. Within two years of start-up, the practice had successfully achieved COLA laboratory accreditation and full hospital accreditation through the Joint Commission. Advanced Surgical Hospital was ready for business.

Hast managed to tackle all those tasks while completing her DNP. “Every ounce of what I have learned in the DNP program at Pitt is in this hospital,” she says.

“Our nursing leaders and nurses at every level of practice really have an opportunity nationally to influence policy and reforms.”

Andrea Schmid Mazzoccoli



“Every ounce of what I have learned in the DNP program at Pitt is in this hospital.”

Anne Hast





“For me, leadership was a calling. It’s not a job that will always make you popular, but it is a job that is rich with rewards.”

Alan Bernstein

Her results speak for themselves. With an attrition rate hovering around 2 percent and infection rates far below the national average, the hospital is performing in the 99th percentile in overall patient satisfaction. The hospital is the top-performing facility

in its region for quality metrics, and more than half of its patients come from referrals by prior patients.

“You know how you have that once-in-a-career opportunity to be part of creating a new hospital from initial design to full implementation?” queries Hast. “It has been a joy to be here at Advanced Surgical Hospital.”

New Models for Patient Safety

As a doctoral student in the School of Nursing, Debra Thompson conducted research and found a result that, in hindsight, explains much about the nursing profession: The quality of a nursing leader’s relationship with staff members influences the staff’s perceptions of patient safety.

A onetime staff nurse at Children’s Hospital of Pittsburgh of UPMC and a longtime administrator, Thompson (BSN ’77, MSN ’81, PhD ’10) has spent a lot of time studying patient safety and outcomes and how the application of industrial models to health care can improve results. Throughout her career, she has consistently witnessed how a leader—particularly at the point of care—can influence quality.

And while this observation raised many questions, Thompson lacked the knowledge to fully explore the answers. So she decided to earn her doctorate, and she hasn’t looked back since.

“I wanted to understand how [leaders] impacted not only staff but the patient care outcomes,” she says. “I’m at a point in my career where I want to give back to the community, to care providers. I think that’s important.”

Today, Thompson consults on patient safety in acute care settings and also works as an adjunct faculty member in the school’s Department of Acute/Tertiary Care. She serves as a prime example of the modern face of nursing leadership: well versed in research and eager to move the profession forward.

“We need a shift in leadership from the traditional hierarchy to one in which you do coaching and mentoring and you help people collaborate across teams. You really need to listen to the people doing the work and engage them in redesigning the way we deliver quality and care,” Thompson says, stressing the importance of creating an environment in which people can confidently voice concerns.

Leadership as a Second Career

More than 13 years have passed since Alan Bernstein (BSN ’00), then an associate’s degree-level nurse, decided to earn his BSN at Pitt. At the time, he was working in the VA Pittsburgh Healthcare System (VAPHS), traveling through medical/surgical, oncology, neurology, and critical care before landing in a supervisory position.

It was a second career for Bernstein, who previously worked for more than 15 years as a motion picture editor. Having put himself through art school by working as a hospital escort, Bernstein always liked the idea of working in health care, so when it was time for a change, nursing seemed like an ideal fit. Little did he know where it would lead.

During the next few years, he worked in several leadership positions for VAPHS,

including a stint in informatics that gave him responsibility for more than 1,000 nursing personnel across three campuses. He ensured that each of them understood how to use bar codes for medication administration as well as the electronic medical record. Bernstein served on several national committees for VAPHS and advised and wrote the national policy on the staffing methodology process for VAPHS nursing personnel.

As his career in Pittsburgh progressed through several leadership positions, he also stayed active on the national scene by heading a working group on nursing qualification standards. He then became the national program director for the Office of Nursing Services, updating the U.S. Department of Veterans Affairs (VA)'s nursing career ladder. He developed and implemented a residency for RNs and a nurse manager academy that helped managers to successfully navigate their roles within the system.

Today, Bernstein works as associate director for patient care services at one of the largest VA systems in the country, the VA North Texas Healthcare System, a role he began in January.

Bernstein meets with each new nurse who enters his facility. He enjoys the opportunity to help shape a new generation of nurses, coaching and mentoring them so they can deliver superior care.

"I've always been comfortable with leadership. Even in education, when we had to do group work, I always felt very comfortable taking the lead in the group. But leadership is something that you refine over time," he says.

"For me, leadership was a calling," Bernstein adds. "It's not a job that will always make you popular, but it is a job that is rich with rewards."

PITT ALUMNI GUIDE NURSING EDUCATION



Susan Bakewell-Sachs (BSN '79), PhD, APRN, dean and vice president for nursing affairs, Oregon Health & Science University School of Nursing



Margaret Grey (BSN '70), DrPH, FAAN, dean and Annie Goodrich Professor, Yale University School of Nursing



Mary E. Kerr (MNEd '81), PhD, FAAN, dean and May L. Wykle Endowed Professor, Case Western Reserve University Frances Payne Bolton School of Nursing



Mary P. Lewis (PhD '99), dean and professor, SUNY Delhi School of Nursing



Bernadette V. Melnyk (MSN '83), PhD, CPNP/PMHNP, FNAP, FAAN, dean, associate vice president for health promotion, and chief wellness officer, Ohio State University College of Nursing



Terri E. Weaver (BSN '73), PhD, FAAN, dean and professor, University of Illinois at Chicago College of Nursing

Careers in Academia

Can Transform Research into Practice

As a general surgery nurse practitioner, Maya Clark-Cutaia had a question—one that led to a research career.

Unlike the nurses in other facilities where she had worked, the hospital's nurses were typically not prepared with a BSN; in fact, only the nurse managers were. Clark-Cutaia suspected that the education level of the nurses affected patient care, but when she began exploring that question, she found that there was little information available. "Since I couldn't find the information anywhere, I figured somebody better start studying it," she says.

And thus, a career in academia was born, as it is for many nurses: with a question that grew out of something observed on the job. Often, nurses who wind up in academia choose that path because they are interested in both educating future generations and conducting research that translates directly to the bedside—a hallmark of the profession.

Clark-Cutaia earned her PhD at the University of Pittsburgh School of Nursing in 2012 and is currently a

postdoctoral fellow at the University of Pennsylvania's Center for Global Women's Health and Center for Health Equity Research. She also serves as an adjunct faculty member in the Adult Gerontology Acute Care Nurse Practitioners Program at Penn and has her sights set on securing a tenure-track faculty position in which she can teach and conduct research.

A member of the U.S. Air Force and a former flight nurse, Clark-Cutaia studies chronic illness, particularly end-stage renal disease, and the dichotomy between recommended sodium dietary limits and the reality of patients' intake. The population she studies is particularly difficult because urine and blood draws are nearly impossible to obtain and food diaries are notoriously untrustworthy. With hypertension reaching epidemic proportions, the topic seemed ripe for exploration.

Fortunately, Pitt's doctoral program prepared her for the task. Clark-Cutaia mastered grant writing and research

Often, nurses who wind up as faculty choose that path because they are interested both in educating future generations and in conducting research that translates directly to the bedside, a hallmark of the profession.



development and served as a project program director. When she entered her fellowship in late October 2012, she was able to hit the ground running: By November, she had already written her first grant, and by February, she had added two more.

“While you’re in the [PhD] program, you’re not quite sure how things are going to come together,” she says. But once she began working, she was able to better understand how the pieces fall into place. Therefore, she began to pursue the answer to that question as part of her doctoral studies at Pitt.

In the Trenches

Like Clark-Cutaia’s, Margaret-Ann Carno (PhD ’02)’s experiences as a pediatric intensive care unit nurse piqued her interest in research. She chose Pitt for her PhD after meeting some of the faculty and having lunch with a student who later became a close friend.

“You don’t go to Pitt without wanting to do research,” she says. She also has a passion for teaching while she continues her clinical responsibilities as a nurse practitioner in the pediatric sleep lab.

Carno’s three-pronged interest in practice, research, and teaching illustrates the balance many nurses are

able to strike between the clinical and academic worlds. Because of that unique quality, Carno believes that it’s crucial for nurses to teach new students the fundamental values of the profession.

“We don’t want people who are not in the profession teaching us,” she says. “Yes, we need to pull in other disciplines, but nurses need to be in charge of teaching future nurses.”

For example, Carno teaches a health care policy course over the summer—a topic many students think is dry until they realize how applicable it can be to their everyday bedside practice.

“We’re not just sitting in some ivory tower teaching; we’re actually out there in the trenches doing it,” she says. Carno credits her dissertation chair, Leslie Hoffman (now a professor emeritus at the School of Nursing) with giving her teaching experience by assigning her to take over an undergraduate ethics course from a more seasoned educator, who also served as Carno’s mentor during the transition. Today, Carno serves as director of University of Rochester School of Nursing’s RN to BSN completion program, and she remains passionate about contributing to the next generation. “Watching students get that ‘Aha!’ moment, especially in topics that don’t interest them, is tremendously rewarding,” she says.

A former flight nurse and general surgery nurse practitioner, Maya Clark-Cutaia earned a PhD in order to teach and undertake research on chronic illnesses such as end-stage renal disease.



Reflecting on the path her career has taken, Carno sometimes has to marvel. “If you would have asked me when I was a bedside nurse [whether] I would get my PhD, I would have laughed,” she says.

Early Start

By contrast, Linda Ree Phillips (BSN ’69, MN ’73) discovered her interest in research early in her career. Her bedside nursing days were relatively short. “When I was at Pitt, one of the things I discovered was public health nursing,” she explains. “I was so enamored by the fact that I didn’t have to be in a hospital.”

As a clinical specialist for the Visiting Nurses Association (VNA), her principal interest was in families, particularly those that seemed to be in trouble. The University also opened up a whole new world for a woman who had grown up sheltered in a comfortable suburb. She wanted to learn more about an issue that did not have much traction at the time: elder abuse, though that term didn’t yet exist. So she wound up earning her PhD in nursing and sociology and spent a good chunk of her career teaching and conducting research at the University of Arizona.

“There was a time in nursing when to advance, you left direct care, and that’s no longer the case.”

Susan Bakewell-Sachs

Research money did not seem to find its way to the elderly, Phillips explains, but she could not turn away from the issues raised by the plight of older people.

“They were so vulnerable,” she says. “Individuals in this population were just cut off from the world. The only people they interacted with usually were the people who were mistreating them.”

Though she had retired, seven years ago, Phillips returned to academia when the University of California, Los Angeles, School of Nursing recruited her to be the Audrienne H. Moseley Endowed Chair in Nursing. Today, she has a renewed interest in teaching, and she hopes to encourage young nurses to establish careers in academia even if they have not practiced clinically.

“That’s been one of my goals at UCLA, to address that bias, so we get young people as early as we possibly can into PhD programs,” she says. This, in turn, should lead to longer careers.

Second Generation

Susan Bakewell-Sachs was a second-generation Pitt nurse when she earned her BSN in 1979. Her mother, Frances Powell Bakewell (BSN ’54), had graduated 25 years earlier, and both were taught by two of the same professors.

