

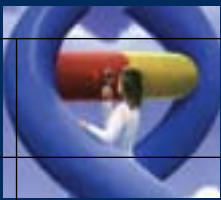
# PITT Nurse

A woman in a white lab coat is looking through a large, blue, three-dimensional DNA double helix structure. She is holding a magnifying glass to her eye, focusing on a red and yellow pill-shaped object within the structure. The background is a blue sky with white clouds.

NURSES  
DISCOVER  
HIDDEN LINKS  
THROUGH  
SUMMER  
'GENE CAMP'

THIS ISSUE:

NURSES MAKING A DIFFERENCE



About the cover: Nurses' research questions and lines of investigation are ripe for genetic inquiry.  
Illustration by Ivan Lee Sanford.

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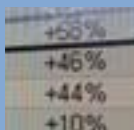
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## IT'S ALL THERE

CHECK OUT THE UNIVERSITY OF PITTSBURGH SCHOOL OF NURSING ALUMNI SOCIETY WEB SITE FOR THE LATEST ALUMNI NEWS. VISIT [WWW.NURSING.PITT.EDU](http://WWW.NURSING.PITT.EDU) AND CLICK ON THE ALUMNI SOCIETY ICON AT THE BOTTOM OF THE PAGE. FROM UPCOMING EVENTS AND MEETINGS TO EVENT HIGHLIGHTS AND MORE, IT'S ALL THERE!

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Advancing Nursing Science,  
Education, and Practice

**THE UNIVERSITY OF PITTSBURGH** School of Nursing, founded in 1939, is one of the oldest programs in baccalaureate and doctoral nursing education in the United States. One of the nation's most prestigious schools of nursing, the school's resources constitute an invaluable asset for the intellectual, scientific, and economic enrichment of health care in Pennsylvania, in the nation, and throughout the world.

The School of Nursing continues to attract the best and brightest students. Sixty-one percent of our current baccalaureate students ranked in the top 10 percent of their high school classes, and the average SAT score is 1246. Approximately half of the School of Nursing full-time faculty members serve on national committees, and 25 percent are fellows in the American Academy of Nursing. In addition, the School of Nursing is ranked seventh overall in the most recent issue of *U.S. News & World Report's* "Best Graduate Schools," with four nursing specialties earning top spots individually.

The University of Pittsburgh is recognized as a major nursing research center and has attracted national, state, and local recognition for its commitment to high-quality, innovative research. Ranked fifth in the amount of funding received from the National Institutes of Health, the School of Nursing has been designated a research-intensive environment by the National Institute of Nursing Research. Our researchers are addressing

some of the most challenging issues facing today's health care practitioners.

We recognize that the school's many recent awards and accolades all build on the legacy of our distinguished history. This year, the school celebrates several milestones—the 70th anniversary of the school, the 65th anniversary of our master's program, and the 55th anniversary of our doctoral program. For 70 years, the University of Pittsburgh School of Nursing has educated nurses for increasingly demanding environments through a comprehensive curriculum that combines rigorous academic work with varied and intensive clinical experiences and a growing involvement in research.

Nurse researchers are increasingly drawn into genetic inquiry to find answers to questions and lines of investigation that began at the bedside. Our cover story (page 4) introduces you to seven School of Nursing students, alumni, and faculty members who took part in the Summer Genetics Institute, an intense two-month fellowship in genetics research and clinical practice sponsored by the National Institute of Nursing Research and held on the campus of the National Institutes of Health in Bethesda, Md.

While we are proud of the school's impressive history and accomplishments, we believe that our students and graduates reflect the quality of the school better than our rankings and awards do. In this issue of *Pitt Nurse*, we share stories about students and alumni who are making a difference in a wide range of areas in




order to highlight the caliber and diversity of students who come to our school. All of the individuals profiled in this issue were recommended by current faculty at the school. With great difficulty, we narrowed the list down to 26 stories we believe will be especially interesting to you, our readers—stories not only about what our students and alumni are doing here or since they graduated but about what got them here, why they chose Pitt, what they did before they came here, and even their outside interests. We hope their stories inspire prospective students to consider all of the options available to prepare for a successful career at the University of Pittsburgh.

A handwritten signature in black ink that reads "Jacqueline Dunbar-Jacob".

**JACQUELINE DUNBAR-JACOB, PhD, RN, FAAN**  
DEAN, UNIVERSITY OF PITTSBURGH  
SCHOOL OF NURSING

# NURSES DISCOVER HIDDEN LINKS THROUGH SUMMER 'GENE CAMP'



In the summer of 2002, Sheila Alexander (BSN '89, PhD '04) was in the process of earning her PhD at the University of Pittsburgh School of Nursing when her mentor, Mary Kerr (MEd '81), PhD, FAAN, a former nursing professor at Pitt and now the deputy director of the National Institute of Nursing Research (NINR), encouraged her to apply to the Summer Genetics Institute (SGI). Affectionately known as "gene camp," SGI is an intense two-month fellowship in genetics research and clinical practice sponsored by NINR and held on the campus of the National Institutes of Health (NIH) in Bethesda, Md.

“It was one of the best experiences of my life. My SGI experience has helped me do the type of research for which I have a passion.”

Sheila Alexander

Along with 17 other SGI fellows from across the country, Alexander spent the summer attending lectures and learning genetic laboratory techniques while earning 12 hours of doctoral-level college credit. The fellows lived, ate, studied, and worked together, bonding so closely that when she sees someone from the group today, she feels as though she’s greeting a long-lost sibling.

“It was one of the best experiences of my life,” says Alexander, who joined the School of Nursing faculty a month after defending her dissertation. “My SGI experience has helped me do the type of research for which I have a passion.”

Today, as an assistant professor of acute and tertiary care, Alexander is a mentor to students of her own, encouraging them to consider attending SGI. It’s her way of bringing nurses to the forefront of the field that many believe will guide the future of health care research.

### THEORY INTO PRACTICE

Often, nurses’ research questions and lines of investigation are ripe for genetic inquiry; they just need exposure to genomics to appreciate fully the possibilities, according to Yvette Conley, PhD, associate professor in the Department of Health Promotion and Development.

The School of Nursing has a fully equipped molecular genetics laboratory, which serves as a resource for students and faculty at both the school and the University. Conley, who also serves as an administrative faculty member and academic liaison for SGI, says nurse-scientists often bring a connection to the patient into their research and truly want

to translate research findings into the health care setting—which is something that genomic research very much needs.

The field of genetics has expanded exponentially since scientists began unlocking the secrets of the human genome. “With that understanding has come increased applicability to health care,” Conley says. “The technology is better to collect data; there really is this huge expansion in connecting genetics to health care applications, and nurse-scientists need to be ready to incorporate genomic approaches into their research when applicable. Otherwise, their expertise will not come to bear upon the field.”

Mandy Bell (BSN ’05), who is finishing her second year of the PhD program and will serve as an SGI fellow this summer, is a prime example of the nurse who hopes her research will one day improve care for patients at the bedside.

As a nurse in women’s health at Penn State Milton S. Hershey Medical Center, Bell took care of many women who had preeclampsia and hoped that furthering her education would help her do more for them.

“Seeing these women have to deliver preterm had a profound effect on me,” she says. “The babies had to be taken to the neonatal intensive

care unit; the mothers themselves were very sick and didn’t have ample time to bond with their babies. You could see the stress.”

Through her dissertation, she hopes to discover a link between a genetic pathway and preeclampsia to help identify women at increased risk for the condition and intervene before it escalates.

“It was frustrating to see what this disorder could do to them,” Bell says. “I wanted to shift my focus back to investigate preeclampsia’s pathophysiology.”

Though she misses direct patient contact, Bell adds, “I feel like I am in the right place right now. I think the end product will eventually affect what we do as bedside nurses.”

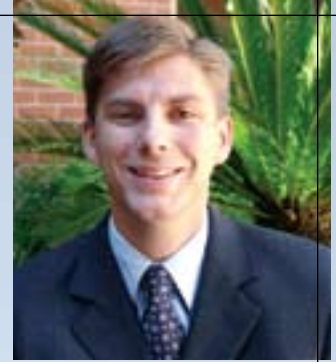
Bashira Charles (MSN ’03, PhD ’08), a postdoctoral research fellow in the Intramural Research Program (IRP) at NIH’s



(Left to right) Mandy Bell, Sheila Alexander, and Yvette Conley

“I feel like if I ran into a question, I could pick up the phone and call any of my SGI colleagues and get an answer.”

Matt Gallek



Mark O. Hatfield Clinical Research Center, is another example of a nurse-scientist who is applying genetics research that may ultimately affect practice. An SGI fellow in 2004, Charles credits the program with broadening her knowledge of genetics research and helping her to hone her focus in order to develop a research grant proposal worthy of funding.

As a result, she has been investigating the genetic basis for the development of complex disease in general and diabetes in particular. As a PhD student, Charles held a graduate student assistant position related to children’s responses to genetic testing for type I diabetes and a position in the genetics lab at the School of Nursing.

After practicing as a nurse for a dozen years, she had returned to school with thoughts of becoming a pediatric nurse practitioner. A doctor suggested that she consider research. Charles thought he was crazy, but a class with Conley began to change her mind.

“I didn’t know what the possibilities were,” she says. “When I was at Pitt, I learned more about research, and I discovered I actually do have an interest in it.”

### NETWORKING, BOOT CAMP-STYLE

SGI veteran Taura Barr (BSN ’04, PhD ’09), another postdoctoral research fellow in NINR’s IRP, studies diagnostic biomarkers of stroke and credits the collaboration and interdisciplinary mentoring she received with helping to launch her career.

“It was pretty intense,” she laughs, but adds, “I wouldn’t take it back, because I really did gain a lot of insight into how to conduct clinical research.”

Matt Gallek (BSN ’01, PhD ’08) attended SGI in the summer of 2008 and now works as an assistant professor at the University of Arizona College of Nursing. He believes that the networking opportunities were one of the most rewarding benefits of the gene camp experience.

Having spent eight hours a day, five days a week, working with top researchers in the field, Gallek developed relationships with them and felt he could draw upon their expertise.

“I feel like if I ran into a question, I could pick up the phone and call any of my SGI colleagues and get an answer,” he says.

### A PERSONAL INTEREST

The same is true of the fellows who attended SGI together.

“You remember each others’ names and what research they were interested in,” says Nicole Zangrilli Hoh (BSN ’03, PhD ’08). “You really become invested in their project also: Did things work out? Did you get the funding?”

For Hoh, there also is a personal investment in her research. In 1975, when she was 14 months old, her father was paralyzed in a car accident. Prior to earning her nursing degree, she worked in social services and thought that becoming an RN would help her in that career.

She entered Pitt’s BSN to PhD program in the fall of 2003 and worked on studies related to traumatic brain injury and subarachnoid hemorrhage, through which she was introduced to the idea that genetics could affect outcomes following a neurotrauma. Suddenly, her career plans shifted.

Hoh was an SGI fellow in the summer of 2006 and defended her dissertation in September 2008. Today, she is a T32 genetics postdoctoral scholar at the School of Nursing, exploring the genetic variations that affect recovery and rehabilitation after traumatic spinal cord injury.

“Hopefully, it will be a valuable contribution to spinal cord research at the University,” she says.



Left to right: Taura Barr, Mary Kerr, and Bashira Charles

Above: Matt Gallek

Not shown: Nicole Zangrilli Hoh

# PRIMARY CARE NURSING

**SOMETIMES, THE NAME SAYS IT ALL:** primary care nursing. Whether under mortar fire in Iraq, reaching out to orphans or nursing home residents, capturing the dignity of a patient's final days on an oncology unit, or shepherding a person through anesthesia, primary care nurses are the backbone of the profession.

