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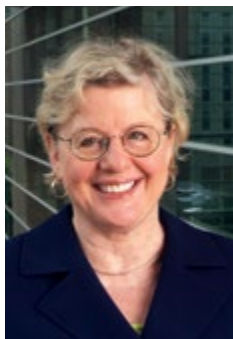
UNIVERSITY OF PITTSBURGH
SCHOOL OF NURSING MAGAZINE
Summer 2019

**FINDING
YOUR PATH
IN GRADUATE
EDUCATION**



“Nursing school” means a much different thing these days.

When the University of Pittsburgh School of Nursing was founded more than 70 years ago, a nurse earning a BSN was not common—nor were the expanded options available to her. At the time, it was likewise uncommon for a man to pursue a nursing degree. Back then, it would have been more common to earn a nursing diploma from a hospital-based program and



“There are options that fit nearly any passion in nursing and options that give today’s nurses the opportunity to accomplish whatever they want in a nursing career.”

go straight into the workforce, get married, or serve as a nurse in the armed forces during times of conflict.

Pitt Nursing was a leader and thought innovator at the time in that it offered new degrees that reflected the true depth of nursing practice, and it continues to remain so today.

Thanks in part to this dedication to moving nursing education forward, the Pitt nurse’s opportunities now are endless. Nowadays, approximately a quarter of the student body at Pitt Nursing is male. Pitt nurses can now choose to remain in bedside care, but they also can choose to pursue an advanced degree and become an advanced practice nurse, a nurse leader, or a nurse researcher.

What the nurse wants to do and what the nurse can do now truly align. There are options that fit nearly any passion in nursing and options that give today’s nurses the opportunity to accomplish whatever they want in a nursing career.

As we see from our alumni at every turn, the nursing journey takes individuals wherever they want to go. And most of them get there through the help of a graduate degree. That degree equips them to go beyond a Bachelor of Science in Nursing and to take a deeper look at what drives care, what their passions are, and where they think they can create the most good.

In this edition of *Pitt Nurse*, we take a deeper look at the ways in which nurses begin their journeys—whether they start as a high school student, a baccalaureate graduate, or a researcher who turns to nursing as a way to truly make an impact. You’ll see how these graduate degrees take nurses down different paths and how they’ve now chosen to go out and change the world around them. You’ll get a glimpse of the importance of data and informatics

in nursing—how just as Florence Nightingale collected data to improve outcomes almost two centuries ago, nurses today use data in newer and deeper ways to change health care delivery. You’ll also learn more about some of the innovative research being conducted at Pitt Nursing involving health care and the patient experience. And, as always, you’ll learn about the personal journeys of the students, alumni, and faculty at the School of Nursing.

As you enjoy your summer, I invite you to add this issue of *Pitt Nurse* to your summer reading collection and to ponder the content featured here as it applies to your life. Are you happy on your current journey? How did you get where you are today? What would you tell young graduate nurses, and how would you change their experiences?

Thank you for your time and engagement with the University of Pittsburgh School of Nursing, and enjoy your summer.

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

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Numbers and data are all around us.
Nurses connect the power of numbers
with the passion of patient care.



PITTSBURGH RECOGNIZES EXCELLENCE IN NURSING

Cameos of Caring

The University of Pittsburgh School of Nursing held its 20th annual Cameos of Caring Awards Gala in late 2018. The event honored more than 80 nurses in multiple areas of practice, including Associate Professor Elizabeth Schlenk, PhD, FAAN, who was recognized in the area of nursing education.

The following Pitt Nursing alumni were honored at the Cameos of Caring Awards Gala:

- Jeffrey A. Beveridge (BSN '01)
- Mary Beth Czerniak (BSN '88)
- Bettina Dixon (MSN '93, DNP '17)
- Sister Rosemary Donley (MNEd '66)
- Deborah J. Kelly (MSN '03, DNP '12)
- Diana Kozlina-Peretic (MSN '92)
- Wendy Lucas (MSN '05)
- Anne Morris (BSN '04, MSN '06)
- Denise Petras (DNP '09)
- Mary Francis Pilarski (BSN '98)
- Luann Richardson (MSN '87, PhD '01, DNP '15)
- Kathleen Sankovich (DNP '18)
- Edward C. Schatz V (BSN '08)
- Gloria Slavonic (BSN '77)
- Brenda M. Smith (BSN '86)

Proceeds from the gala benefit the Cameos of Caring Endowed Nursing Scholarship fund, which has offered more than 250 scholarships to support practicing nurses as they advance their education.