Bakewell-Sachs thrived in the university setting. Pitt taught her to see herself as an emerging leader, helping to forge her identity as a nurse. Immersed in the research experience, she saw how a study could translate directly to patient care. After working in neonatal intensive care at the University of Virginia Medical Center, she earned a master’s degree and worked as a research clinical nurse specialist on the first funded randomized clinical trial at the University of Pennsylvania’s nursing school. The study, published in *The New England Journal of Medicine* in 1986, has Bakewell-Sachs’ name on it and discusses the early discharge and home follow-up of low-birthweight babies.

She earned a doctorate and worked as a pediatric nurse practitioner, then held dual roles at Penn, teaching at the nursing school and working in the hospital’s neonatal unit. Her first full-time faculty role came in 1996 at the College of New Jersey, where she became an acting dean four years later. The Robert Wood Johnson Foundation selected Bakewell-Sachs as an executive nurse scholar from 2007 to 2010. Through that opportunity, she became program director of the New Jersey Nursing Initiative, a multiyear, multimillion-dollar program focusing on addressing a nursing faculty shortage through curriculum development and scholarships.

Bakewell-Sachs served as the college’s interim provost and then provost, leaving earlier this year to become dean of the School of Nursing at Oregon Health & Science University, where she also is vice president for nursing affairs.

“I feel like my career has been wonderfully logical, building toward what

I’m doing now,” she says. “Like many nurses who enter through baccalaureate programs, I had planned to get a master’s degree. I had hoped to be able to teach. I wanted to be a really, really good clinician. Research I hadn’t really thought about.”

She also never imagined she’d be a university administrator.

“I didn’t have becoming a dean on my radar. I often say I don’t know many people who enter nursing to be a dean,” she says.

But opportunities in academia have expanded, allowing Bakewell-Sachs to continue her clinical practice and research alongside her faculty roles. “There was a time in nursing when to advance, you left direct care, and that’s no longer the case,” she says.

She attributes that transition in part to the maturation of science, moving from tradition-based to evidence-based care. Nurses now must have a scientific underpinning to all they do.

“Much of nursing care was invisible, particularly in acute care hospital environments,” Bakewell-Sachs explains. “Nurses were part of the room; we came with the bed.”

Not so anymore, she adds. “Nursing contributions are becoming more visible now.

“I hope that nurses of today, or prospective students who are thinking about entering a profession with incredible career opportunities and untold trajectory options, will allow themselves to think largely around what those possibilities are,” she says. “The University of Pittsburgh can really set the stage for that.”

Setting the Research Agenda



Medical revolutions are rocking not just patient outcomes but also nursing careers. Many professionals are lending their nursing perspectives to high-profile research inquiries—often in careers that emerged after they completed their training.

In 1982, Louise DeRiso's class was only the second at the University of Pittsburgh School of Nursing to be offered a brand-new area of concentration: nurse practitioner. DeRiso earned her MSN in 1982 in adult primary health care and has since become a leader in a field that didn't exist at that time.

requirements—applied to other specialties. Among her current responsibilities as nurse manager/research coordinator for the Vascular Clinical and Translational Research Center are managing protocols in pulmonary hypertension and rheumatology.

There is no typical day for DeRiso. "The job is administrative, but I also see a few patients. The nice thing about working with research patients is [that] you can take time with them. You sometimes follow people over years, so you get to know them."

"My job is like a virtual classroom. I am always learning, attending grand rounds, and connecting with experts around the world."

Louise DeRiso



"I never knew that the job of research coordinator existed," she explains. But the opportunity to work in a world-class research environment has kept her at Pitt at the Clinical and Translational Science Institute, which conducts protocols on promising drugs and therapies.

"My job is like a virtual classroom," she says.

"I am always learning, attending grand rounds, and connecting with experts around the world."

Broad experience in diabetes clinics led DeRiso to posts as a research coordinator in that field. But she learned that the basic skills of a research coordinator—coordinating protocols and meeting regulatory

Advancing Research from Lab to Bedside

Ava Puccio's research interests drove her earliest decision on collegiate study. The Pittsburgh native earned a bachelor's degree in neuroscience before earning her BSN in 1994 and her PhD in 2008. Today, she is codirector of UPMC's Neurotrauma Clinical Trials Center and an assistant professor of neurological surgery and nursing.

"Neuro is the preferred premed major. I was interested in those courses and wanted to attend medical school," she recalls. But after meeting her future husband and completing her first

“We are selective in choosing the research studies that we are involved with. All of our research has the potential to help the patient.”

Ava Puccio



bachelor’s degree, Puccio altered her plans. She embarked on the laboratory path, conducting studies on retinal transplants and additional experimental research in immunology while earning her second bachelor’s degree in nursing.

She soon realized that she sought an added dimension. “In basic laboratory research, there was no patient contact,” she recalls. “I wanted to pursue translational or clinical research.” That changed when doctors she had known during their residencies sought her out for help on clinical trials on patients with head injuries. “I was able to combine my previous research experience and add a clinical component. I learned how to do neurological exams and assist in treating traumatic brain injury patients.”

Puccio still collaborates with the core group of Pitt researchers advancing the understanding of traumatic brain injury (TBI); the team is conducting nearly a dozen different observational and interventional studies on traumatic brain and spine injuries. She completed her doctoral dissertation on brain oxygenation in those trauma victims and currently has an NIH research grant to investigate a new piece of the TBI puzzle: She is examining the role of genetics in determining how different patients tolerate various treatment protocols. Her mission is to tailor the acute care treatment to each individual.

“What I like most is working with families. You are the advocate for their loved one. We are the link to the family and to the staff. That’s very rewarding. Follow-up for research studies allows a more personalized approach with patients and families because we follow outcomes for two or more years from the injury. We are selective in choosing the research studies that we are involved with. All of our research has the potential to help the patient.”

Research Mentor

Donna Martsof (PhD ’91) works to ensure that nursing research helps the patients of the future. Prior to entering academia, Martsof enjoyed 15 years as an advanced practice nurse in the psychiatric/mental health areas. As professor and associate dean for research and translation at the University of Cincinnati College of Nursing, one of the nation’s largest schools of nursing, she has built her career in the classroom. Martsof mentors doctoral students and works to find funding for their critical inquiries. She also mentors junior faculty in their research endeavors. She’s a keen-eyed observer of national trends affecting the profession.

Martsof earned her doctorate in psychiatric and mental health nursing and has won major research awards for investigations on survivors of sexual violence. That work often has focused on young adults and has included cases of dating violence. “My research has always centered around interpersonal violence in one way or another,” she notes. She has funding from the Centers for Disease Control and Prevention and the National Institute of Nursing Research. Her most recent work, undertaken with University of Cincinnati colleagues, focuses directly on the hospital setting. With a grant from the Robert Wood Johnson Foundation, they are examining resilience in emergency room workers who have experienced violence in the workplace.

In 2003, Martsof won a Fulbright award to conduct mental health research in Léogâne, Haiti, and has since traveled to the country more than 50 times. Working with a team of Haitian research assistants has allowed her to become more fluent in Haitian Creole, one of the national languages.

She remains committed to research: “We’re creating a generation with new knowledge for nurses. Those who want to focus on research will have a lot to contribute to the discipline.”

“We’re creating a generation with new knowledge for nurses. Those who want to focus on research will have a lot to contribute to the discipline.”

Donna Martsof



Advanced Education Prepares Clinical Nurses for Specialized Careers

The traditional model of ward nursing with eight-hour shifts and patients in beds has given way to a 21st-century model of nursing specialties, with as many flavors as the local ice cream shop.



Even nurses who are dedicated to providing direct care are finding a range of opportunities for advancement, including research and continuing education, as they pursue hospital careers.

“There are a vast number of areas. Everyone can find the right niche,” says clinical nurse specialist Beverly Kosmach-Park (MSN ’90, DNP ’10). Children’s Hospital of Pittsburgh of UPMC has provided her with a rewarding mix of opportunities. The institution is a leader in liver and small intestine transplant surgery, and Kosmach-Park shares the journeys of her pediatric patients—ranging from

newborns to late adolescents—and their families. Since 1993, she has been a member of an accomplished team of surgeons, nurses, and other allied health professionals whose advances in clinical practice and management have resulted in longer, healthier lives for hundreds of children post-transplant.

While Kosmach-Park was in graduate school for her MSN, Pittsburgh’s international reputation in transplant surgery soared. “Those were exciting years. The CNS [clinical nurse specialist] program was directed by inspiring leaders in the field of CNS practice who provided us with a solid foundation for our future as inpatient clinical leaders. Having CNSs and nurse practitioners involved in daily care management in transplant surgery was new back then; now, they are essential and valuable team members.

The opportunity to be an inpatient CNS within an internationally renowned transplant center at Children’s Hospital of Pittsburgh created the best of both worlds. It would be hard to be satisfied with anything else! As an experienced CNS, I continue to find new challenges within the clinical area. I’ve recently been studying long-term outcomes following intestine transplantation.



“The ER is a completely different flow in terms of patients compared to inpatient nursing. My youngest patient was 11 days old; my oldest, 94. There’s huge patient turnover. I’m learning how to prioritize.”

Maura Rose

Short-term survival has improved significantly, but we need to think more about the long-term effects of transplantation on the children and families. Understanding how they perceive their lives at five or more years post-transplant helps us counsel them about long-term challenges and design educational interventions, which in turn will affect long-term outcomes.”

Kosmach-Park also directs Children’s Camp Chihopi, an annual four-day summer camp for transplant recipients. Proof of Camp Chihopi’s success is that former patients who have previously attended the camp as children now return to volunteer as junior, assistant, and senior counselors, inspiring younger patients.

“Their friendships continue over the years,” says Kosmach-Park. “When you see them in the typical environment of a camp setting, they’re not patients—they’re just kids having a great time with their friends.”

A Practice in the ER and the Community

Maura Rose (BSN ’12) also has focused her clinical practice on children, though in a much different setting. When she received her first job offer at MedStar Georgetown University Hospital in Washington, D.C., she says she was “over-the-moon excited.” Rose joined the hospital’s emergency department team after completing her Pitt senior practicum there and is now a clinical nurse after completing the UHC/ANCC Nurse Residency Program.

Rose thrives on the high pressure of the ER. “It’s a completely different flow in terms of patients compared to inpatient nursing. My youngest patient was 11 days old; my oldest, 94. There’s huge patient turnover. I’m learning how to prioritize.”

In addition to working three 12-hour shifts per week, Rose has become proficient in emerging protocols. She recently completed an evidence-based practice project on the use of intranasal Versed for anxiolysis in pediatric patients. The technique

of administering Versed helps to calm young patients during procedures such as radiology scans, IV placements, or laceration repairs. Rose plans to encourage the use of intranasal Versed in the ER’s flex unit, a fast-paced clinic that handles nontraumatic cases. Rose is currently holding in-service training on the correct administration techniques.

Rose’s schedule allows her to volunteer at a Virginia clinic for the homeless. Her commitment to community service began at Pitt in her role as president of the Pitt chapter of Chi Eta Phi Sorority, Inc., a historically Black sorority for nursing students. The group organized health screenings for University neighbors and information sessions for University students on topics such as safe sex.