In all corners of the world, graduates of the University of Pittsburgh School of Nursing are bringing the nurse's perspective to the forefront of health care—at the bedside, on the pages of a newspaper, at the head of a classroom, or in the tiny clinic of a third-world country.



# NURSE PARLAYS WRITING BACKGROUND INTO BOOK CONTRACT



**SOME PEOPLE ARE BORN** knowing they want to become nurses. But for others, the profession is a calling they hear later in life—sometimes even after establishing themselves on a much different career path.

Theresa Brown (BSN '07) falls into the latter category. A native of Missouri, she was a professor in the writing program at Tufts University in suburban Boston, Mass., when she realized she was gradually falling out of love with her job.

It was during her pregnancy with twin girls that she began to consider nursing. Brown wanted to become a midwife, inspired by the women who helped her through the physical challenge of carrying multiple babies.

A visiting friend who was a nurse helped to coax Brown along. “She looked at me and said, ‘You could do that job,’” Brown recalls. “It had never, ever occurred to me, but once she gave me the idea, everything was very quick.”

Though Brown held a doctorate in English, she had to start from scratch to fulfill the science requirements that nursing demanded. She was admitted into the nursing school at the University of Pennsylvania, then transferred to the University of Pittsburgh when the family moved to accommodate a job change for her husband, a physics professor.

Taking quantitative tests was an unusual experience for Brown, who had long been accustomed to writing English papers.

“I like that nursing is just more fact based. And when people have arguments, it’s about things that matter, not ‘What do you think about Jane Austen?’” she says. “In terms of content, I felt much more at home in nursing.”

Ironically, once she graduated in 2007, Brown opted out of pursuing midwifery in favor of oncology. She currently works as a staff nurse at UPMC Shadyside in Pittsburgh.

“A friend of mine says, ‘You went from birth to death,’” says Brown, who became interested in oncology in nursing school. “It’s a very dynamic part of medicine. Nursing is very challenging—you’re dealing with the whole body, which is what makes it so terrifying when you start.”

She found a means of marrying the two spheres of her professional life when she wrote an essay, “Perhaps Death Is Proud; More Reason to Savor Life,” for *The New York Times*. This piece recounting the first experience Brown had with a “Condition A”—a term referring to a patient who dies very suddenly— attracted the attention of editors and agents who approached her about the possibility of writing a book.

The result was a contract with publisher HarperStudio to write a book chronicling her first year on the job as a nurse. The book is called *Critical Care: A Nurse’s First Year*, with a planned publication date of May 2010. Brown also is now a regular contributor to Well, a blog on the *New York Times* Web site. Eventually, Brown may explore other ways to advocate for the profession through her writing.

“People say it takes a year to learn the job. At this point, I feel like it will take 10 years,” she laughs. “But I know what they mean: It takes a year before you have a sense of comfort.”

And while she sometimes wishes she had pursued nursing earlier in her academic career, Brown has made peace with the journey.

“Part of me definitely wishes I had found nursing earlier. But the truth is, it sounds like a cliché, but I would not be the same person,” she says. “Sometimes I feel embarrassed. People say, ‘You got a PhD; that’s a lot of work.’ But it takes some of us longer.”





## ONCE A RELUCTANT STUDENT, NURSE EMBRACES EDUCATION



**WHEN CHRISTINA BAKTAY** (BSN '06, MSN '08) enrolled at the University of Pittsburgh School of Nursing, she already had a lifetime of experience behind her—but the intimidation she had felt as a reluctant student, the belief that a college degree was meant for other people and not for her, persisted.

“Emotionally, it was a big leap for me,” says Baktay,

who had been working as a nurse with a diploma degree for several years when she enrolled at Pitt. “I didn’t realize it until I had already been accepted and was getting my books and was walking down Lothrop Street hill that I felt ‘What am I doing? I am an imposter here.’ I felt something breaking inside of me. It took a considerable amount of focus to change the way I felt. Education is not just for ‘privileged’ individuals; with hard work, it can be for me as well.”

Though she eventually earned adequate grades in high school, Baktay was functionally illiterate until she was 11. She still remembers the first book she ever read: a mystery she bought with money her uncle gave her, a book selected because she liked the cover. She read the first page, realized she didn’t know what it meant, and read it again. And then she read it again, repeating the process over and over until she nailed the first chapter.

It was a turning point for Baktay, whose entire world began to open, one page at a time.

In 1991, after working with mentally retarded youth and serving the elderly in their homes, she entered a nursing diploma program, graduating in 1993—only to discover that jobs were scarce. She began her career as a private duty nurse working with a paraplegic head injury patient, then moved to Singapore with her husband, a minister.

The couple traveled extensively, allowing her to work in a state-run orphanage in China and a private school for mentally handicapped children in addition to teaching English and math. The experience helped her realize that she had a talent

for teaching, especially when the students struggled with the material—a situation with which she was all too familiar.

Back in the United States, Baktay became a visiting nurse in the community, a private duty home health hospice nurse, and an administrative nurse at an assisted living home for dementia patients. In 2003, Baktay was hired at a skilled nursing facility in Oakmont, Pa., 15 miles northeast of Pittsburgh. Working only on weekends, Baktay was able to return to Pitt to earn her bachelor’s degree.

It was at Pitt, where she earned her BSN in 2006 and her MSN in 2008, that Baktay first considered seeking a terminal degree. “At Pitt, the faculty was very encouraging and provided me with a clearer direction and possibilities that I could pursue. Although it may take me a year or two before I return to school, I believe I have a lot I would like to give back to nursing, and a PhD would facilitate that.”

Baktay, whose parents had 10th- and 11th-grade educations, says one of her proudest accomplishments has been raising children who embrace books and schoolwork as part of everyday life. “My children dream so much bigger than I did. They see life as full of possibilities. When I was a kid, I thought it was mostly full of obstacles.”

Today, she works as an adjunct clinical faculty member at Duquesne University while also serving as a bedside nurse at UPMC Shadyside. Her research interests include resilience theory as well as curriculum development.

She continues her world travel, volunteering to work in a clinic following the 2004 Indian Ocean tsunami and recently traveling with Duquesne students to a barrio in Nicaragua.

“That’s so much of what nursing is—reaching out,” she says. “It’s one of the main reasons I wanted to be a nurse.

As a Christian woman, I consider the work that I do my act of worship to God.

It has been a privilege to serve my patients and students.”



## ON THE FRONT LINES IN IRAQ, PITT GRAD FIGHTS THE GOOD FIGHT

**WHILE SPEAKING TO HIS WIFE** via cell phone one day in Iraq, David Cassella (MSN '05) suddenly found his hospital under mortar fire.

Hearing the background noise, his wife asked, "What's that?"

"It's nothing," he said, before quickly hanging up.

Fortunately, the moment passed without incident. But it served as a reminder of the strain that deployment to Iraq can place on the members of the U.S. Army Nurse Corps as well as their families.

A major and lead nurse case manager for a warrior transition battalion at Fort Stewart, Ga., Cassella is a two-time veteran of the Iraq war. He was initially deployed in 2003, traveling the length of the country for about three months. The second time, he left in August 2006 for what became a 15-month tour, an experience he describes as life changing.

"During the Iraqi surge, the whole goal was to quell the insurgency, so the depth and breadth of the injuries that we saw were just unbelievable," he says. "You could not prepare yourself to see some of the things that you did see."

As the head nurse in the intensive care unit of a combat support hospital, Cassella helped treat bilateral lower extremity injuries, severe burns, and head injuries. Helicopters would arrive laden with three or four wounded patients; people injured in the city would be dropped at the hospital's back door.

It was during those times that Cassella says he drew on his training from the University of Pittsburgh School of Nursing, where he earned his graduate degree in 2005.

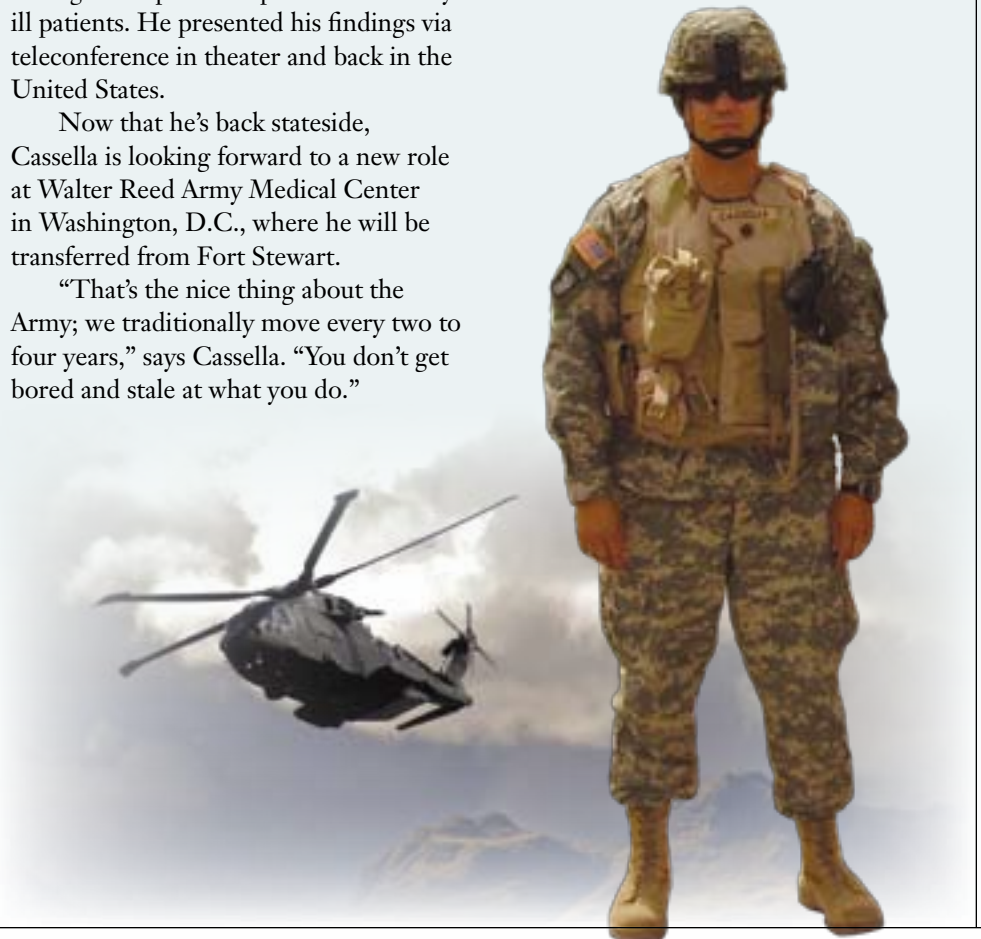
"When I went to grad school, I probably studied more in my first semester than in four years of undergraduate work," he says. "I had a broad perspective that significantly enhanced my ability to build upon what I did in Iraq."

Using the research skills he acquired in graduate school, Cassella performed a study looking at the use of paralytic drugs during helicopter transports for critically ill patients. He presented his findings via teleconference in theater and back in the United States.

Now that he's back stateside, Cassella is looking forward to a new role at Walter Reed Army Medical Center in Washington, D.C., where he will be transferred from Fort Stewart.

"That's the nice thing about the Army; we traditionally move every two to four years," says Cassella. "You don't get bored and stale at what you do."

Helicopters would arrive laden with three or four wounded patients; people injured in the city would be dropped at the hospital's back door.