While she plans to remain at MedStar Georgetown, Rose will complete her Trauma Nursing Core Course, TNCC in mid-September. Next summer, she plans to sit for CEN emergency nursing certification, then certification in pediatrics. Ultimately, she plans to return to school for her master’s degree in nursing education in order to be able to teach aspiring nurses to “fall in love with nursing.”

Teaching Freedom

In contrast, Kellie Antinori-Lent (BSN ’86, MSN ’07) has spent a career counseling the victims of one shape-shifting chronic illness: diabetes. When asked if she considers herself a nurse or an educator, she laughs.

“I can’t separate the two,” she confesses. “Part of being a nurse is being an educator.”

As Antinori-Lent has found, diabetes is a serious health challenge not only for Southwestern Pennsylvania but nationwide and worldwide. In her current post as programmatic nurse specialist for diabetes at UPMC Shadyside, she is responsible for teaching nurses as well as patients. “On any given day, 30–40 percent of our patient census has diabetes,” she notes. “So my customer is not just the patient—it’s also the nurses and physicians caring for the patient. I’m available 24/7 on a pager to answer questions and provide guidance.” Responsible for oversight of hospitalwide glycemic control initiatives and their impact on care, Antinori-Lent also chairs hospital-based committees that coordinate diabetes care and education.

Stints in medical device sales as well as more than 20 years of experience in outpatient nursing have developed Antinori-Lent’s expertise in insulin pump therapy, which she says provides “freedom and flexibility” and “gives patients the opportunity to take control of their diabetes instead of it controlling them.” She is particularly interested in behavior change. “Recently, I have taken a special interest in what triggers people to do what they know they should do,” she notes. She recognizes education and training as a starting point. The key to behavior change is what exactly sparks action and sets positive habits in motion. As she pursues that question, she also plans to continue her education to become a nurse practitioner in order to obtain the authority to write prescriptions in Pennsylvania.

Evidence-based Critical Care

What keeps Betsy George in critical care? After a 30-year career spent mostly at UPMC Presbyterian, she knows the answer: “It’s the complexity, the challenge. You

have a limited number of patients who are critically ill, and you can focus directly on them. And there are so many opportunities to learn—you’re surrounded by talented people.”

George (MSN ’83, PhD ’99) covers three units: cardiothoracic surgery and the surgical and coronary ICUs. “My cases run the gamut,” she says. “You may have an open heart patient who arrives from the operating room and will be in intensive care less than 24 hours. Another person with organ failure may be there for weeks or months.”

George says that two factors have transformed daily nursing practice over the decades. Less-invasive monitoring techniques require training on sophisticated new equipment. She also sees a greater emphasis on making sure patient outcomes meet quality standards. Meanwhile, she has found that her clinical experience contributes to UPMC’s reputation as a research leader.

“I did my doctoral dissertation on the effect of positioning on oxygenation in lung transplant patients. I’d taken care of those patients, and in turning them, I wanted to see if placing them on one side or another [had an effect]. Those ideas that are generated from clinical care give ideas for research.”

George says that she enjoys teaching and participates in the certification and professional development of nurses on the critical care staff. “My job has become developing and teaching policies and procedures, as opposed to only bedside care. We approach care measurement as a system. Right now, I’m part of a process to standardize care for post-op cardiac patients. Our work is evidence based: We ask, ‘What is the problem, the evidence, the standard, the implementation?’ ”

“Recently, I have taken a special interest in what triggers people to do what they know they should do.”

Kellie Antinori-Lent



“My job has become developing and teaching policies and procedures, as opposed to only bedside care.”

Betsy George



Flying High:

Building Careers Outside Hospital Walls

Two aspects of Karen Klein's job as a flight nurse allow her spirit to soar: autonomy and independence. Although she has worked in a variety of high-pressure emergency settings, she has returned not once but twice to staffing a LifeFlight helicopter. And she's proved that effective nursing is urgently needed outside hospitals as well as inside them.

"What I like is the unique nature of the environment," says Klein (BSN '76), who also holds a master's degree in burn, emergency, and trauma nursing. "I transport people who are fairly sick. They're transferred because the resources of an institution are tapped out. We also transport patients from scenes of accidents within the golden hour. Often we transport chest pain patients and those with stroke symptoms; time is heart, time is brain."

Klein's schedule allows for independence. Twice a week, she reports for a 24-hour shift on the grounds of West Penn Allegheny Health System's Canonsburg General Hospital. She also helps to staff four other base sites in Western Pennsylvania, always partnered with another flight nurse; state regulations require each nurse aboard to have a paramedic or prehospital nurse certification. With 43 flight nurses, Klein's Allegheny General Hospital (AGH) program can serve tertiary hospitals throughout the region.

Though Klein does not have a pilot's license, she says she's always loved flying. "In 1978, Allegheny General [Hospital, part of the Allegheny Health Network,] started LifeFlight as the third flight program in the country, the first one east of the Mississippi," she remarks. When she heard as a surgical ICU nurse at AGH that the program was open, she transferred to the emergency room to get the required experience. She landed the job. "The helicopter was tiny," she recalls. "We could crowd two nurses abreast, with



“I love having the ability to motivate patients to empower them to change their future.”

Michelle Shields



our backs to the [cockpit] bubble, next to the pilot.” Today, Klein cruises in a larger aircraft: The EC145 helicopter can even accommodate a three-member neonatal specialty team along with the flight nurses.

Primary Care in Public Schools

“I am a clinician at heart. I’m not happy if I’m not doing hands-on kid care,” says Ginny Allison (BSN ’82, MSN ’87, DNP ’12), a nurse practitioner with the Pittsburgh Public Schools. In a 25-year career in the bustling urban district, Allison has worked with children of all ages as well as with their families.

“Every school is different. We have some very needy kids. Some families are very dependent on you to be their primary care doctor—they even bring their babies,” she chuckles.

Allison has seen the caseload of student patients decline along with public school enrollment, though district nurses are also responsible for private schools in the city. The standard ratio in Pennsylvania is one nurse to 1,500 students; in the Pittsburgh district, that level is between 1,000 and 1,200. However, chronic illnesses and substance abuse have mounted.

“The level of care has changed,” she observes. “Parental expectations have changed, too. Asthmatics are now about 25 percent of our population,

up from 5 percent years ago. Food allergies (including peanut anaphylaxis) now affect 5 percent of our kids; many need EpiPens. We also do sports physicals and state-mandated physicals as well as the routine screens for body mass index, vision, hearing, and scoliosis.”

Allison has continued her education throughout her career, taking advantage of paid sabbaticals offered by the district. “Many of my colleagues are Pitt grads—I recruited several of them!” she laughs. In 2012, she earned her doctorate as a nurse practitioner. Her capstone project was school based: “We implemented mental health screening tools for depression and anxiety in a pilot program. These brief screens improved the early identification of students with symptoms of depression and anxiety and expedited their linkage to mental health care. It was a great project.” Her research will be published in *The Journal of School Nursing* this year.

Preventing Kidney Failure

A fast-paced private dialysis clinic suits the training and mind-set of Michelle Shields (MSN ’99), a nurse practitioner with responsibilities in six offices for Fresenius Medical Care (FMC) in Southwestern Pennsylvania. The company provides chronic kidney disease care at more than 2,100 locations in North America.

Shields identifies her primary goal as “catching patients early,” supplying education on chronic kidney disease (CKD) and kidney failure before dialysis becomes necessary.

“Nephrology as a specialty is in its infancy,” she notes. “We didn’t used to have options for predialysis treatment. Dialysis wasn’t employed until the 1970s. It wasn’t until 2003 that kidney disease was classified by stages. So over the past 40 years, it has evolved.”

With hypertension and diabetes as the biggest risks for CKD, patient education is vital. “We educate them on chronic diseases. There is so much we can do. I love having the ability to motivate patients to empower them to change their future.” Among the tools she encourages are smartphone apps that can remind patients to watch their diets or home glucose logs in which they can record daily levels to find patterns.

Last year, Shields created a comprehensive protocol for FMC’s approach to care nationwide. After stepping back for thyroid cancer treatment, she currently follows about 300 patients in the region as a solo nurse practitioner. She intends to continue her nursing education to be able to teach, a long-held goal. “Having the ability to do administration, education, nursing—the roles are so diverse; you choose whatever you want,” she says.

Unconventional Wisdom:

Nursing Leads to Career Paths Far from the Bedside



When Andrea Sloan earned her BSN at the University of Pittsburgh School of Nursing in 1976, she didn't even know her current career existed.

As an attorney in solo practice in suburban Washington, D.C., Sloan specializes in guardianships and conservatorships, often court appointed, for people who have intellectual or mental disabilities, dementia, or mental illness. It's a role that puts her squarely at the forefront of every aspect of care for some of society's most vulnerable people. She takes charge of their personal care, housing, finances, and even end-of-life decisions.

It was a surprising career shift for the former orthopaedic nurse but one that reflects the unconventional paths that many in the profession follow thanks in significant part to their early training.

In Sloan's case, the shift opened the door to a deeply satisfying and much-needed line of work. She was working for a pharmaceutical company when she decided to enter law school. Not sure what to expect, she worried that the practice of law would be a dry proposition carried out largely at a desk or sitting in the library. Fortunately, nothing could have been further from the truth.

Each day, Sloan finds herself in people's homes, in the community, making an often critical difference in their lives. There was the woman who was trapped with an abusive spouse in a house filthy from hoarding and the nursing home client who fell and broke her hip but was possibly too frail for surgery.

"It is just endless variety," says Sloan. "At the end of the day, I can say, 'Look at what I was able to do to make her life better.'"



“The nursing degree makes me a resource for handling medical questions and making decisions. It’s a very fine line; the law is sketchy in some areas.”

Andrea Sloan

She believes that her nursing background has been a critical piece of her success. Many of her guardianship appointments come because her medical knowledge helps her to sort out issues in complicated cases. Often, she fulfills the role that social service agencies might otherwise perform. And other attorneys lean on her for advice and expertise when their cases involve medical issues.

“The nursing degree makes me a resource for handling medical questions and making decisions,” Sloan explains. “It’s a very fine line; the law is sketchy in some areas.”

Information, Please

Kristine Closky Gosnell (BSN ’91) worked at Children’s Hospital of Pittsburgh of UPMC for 10 years before a research grant sparked her interest in information technology. Soon after that, Children’s was embarking on using electronic health records and looking for people to train clinical users.

Gosnell hit the ground running, teaching new employees and working with clinicians to learn how they used the system so she could try to use technology to improve their work flow. She earned a master’s degree in nursing as well as an MBA. She worked at UPMC Hamot in Erie, Pa., for eight years coordinating nursing information systems, and then started a consulting business two years ago.

“Clinical knowledge has been probably the most important piece of what I do, and I think it’s why people look toward nurses to impart value in this type of job,” she says. Knowing how a system works and how people need to deliver care allows her to marry the two skill sets into a solution for the client.

“Clinical knowledge has been probably the most important piece of what I do, and I think it’s why people look toward nurses to impart value in this type of job.”

Kristine Closky Gosnell



However, like Sloan, her current career wasn’t even on her radar when she first started out in nursing.

“If somebody would have told me, ‘This is what you’ll be doing in 20 years,’ I never would have guessed it,” she says. “But it’s been a great opportunity, and there have never been two days that are alike for me.”

Her goal is to make technology work for nurses, eliminating the mistakes that can complicate their jobs. In a recent conversation with a staff nurse whose facility switched to bar code technology, the nurse said, “I know it has saved me [from making] at least two medication errors,” adding that she felt safer knowing she had a tool to help her.

One of Gosnell’s biggest challenges can be getting nurses to buy in to a new system, which can have a steeper learning curve for those who are less comfortable with technology.

“Nurses are very creative people, and if there’s a way to get around the system, they will always figure that out and try it,” she says. But part of her role is to offer leadership that addresses those issues.

“[During] my education at Pitt, they always pushed us to try new things and look at the

new stuff that was out there, whether it was in disease management or nursing care,” says Gosnell. “We were always looking for the new, the better, the opportunities ahead.”

Artistic License

Judith Strellec Charlson (BSN '66) translated her experiences as a nurse into a new career as a sculptor and artist in the mid-1970s, using her knowledge of the human body to inform her work.

“Everything I use in my art I learned from nursing,” she says. “My art wouldn’t be as informed as it is if I hadn’t gone to nursing school.”

For example, when she began transitioning her life from nursing to art, few mentors were interested in figurative art or the body; the trend was more toward abstract pieces. But Charlson stuck with what she knew.

She recalls her anatomy class, the first at the nursing school to use a cadaver. Before students were permitted to enter the room where the body lay, they had to demonstrate respect. “It was like a sanctuary,” she recalls.

She practices that same level of respect with her models, too: “A lot of artists feel that way. Chekhov was one of my favorite artists; he said, ‘My holy of holies is the human body.’ ”

Several plates of Charlson’s work appear alongside the works of Mary Cassatt and

Right: *Angst*, sculpted by Judith Strellec Charlson, is one of four of her sculptures in the school.

Michelangelo in *Nursing, the Finest Art: An Illustrated History* by M. Patricia Donahue. “It was an honor, and it’s a wonderful, beautiful book,” says Charlson, who also designed the Cameos of Caring awards for the School of Nursing.

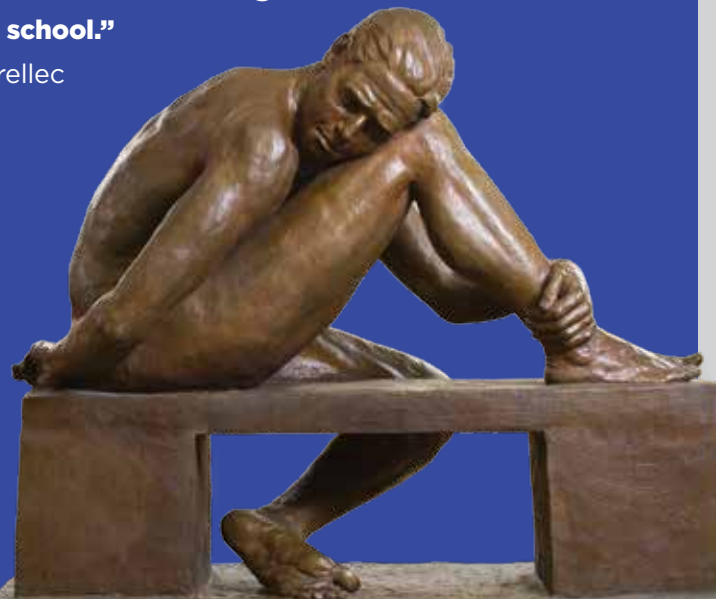
Having exhibited at solo shows in several U.S. cities and overseas, Charlson is currently inspired by ancient Egypt—mummification, early hospitals, and the Egyptians’ understanding of the emotional component of medicine, all of which echo her training as a nurse.

She also contributed three bronze sculptures in the Victoria Building: *Caring*, which depicts a woman holding a baby; *Angst*, of a man in mourning; and *Solace*, a woman offering comfort.

“I think when they were unveiled and they were nude, some of the older nurses said, ‘Where’s the cap? Where’s the uniform?’ ” says Charlson. But she answers with an artist’s response: “If it’s going to be universal and timeless, it has to be nude.”

“Everything I use in my art I learned from nursing. My art wouldn’t be as informed as it is if I hadn’t gone to nursing school.”

Judith Strellec
Charlson





The Business of Health Care: New Opportunities

Nurses who enjoy administration and new challenges have found their training leading them away from clinical work—with rewarding results. Entrepreneurs and tech-savvy leaders are creating new job descriptions in health care.

Tom Muscatello (BSN '95) is growing his successful human resources business, STAT Staffing Medical Services, Inc. He founded the regional health care recruiting agency in 1998 after working for a national firm in the same field.

“We serve everyone from major health care systems to small doctors’ offices, correctional facilities, rehab, psych, and pediatrics. We even have nurses who provide training in other technologies, like software systems. The exciting part is that nurses don’t realize they have the skill set to do a lot of different things.”

Muscatello is CEO of a seven-person company that has grown to fill about 150 positions a week, from shift work to long-term assignments.

Muscatello says that his next corporate goal is to continue to change with client needs. He expects new demands for STAT Staffing with the implementation of the Patient Protection and Affordable Care Act. “As a small company, we have an advantage: We can make changes quickly,” he says.

Putting Knowledge to Work

In the first decade after her graduation from the University of Pittsburgh School of Nursing, Lea Dandrea Frontino (BSN '78) moved quickly, too. She moved steadily from one pediatric nursing challenge to another. From her first post at Children's Hospital of Pittsburgh of UPMC, she shifted to medical units and pediatric ICUs all over the country, in fields ranging from neurosurgery to oncology. Looking back, she credits her clinical experience during nursing school and a strong early mentor with instilling in her the self-confidence to add each new skill set, including the high-tech credentials of her current post: directing innovation and strategic products for a Philadelphia, Pa., nonprofit for young adults with physical disabilities.

At the School of Nursing, "the level of clinical experience we had was superior," she recalls. "The duration of clinical rotations was long, with a variety of experiences. That helped me to know what motivated and interested me the most and what my focus would be: pediatrics." She also credits Nancy Minsky, a beloved mentor at her first job in Children's Hospital's step-down neurosurgical ICU, with helping her learn two critical traits: "being adaptable and unafraid," says Frontino. "I picked up and packed the U-Haul for jobs over the next 10 years."

In a sense, Frontino's mission hasn't changed much. As vice president of innovation at Inglis, which serves quadriplegic and paraplegic adults in power wheelchairs, she's still focused on patient well-being. After clinical experience and another 14 years with a medical informatics company advising hospitals on the design and implementation of electronic health records, she became interested in leading strategic projects and the application of adaptive technologies. Now, she's putting that knowledge to work.

"We have more than 200 residents and consumers actively engaged with computing technology for everything from e-mail to social networking to online education and art programs. We're testing eye gaze technology and even Bluetooth technology for wheelchair users to control their environments. Technology opens the world they can't access physically.

"Nursing lies at the heart of the work," she says. "As a nurse, you are empathetic, a strong problem solver, a good communicator, and a translator between the family and their many providers. You're the hub of the wheel."

"The exciting part is that nurses don't realize they have the skill set to do a lot of different things."

Tom Muscatello



"Nursing lies at the heart of the work. As a nurse, you are empathetic, a strong problem solver, a good communicator, and a translator between the family and their many providers. You're the hub of the wheel."

Lea Frontino



Pitt Nurse Practitioners Filling the Gap

When the Affordable Care Act, or “Obamacare,” is fully implemented in 2014, there will be about 35 million people with new health insurance who need primary caregivers. Nurse practitioners are poised to fill that gap, including Pitt nursing faculty member Catherine Grant.



Grant is one of the first nurse practitioners with her own practice in the state. While there are a variety of nurse practitioner specialties (such as acute-care nurse practitioners who work in hospitals and critical care units, pediatric nurse practitioners and others), Grant and her colleagues are family nurse practitioners, taking care of patients throughout their lives, from infancy to old age. Her practice provides everything from well-patient visits and physical exams to HIV prevention services and laboratory tests in rural and urban areas.

“We open our offices many times where there are no physicians around,” Jan Towers, director of health policy for the American Association of Nurse Practitioners (AANP), explains. “We have some areas in cities that are very underserved” and could use nurse practitioner-led practices.

Grant shares her office with the practice’s biller and two other nurse practitioners, Don Graham and Jonathan Luker, who work for other private facilities as their main jobs, seeing patients here mostly on Saturdays. When Grant isn’t teaching at Pitt, she sees patients here two or three times a week, sometimes until 7 or 8 p.m.—“whenever we’re done,” she says.

While writing her nursing master’s thesis in the late 1980s, a study of community health-care needs in the Slickville area, Grant discovered that a nurse practitioner-led practice would be very useful here.

“The people said they would accept a nurse practitioner for health care services,” she reports. “There’s no bus routes, and at the time the closest health-care provider was 10 to 15 minutes away, so it was a little pocket of an area where health care services were not available.” Her patients are “scattered through the hills. We get a lot of people from the outlying areas.”

“I like what I do,” says Grant, sitting during a quiet moment at one of several paper-piled desks in her no-frills office at Associates in Family Health Care in Slickville, Westmoreland County, which she established in 1991. “We’re involved with the community, and I do think we take care of the complete patient.”

Through her practice, she is a preceptor for students in Pitt’s certified registered nurse practitioner program and other local CRNP students, giving them practical experience interviewing, examining, and diagnosing some of the practice’s 3,000 patients.

One of the main reasons she wanted to be a preceptor, she says, “was to promote the nurse practitioner profession. We are able to be independent practitioners and I think we can be utilized better when we can be in independent practices and start our own businesses.”

Pitt School of Nursing Dean Jacqueline Dunbar-Jacob notes there is a documented shortage of primary care physicians: “Bringing millions more patients into the health care system will only make the shortage worse.”

Nurse practitioners are part of the solution, she says. “The care delivery right now is much more complex, but the services nurse practitioners are able to provide are much more complex than they have been in the past.” And Cathy Grant “is a perfect example of where nurse practitioners in primary care are going nationwide.”

Says the AANP’s Jan Towers about her expectations for 2014 and beyond: “We need every primary care provider we can get. There are going to be more people needing primary care services and nurse practitioners are experts in primary care.”

Pitt’s School of Nursing is ready to respond to the demand for these qualified primary care nurses. For the 2013–14 school year, nursing will finish moving all advanced practice programs for nurse practitioners from master’s to doctoral degrees. Besides answering a national call to raise the education levels of nurses overall, says the dean, the shift will help fulfill the demand for nurse practitioners to expand services in acute care and primary care. It also will help provide the additional caregivers needed as a result of a recent reduction in the number of hours medical residents can work.