# BEYOND THE HOSPITAL

**NURSING IS A PROFESSION WHOSE IMPACT** can be felt far beyond the walls of a hospital. As these three University of Pittsburgh nurses demonstrate, the profession's influence can be felt in settings as diverse as an outpatient dialysis service, a makeshift medical clinic in the Dominican Republic, and on an artist's canvas. What these nurses have in common is a commitment to the patient and a passion for using their unique talents in service to a patient's needs.



# ALUM FIGHTS CHRONIC KIDNEY DISEASE THROUGH EDUCATION



**“I absolutely love outpatient medicine. There’s such an impact we can make.”**

**WHEN MICHELLE SHIELDS** (MSN '99) goes to work each day, she has one overarching goal in mind: to fight chronic kidney disease by teaching patients how they can change their lives.

As a nurse practitioner for Fresenius Medical Care, the world’s largest integrated provider of products and services for dialysis patients, Shields well understands the impact kidney disease can have.

For 17 years, she worked as an acute care nurse in the University of Pittsburgh Medical Center (UPMC) system. A cardiology rotation helped her discover a love for outpatient services, through which she felt she could do more to prevent the serious progression of kidney disease once she moved into renal medicine.

“These patients come in a little healthier, a little happier, and you could really make a difference,” she says. “If you taught them and they understood

to follow their routine and their diet, they could stay out of the hospital.”

The need for patient education, particularly in renal care, is mushrooming by the day. In 2007, 26 million people were diagnosed with chronic kidney disease, and “every year, that number is exploding,” Shields says.

Today, an estimated 31 million people live with the disease, a trend experts attribute to rising obesity rates and the related increase in diabetes. Shields has seen teens who start dialysis before they finish high school. One young mother of three whose own mother and aunt were on dialysis had no idea that she could avoid the same fate through relatively simple changes.

“If we catch these patients at an early stage of kidney disease, there’s so much we can do to get their diabetes under control, and their kidney disease stabilizes,” says Shields.

Part of her job is to educate patients about diet and weight loss as contributing factors to improved kidney function and lower blood pressure. Patients also see a dietitian.

“This team approach to health care is really, really effective in getting them motivated and getting them involved,” says Shields.

While earning her MSN, Shields initially thought she might

want to teach full time, so she minored in education. But as much as she enjoyed teaching college students, residents, and fellows, she also loved educating people in the community.

“Now that I’m here, I would have a difficult time giving up that patient contact,” she says.

Shields continues to teach at Pitt through the master’s program and gives talks to professional associations. Her hope is that through education, nurses will be able to make a significant impact on the disease.

“I absolutely love outpatient medicine,” she says. “There’s such an impact we can make.”

*For more information about public, patient, or professional education on the topic of chronic kidney disease, call Michelle Shields at 1-866-276-0600.*



# NURSE FINDS HER CALLING IN THE DOMINICAN REPUBLIC



“It’s nice to be able to do something simple like treating a urinary tract infection and have it make such a difference. It’s very rewarding.”

in Missions, a group that draws volunteers from churches throughout Pennsylvania.

Years after her initial visit during her undergraduate studies, Mohrbacher returned to the country in February 2008 at the invitation of a neighbor who worked with the mission. She enjoyed the experience so much that she returned that June and then again in February 2009 and is planning another trip in August.

In addition to providing medical care, the group helped build a children’s center in La Higuera, a village populated by sugarcane workers. They also are working to provide a water purification system, food, clothing, and shoes as well as Bible school and construction projects.

As part of the medical clinic, which is housed at the children’s center, Mohrbacher treated workers for medical conditions such as high blood pressure, cholesterol, parasite infections, and wounds. The clinic saw at least 200 people every day, a far cry from the hospital setting at Heritage Valley Beaver, about 20 miles north of Pittsburgh International Airport or the Sewickley cardiology office outside of Pittsburgh where she works in addition to attending graduate school.

**THE FIRST TIME** Abigail Mohrbacher, RN, went to the Dominican Republic as part of a cross-cultural nursing experience, she spent two weeks helping out with general surgery.

Little did she know that, years later, she would spend months in the tiny Caribbean country helping to fight poverty and hunger—and would consider shaping her career around opportunities to return.

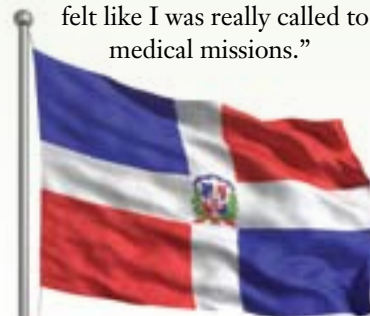
An MSN candidate in the University of Pittsburgh School of Nursing nurse practitioner major, Mohrbacher expects to graduate in April 2010. She has a school nurse certificate, so if she becomes a school nurse when she graduates, she will have summers off at the same time as her husband, a teacher.

Should that happen, the two may spend those three months in the Dominican Republic with Meeting God

“In a third-world country, we don’t do complex procedures like heart catheterizations,” she says. “They’re so thankful for any kind of care you give them. It’s nice to be able to do something simple like treating a urinary tract infection and have it make such a difference. It’s very rewarding.”

Mohrbacher also has traveled to Mexico to help with immunization clinics for migrant workers and would be open to going anywhere, but she admits to a special affinity for the people she has come to know in La Higuera.

In fact, it was a doctor she met there who helped convince her to return to school to become a nurse practitioner. He was volunteering his time in medical outreach, traveling by bus for two hours from the city to help the mission workers in lieu of a more lucrative career at a hospital. “He was truly a good example for me of how to serve others. I just felt like I was really called to medical missions.”



# WHERE ART MEETS LIFE: NURSE DONATES AWARD-WINNING PAINTING TO CANCER SUPPORT GROUP



**IN RAANA CHUGHTAI'S OFFICE** at Mercy Behavioral Health in Pittsburgh, where she works with clients as an outpatient nurse and therapist, a couple of her paintings are displayed and serve as reminders of her other passion: art.

“One of the things I like to do with clients—because some of them are in very difficult situations—is to remind them of things they love and areas where they do have talent and to focus on

their strengths,” says Chughtai (BSN '00, MSN '07). “Most of my clients know I paint. I use that as an example.”

Always artistic, Chughtai began painting in earnest in 2000, when she earned her BSN at the University of Pittsburgh School of Nursing. (She later went on to earn an MSN in 2007.) She developed a Web site featuring her work, [www.raanaportfolio.com](http://www.raanaportfolio.com), and started entering competitions.

One that interested her was Lilly Oncology on Canvas, a biennial competition founded by Eli Lilly and Company as a means of honoring cancer patients. Entrants must be cancer patients or survivors, relatives, or health care professionals.

Her acrylic painting “First Flowers of Spring” features the daffodils that symbolize hope for cancer patients. This painting won Best Acrylic by a Healthcare Professional, meaning Chughtai could select a charity to receive a \$1,000 donation. Her choice was Gilda’s Club of Western Pennsylvania, the support group named for the late comedian Gilda Radner, who died from ovarian cancer in 1989.

“I liked their mission,” says Chughtai. “It wasn’t about research and medicine. It was more about the care of the patient and family. I’ve referred people to Gilda’s Club before when I’ve counseled them and was really impressed by the organization.”

Though her painting is traveling as part of the contest’s exhibit, she plans to donate it to Gilda’s Club when it returns. She also donated a second piece depicting Pittsburgh’s Polish Hill neighborhood, where the club is located.

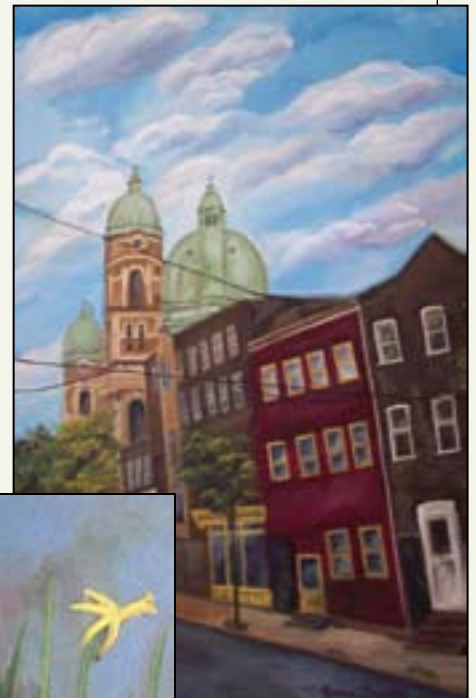
The contest was the first time Chughtai was able to combine her professional and artistic lives for a common cause.

“That was really special for me. I’m really interested in health and human services.

Art is secondary, but I was proud to use my talent for a worthy cause,” she says.

More than a hobby, art is a serious pursuit for Chughtai.

“It’s secondary to my job, but it’s something I pursue wholeheartedly,” she says.



Above: “Brereton Street on Polish Hill”

Left: “First Flowers of Spring”

# LEADERSHIP

## **AS THE NURSING PROFESSION HAS**

**EVOLVED**, so, too, has the role of its leadership. Gone are the days when nurses strictly served in support roles to physicians; today's nurses are leaders in their own right, helping to shape national health care policy, bringing clinical experience to the laboratory, and helping to pave the way for better patient care in every arena. By serving as their profession's mentors, these nurses are showing what it means to truly lead by example.



# MBA, PHD-EDUCATED NURSE BRINGS CLINICAL AND BUSINESS SAVVY TO MARYLAND HEALTH SYSTEM



**WHEN ANDREA SCHMID-MAZZOCOLI** (PhD '06), MBA, MSN, finished her PhD in nursing in 2006, she thought she was settled for life.

It had been a long and challenging road, spanning nearly eight years as she balanced her studies with a demanding job as a chief nurse at UPMC Presbyterian.

But Schmid-Mazzocoli got a glimpse of her real future when one of her mentors told her that all the questions she

was starting to ask about practice were really only the beginning.

"I guess that's the one little flame that kept going—the continued questions I had about leading nursing practice from a strategic point of view, influencing nursing practice across a wide spectrum," she says.

Schmid-Mazzocoli's career began traditionally enough when she started at what was then known as Shadyside Hospital in Pittsburgh, where she worked as a bedside nurse following her undergraduate degree.

But then she entered what was still relatively new territory for a nurse: obtaining an MBA at the same time as her MSN.

She saw a need for "nursing leaders to have acumen and business savvy about what we were building—not just in the traditional sense of nursing leaders, but how what we did influenced the cost of care across the continuum," Schmid-Mazzocoli says. "I really got a sense about the responsibility of being a chief nurse, to understand evidence and research in a different way."

Every day she was in class, she had a sense of how she was integrating her newly obtained knowledge and taking practice to a different level.

"I look back now and see a whole cadre of nurse leaders who were energized by the dialogue we had and who made decisions to invest differently in their careers," she says.

While she was still working at UPMC Presbyterian, Schmid-Mazzocoli took a call from a health system in Maryland that wanted a clinically relevant chief nurse who had a passion for quality and safety.

"I thought, 'Someone knows me,'" she says. "One of the attractions in [the Maryland] system was that it was a collection of community hospitals. I met chief nurses and assistants who were really forward thinking, who understood the role of nurse leadership in driving practice."

So the lifelong Pittsburgh resident found herself relocating to Maryland, where she now serves as the vice president and chief nurse executive of Bon Secours Health System, Inc.

Once a financially driven holding company, the system sought Schmid-Mazzocoli to provide a voice for nurses at the highest executive level and to help lead a clinical transformation.

"It's very new in its journey to build its strategies and its investments across patient care," she says. "I feel very fortunate to have two things: one, to have been part of a system like UPMC that was quality-driven and had exceptional voice and leadership, and two, to have the education from the University of Pittsburgh that allowed me, as a chief nurse, to get a PhD in applicable systems thinking."