Nurse practitioner Catherine Grant, left, in the waiting room of her Slickville practice, with secretary Sandy Balint

“We think we’re ahead of the change,” says Donna Nativio, director of Pitt’s Doctor of Nursing Practice (DNP) program, which began accepting students in 2005. To the clinical practice gained by clinical registered nurse practitioners, says Nativio, the DNP training adds understanding of other factors, such as policy and politics; the financing of health care, and “all of the complicated ways in which health care is delivered,” from freestanding clinics to hospital settings.

“Having a higher level of education for nurse practitioners is good for the patients, it’s good for the profession, and it’s driven by the greater responsibility nurse practitioners are taking and hope to take,” concludes Nativio. “It won’t happen overnight. Our statewide nurse practitioner association is working to have barriers removed so that nurse practitioners in Pennsylvania can practice without mandatory physician oversight. This is already the case in 14 states, and about a dozen other states have introduced legislation to allow full practice privileges for nurse practitioners.

“We think if they count nurse practitioners among primary care providers, we won’t be as short as they think we will be. But that remains to be seen.”

Reprinted in part from Marty Levine’s article in the *University Times*, April 4, 2013

A Winning Night for Nursing at An Evening with Lou Holtz



On Thursday, June 13, 2013, at Oakmont Country Club, the School of Nursing hosted An Evening with Lou Holtz. The event provided a unique opportunity for the school to partner with a sports legend while raising money for a worthy cause. Nearly 250 guests attended the event and had an opportunity to bid on silent auction items. Guests at the private VIP reception were able

to meet Holtz and pose for a photo. Rob Pratte of KDKA NEWSRADIO 1020 in Pittsburgh served as the emcee.

Holtz was an enthusiastic speaker and shared his love of life and goal for everyone to strive to be significant individuals. He also shared how those close to him had been impacted by cancer, tying together the reason for the event: to raise funds for the Nancy Glunt Hoffman Memorial Fund with the goal of endowing a chair in nursing oncology research at the School of Nursing.

Through the generosity of donors and sponsors, more than \$125,000 was raised for the Nancy Glunt Hoffman Memorial Fund. Major sponsors included UPMC Health Plan (private reception sponsor), Theresa (BSN '74, MN '77) and Louis Dupart, and Mr. and Mrs. Frank B. Fuhrer Jr.

Above: Lou Holtz, left and Chancellor Mark A. Nordenberg
Right: Holtz, Dean Jacqueline Dunbar-Jacob, and Roger Glunt

Holtz established himself as one of the most successful college football coaches of all time. He is the only coach in the history of college football to take six different teams to a bowl game, win five bowl games with different teams, and have four different college teams ranked in a final top 20 poll. He had a reputation for turning pretenders into contenders, for taking football programs and elevating them to the top 20. But nowhere did he do this as impressively as at the University of Notre Dame. Holtz also is considered one of the greatest speaking legends in America. He speaks on overcoming seemingly impossible challenges by setting your own goals and working to achieve them.

Currently, Holtz serves as a college football studio analyst on ESPN. He appears on ESPNEWS, ESPN *College GameDay* programs, and *SportsCenter* and serves as an on-site analyst for college football games.



Interested in Earning CNE Contact Hours?

The University of Pittsburgh School of Nursing Department of Continuing Nursing Education (CNE) hosts numerous programs throughout the year on site, online, and via distance education. The school is committed to providing a variety of high-quality evidence-based activities to promote lifelong learning for professional nurses. Areas of focus include advanced practice, education, leadership, and reentry into practice.

The monthly Pharmacology and Clinical Practice Update Series will take place for the fourth year this fall. For a complete schedule, visit www.nursing.pitt.edu. Each session is \$60, and participants may earn three CNE contact hours per session. Registration fee discounts are available for individuals interested in attending multiple sessions.

The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

For more information, please contact Yvonne Janosko at ywj1@pitt.edu or 412-624-3156.



Pitt Nursing

The Importance of Supporting Research, Faculty Awards, and Scholarships

For nearly 75 years, the University of Pittsburgh School of Nursing has maintained its reputation as one of the nation's finest academic institutions. Our alumni are leaders in communities across the nation and around the world because of the strong educational foundation they received at the University of Pittsburgh. Alumni and faculty serve as role models for current students as they prepare for careers in which they will shape the structure of health policy and the delivery of quality care.

Nursing Research

The School of Nursing is committed to being a research-intensive environment that directly advances clinical practice and health policy. The Nancy Glunt Hoffman Memorial Fund supports an endowed chair in oncology nursing. The chair recipient will hold a dual appointment at the School of Nursing and the University of Pittsburgh Cancer Institute, facilitating the translation of the latest research to advances in patient care.

Pearl Moore (BSN '68, MN '74) recently designated a planned gift

of a \$50,000 life insurance policy to the oncology chair fund. As a former oncology clinical nurse specialist and the founding CEO of the Oncology Nursing Society, Moore has long supported research and academic programs that promote high standards in patient care. "Supporting the chair is important because advances in oncology nursing will lead to improved cancer care and treatments for patients," she explains. After graduating with a specialty degree in oncology, Moore cared for cancer patients and learned immediately the value of her clinical training at the University of Pittsburgh and the importance of improving standards of care. "It was rewarding getting to know my patients and having a sense that I was really helping people with my knowledge and skills as a nurse," says Moore.

By giving to the oncology chair fund to support research initiatives, Moore not only expresses her deep respect and pride for the institution that launched her oncology nursing career but also finds a way to continue supporting vital improvements in patient care into the future.

Faculty Award

The Lucie Young Kelly Faculty Leadership Award is a grant presented to a School of Nursing faculty member who has demonstrated outstanding leadership qualities and innovative approaches to nursing issues, trends,

or learning. As a three-time Pitt alumnus, Kelly (BSN '47, MLIT '57, PhD '65) understands the importance of such faculty awards. Obtaining a first or second grant can be difficult for junior faculty members, even though opportunities made available by grants ultimately result in more meaningful contributions to the field of nursing. "The award allows the recipient time to work on special projects or to enhance knowledge and skills through opportunities that may not have been possible without additional funding," Kelly explains.

She attributes her own success to her mentor, Ruth Perkins Kuehn, the first dean of the School of Nursing. Kelly always strived to pass down the same wisdom to talented students and the junior faculty members that she has mentored. "Mentoring talented protégés was one of the most important and personally satisfying parts of my career because I had the privilege of seeing them grow into top-notch practitioners, administrators, and teachers," Kelly recalls. "You need to know that when you support faculty at the University of Pittsburgh School of Nursing, you're making a contribution toward the future."

Student Scholarship

The Shirley Boatman Jennewine Scholarship is an award that was created by family and friends in loving memory of Jennewine (BSN '66)

A Gift to the School of Nursing Is as Easy as 1, 2, 3

Making a planned gift is simple and doesn't have to cost you anything today.

- 1. Life Insurance:** Transfer ownership of a life insurance policy to the University of Pittsburgh School of Nursing.
- 2. Bequest:** Remember the School of Nursing in your will.
- 3. Retirement Account:** Make a current or deferred gift to the School of Nursing with unneeded retirement assets.

Gifts of assets held in an individual retirement account (IRA) or other qualified retirement plan can be a simple and tax-wise option. Leaving a retirement fund to heirs can have the unfortunate result of being taxed twice, reducing the value of the inheritance by 70 percent or more. However, because it is a nonprofit institution, if the University of Pittsburgh School of Nursing is named as a beneficiary, it will receive the entire value of the account, without federal income or estate tax consequences.

Retirement assets are easy to give. Change of beneficiary forms can usually be found online. What's more, your assets are available during your lifetime, should you need them, and your estate will receive a tax deduction for the value of the gift that comes to the University.

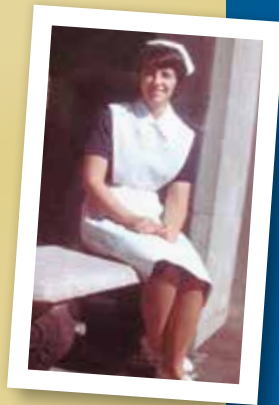
For calendar year 2013, gifts from retirement accounts also can be transferred or "rolled over" to the School of Nursing during your lifetime. As long as you are 70½, you won't have to recognize the transfer as income, and the rollover can count toward your minimum required distribution.

It is recommended that you consult with your attorney or financial planner when considering which gift vehicle is best for you. If you are interested in more information about how your gift will help the School of Nursing, please contact the school's director of alumni relations and development, Janice Devine, at 412-624-7541 or jad154@pitt.edu.

to provide financial support to an undergraduate nursing student to help to offset his or her tuition costs. Jennewine received merit- and need-based scholarships as a student and attributed her education to the support she received. She embraced an adventurous 40-year career in home health and labor and delivery, practicing clinically in the United States and writing articles, giving lectures, and being featured on radio programs about women's health issues while she lived abroad.

One of Jennewine's dreams was to establish an enduring means of support for deserving students who wish to pursue a career in nursing but struggle with the cost of tuition. Today, two-thirds of the \$50,000 needed to establish the Shirley Boatman Jennewine Scholarship has been raised. For more information about Jennewine, visit www.jennewine.org.

For more information on how you can support one of the funds featured above or other donation options, please contact the school's director of alumni relations and development, Janice Devine at 412-624-7541 or jad154@pitt.edu. Gifts also can be made online at www.giveto.pitt.edu.



ALUMNI NEWS + NOTES

1970s

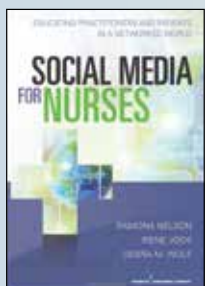
Linda M. Goodfellow (BSN '75, MEd '80, PhD '00) was recently appointed chair of the Institutional Review Board at Duquesne University in Pittsburgh, where she also is an associate professor in the School of Nursing.

Margaret Grey (BSN '70), DrPH, FAAN, was named one of 20 Sustained Influential Members of the Eastern Nursing Research Society (ENRS) at its 2013 annual conference. The selection was based upon Grey's sustained contributions to ENRS through leadership, mentoring, scholarship, and programs of research that advance the discipline and nursing knowledge.

Margaret Larkins-Pettigrew (BSN '76, MD '94), is currently the capital campaign cochair for the Pitt Alumni Association African American Alumni Council (AAAC). On June 21, 2013, University of Pittsburgh Chancellor Mark A. Nordenberg congratulated AAAC officers and members for their leadership of an unprecedented major gifts campaign to foster diversity at Pitt. The campaign inspired more than 1,400 private and institutional donors to give \$7.47 million over the past five years—more than double the original \$3 million campaign goal. The AAAC campaign supported more than 130 funds, including diversity scholarships, faculty chairs, program endowments, and other support mechanisms. Members were especially committed to those funds that provide financial assistance to students from diverse backgrounds.

Ramona Nelson (MN '70), PhD, recently published three books:

Social Media for Nurses: Educating Practitioners and Patients in a Networked World, Introduction to Computers for Healthcare Professionals (Sixth Edition), and Health Informatics: An



Interprofessional Approach. Nelson also has presented internationally in Melbourne, Australia, and Montreal, Quebec, Canada on nursing leadership, nursing informatics competencies, and implications for nursing education.

Nancy (Duffy) Rubino (BSN '73, MSN '79) recently earned the designation certified nurse educator and was selected as the graduate program director for the Department of Nursing at Wesley College in Dover, Del. Rubino also received recognition as a Top Nurse in Delaware for 2013. The recognition was for excellence in nursing within the category of Academic Educator.

Louise Waszak (MN '78, PhD '87) was appointed to a two-year term on the American Nurses Association (ANA) bylaws committee.

1980s

Michael Harlovic (BSN '85, MSN '89) was named interim CEO of Allegheny Valley Hospital, part of the Allegheny Health Network.

Victoria L. Rich (MSN '84, PhD '91), FAAN, chief nurse executive at the University of Pennsylvania Health System, received the Prism Diversity

Award from the American Organization of Nurse Executives (AONE). The award recognizes Rich's efforts to promote diversity within the nursing workforce and to enhance an understanding of diversity issues across the health system and greater community. Since her appointment as chief nurse executive in 2002, Rich has worked to



Victoria L. Rich

create and cultivate globally recognized diversity systems that have become a model for health care organizations. In 2003, she established the Global Nurse Program as a resource to address diversity in nursing and leadership roles along with global nursing issues. This program spawned several other initiatives, including the Nursing Cultural Competence Committee, the Circle of Women Group, the Seedling Program, and the global nurse ambassador role at the Hospital of the University of Pennsylvania.

Tracy Talavinia Pasek (BSN '85, MSN '91) received her Doctor of Nursing Practice degree from Robert Morris University on May 10, 2013. Talavinia Pasek is a certified acute and critical care pediatric clinical nurse specialist at Children's Hospital of Pittsburgh of UPMC.

1990s

Michele Charles (BSN '91, MSN '08) is the department head for nursing leadership and management at Trident Technical College in North Charleston, S.C.

Sister **Carole Langhauser** (MSN '92) was recently elected to the leadership team of her religious congregation, Poor Handmaids of Jesus Christ.

Scott Rhoades (BSN '95) was awarded a 2012 Young Alumni Achievement Award from the Indiana University of Pennsylvania College of Health and Human Services. Rhoades is an assistant professor in the post-licensure division of Indiana Wesleyan University School of Nursing.

2000s

Colleen Carroll (MSN '07) is the nurse manager of the Hepatobiliary and Transplant Clinic at Lahey Hospital & Medical Center in Burlington, Mass.

Jessica Davison (BSN '07, MSN '12) is a neonatal nurse practitioner at Children's Hospital of Pittsburgh of UPMC.

Leslie Scheuer (MSN '08) is a school nurse for the Shaler Area School District in Pittsburgh.

Jayme Weidman (BSN '08) is a staff nurse in pediatric oncology at Penn State Hershey Children's Hospital. She is currently enrolled in the MSN program at Seton Hall University.

2010s

Jacqueline Pitterich (MSN '12) is a neonatal nurse practitioner at Children's Hospital of Pittsburgh of UPMC.

Colleen Shaughnessy (BSN '10) is a pediatric ICU nurse at UNC Health Care North Carolina Children's Hospital. She is also earning her MSN at the University of North Carolina at Chapel Hill.

Karen Wickersham (MSN '11, PhD '12) is a postdoctoral fellow at the University of Maryland, Baltimore.

In Memoriam

Karen Sutton Bell
(BSN '73)
June 28, 2013

Mary Janet Demarest
(BSN '50)
May 21, 2013

Mary Martha Egan
(BSNEd '50, BAS '78)
March 1, 2013

Virginia P. Francis
(BSN '45, MA '48)
February 21, 2013

Angeline T. Geletka
(BSNEd '51)
March 28, 2013

Mary Lou Grimes
(BSN '56)
June 24, 2013

Tonya M. Hershman
(BSN '03)
February 13, 2013

Sister **Margaret Mary Laitta**
(BSNEd '48)
April 17, 2013

Ruth Ewing Marlin
(BSNEd '49, MLIT '55)
March 26, 2013

Elizabeth A. Richards
(MSN '94)
June 13, 2013

Barbara R. Ride
(BSN '48)
February 6, 2013

Jessie Lucille Roberson DeMotto (BSNEd '53) died on January 28, 2013. DeMotto was a graduate of the Davis Memorial Hospital School of Nursing and went on to earn a Bachelor of Science Nursing Education degree at the University of Pittsburgh. During World War II, she worked at Eastern Aircraft Company in Baltimore, Md. She was later the director of the School of Nursing at Davis Memorial Hospital in Elkins, W.Va. She left

nursing in the late 1960s to join her husband, and together they owned and operated DeMotto Harley-Davidson and DeMotto Honda Sales and Power Equipment. She was a loyal member of her church, having worked as one of the "spaghetti ladies," and was a past president of the parish council.

Sister **Lorelda Kilchenstein** died on March 18, 2013. Kilchenstein received her BSN from Duquesne University and her MSN from the Catholic University of America in Washington, D.C. She worked at St. Francis Hospital in Columbus, Ga., and Alverno College in Milwaukee, Wis., before returning to Pittsburgh, where she was a faculty member at the University of Pittsburgh School of Nursing and the Community College of Allegheny County. Afterward, she returned to Mt. Alvernia, where she served as a local minister for six years. She received many accolades during her nursing career, including induction into the Sigma Theta Tau International Honorary Society of Nursing.

Luevonue M. Lincoln (MN '78, PhD '82) died on March 28, 2013. As a young girl, Lincoln spent her summers traveling the East Coast as a migrant worker with her parents and four

sisters, picking beans, strawberries, and potatoes. Lincoln was fortunate that her parents valued education and did not take their daughters out of school to work the fields. This value, passed on to Lincoln, stayed



with her throughout her career as she progressed professionally and academically, earning her master's degree in nursing and Doctor of Philosophy at the University of Pittsburgh School of Nursing. Lincoln attended the same school in Belle Glade, Fla., from kindergarten through 12th grade. Her principal helped her to access funding available for nursing school for students who agreed to work with tuberculosis patients after graduation for each year of tuition received. Lincoln worked as a nurse at what are now UPMC Montefiore and UPMC Mercy. She later joined the faculty at the University of Pittsburgh School of Nursing, where she taught pediatrics and geriatrics. Lincoln finished her professional career in the VA Pittsburgh Healthcare System before retiring. Lincoln remained active with the School of Nursing, serving on the Nursing Alumni Society Executive Board. Lincoln was profiled in the fall 2010 issue of *Pitt Nurse*.

JoAnn Pappalardo Palmieri (MSN '94) died on July 18, 2013. Dedicated to the nursing profession, Palmieri devoted her life to caring for others. She

earned a nursing diploma and went on to earn her BSN at Pennsylvania State University. After receiving her BSN, Palmieri taught nursing at Ohio Valley General Hospital. While teaching, she decided to return to school to earn her MSN at the University of Pittsburgh. Palmieri was certified as a nurse practitioner in acute care and gerontology. At Pitt, she served as a research graduate assistant. She began her career as a nurse practitioner in oncology at Allegheny General Hospital. Her love of cardiology drove her to UPMC Presbyterian and then to the VA Pittsburgh Healthcare System.

Margaret Louise Gring Panizza (MN '71) passed away on July 25, 2013. Panizza attended high school in Homewood, Ill., and worked as a nurse's aide during the summers, where she discovered her professional passion: nursing. She earned her BSN at Wesley Memorial Hospital School of Nursing in Chicago, Ill., and her MN in maternal and child health at the University of Pittsburgh School of Nursing. Panizza had an exemplary 50-year career as a registered nurse—a career that took her to some of the best hospitals and teaching facilities across the country. Earning her MN enabled her to expand her career and to become a faculty member, hospital educator, and administrator.

Dianne Casey Voytko (BSNEd '58, MN '79), PhD, passed away on April 13, 2013. Voytko was a graduate of the Allegheny General Hospital School of Nursing. She went on to earn three degrees at the University of Pittsburgh, including a doctoral degree that she pursued while raising a family. Voytko was on the faculty at the University of Pittsburgh School of Nursing for nearly 10 years. She encouraged students to "see the global picture."

New Nursing Education Leaders

Susan Bakewell-Sachs (BSN '79), PhD, was recently named dean of the School of Nursing and vice president for nursing affairs at Oregon Health & Science University (OHSU). Bakewell-Sachs is the 11th dean of the OHSU School of Nursing. She most recently served as interim provost and vice president for academic affairs at the College of New Jersey.

In her new position as dean, Bakewell-Sachs will oversee education, research, and faculty practice at the school's main and satellite campuses. Bakewell-Sachs has been a proponent of nursing education and its importance in the face of the changing health care landscape. She will continue her advocacy work in Oregon, where she will play a major role in the transformation of the state's nursing education system.

After earning her BSN at the University of Pittsburgh, Bakewell-Sachs went on to earn her master's and doctoral degrees at the University of Pennsylvania School of Nursing. Bakewell-Sachs is a second generation BSN graduate from Pitt, following in the footsteps of her mother, Frances Powell Bakewell (BSN '54).

Prior to her time as an administrator, Bakewell-Sachs specialized in the care of preterm infants, a topic on which she has published multiple books and medical journal articles.

Mary Patricia Lewis (PhD '99) was promoted to dean at the State University of New York (SUNY) Delhi School of Nursing on July 1, 2013. In her new role as dean, Lewis is responsible for overseeing associate, online baccalaureate, and dual degree programs along with developing the school's online MSN program.

Prior to her new appointment, Lewis served as associate dean and was the driving force behind the success of SUNY Delhi's nursing programs, particularly the college's online RN to BSN program.

Lewis earned a BSN at SUNY, MSN at the University of Connecticut, and a PhD at the University of Pittsburgh.

Graduation Keynote Speaker

Mary Wakefield, PhD, administrator of the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services, served as the keynote speaker at the School of Nursing graduation ceremony on Friday, April 26, 2013. HRSA works to fill in the health care gaps for people who are uninsured, isolated, or medically vulnerable. The agency uses its more than \$9 billion annual budget to expand access to quality health care in partnership with health care providers and health professions training programs.

Wakefield shared her passion for health care with the graduates and called on them to make their own way and look for opportunities to grow.



The Scientist Ranks Pitt Fourth in Best Places to Work in Academia 2013

In its August 2013 edition, *The Scientist* magazine ranked the University of Pittsburgh as the fourth best place to work in academia in the United States, an improvement from number 14 in 2012.

"We are extremely pleased to be recognized as one of the best places to work in academia," said Pitt Provost and Senior Vice Chancellor Patricia E. Beeson. "As an institution, we strive to remember that placing a high value on scientific research means valuing those who conduct it."

The Scientist polled more than 1,200 of its readers identified as full-time scientists, who rated their organizations on 37 criteria in eight categories: job satisfaction, peers, infrastructure and environment, research resources, pay, management and policies; teaching and mentoring, and tenure and promotion. Pitt scored exceptionally high in both pay and infrastructure and environment, according to the magazine.