And her mentor's prophecy did come true: Those questions really did signal a new beginning.

"It's a whole new chapter in my life, professionally," she says.





# ROBERT WOOD JOHNSON FELLOW HELPS GUIDE POLICY ON CAPITOL HILL



**AS THE NATIONAL DEBATE** over health care reform heats up in Washington, D.C., Deborah Trautman (MSN '87), PhD, is working to ensure the voice of nurses is heard.

As one of just eight Robert Wood Johnson Health Policy fellows in the Class of 2007–08, Trautman joined the elite company of health care professionals who are chosen to work on Capitol Hill on federal health policy.

Sponsored by the Institute of Medicine of the National Academies since 1973, the fellowship is highly selective, and less than 10 percent of its recipients are nurses.

“It really is exceptional, and it’s considered one of the premier health policy fellowships here on the Hill,” says Trautman, who earned her MSN at Pitt before moving on to pursue a PhD.

The program paired Trautman with Speaker of the House of Representatives Nancy Pelosi. In that role, Trautman has met with more than 200 different individuals and groups. The fellowship’s Washington, D.C., residential commitment is a minimum of one year, and grant funding is available in the second and third years to support continued policy work.

Leadership staff members work with U.S. House of Representatives committees that have jurisdiction over health care to develop comprehensive legislative health care policy, an intriguing task in a time when health care reform is at the forefront of the national dialogue.

Trautman says she’s honored to be part of that discussion.

“The primary drivers are to improve access and quality while constraining the cost growth our country has been experiencing,” she says.

While costs in the United States are rising, patients are not realizing better outcomes proportionate to that spending, she notes.

“We want to have a better understanding of why that’s happening,” Trautman says. “We want to be able to get better information, not to deny people better care and treatment, but to know what works best and ensure that the right care is received by the right person at the right time.”

Trautman held clinical and administrative positions on the surgical floor and in the emergency room at UPMC Presbyterian before leaving to become the director of nursing for emergency

medicine at the Johns Hopkins Hospital. That clinical experience, combined with the research expertise gathered through her education, has convinced Trautman that the nursing profession should become more involved in the policymaking process.

“We know about advocating for patients already in our one-on-one interaction,” she says. “I’d like to see us lend a voice and insight into tackling some of these very complex problems we’re facing in health care delivery today.”

The fellowship has given Trautman a greater understanding of the value of teamwork and the role health care professionals can play, not only in creating policy but also in becoming more effective advocates.

“I have a newfound passion for narrowing the gap between the knowledge and expertise that exists and figuring out how to translate that knowledge to better policy,” she says. “We can do a better job of illuminating the path.”

# PhD HELPS NURSE REALIZE HER GOAL OF PROVIDING LEADERSHIP



**WHEN A CAREER CHANGE** resulted in Kathy Lindell's return to Pittsburgh, she reconnected with her mentor, Leslie Hoffman (PhD) BSN, MSEd, FAAN, who encouraged her to pursue her future goal and obtain a PhD. "It was something I always wanted to do," says Lindell (BSN '82, MSN '87, PhD '07).

Lindell had 10 years' experience as a pulmonary clinical nurse specialist (PCNS) at the University of Pennsylvania Health System before she assumed her current position as a PCNS at the University of Pittsburgh Dorothy P. & Richard P. Simmons Center for Interstitial Lung Diseases. Lindell was accepted into the School of Nursing's PhD program, graduating in 2007.

That decision turned out to be an important step toward her goal of providing leadership in patient care. "I have a dual clinical and research role in my work, as we enroll patients in cutting-edge research studies and monitor their clinical progress," explains Lindell. "I wanted to see nurses with PhDs in the clinical arena to promote the research and nursing science involved in providing good patient care."

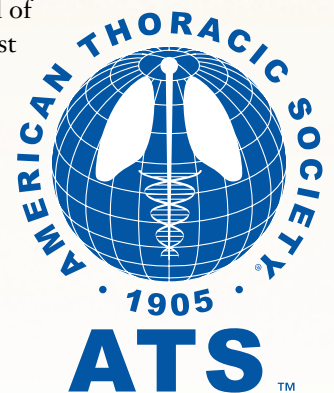
In Lindell's practice, many patients are diagnosed with idiopathic pulmonary fibrosis (IPF), a lung disease with no known cause or cure. Lindell works in a collaborative relationship with physicians at the Simmons Center to coordinate the care of more than 1,800 patients with this and other interstitial lung diseases. She manages patients' care to make sure they get into pulmonary rehabilitation programs and obtain proper oxygen therapy, and she runs a patient support group. She also supervises the work of coordinators who carry out research associated with the center. She is an active

patient advocate who coordinates a yearly Gateway Clipper boat cruise along Pittsburgh's three rivers for patients and the center's annual golf outing. She also directs the center's Warm Autopsy Program, the only one in the United States through which patients can donate their lungs immediately after death to help advance the research about this little-known disease.

Lindell conducted the first randomized clinical trial aimed at improving end-of-life care for patients with IPF and their care partners. As a result of study findings, she established a quality of life program to help the patients and their caregivers live with the uncertainties of the disease.

Lindell serves as chair of the Nursing Assembly of the American Thoracic Society (ATS), an 18,000-member organization. Her role involves sitting on the ATS Board of Directors. She was the first nurse to chair the ATS Membership Committee and served on the ATS Vision Task Force. In her current position, a two-year elected role expiring in 2010, she guides the assembly to promote the organization's overall mission of respiratory health.

"I believe it's an honor and a privilege to care for patients," she says. "That's the heart of nursing; every nurse wants to do that." She advises other nurses to "find what your passion is and work to advance the field of nursing with the ultimate goal of providing the best possible care to patients."



"Find what your passion is and work to advance the field of nursing with the ultimate goal of providing the best possible care to patients."

# INDIAN-BORN STUDENT FINDS UNITED STATES 'THE LAND OF OPPORTUNITY'

**IN INDIA, ANU THOMAS WORKED HARD** to help nurses prepare for qualifying exams to work in the United States, where they hoped to find a broader professional platform.

She never lost that love of mentoring. So when Thomas immigrated to the United States in 2005, she enrolled at the University of Pittsburgh School of Nursing with an eye toward administration and leadership.

When she completes her master's degree, Thomas is thinking about earning her doctorate after gaining some experience in the workplace.

"Eventually I want to get back to teaching," she says. "I think through education I can impact a lot more people."

Thomas worked at UPMC for about a year before deciding to pursue her MSN at Pitt, enrolling in 2007. She was impressed by the school's ranking as well as her interactions with Gail A. Wolf, DNS, FAAN, professor in the Department of Acute and Tertiary Care and coordinator of the nursing administration and leadership program.

"She knows the program so well; she cares. She teaches you through her experiences, and that's something you can't get through online classes or just by reading a book," says Thomas. "They say the United States is the land of opportunity, and through my interactions with faculty and alumni, I realized that there were many opportunities for me to excel and grow in nursing."

Thomas describes her educational experience in the United States to date as very positive.

"There is a lot of interaction in the classrooms, through group discussions and a participatory approach. You gain so much from each other's experiences," she says.

Compared with those in India, nurses in the United States tend to have a greater role in the health care system, which appealed to Thomas.

"In the United States, nurses have a lot more autonomy and ability to work more closely with the patient and at the same time help the patient make informed decisions," she says. "The nurse is more of a patient advocate here, and I love that aspect of the U.S. system."

"The nurse is more of a patient advocate here, and I love that aspect of the U.S. system."



## NURSE PLANS TO USE U.S. DEGREE TO IMPROVE CARE IN RURAL THAILAND



**WITH THE HELP OF TECHNOLOGY** and the knowledge base she has acquired in the graduate programs at the University of Pittsburgh School of Nursing, Phensiri Dumrongpakapakorn (MSN '07) hopes to improve drastically the way health care is delivered in her native Thailand as well as in neighboring countries.

Dumrongpakapakorn taught undergraduate nursing students in Thailand before coming to the School of Nursing to earn an MSN. Currently, she is working on her PhD in nursing with a focus on computer-based education, fidelity of treatment, and symptom management. After she completes her dissertation, she plans to return to Nakhon Phanom University, which lies in a province close to Laos and Vietnam in northeast Thailand.

In doing so, she hopes to reach more patients and help to create a more cost-effective health care delivery system in Thailand.

“Earning a PhD in nursing in Thailand is not enough,” she says. “By studying here, I can broaden my perspective, learn the difference between what is going on here and in Thailand, and then apply that knowledge to fit my country when I go back.”

One of Dumrongpakapakorn’s goals is to increase the amount of research originating in Thailand, a milestone she believes will be aided through her newly acquired knowledge about curriculum development as well as technology that can bring in assistance from other countries. “When I go back to my country, I will be able to keep in touch and collaborate with people here,” she says.

“Right now, we’re working on computer-based intervention. If it is effective and appropriate and can be applied to fit my country, we’ll reach many more patients compared to what we do now,” she says. “It will also be more cost-effective.”

Dumrongpakapakorn hopes her efforts will improve the quality of life for patients who have access to fewer providers—particularly those in rural areas, such as the hospital where she works when in Thailand.

# TECHNOLOGY

**THE MISSION OF EVERY NURSE** is to improve patient care, regardless of the form his or her practice takes. Technology is helping nurses bring that mission to bear in many ways that were unheard of just a decade ago. It helps underserved populations gain better access to health care and stay out of the hospital; it informs research that allows nurses to make smarter decisions; it reduces cost while improving quality. Given the exponential strides technology makes each year, there's no telling how it will change the profession in the future. But it is certain that nurses will be at the forefront of ensuring that technology ultimately benefits the patient.



# TECHNOLOGY VALIDATES, ENHANCES CLINICAL SETTING



“You can enhance programs that are working well to make them even better. It’s a team effort.”

**IN THE NEVER-ENDING QUEST** for quality improvement in health care, data are the secret weapon.

Nobody knows that better than Mary Wehling (MSN '05), the magnet project director at Allegheny General Hospital (AGH) in Pittsburgh. This role allows her to use her knowledge of nursing, love of informatics, and technology skills to make a difference in nursing.

The Magnet Recognition Program is sponsored by the American Nurses Credentialing Center, which recognizes excellence in patient care. Wehling and a team of colleagues evaluated their culture against the forces of magnet. The gap analysis identified pockets of excellence, areas for improvement, and the potential for growth.

She also oversees the quarterly data collection and submission to the National Database of Nursing Quality Indicators. These data allow AGH to benchmark patient care quality and nursing satisfaction against peer institutions. When evaluating a process, data can validate what you suspect is happening and/or describe what actually is happening. Trending the data can show if an initiative’s outcomes are sustainable and if they can be reproduced in another environment. Evidence is the basis for quality patient care.

Wehling earned an MSN in informatics at the School of Nursing. Her experiences in nursing have given her knowledge of bedside nursing, emergency

nursing (as a LifeFlight nurse), case management, the electronic health record, and project management. “When I worked in information services, I had a narrow view of informatics, thinking it was all about the electronic health record,” she says. “The informatics program opened my eyes to the world of informatics and its possibilities.

“Technology has changed the profession,” she says. “I like numbers.” Data can be used to make decisions that affect patient care and working environments. The bedside nurse has a valuable role in using the evidence to implement change. “You can enhance programs that are working well to make them even better,” she says. “It’s a team effort.”

Wehling recently was promoted to director of professional practice at AGH. In this new, expanded role, her responsibilities include oversight of information technology planning for the department of nursing, professional practice initiatives, and staff development and retention practices.

# JOURNEYMAN HOPES TO PUT CLINICAL AND TECHNICAL EXPERTISE TO WORK IN HEALTH CARE



**FRANK BOCZAR** (BSN '97) has been a bartender, a maintenance man, a security guard, a nurse, and a computer guru.

Not bad for a guy who says he didn't start taking life seriously until he turned 28.

Though he was born in Uniontown, Pa., Boczar grew up in the Bronx, N.Y., and left college after one year.

"I saw myself going nowhere," he says.

So, in 1982, he moved back to the area where he was born, taking a job as a security guard at Mon General Hospital in West Virginia. Intrigued by the work he saw in the emergency room, he decided to go back to school and become a nurse, despite never having taken so much as a biology class in high school.

Boczar worked split shifts while taking prerequisite courses for entrance into nursing school. He graduated as valedictorian of his diploma program in 1987, then worked in clinical nursing for a decade before earning a BSN at the University of Pittsburgh at Johnstown in 1997. Ironically, within a year, he left health care to work for a technology company that was recruiting bright young graduates.

"That's when the dot-com bubble was fully inflated, and everyone thought the world was coming to an end in 2000 because of the Y2K computer date glitch," says Boczar.

Several years earlier, a friend had sold him a computer for about \$300. It had a 10-megabyte hard drive and was too prehistoric to use even Windows software.

"That's how it all got started," Boczar recalls. "I never bought another computer again. I always built my own."

From his first job in computers, he moved on to work as a contractor for Bayer Corporation. By then, the industry's job prospects had become more unstable due to outsourcing overseas, so he returned to nursing and took a job in the operating room at UPMC Presbyterian.

"That was the first time I was really exposed to computing applications in a health care setting," he says. The hospital used a charting system that he found clunky—and he figured if a guy who could build his own computer disliked it, then nurses who were far less computer savvy would positively hate it.

"For me, it's cumbersome. For people who are computer-phobic, they don't even want to know this, and it seemed to make work more difficult," Boczar says. "That's what got the wheels turning. I was thinking, what could I possibly do to take 15–16 years of nursing experience and six years of programming experience and put them together?"

The answer was informatics. So, at the tender age of 52, he returned to college, enrolling in the School of Nursing's program with an eye toward developing programs that enhance the clinical setting, not encumber it.

"Health care is way behind in adoption of information technology," says Boczar. "They end up acquiring applications for use by the staff that really aren't well suited for use in a hospital environment."

As a health care practitioner, Boczar hopes to use his technical ability to help design and develop applications more suitable to a hospital setting. He also believes that he can help to translate programmerspeak for nurses, particularly those who are less comfortable with technology.

"Going outside of nursing allowed me to view it from a different perspective, and it was a really good experience," he says. "My exposure to business and clinical applications helped me to better understand how information technology could be used in different environments."



# TECHNOLOGY HELPS NURSE MONITOR PATIENTS IN THEIR HOMES



**YEARS AGO, JUDIE FESZ** (BSN '69, MN '77) had an aunt who used to say she wanted to go to the hospital to get a rest.

But nowadays, it's Fesz's job to keep people out of the hospital for precisely the same reason—because they rest and recover better at home.

As a nurse for UPMC/Jefferson Regional Home Health, Fesz helps patients to accomplish that goal through telehealth monitoring. Using interactive

video monitors with attachments, Fesz and other nurses can take vital signs, check oxygen levels, and listen to heart and lung sounds—all from their desks in suburban Pittsburgh.

“What we do is keep connected with the patient on a daily basis to keep track of how he or she is doing,” she says. “The goal of disease management and telehealth monitoring is to supplement education and reduce readmissions to the hospital.”

Remote monitoring can allow patients who live in rural or otherwise underserved areas to get more frequent and consistent care. They also fare better after discharge from the hospital because home care reinforces the importance of following physician orders and evaluates their progress. For example, a nurse may notice a patient's weight has increased after a restaurant meal and prompt the patient to realize it was not the quantity of food consumed at the restaurant but rather the type of food that was eaten.

“The patient finally gets the message that intake control does affect his or her health,” Fesz says.

Statistics bear her out: Prior to disease management and the use of telehealth monitors, about 12–15 percent of heart failure patients were readmitted to the hospital within 30 days of discharge. For telehealth patients, that number drops to 2.3 percent.

“Those statistics show the effect of close monitoring,” she says. “Patients frequently become so reliant on the monitor and the nurse contact that they get upset when the monitor is removed, expressing concern that after the nursing visits, the monitor would be useful to remain compliant.”

Fesz earned both her BSN and MN at the University of Pittsburgh School of Nursing. Early in her career, she worked in psychiatric nursing, then later moved to the Visiting Nurse Association of Western Pennsylvania as a clinical specialist. Through her practice, she saw firsthand the benefits of bringing specialized health care into the home, and the technology that made such care possible intrigued her.

Though she has occasionally entertained thoughts of moving into a hospital or doctor's office, she believes she spends more time following patients' progress in her current role.

“I find that in home care, you do exactly what you're trained as a nurse to do: assess the problem, create a care plan, and educate the patient/family on disease process and regaining independence in health care,” she says. “And you get to know the patients, which is very gratifying. You can see them improve.”





# RESEARCH

**RESEARCH IS A DISCIPLINE** many nurses pursue with practical goals in mind. Rare is the nurse who has ivory-tower aspirations for research; rather, most nurses seek to see the fruits of their discovery applied in a very real way to the benefit of their peers and patients. As the nurses profiled on the following pages demonstrate, the issues that arise in the clinical setting often become questions research will answer.

# PhD STUDENT WINS HARTFORD FOUNDATION GRANT FOR GERIATRIC RESEARCH



**WHEN GRACE CAMPBELL** (BSN '94, MSW '85) decided to switch careers and earn her Bachelor of Science in Nursing degree at the University of Pittsburgh, she swore she'd be done with school forever once she graduated.

Yet, 15 years later, she's back at the School of Nursing, where she is pursuing a PhD with an eye toward a career in research.

Having earned a master's degree in social work in 1985, she had worked in long-term

care and community services and found herself gravitating toward the nurses.

"I liked the immediate gratification," says Campbell. "When you're a nurse, no matter what, you know you can always do something to make people feel better."

Following her graduation from the BSN program in 1994, she worked as a rehabilitation staff nurse for four years, then as a unit director for almost 10 years. She decided to overrule her earlier decision and return for graduate studies when she became interested in evidence-based practice.

In her work setting, she wanted to do more to prevent patients from falling. But she found the existing literature didn't have many answers and lacked the guidance necessary to help her reduce risks. Campbell thought by earning a degree that trained her in advanced research methodology, she could make a difference for both her own patients and those in other facilities.

"I had this idea of going back to school in the back of my head for a lot longer than I'd like to admit, but I'm disturbed by the separation of clinical practice and research and was afraid that by returning to school I'd lose touch with what's really important: clinical care," she says. "Everything I want to do has to be directly translatable right back into the clinic. I am doing this so staff can take better care of their patients and help keep their patients safer."

Campbell recently completed the second year of her PhD program. She is collecting data for her dissertation, which examines the role of post-stroke cognition in predicting the risk

"When you're a nurse, no matter what, you know you can always do something to make people feel better."

of falls in an inpatient rehabilitation setting. She is the recipient of a John A. Hartford Foundation grant intended to educate more geriatric specialists; the need for such specialists is increasing as the baby boomer generation ages.

The grant matches Campbell's research interests, because stroke is much more common among older people.

Campbell believes being at Pitt helped make her a more attractive candidate for the Hartford grant because the University is well known for its multidisciplinary resources.

"I'm interested in being the bridge between the School of Nursing and some of the other schools in the University that do rehabilitation work," she says. "I'd really like to forge those partnerships."



# PHD GRAD HOPES RESEARCH WILL HELP NURSES TO IMPROVE ALCOHOL SCREENING AND INTERVENTION



**IN ACUTE CARE HOSPITALS**, health care practitioners are often so caught up in a patient's primary complaint they overlook a factor that can significantly impact treatment: risky and problematic alcohol use.

That's why Lauren Broyles (PhD '08) hopes her research will improve alcohol screening and brief interventions for inpatient settings—and she thinks nurses can lead the way.

“My goal is to move how we address alcohol use off the side streets and make it more of a mainstream issue,” says Broyles, a postdoctoral fellow at the Center for Health Equity Research and Promotion, a VA Health Services Research & Development Center of Excellence in Pittsburgh. Alcohol use often goes unidentified and unaddressed in both inpatient and outpatient settings. “Nurses and physicians receive very little training in how to screen patients for alcohol problems, and even less in how to address these issues.”

Additionally, in the hospital setting, the focus often is on the most acute issues. But alcohol use often plays a role in the patient's presenting problem, creates challenges in providing adequate pain medication or sedation, or presents itself as life-threatening alcohol withdrawal. Alcohol also often plays a role in exacerbating patients' chronic illnesses, such as diabetes, heart disease, or depression. Broyles adds, “Many patients don't realize they are drinking above recommended limits and are unsure if they need or even want to cut back.”

Broyles is studying the impact of nurse-led alcohol screening, brief intervention, and referral to treatment, otherwise known as SBIRT. It is a formal set of strategies designed to identify unhealthy alcohol use; discuss cutting back or quitting in a brief, nonconfrontational, patient-centered way; and, if needed, refer patients to formal treatment services. In primary care and trauma/emergency settings, it has been shown to reduce alcohol consumption, reduce alcohol-related illnesses and injuries, and reduce use of the health care system. Broyles hopes applying

SBIRT in the inpatient setting will help to address alcohol use in a place where it often falls through the cracks. “It's also a huge health promotion opportunity that's often missed,” she explains.

Broyles was bitten by the research bug while working as a staff nurse in Baltimore, Md. In her workplace, addiction and HIV went hand in hand. The hospital was using a medication called buprenorphine for heroin detoxification that, at the time, was available only in IV form. Broyles was concerned about having to inject high-risk patients who were HIV or hepatitis B positive three to four times a day. Aside from her concern for the safety of the nurses, she knew many patients lacked the muscle mass necessary to withstand so many needle sticks.

She brought her concerns to the attention of the substance abuse consultation-liaison service, and they decided to conduct a formal research study with the unit administering the medication as an IV piggyback in a small bag of saline. They tracked the new procedure's effectiveness through patient reports and monitoring, ultimately changing the way the unit practiced.

“The IV piggyback route was safer for nurses, it was more comfortable for patients, and it had no effect on the effectiveness,” says Broyles, who recalls marveling that “I identified a problem, [I] carried it through, and my practice problem was taken seriously.” Broyles later left bedside care to work for the consultation service. The PhD program at the University of Pittsburgh helped her refine her skills so she could continue to pursue her research ideas.

“It provided me with the research design skills, with the statistical background needed,” she says. “It also provided me with the ability to conceptualize a study from start to finish—to generate research questions, write a grant proposal, execute a study, do the statistical analysis myself and with assistance, and really figure out what it all means.”

Broyles also gave birth to two children while she was in the PhD program and credits faculty and mentor support with helping her to balance her academic goals with the demands of new motherhood.

“I think it's a real strength, a real feather in the cap for the School of Nursing, to have created a climate where it's okay—and possible—to be successful in both parts of your life,” she says.

# STUDENT DISCOVERS LOVE FOR RESEARCH AS AN UNDERGRADUATE

“Nursing appealed to me because there are so many different career paths you can take.”

**AS AN UNDERGRADUATE NURSING STUDENT** in the summer of 2008, Tiffany Riser (BSN '09) was looking for externships that would help her determine whether her interest in research was a passing fancy or a possible career path.