75 Years and Still Going Strong!

Did you know that in 2014, the University of Pittsburgh School of Nursing will celebrate its 75th birthday?

The School of Nursing has a wonderful story to be told, and we are hoping you can help us. For the spring 2014 issue of *Pitt Nurse*, we will be featuring the changes in nursing throughout each decade. Please share your story with us. Contact Jennifer Fellows at 412-624-5328 or jmw100@pitt.edu or Janice Devine at 412-624-7541 or jad154@pitt.edu.

Staff Retirements

June 30, 2013, marked the retirement of two School of Nursing staff members, **Joan Britten** and **Susan Taylor**. For the last nine years, Britten served as the assistant director of marketing and communications for the school. She was primarily responsible for the stories and content in *Pitt Nurse*. Taylor served as the front desk coordinator in the Student Services Office.

Faculty Grants



Eileen Chasens

Eileen Chasens, PhD, associate professor in the Department of Health and Community Systems, received an R01 grant from the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health for her project, the Effect of Treatment of OSA on Diabetes Self-management and Glycemic Control. **Lora Burke** (MPH '98, PhD '97), professor in the Department of Health and Community Systems, and **Susan Sereika**, PhD, professor in the Department of Health and Community Systems and director of the Center for Research and Evaluation, are coinvestigators.



Sandra Founds

Becky Faett (PhD '12), assistant professor in the Department of Acute/Tertiary Care, received a grant from the University of Pittsburgh Innovation in Education Awards program for her project, A Strategy to Improve Professional Competence and Use of Individualized Evidence-based Patient Teaching in a Large Enrollment Course Offered at Two Campuses. **Alice Blazek**



Alice J. Haines

(BSN '75), DNSc, assistant professor and vice chair for administration in the Department of Acute/Tertiary Care, is the project codirector, and **Elizabeth Katrancha** (BSN '01), MSN, CSN, instructor at the University of Pittsburgh at Johnstown, is a coinvestigator.

Sandra Founds, CNM, FNP, PhD, assistant professor in the Department of Health Promotion and Development, received an R03 grant from the National Institute of Nursing Research for her project, Localizing Maternal and Fetal Message in Translation of Preeclampsia Candidate Genes.



Elizabeth LaRue

Alice J. Haines (MSN '89, DNP '12), assistant professor in the Department of Acute/Tertiary Care, with coinvestigator **Alice Blazek**, received a grant from the International Society for Heart & Lung Transplantation for "A Randomized Controlled Trial to Assess the Effect of Mindfulness-based Stress Reduction (MBSR) on Stress and Anxiety in Caregivers of Lung Transplant Patients."

Elizabeth LaRue (MLS '95, PhD '06), assistant professor in the Department of Health and Community Systems, received the 2013 School of Nursing NETT (Nursing Excellence in Teaching and Technology) Award. Her project will have graduate students in the Introduction to Nursing Informatics course complete YAPP

(Yet Another Practical Project) during the summer and spring terms by learning and using a Web-based open-source software program, App Inventor, from the Massachusetts Institute of Technology.

John O'Donnell (MSN '91, DrPH '09), professor and director of the nurse anesthesia program in the Department of Acute/Tertiary Care, received a grant from the Health Resources and Services Administration for "Nurse Anesthetist Traineeships."

Margaret Rosenzweig (PhD '01, MSN '86), associate professor in the Department of Acute/Tertiary Care, along with research assistant Jacqueline Simon and the African American Women's Speakers Bureau, received a 2013 University of Pittsburgh Center for Health Equity Faculty & Community Mini-Grant for their proposal, "A Workshop of Adherence and Health Promotion for African American Breast Cancer Survivors."

Chao Hsing Yeh, MSN, PhD, associate professor in the Department of Health Promotion and Development, received a grant from the American Cancer Society for "Auricular Point Acupressure to Manage Pain in Breast Cancer Patients."

Faculty Distinctions

Eileen Chasens, PhD, associate professor in the Department of Health and Community Systems, received the 2012-13 Dean's Distinguished Teaching Award for the tenure track. As stated by the selection committee, Chasens was chosen for her use of effective teaching assignments, her time and effort in preparation of her class, and her tremendous creative talents to facilitate the growth of the school's students.

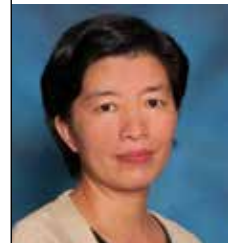
Heidi Donovan, PhD, associate professor in the Department of Acute/Tertiary Care and director of the Office of Community Partnerships, received the 2012 Sigma Theta Tau International/Rosemary Berkel Crisp Research Award, along with doctoral student Teresa Hagan (BSN '10), for their research proposal, "Development of the Reliability of the Self-advocacy in Cancer Survivorship Scale."



John O'Donnell



Margaret Rosenzweig



Chao Hsing Yeh



Heidi Donovan



Linda A. Dudjak

Linda A. Dudjak (MSN '83, PhD '97), associate professor in the Department of Acute/Tertiary Care, was named a winner of a Blackboard Learn Exemplary Course Award. This award recognizes faculty and course designers from schools, colleges, and universities around the world who develop exciting and innovative courses that represent the very best in technology and learning.



Judith A. Erlen

Judith A. Erlen (BSN '66), MSN, PhD, FAAN, professor and chair of the Department of Health and Community Systems, was named one of 20 Sustained Influential Members of the Eastern Nursing Research Society (ENRS) at its 2013 annual conference. The selection was based upon sustained contributions to ENRS through leadership, mentoring, scholarship, and programs of research that promote the discipline and the advancement of nursing knowledge.



Jennifer Lingler

Irene Kane (BS '74, MSN '80, PhD '07), CNAA, HFI, assistant professor in the Department of Health and Community Systems and RN Options coordinator, was reelected as chair of the Benefits and Welfare Committee of the University Senate. Kane also received the 2012–13 Dean's Distinguished Teaching Award for the non-tenure track. As stated by the selection committee, Kane was chosen for her use of effective teaching assignments, her time and effort in preparation of her class, and her tremendous creative talents to facilitate the growth of the school's students.

Jennifer Lingler (MSN '98, PhD '04), assistant professor in the Department of Health and Community Systems, received a Junior Faculty Award, Honorable Mention, at the Aging Institute Research Day in April for her poster, "Disclosing Amyloid Imaging Results in MCI: What Do Patients and Families Want and Why?" Lingler also participated in a radio interview about Alzheimer's disease research. Lingler represented the Greater Pennsylvania Chapter of the Alzheimer's Association, which she serves as secretary of the Board of Directors.

Ann M. Mitchell (PhD '87), AHN-BC, FAAN, associate professor and vice chair for administration in the Department of Health and Community Systems, and **Kathryn Puskar** (MN '71, MPH '78, DrPH '81), FAAN, professor in the Department of Health and Community Systems and coordinator of the psychiatric mental health CNS area of concentration, along with Helen Burns (MN '81, PhD '93), FAAN, senior vice president and chief nursing officer at Exela Health, were selected for the 2013 Sigma Theta Tau International Evidence-based Practice Award for their work on SBIRT (Screening, Brief Intervention and Referral to Treatment), a universal prevention model for those dependent on substances or at risk for developing a substance dependency.



Ann M. Mitchell

Collaborative Research HUBs Created in the School of Nursing

As part of a top-ranked research university, the University of Pittsburgh School of Nursing hosts rigorous research programs aimed at advancing nursing science and practice. In 2013, the school's dean created competitive funding opportunities—HUBs—to foster collaborative, interdisciplinary research programs. HUBs feature multiple faculty members and students with similar research interests pursuing pilot projects on similar topics and themes or integrating multiple existing projects so as to benefit from leveraging their resources and research expertise.

"We know that funding for critical research is becoming even more competitive on the national level," explains Dean Jacqueline Dunbar-Jacob. "Therefore, in order to strategically develop and maintain the research efforts of the school, we created the HUBs program. The funding will support developmental research as well as the nurturing of research synergies across the school. By creating interdisciplinary research teams, we expect to see greater efficiencies of scale and higher levels of research productivity."

The following HUBs were created as part of the inaugural funding cycle:

- The HUB for Behavioral Mechanism of Symptoms and Cancer Treatment Adherence, under the direction of **Catherine Bender** (MN '79, PhD '94), professor in the Department of Health and Community Systems and PhD program director
- The HUB for Excellence in eHealth Research under the direction of **Lora Burke** (MPH '98, PhD '97), professor in the Department of Health and Community Systems
- The HUB for Genomics of Patient Outcomes, under the direction of **Yvette Conley** (MS '93, PhD '99), professor and vice chair for research in the Department of Health Promotion and Development



Susan A. Albrecht

Faculty Degrees

Susan A. Albrecht (BSN '75, MN '78, PhD '81), FAAN, associate dean for external relations and associate professor in the Department of Health and Community Systems, received her Family Nurse Practitioner certificate from the Ohio State University in June 2013 and completed her national certification.

Geraldine Maurer, DNP, MPM, assistant professor in the Department of Health Promotion and Development, received her family nurse practitioner certificate from the Ohio State University in June 2013 and completed her national certification.



Mary Jo Cerepani

Faculty Transitions

Salah S. Al-Zaiti, PhD, ANP-BC, joined the Department of Acute/Tertiary Care as an assistant professor.

Mary Jo Cerepani, DNP, CRNP, CEN, joined the Department of Health Promotion and Development as an assistant professor.

Eileen Chasens, PhD, was promoted to associate professor with tenure in the Department of Health and Community Systems.

Timothy Coleman, DNP, FNP-BC, joined the Department of Health Promotion and Development as an assistant professor.

Yvette Conley, MS, PhD, vice chair for research in the Department of Health Promotion and Development, was promoted to professor.

Manjulata Evatt, MSN, DNP, joined the Department of Acute/Tertiary Care as an assistant professor.

Jane Guttendorf, DNP, CRNP, ACNP-BC, CCRN, joined the Department of Acute/Tertiary Care as an assistant professor.

Rosemary Hoffmann, BSN, MSN, PhD, was promoted to associate professor in the Department of Acute/Tertiary Care.

Ja Hyun Kang, BAS, MPH, PhD, CIC, joined the Department of Health and Community Systems as an assistant professor.

Jacqueline Dunbar-Jacob, PhD, FAAN, dean of the University of Pittsburgh School of Nursing, was named Distinguished Service Professor of Nursing by Chancellor Mark A. Nordenberg, effective August 1, 2013. The appointment of a faculty member to a distinguished professorship at the University of Pittsburgh constitutes the highest honor that the University can accord a member of the professorate. Designation as a Distinguished Service Professor recognizes distinctive contributions and outstanding service to the University community in support of its multifaceted teaching/research/service mission, performance excellence in the faculty member's department or school, and national stature in his or her discipline or field.



Judith Matthews, MPH, PhD, was promoted to research associate professor in the Department of Health and Community Systems.