She found an ideal fit in the Summer Programs for Undergraduate Research at the University of California Los Angeles, where she spent 10 weeks paired with Eufemia Jacob, an assistant professor who shared her passion for oncology nursing.

A Southern California native, Riser went home and worked side by side with her mentor on a study that assessed symptoms experienced by children who were hospitalized with cancer. She taught both nurses and children to use personal electronic devices that helped them rate the severity of their symptoms, and she also helped recruit patients for the study.

Later, Riser prepared her own research poster based on data she had analyzed, then presented her work at the end of her summer program. Back in Pittsburgh, the School of Nursing hung her poster in its halls, a fact she reflects upon with pride.

“It confirmed my interest in research,” says Riser, who plans to begin graduate school in the fall to become a nurse practitioner. “It enabled me to see what I would be doing if I was to be a professional person, a faculty member doing research.”

Her interests lie in women’s health issues as well as minority health disparities, HIV/AIDS, and breast cancer.

Those career choices are a far cry from music, which is what she once thought about studying.

While attending a precollege summer program at Carnegie Mellon University as a vocal music major, Riser attended an open house at Pitt, where she discovered the School of Nursing and its sterling reputation.

“Music wasn’t something I felt fully committed to,” she says. “Nursing appealed to me because there are so many different career paths you can take. You can change them throughout your life.”

A full-tuition academic scholarship sealed the deal for Riser, and her experience at the School of Nursing confirmed she had made the right choice. A member of the Dean’s Student Advisory Council, she maintained an impressive 3.6 grade point average.

“I feel like something was bringing me to this University,” she says. “It just happened so randomly. I wasn’t even looking here, but it ended up all working out for me.”



Tiffany Riser (left) with Eufemia Jacob

# Philanthropy and You:

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Every year, you contribute to the School of Nursing because you feel strongly about giving back. Your generous gifts provide much-needed financial support for students, continuing education programs for alumni, quality health care for the community, and funding to attract the finest faculty and researchers. Your generous contributions help to support nursing education, scholarships, research, and capital/building enhancements.

Think for a moment about what it would mean for the School of Nursing, and the people it serves, if your gifts were to cease. Multiply your gift by hundreds of others. What if, one by one, they no longer came? Funding for community services would be cut, fewer scholarships would be available, advances in technology and patient care would be slowed, and talented and creative faculty would be forced to go elsewhere.

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If you would like more information about including the School of Nursing in your will or estate plan, please contact Janice Devine at 412-624-7541 or jad154@pitt.edu.

# Fund Spotlight



**THE SCHOOL OF NURSING** is very proud of the number of funds available that provide support in the form of scholarships, research, and building enhancements. The school is deeply grateful to the individuals and organizations who, with their generous support, have made this possible. We plan to highlight one fund in each issue of *Pitt Nurse*,

beginning with the Nancy Glunt Hoffman Memorial Fund in this issue.

In 2002, Pitt alumnus and dedicated volunteer J. Roger Glunt committed to raising funds to honor his sister and School of Nursing alumnus Nancy Glunt Hoffman (BSN '63), whose life was cut short by cancer. As a tribute to Hoffman, Glunt has been working to establish a chair in oncology nursing at the University of Pittsburgh School of Nursing. To date, more than one third of the \$1.5 million needed to fund the chair fully has been raised.

Recent statistics that show the incidence of cancer is increasing every year. There are currently more than 11 million Americans with a history of cancer, and about 1.5 million more are expected to be diagnosed this year, not including skin cancers. More than 560,000 Americans will die of cancer this year. According to the National Cancer Institute, the probability of developing some form of cancer throughout one's lifetime is a staggering one in two for both men and women in this country.

The University of Pittsburgh School of Nursing was one of the first schools in the country to offer an oncology nursing track in its masters program. The school continues to offer a leading specialty in oncology nursing and enjoys strong collaborative relationships with two of the nation's leading institutions in oncology and clinical care and research: the University of Pittsburgh Medical Center and the University of Pittsburgh Cancer Institute.

For more information or to support the Nancy Glunt Hoffman Memorial Fund or other funding opportunities at the School of Nursing, contact Janice Devine at 412-624-7541 or jad154@pitt.edu

# ALUMNI NEWS + NOTES

## 1960s

**Nancy Grove** (BSNEd '68), University of Pittsburgh at Johnstown professor emeritus and director of its School of Nursing, received the Pitt–Johnstown Advisory Board's 12th Service to Community Award. This award recognizes individuals who contribute to the quality of life in the region. Grove was honored for her involvement with United Cerebral Palsy (UCP) and as a volunteer member of the Boards of Directors of UCP and Choices People Supporting People.



## 1970s

**Leota T. Acord** (MN '74), PhD, was presented with an Honorary Membership Award at the 2009 Spring Annual Meeting of the American Association of Colleges of Nursing (AACN). Currently on the faculty at Marquette University, Acord has served as dean at the University of Maine, Montana State University, and Marquette—all AACN member institutions. Her service to AACN includes three terms on the Board of Directors and serving as association secretary, chair of the Program Committee, and a member

of the (AACN) Task Force to Develop Operating Policies and Procedures for AACN Networks.

**(Sister) Rosemary Donley** (MNEd '66, PhD '72) has been named to Duquesne University's newly created Jacques Laval Endowed Chair in Justice for Vulnerable Populations, effective August 2009. In her new role, Donley will spearhead the nursing school's community service efforts to provide health care services to vulnerable populations, a category of people that can include the very young or very old as well as those whose access to health care is limited or does not meet their needs. Endowed by a bequest from the estate of the late Thomas F. Bogovich, a 1953 Duquesne alumnus, the chair is named for a 17th-century Spiritan priest and physician who dedicated himself to caring for freed slaves on the Indian Ocean island of Mauritius. Donley previously was a professor of nursing at the Catholic University of America, where she held positions as executive vice president, chief operating officer, and dean of nursing.

**JoAnne D. Montana** (BSN '73), MSN, was named Georgetown University Hospital's Magnet Nurse of the Year in 2008. Nominated by her Same Day Surgery colleagues for demonstrating the 14 Forces of Magnetism, Montana received a Lladro nurse statue; a cash award; and a round-trip, all-expenses paid trip to the 2008 American Nurses Credentialing Center Magnet Conference in Salt Lake City, Utah. She also is a certified ambulatory perianesthesia nurse.

**Jennifer Onaitis Legler** (BSN '74), MSN, has been appointed clinical deputy director of the Operation Enduring Freedom/Operation Iraqi Freedom Program Office, a part of

the Veterans Health Administration within the U.S. Department of Veterans Affairs.

## 1980s

**Linda R. Frank** (MSN '83), PhD, received the 2008 Frank Lamendola Achievement Award for Nursing Leadership from the Association of Nurses in AIDS Care for bringing vision, leadership, and commitment to the nursing profession. In addition to serving as principal investigator and project director of the Pennsylvania/MidAtlantic AIDS Education and Training Center, Frank is an associate professor in Pitt's Graduate School of Public Health Department of Infectious Diseases and Microbiology.

**Renee-Lynette Simmons-Bever** (BSN '80), a retired officer in the U.S. Navy Reserve, had worked as an advocate for asthma and chronic nonspecific connective tissue disorder.

**Connie White-Williams** (BSN '84), PhD, FAAN, earned her doctoral degree in May 2009 from the University of Alabama at Birmingham.

## 1990s

**Valerie Bell** (BSN '86, MSN '91) has been promoted to associate director of the nurse anesthesia program at the University of Miami School of Nursing and Health Studies. Bell also holds a Master of Arts degree in counseling psychology.

**Gail M. Turner** (MSN '97), participated in an American Association of Colleges of Nursing expert panel discussing geriatric patient issues in February 2009.

## 2000s

**Lottie Brewer** (BSN '02) is working out of the TRICARE office in Garmisch, Germany, assisting military beneficiaries with their TRICARE health care coverage. After earning her Pitt BSN degree, Brewer was on active duty as a U.S. Army nurse at Germany's Landstuhl Regional Medical Center until July 2007. Her husband currently is on active duty with the Army, assigned to the George C. Marshall European Center for Security Studies in Garmisch.

**Nicole L. Bruno** (MSN '09), a graduate of the School of Nursing's Acute Care Nurse Practitioner Program, received the Shirley Negley-Kobert Award from the Nurse Practitioners Association of Southwest Pennsylvania. This award is presented to a graduating nurse practitioner student in recognition of academic and clinical excellence.

**Nancy Gorsha** (MSN '08), MBA, is an informatics nurse at UPMC Corporate Services in Pittsburgh and an adjunct faculty member at the University of Pittsburgh School of Nursing.

**Amy L. Herrmann** (MSN '01), clinical coordinator at UPMC Shadyside, was named Outstanding Certified Registered Nurse Anesthetist Clinical Educator by the Pennsylvania Association of Nurse Anesthetists in April 2009.

**Maria Rolinski** (MSN '09), BSN, was named Outstanding Student in the State of Pennsylvania by the Pennsylvania Association of Nurse Anesthetists in April 2009.

## In Memoriam

**Jane F. Anderson** (BSN '69)  
February 7, 2009

**Kathleen W. Cornell** (BSN '61)  
June 14, 2009

**Frances E. Dorn** (BSN '44)  
July 25, 2006

**Jayne A. Harkins** (MLit '59)  
March 27, 2008

**Margaret Henderson Lyness**  
(BUN '55), January 12, 2009

**Virginia Jepson**, former School of Nursing faculty member and the 1982 recipient of the school's Honorary Alumni Award, died on October 5, 1998. Jepson taught nursing administration at the graduate level before retiring to Arizona in 1978.

**Alexander Minno**, 87, passed away on January 21, 2009. A graduate of the University of Pittsburgh School of Medicine, he was closely connected to the School of Nursing for years. Minno and his wife, Frances, established the Frank and Anna Minno Scholarship Fund in Memory of Their Daughter Lt. Col. Julia Minno [BSNEd '49, MLit '53] at the School of Nursing as a tribute to his sister. He served on the school's Volunteer Advisory Committee and was recognized with a 2004 Honorary Alumni Award.

**Irene Riddle** (PhD '70) died on August 9, 2008, at the age of 74. Throughout a 38-year career at Saint Louis University School of Nursing, Riddle was recognized as a committed nurse leader, nurse educator, nurse researcher, clinician, and mentor. She developed and became the first director of its PhD program and founded its master's program in nursing care of children. Riddle was honored with a number of professional awards, including the University of Pittsburgh School of Nursing's 2000 Distinguished Alumni Award.

### SCHOOL OF NURSING'S FIRST FACULTY MEMBER, PIONEERING NURSE EDUCATOR DIES

**Alice Crist Malone**, 97, passed away on February 2, 2009, in Tucson, Ariz. Malone was the first faculty member to be recruited by the school's first dean, Ruth Perkins Kuehn, in 1940. At that time, Malone was on the faculty of the University of Chicago. She was appointed associate professor and acting chair of the Department of Nursing Education. Malone spent the next four decades in service to the School of Nursing, retiring as professor emeritus in 1978. She earned her bachelor's and master's degrees at Ohio State University.



**Cheryl Paule McCahon** (BSN '69)  
August 3, 2008

**Barbara S. Nelson** (MN '72)  
January 30, 2008

**Dorothy Jean Smith** (BSNEd '44)  
November 29, 1997

**Jean Ann Zuritis** (MNEd '65)  
January 31, 2009

## J. Roger Glunt Receives Pitt Alumni Association's Baierl Award

At its spring 2009 board meeting, the Pitt Alumni Association recognized **J. Roger Glunt** (BUS '60), with its Bill Baierl Distinguished Service Award. Glunt, past president and director emeritus of the alumni association, currently serves as a member of the School of Nursing's Board of Visitors and chairs its Volunteer Advisory Committee. In 2002, he was named an honorary alumnus of the School of Nursing.

## School of Nursing 50+ Luncheon (By Invitation Only)

Alumni marking 50+ year reunions in 2009 (the Classes of 1944, 1949, 1954, and 1959) are cordially invited to a

**50+ Year Alumni Luncheon**

**Noon**

**Friday, October 23, 2009**

**Victoria Building, first-floor lobby**

**3500 Victoria Street, Oakland**



RSVP by  
October 16, 2009,  
to Joan Nock at  
412-624-2404  
or jno100@pitt.edu.

### 1939 WAS A VERY GOOD YEAR:

- The cornerstone of the Jefferson Memorial was laid by President Franklin D. Roosevelt,
  - LaGuardia Airport opened for business,
  - John Steinbeck's *The Grapes of Wrath* was first published,
  - *Gone with the Wind* premiered in Georgia, and
- the University of Pittsburgh School of Nursing was established!



Advancing Nursing Science,  
Education, and Practice

## NURSING HOMECOMING EVENTS

### A Change Is in the Air

With the city of Pittsburgh selected as the host city and the University of Pittsburgh as a host organization for the G-20 Summit, the School of Nursing alumni celebration has been changed to a new date and time.

Please join with us and all nursing alumni on

**Friday, October 23, 2009,**

for an

## Alumni Program and Homecoming Tea

in the

**first-floor lobby, Victoria Building,**

**3500 Victoria Street, Oakland,**

**beginning at 2 p.m.**

Registration Fee: \$10/person  
RSVP by Friday, October 16, 2009



- Classes ending in 4 and 9 will be recognized.
- Self-guided tours of the School of Nursing
- Free parking available at Soldiers and Sailors Military Museum and Memorial to the first 95 registrants
- Shuttle service will be available to the Victoria Building.
- With questions, please contact Joan Nock at 412-624-2404, 1-866-217-1124, or jno100@pitt.edu.
- For complete University of Pittsburgh homecoming details, including hotel information, visit [www.alumni.pitt.edu](http://www.alumni.pitt.edu).

**Reminisce, Reconnect, Make New Memories!**

Make checks payable to University of Pittsburgh; mark "Homecoming Tea" on the memo line.

Send your check with your name and the name(s) of your guest(s) to:  
University of Pittsburgh  
School of Nursing  
Alumni Program and Homecoming Tea  
Joan Nock  
218 Victoria Building  
3500 Victoria Street  
Pittsburgh, PA 15261

The Homecoming Tea registration form can be downloaded at [www.nursing.pitt.edu](http://www.nursing.pitt.edu); click on Alumni in the header bar, then click on Nursing Homecoming Events.

### Consider Making a Class Gift!

Our **Class Gift Program** has been very popular over the past six years. Classes marking reunions in 2009—Classes of 1944, 1949, 1954, 1959, 1964, 1969, 1974, 1979, 1984, 1989, 1994, 1999, and 2004—may make donations in any amount in honor of milestone celebrations.

**Include a class gift with your Alumni Program and Homecoming Tea registration.**

Please indicate your class year on your check's memo line when directing a gift to the University of Pittsburgh for this program.

If you can't join with classmates at the School of Nursing on October 23, make a difference through a donation to the Class Gift Program.

Your generosity is appreciated!



## UPCOMING EVENTS

### CONVOCATION

Monday, September 14, 2009  
2:30 p.m.  
First-floor lobby, Victoria Building

### G-20 SUMMIT

Thursday and Friday, September 24 and 25, 2009

The University of Pittsburgh will be one of the host organizations.

### CAMEOS OF CARING AWARDS GALA

Saturday, October 17, 2009  
6 p.m.: Auction and Reception  
7 p.m.: Dinner and Awards Presentation  
Spirit of Pittsburgh ballroom  
David L. Lawrence Convention Center

### UNIVERSITY OF PITTSBURGH HOMECOMING 2009

Thursday–Sunday,  
October 22–25, 2009  
Visit [www.alumni.pitt.edu](http://www.alumni.pitt.edu) for all Homecoming 2009 details.

### Welcome Back Reception

A tradition on campus for all Pitt alumni  
Friday, October 23, 2009  
6 p.m.  
Commons Room, Cathedral of Learning  
The School of Nursing will be represented at this event. Please stop by our table to say hello!

### Alumni Program and Homecoming Tea

Friday, October 23, 2009  
2 p.m.  
First-floor lobby, Victoria Building





## Faculty News

**Susan Albrecht** (BSN '75, MN '78, PhD '81), FAAN, associate dean for student and alumni services, development, and public relations and associate professor in the Department of Health and Community Systems, was elected to the American Academy of Nursing's 2009 Fellow Selection Committee. Her term is 2009–12.

**Catherine Bender**, PhD, associate professor in the Department of Health and Community Systems, and **Yvette Conley** (MS '93, PhD '99), associate professor in the Department of Health Promotion and Development, received an award from the Oncology Nursing Society Foundation for their proposal, "Genomics of Cognitive Function in Breast Cancer."

**Lora Burke** (PhD '97), MPH, FAHA, FAAN, professor in the Department of Health and Community Systems, has been elected to fellowship in the Society of Behavioral Medicine. She was honored, along with other newly elected fellows, at the society's 30th Annual Meeting & Scientist Sessions in Montreal, Quebec, Canada, in April 2009.

**Helen Burns** (MN '81, PhD '93), FAAN, associate dean for clinical education and associate professor in the Department of Health and Community Systems, received an award from the Pennsylvania Department of Labor and Industry for her proposal, "Nursing Education Initiatives for Clinical Education."

**Eileen Chasens**, DSN, assistant professor in the Department of Health and Community Systems and coordinator of the Accelerated Second Degree BSN Program, received an award from the National Heart, Lung, and Blood Institute for her proposal, "OSA, Sleepiness, and Activity in Diabetes Management."

**Judith Erlen** (BSN '66, MN '79, PhD '94), FAAN, professor in the Department of Health and Community Systems, PhD program coordinator, and associate director of the Center for Research in Chronic Disorders, accepted the position of chair of the Department of Health and Community Systems.

**Richard Henker** (MSN '02), PhD, associate professor and vice chair of the Department of Acute and Tertiary Care, received a Golden Apple Award from Health Volunteers Overseas (HVO). This award was created by the HVO Board of Directors in 2006 as a way of honoring those volunteers who have demonstrated an extraordinary commitment to HVO's ideals of teaching and knowledge transfer in order to develop local capacity and ultimately to strengthen the health care sector's ability to deliver care.

**Heeyoung Lee**, PhD, MSN, assistant professor in the Department of Health and Community Systems, received an award from the Sigma Theta Tau International Honor Society



Susan Albrecht



Catherine Bender



Yvette Conley



Lora Burke



Helen Burns

of Nursing for her proposal, "Physical Activity in Young Adults with Early Stage Schizophrenia: A Pilot Study."

**Kathy Magdic** (MSN '92, MSN '95), FAANP, coordinator of the Acute Care Nurse Practitioner Program and instructor in the Department of Acute and Tertiary Care, was elected president of the Nurse Practitioners Association of Southwest Pennsylvania.

**Judy Matthews** (MPH '99, PhD '98), assistant professor in the Department of Health and Community Systems, received an appointment to the National Research Council of the National Academy of Sciences, Division of Behavioral and Social Sciences and Education, Committee on the Role of Human Factors in Home Healthcare. Her project there is funded by the Agency for Healthcare Research and Quality (AHRQ) and involves examining human factors issues in home health care.

**Kathryn Puskar** (MN '71, MPH '78, DrPH '81), FAAN, professor and coordinator of the psychiatric mental health clinical nurse specialist area of concentration in the Department of Health and Community Systems, received a secondary appointment in the Department of Psychiatry at the University of Pittsburgh School of Medicine.

**Margaret O. Rosenzweig** (MSN '86, PhD '01), assistant professor in the Department of Acute and Tertiary Care, received an award from the American Cancer Society for her proposal, "The ACTS Intervention to Reduce Breast Cancer Treatment Disparity." She also received an award from the Oncology Nursing Society for "The SEA Intervention for Women with Metastatic Breast Cancer."

## Faculty to Be Inducted into American Academy of Nursing

Three faculty members from the University of Pittsburgh School of Nursing will be inducted as fellows into the American Academy of Nursing in November.

**Catherine M. Bender**, PhD, associate professor in the Department of Health and Community Systems; **Sandra J. Engberg**, PhD, associate professor and chair of the Department of Health Promotion and Development; and **Richard Henker** (MSN '02), PhD, associate professor and vice chair of the Department of Acute and Tertiary Care, were selected by the academy for their outstanding achievements in the nursing profession.

"Appointment to fellowship is not only recognition of one's accomplishments but also provides these individuals with

the opportunity to work with other health care leaders to address current issues," said Jacqueline Dunbar-Jacob, PhD, FAAN, dean and professor at the School of Nursing. "Bender, Engberg, and Henker are the most recent faculty members to be appointed to fellowship, bringing the proportion of fellows at the University of Pittsburgh School of Nursing to an impressive 25 percent."

Bender, Engberg, and Henker will be formally inducted as fellows with 95 other nurse leaders during the academy's 36th Annual Meeting and Conference on November 7, 2009, in Atlanta, Ga.

## Society of Critical Care Medicine Awardees

Four researchers from the Department of Acute and Tertiary Care at the University of Pittsburgh School of Nursing received abstract awards at the 38th Critical Care Congress of the Society of Critical Care Medicine, held in Nashville, Tenn., February 1-4, 2009.

**Pei-Ying Chuang** (PhD '08), received the society's Young Investigator Award for her abstract, "Neuroglobin Genetic Polymorphisms and Their Relationship to Functional Outcome Following Traumatic Brain Injury."

Two of the Annual Scientific Awards, given for the top 10 abstract scores, were given to **Elizabeth Crago**, MSN, research associate, for her abstract, "Cerebrospinal Fluid 20-HETE Is Associated with Poor Neuropsychological Outcomes after Aneurysmal Subarachnoid Hemorrhage," and **Marilyn Hravnak**, PhD, FCCM, FAAN, associate professor, for her abstract, "Relationship between Left Ventricular Wall Motion Abnormalities and Markers of Neurocardiac Injury in Patients with Aneurysmal Subarachnoid Hemorrhage." In addition, the Neurology Specialty Award was given to **Sheila A. Alexander** (BSN '89, PhD '04), assistant professor, for her abstract, "NO Pathway Biomarkers of CV After SAH."

The Society of Critical Care Medicine is an international, multidisciplinary group representing health care providers in critical care medicine. There were 790 abstracts submitted; representation from the top 10 percent (66 abstracts) were selected for presentation, and only 29 received abstract-based awards.



Judith Erlen



Richard Henker



Judy Matthews



Kathryn Puskar



Margaret Q. Rosenzweig

## Student News

**Judith Callan** (BSN '80, MSN '84, PhD '07), a postdoctoral student, received an award from the University of Pittsburgh Clinical and Translational Science Institute's multidisciplinary Clinical Research Scholars Program for her proposal, "Improving CBT Homework Adherence in Depressed Patients Using Mobile Technology."

**JiYeon Choi** (PhD '08), MN, received an award from the National Institute of Nursing Research for her proposal, "Caregivers of Prolonged Mechanical Ventilation: Mind-body Interaction Model."