Shareen Milligan, MSN, DNP, CCRN, joined the Department of Health Promotion and Development as an assistant professor.

John O'Donnell, MSN, DrPH, CRNA, director of the nurse anesthesia program in the Department of Acute/Tertiary Care, was promoted to professor.

Dianxu Ren, MD, PhD, was promoted to the position of associate professor in the Department of Health and Community Systems.

Valerie Swigart, BSN, MEd, MSN, PhD, CRNP, was promoted to professor in the Department of Health Promotion and Development.

Judith Tate, MSN, PhD, joined the Department of Acute/Tertiary Care as an assistant professor.

Susan Wesmiller, BSN, MSN, PhD, joined the Department of Health Promotion and Development as an assistant professor.



Valerie Swigart



Susan Wesmiller

Student Grants

Mandy Bell (BSN '05, PhD '12), a post-doctoral scholar, received a grant from Sigma Theta Tau International Eta Chapter for her project, Mechanisms Modulating the Association between the ENG Pathway and Preeclampsia.

Kathleen Durkan (BSN '04), MSN, a Doctor of Nursing Practice student, received a 2013 Doctoral Practice Fellowship from the American Association of Nurse Anesthetists Foundation (AANA) for her project, Nurse Anesthesia Education Program in Belize.

Teresa L. Hagan (BSN '10), a Doctor of Philosophy student, received a grant from the National Institute of Nursing Research for "Development and Validation of a Measure of Self-advocacy in Female Cancer." Hagan also received a grant from Sigma Theta Tau International for "Development of the Reliability of the Self-advocacy in Cancer Survivorship Scale."

Yun Jiang, a Doctor of Philosophy student, received a grant from Sigma Theta Tau International Eta Chapter for "Developing a Theory for Family Decision Making in Advanced Cancer."

Suzanne Morrison, MSN, CRNA, a Doctor of Nursing Practice student, received two awards from the American Association of Nurse Anesthetists—the 2013 Kay Wagner Pennsylvania Association of Nurse Anesthetists Practice and Research Doctoral Fellowship and the New York Life Fellowship—for her project, A Retrospective Analysis of the Relationship of Perioperative Hyperglycemia and Postoperative Complications in Patients Undergoing Vascular Surgery.

Student Distinctions

PhD student **Jennifer Seaman** received an Honorable Mention for Excellence in Research in the Field of Aging from the Aging Institute of UPMC Senior Services and the University of Pittsburgh for her poster, "Factors Associated with End-of-Life Care and Hospice Use in a Community: Results from the Allegheny County Health Survey."

Senior BSN student **Cassandra Tavares** received the PBNIA/UPMC Nursing Inclusion Scholarship at the fifth annual Evelyn Paige Parker Scholarship Luncheon on June 22. She was selected in recognition of her academic achievements and her interest in acquiring experiences outside her nursing classes in public health, community health, health disparities, and service to underserved communities, both at home and abroad.

Senior BSN student **Linden Wu** won the third annual University of Pittsburgh Health Sciences Health Disparities Poster Competition in the First Professional category for her poster, "Prevention Curriculum of Teen Dating Violence in Urban High Schools."

PhD students **Teresa L. Hagan** (BSN '10) and **Theresa A. Timcheck** (BSN '11) were instrumental in orchestrating the Doctoral Student Breakfast and Session at the Eastern Nursing Research Society (ENRS) 25th Annual Scientific Sessions. This successful and popular session will now be included in future conferences.

Master's student **Emily Grost** was awarded one of three national scholarships presented by Sheridan Healthcare in July 2013. She also was awarded a 2013 Association of Veterans Affairs Nurse Anesthetists Scholarship earlier this year.

Doctor of Nursing Practice student **Mary Rodgers Schubert** is currently chair of the Board of Directors of the American Liver Foundation Allegheny Division, chair of the Organizational Development Committee of ENRS, and a member of the *Journal of Continuing Education in Nursing* Editorial Advisory Board.

This summer, three nursing students in the school's Accelerated Second Degree BSN track—**Heather Cameron**, **Laura Buddemeyer**, and **Krystle Enghart**—along with Michael Beach (MSN '01, MSN '02, DNP '09), assistant professor and coordinator of the Accelerated Second Degree BSN Track, manned the first aid station for a weekend during the Pittsburgh Vintage Grand Prix. The volunteers treated nearly 20 individuals of varying ages with conditions ranging from cuts and scrapes to heat exhaustion. This is the fourth consecutive year Pitt nursing students have participated as first aid volunteers at this event.



Pitt nursing volunteers at the Vintage Grand Prix

First BSN Class Graduates from Pitt-Johnstown!

On Friday, April 26, 2013, the first class of Bachelor of Science in Nursing students from the University of Pittsburgh at Johnstown (UPJ) graduated. These 20 students blazed the trail for future students to follow. From the day they first stepped foot on campus, they had no upperclassmen to guide them and forged their own way through the nursing program. At the nursing graduation ceremony, UPJ graduate Megan Corle stated, "There have been many ups and downs, great joys and struggles, and

plenty of laughter as well as tears. We have all grown so much over the past four years, gaining invaluable experience on both personal and academic levels."

While the Pittsburgh and Johnstown campuses are miles apart, Corle stated, "I'm sure our experiences as Pitt nursing students are very much the same. I'm sure you all felt the same anxiety that I did walking into the room of my very first patient. I'm sure you all have shared the same joy

that I did when I first experienced the birth of a baby. I'm sure you have all felt the same sense of accomplishment that I did when something I did for a patient made a difference. And I'm sure you have all shared the same sorrow that I did when you first experienced the death of a patient. These experiences are all part of being a nursing student. No one else in this room knows what it is like besides us or those who have come before us, and that is what uniquely binds us all together."

The Long Run

“What should I get my college student for his or her birthday?” That’s a question most parents ask, and for many the answer is usually money or gift cards. But not for freshman nursing student Salina Smialek. Smialek asked her parents to enter her in the Dick’s Sporting Goods Pittsburgh Marathon.

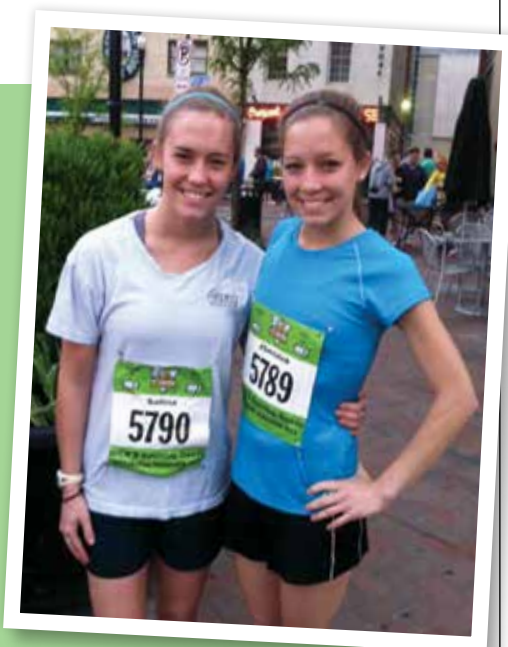
A resident of Valencia, Pa., Smialek began her journey to the marathon the day after Christmas. Although she had run cross-country and track in high school, Smialek stopped running when she entered college. She wanted to start running again as a way to stay fit and decided to follow in the footsteps of her sister, Jeanna, who had completed her first marathon just a year earlier.

All through the spring term, Smialek woke up to go running at 5:30 a.m., a time when most of her classmates were still sound asleep. Running for up to two hours each day, six days a week, was not easy, but remembering that this was her birthday gift from her parents and a way to stay healthy kept Smialek motivated. So she kept running.

And run she did! On Sunday, May 5, 2013, Smialek’s training paid off when she completed the hilly 26.2-mile course to finish fourth in the Women 19 and Under age group—an amazing feat for this first-time marathon participant.

Smialek doesn’t plan to slow down. Her goal now is to qualify for the Boston Marathon. To do so, she needs to drop about 30 minutes from her marathon time of four hours and one minute. And she has to catch up with her older sister. Jeanna Smialek finished this year’s Pittsburgh Marathon with a qualifying time for the Boston Marathon.

Photo: Salina (left) and Jeanna (right) Smialek



Remember When? Photo from Spring 2013 Issue

Mary Beth Peterson (BSN '83) and Jacquelyn Faulkner Komplin (BSN '83) called to identify themselves (back row, right and left side, respectively) in the photo that appeared in the spring 2013 issue. Komplin was able to identify this group as the 1983 BSN student representatives, while Peterson also identified Sharon (Snyder) Williamson (BSN '83) and Colleen Clarke (second row, first and second seated, left to right, respectively). Both Patricia D. Kissell (BSN '66, MNEd '68) and Dawn Hawley Getz (BSN '83) identified Helen Miller

(BSN '64, MNEd '67) as the faculty member on the left-hand side. Getz recalls Miller as being a great instructor whose highest priorities were clinical groups and care plans.

PITT NURSE

Associate Dean for External Relations
Susan A. Albrecht (BSN '75, MN '78),
PhD, FAAN

Director of Advancement and
External Relations
Jennifer Fellows

Director of Alumni Relations
and Development
Janice Devine

Assistant Director of Marketing
and Communications
Kelly I. Shaffer

Contributing Writers
Jennifer Fellows
Niki Kapsambelis
Christine O'Toole
Irene Tobias
Lori Spisak

Special Contributor
Joan Britten

Design
Jane Dudley, Department of
Communications Services

The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, as fully explained in Policy 07-01-03, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, gender identity and expression, genetic information, disability, or status as a veteran. The University also prohibits and will not engage in retaliation against any person who makes a claim of discrimination or harassment or who provides information in such an investigation. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University's mission. This policy applies to admissions, employment, and access to and treatment in University programs and activities*. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations.

For information on University equal opportunity and affirmative action programs, please contact: University of Pittsburgh: Office of Affirmative Action, Diversity, and Inclusion; Carol W. Mohamed, Director (and Title IX, 504 and ADA Coordinator); 412 Bellefield Hall; 315 South Bellefield Avenue; Pittsburgh, PA 15260; 412-648-7860.

For complete details on the University's Nondiscrimination Policy, please refer to Policy 07-01-03. For information on how to file a complaint under this policy, please refer to Procedure 07-01-03.

*Except where exempt by federal or state laws.

Published in cooperation with the Department of Communications Services. DCS91311-1013



Follow the University
of Pittsburgh School
of Nursing on Facebook.



University of Pittsburgh

*School of Nursing
218 Victoria Building
3500 Victoria Street
Pittsburgh, PA 15261*

NONPROFIT ORG.
U.S. POSTAGE
PAID
PITTSBURGH PA
PERMIT NO. 511

Take the next step to advancing
your education and career.

From Nursing Informatics to Psychiatric
Nurse Practitioner, we have a program
to fit your needs.

For online and on-site program
options, visit nursing.pitt.edu
or call 1-888-747-0794.



University of Pittsburgh
School of Nursing

Ranked 7th among schools of nursing in *U.S. News & World Report's* 2011 America's Best Graduate Schools