**Pei-Ying Chuang** (PhD '08), MS, received an award from the Oncology Nursing Society for her proposal, "Genetics, Psychological Stress and Cytokines in Oncology Caregivers,"

**Ellen Kantor** and **Latasha Kast**, sophomore nursing students, received scholarship awards from the Foundation of the National Student Nurses' Association. The scholarships are awarded based on academic performance, leadership, community activities related to health care, and financial need.

**Debra Thompson** (BSN '77, MSN '81), a PhD student, received an award from the National Institute of Nursing Research for her proposal, "A Multi-level Study of Nurse Leaders, Safety Climate and Care Outcomes."

**Chantiel Umberger**, a junior nursing student, presented Using Patient Reported Outcomes to Inform Phase I Clinical Trials at the fourth semiannual Undergraduate Research at the Capitol - Pennsylvania, a poster conference that showcases outstanding research projects by undergraduate students from across the state. Umberger was mentored on the project by **Heidi Donovan**, PhD, assistant professor in the Department of Acute and Tertiary Care, and **Kristin Zorn**, MD, from Magee-Womens Hospital of UPMC.

**Elizabeth Van Loon**, a sophomore nursing and University Honors College student, was awarded a Brackenridge Undergraduate Fellowship for the summer. Named for the founder of the University of Pittsburgh, Hugh Henry Brackenridge, this fellowship supports University of Pittsburgh undergraduates conducting independent research projects and a roundtable discussion of their progress in a weekly seminar in the summer months. Students also are encouraged to participate in informal workshops, typically initiated by the fellows themselves, that allow the fellows to discuss their research projects further.

Brackenridge fellows are selected on the basis of their academic record and the originality and promise of their proposed projects as well as their aspiration to create and participate in an interdisciplinary community of students in the humanities, social sciences, natural sciences, and applied disciplines.

# Continuing Education

**Karen Wickersham**, a doctoral nursing student, received an award from the National Institute of Nursing Research for "A Study of Medication Taking for NSCLC Patients Receiving Oral Targeted Therapy."

## The School's First DNP Graduates

**Michael Beach** (MSN '01, MSN '02, DNP '09), instructor in the Department of Acute and Tertiary Care; and **Kristin Nowack** (BSN '04, MSN '06, DNP '08) are the school's first two Doctor of Nursing Practice (DNP) graduates. Beach and Nowack were hooded at the Graduate Recognition Ceremony on April 26, 2009.

The DNP program prepares nurses within a clinical focus such as nurse practitioner and clinical nurse specialist roles or a systems focus such as nursing administration. In today's health care environment, advanced practice nurses require complex clinical skills and sophisticated knowledge of the evidence base for practice. DNP graduates are prepared to a new level of state-of-the-art and science expertise, combining research use with education and practice.

DNPs focus on practice that is innovative and evidence based, reflecting the critical appraisal and application of research. DNP graduates will be able to affect the health care delivery system by evaluating the evidence base for nursing practice, becoming leaders in the clinical arenas, establishing standards and policies, and meeting the needs of today's diverse health care systems.



Kristin Nowack and Michael Beach

The University of Pittsburgh School of Nursing's Continuing Education Program provides a broad range of on-site and online activities tailored to nurses in clinical practice. To meet the new legislative requirements for annual continuing education, we are launching a series of online educational programs. To learn more about our educational programs, please call 412-624-3156, e-mail [pjk14@pitt.edu](mailto:pjk14@pitt.edu), or visit [www.pitt.edu/~nursing/continuingedu/index.html](http://www.pitt.edu/~nursing/continuingedu/index.html).

### ON-SITE PROGRAMS AT VICTORIA BUILDING

#### FAST TRACK BACK: REENTRY TO PRACTICE FOR REGISTERED NURSES October 2009

The **Fast Track Back: Reentry to Practice for Registered Nurses** program prepares registered nurses for reentry into hospital-based nursing practice through 25 hours of classroom and simulated learning and 80 hours of hospital-based practice with an experienced registered nurse clinical coach. This program is designed to refresh the nursing skills of the registered nurse who has a current nursing license in the Commonwealth of Pennsylvania. This program is a recognized **refresher program and not a reinstatement program. A reinstatement program would be required** in the event a registered nurse has let a Pennsylvania nursing license expire.

**Program Fee: \$1,300 plus a \$12 liability insurance fee**, which is required for nurses doing clinical practice at UPMC facilities. The program fee includes tuition, textbooks, lunch, and parking for the didactic and simulation components at the Oakland campus.

**Continuing Nursing Education Credits: 105**

#### ADVANCED PRACTICE NURSE COLLOQUIA SERIES

A series for advanced practice nurses, pharmacists, physicians, and physician assistants

- **Diabetes and Preconception Counseling: October 2009** Please join us for a light dinner and conversation. Check our Web site for upcoming information.

#### 2009 FALL PHARMACOLOGY UPDATE CONFERENCE

**November 14, 2009**

We emphasize a broad pharmacologic knowledge base through dynamic presentations of pharmacologic issues affecting patient care. Concurrent sessions address drug therapies for adult and child populations with content that enables clinicians to offer pharmacologic interventions that are evidence based and support best practice.

**Continuing Nursing Education Credits: 4.5**

### ONLINE PROGRAMS

#### BASIC CLINICAL ETHICS FOR NURSES

This online module provides the practicing nurse with information about terms, concepts, and theories commonly used in clinical ethics. Guidelines to ethical decision making include exploration of personal philosophy and values, the American Nurses Association Code of Ethics, and an exercise in applying ethical concepts and theories. The participant will have opportunities to evaluate his/her progress in learning about clinical ethics and receive feedback on responses to two quizzes. Enrolled participants have six months to complete the course.

**Program Fee: \$20**

**Continuing Nursing Education Credits: 2**

#### THE CLINICAL PRECEPTORSHIP: A BRIDGE BETWEEN KNOWLEDGE AND PRACTICE

A five-module self-paced online course for nurses who work one on one with our nursing students

**Program Fee: This online course is offered without charge to current and potential Pitt nursing student preceptors. You can choose to complete one module or all five.**

**Continuing Nursing Education Credits: 1 for each completed module**

*For more information about any of these courses, go to [www.nursing.pitt.edu](http://www.nursing.pitt.edu).*

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

## PITT NURSING ACCESSORIES

### PITT NURSING BRACELET'S POPULARITY CONTINUES!

Join the many alumni, students, and friends of the University of Pittsburgh School of Nursing who are proudly showing off Pitt nurse pride each time they wear this lovely bracelet, created exclusively for the Nursing Alumni Society. Made of sterling silver beads and Swarovski crystals, the bracelet features blue and khaki crystals. Each piece is handcrafted and strung on 49-strand stainless steel nylon-coated wire. Bracelets—available in 7-inch, 7½-inch, and 8-inch lengths—can be ordered in two styles. One style features more crystals, whereas the other features more sterling silver beads. The bracelet comes with a nursing cap charm, and customers may choose between a lobster claw or toggle clasp. Bracelets sell for \$50 each.

When ordering, please make sure to specify length, style, and clasp. Use the order form provided or download an order form from the School of Nursing Web site at [www.nursing.pitt.edu](http://www.nursing.pitt.edu); click on Alumni. Questions can be directed to the School of Nursing alumni office at 412-624-2404. Proceeds benefit student activities and scholarships.

QTY.	SIZE	STYLE	CLASP	PRICE	TOTAL
	Small (7") Approx. wrist size 6"			\$50	
	Medium (7½") Approx. wrist size 6½"			\$50	
	Large (8") Approx. wrist size 7"			\$50	
SHIPPING/HANDLING					\$ 3
<b>ORDER TOTAL</b>					<b>\$</b>

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

\_\_\_\_\_

Make checks payable to **University of Pittsburgh** and write "Pitt Nursing Bracelet" on the memo line. Mail check and order form to: **University of Pittsburgh, School of Nursing, Alumni Office, 218 Victoria Building, 3500 Victoria Street, Pittsburgh, PA 15261.**



### NIGHTINGALE LAMP

Enjoy this lovely ceramic Nightingale Lamp, symbolic of modern nursing and a reminder of the University of Pittsburgh School of Nursing's tradition of "passing of the light," for only \$25.



### PITT NURSING TOTE BAGS

The Nursing Alumni Society is offering a trendy tote bag for \$15. It's crafted from durable duck cloth and measures 18" wide by 11½" high. The School of Nursing's seal is screen printed on the front. Proceeds benefit student scholarly activities. As always, thank you for your support!

I would like to order \_\_\_\_\_ lamp(s) at \$25 each.

I would like to order \_\_\_\_\_ tote bag(s) at \$15 each.

Total enclosed: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

Please make checks payable to **University of Pittsburgh.**

Mail or drop off your order to:

University of Pittsburgh  
School of Nursing  
Joan Nock  
218 Victoria Building  
3500 Victoria Street  
Pittsburgh, PA 15261

Thank you for your support of the Nursing Alumni Society and School of Nursing students!

Can you identify the year and the faces?



**IF SO, CONTACT JOAN NOCK AT 412-624-2404 OR JNO100@PITT.EDU. WE WILL PUBLISH YOUR ANSWER IN THE NEXT ISSUE OF *PITT NURSE*.**

Want to share your memories with fellow alumni? Just send us your favorite photo of yesteryear, and we'll run it in an upcoming issue. Submit your pictures to: University of Pittsburgh, School of Nursing, 218 Victoria Building, 3500 Victoria Street, Pittsburgh, PA 15261. All pictures will be returned.



**REMEMBER WHEN? PHOTO FROM SPRING 2009 ISSUE**

The "Remember When?" photo from the spring 2009 issue of *Pitt Nurse* was taken in fall 1951, prior to the end of the first quarter. Class of 1954 alumni Mollie Purdy Cook, Edna Mae Gerner, Lois Gregory Norton, and Dawn Kreisler Stundon unanimously agree on the following identifications from left to right: Dorothy Leppert Howard, Alice Bowlby, Gerner (partially hidden), Stundon, Betty Lauder Hunter, Ruth Sherrif Campbell, Diane Gallagher Tighe (partially hidden), Christine Sheckler Koza, Mary Vins Roll, Patricia Emerson Mimms (partially hidden), Ann Medved Morton, unidentifiable, Margaret Schletinger Austin, Cook, Adele Fierst Bowman, Barbara Weems, Norton, Martha Dushaw, Mary Francis Powell Bakewell, Patricia Bayer Colonna, Dorothy Huster McClelland, Ruth Butts, and Florence Davis.

UNIVERSITY OF PITTSBURGH  
SCHOOL OF NURSING  
ALUMNI SOCIETY  
EXECUTIVE COMMITTEE

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BETH K. MASTRANGELO (BSN '99)

BACCALAUREATE REPRESENTATIVE

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## ALUMNI PROGRAM AND HOMECOMING TEA

### SAVE THE DATE

University of Pittsburgh School of Nursing alumni are cordially invited to this celebration of Pitt nursing. Alumni from graduation classes ending in **4** and **9** will mark milestone reunions.

Don't miss this wonderful opportunity to reconnect and reminisce!

**FRIDAY, OCTOBER 23, 2009**

**Victoria Building, first-floor lobby  
3500 Victoria Street, Oakland  
beginning at 2 p.m.**

Registration Fee: \$10/person  
RSVP by Friday, October 16, 2009

Free parking available to the first 95 registrants

For more information or to download a registration form,  
visit [www.nursing.pitt.edu](http://www.nursing.pitt.edu) or contact Joan Nock at 412-624-2404 or [jno100@pitt.edu](mailto:jno100@pitt.edu).