©1999 Judith Charlson (BSN '66)

Pittsburgh Magazine 2018 Excellence in Nursing Honors

Each year, *Pittsburgh Magazine* highlights the “unsung heroes of the health care field” through its Excellence in Nursing recognition program. The following Pitt alumni and faculty members were honored in 2018:

Academic: L. Kathleen Sekula (MSN '86, PhD '98), professor and director, graduate forensic nursing programs, Duquesne University School of Nursing

Advanced Practitioner: Betsy George (MSN '83, PhD '99), programmatic nurse specialist, UPMC Presbyterian

Community: Stuart Fisk (certificate '07), director, Center for Inclusion Health, Allegheny Health Network

Researcher: Eileen Chasens, professor and chair, Department of Health and Community Systems, University of Pittsburgh School of Nursing

In addition to the above honorees, several alumni and faculty received honorable mentions in the following categories:

Academic

- Ann Mitchell, professor, Department of Health and Community Systems, University of Pittsburgh School of Nursing
- Deborah Mitchum (BSN '77, MSN '86), assistant professor and director, Family Nurse Practitioner Program, Carlow University
- Debra Wolf (PhD '07), professor and director, health care informatics, Chatham University

Advanced Practitioner

- Catherine Grant (MSN '88), assistant professor, Department of Health Promotion and Development, University of Pittsburgh School of Nursing, and owner, Associates in Family Health
- Melisse Maser (BSN '00, MSN '04), neurology service clinical coordinator, Butler Memorial Hospital
- Rebecca Sullivan (BSN '04), CRNA and departmental educator, Excelsa Health

Leadership/Executive

- Denise Petras (DNP '09), former director of organizational development and academic service partnerships, UPMC Center for Nursing Excellence

Celebrating Our New Rankings



The accolades for the University of Pittsburgh School of Nursing continue to pour in.

Earlier this year, Pitt Nursing was ranked 18th in the world in the QS World University Rankings by Subject. Among the 10 U.S. universities listed in the top 20, Pitt was ninth overall and was fifth among public nursing programs.

Equally as exciting, Pitt Nursing was ranked fourth in research funding from the National Institutes of Health.

Pitt Nursing was ranked ninth among Doctor of Nursing Practice programs and third among public universities by *U.S. News & World Report* in rankings released in the 2020 edition of America's Best Grad Schools.

Pitt Nursing was ranked 12th among Master of Science programs in nursing.

Specific program rankings were as follows:

- Psychiatric/Mental Health Nurse Practitioner: 7th
- Adult Gerontology Acute Care Nurse Practitioner: 9th
- Nursing Administration (Health Systems Executive Leadership): 10th
- Pediatric Primary Care Nurse Practitioner: 7th
- Clinical Nurse Leader: 7th

In 2016, *U.S. News & World Report* ranked the nurse anesthesia program fourth in the nation. To date, no additional rankings have been conducted on nurse anesthesia programs.

These rankings represent a weighted average of indicators that include peer assessment, student selectivity and achievement, mean grade point average, acceptance rate, student-to-faculty ratio, faculty credentials and academic achievements, and research activity.



Celebrating Our Nightingale Awards Recipients

In 2018, several University of Pittsburgh School of Nursing alumni and faculty were honored at the 29th annual gala of the Nightingale Awards of Pennsylvania.

Eileen Chasens, professor, was the recipient of the Nursing Research award. Bettina Dixon (MSN '93, DNP '17), instructor, received the Doctor of Nursing Practice award. Anne Hast (MN '81, DNP '12) received the Nursing Administration–Executive award.

Award finalists affiliated with the School of Nursing were Becky Faett, assistant professor, and Mary Francis Pilarski (BSN '98).

Turning Wedding Gowns into Comfort

Some families experience unthinkable newborn losses, and as they do so, they are supported by incredible nurses.



Students from the University of Pittsburgh School of Nursing's Sigma Theta Tau International Eta Chapter stepped up to support those families, and those nurses, by working with the Littlest Angels program in Pittsburgh, which is led by a local NICU nurse. Through this service project, Pitt Nursing students spent hours cutting dress templates from donated wedding dresses, which will be used to create burial gowns for babies who were stillborn, died during birth, or died shortly after birth or while in the NICU.

New Pittsburgh Courier Recognizes Pitt Faculty and Staff

University of Pittsburgh Assistant Professors Betty Braxter (PhD '03) and Claudia Kregg-Byers (BSN '04, PhD '14) were selected as two of the *New Pittsburgh Courier's* 2018 Women of Excellence honorees. Fewer than 50 women from around the Pittsburgh region were selected for this year's class of recipients.

Several others from the University also were recognized: Sherdina Harper, coordinator of cross-cultural programming; Debra Dennison, HIV health educator in the Graduate School of Public Health; Cheryl Johnson, vice chancellor for human resources; Valerie Kinloch, Renée and Richard Goldman Dean of the School of Education; and Linda Williams-Moore, associate dean and director of student life.

WHAT'S THE VALUE OF A GRADUATE DEGREE?



YOU.

YOU, YOUR DREAMS, AND FULFILLING THOSE DREAMS.

When you decide to pursue a graduate degree—whether it's an MSN, DNP, or PhD—you are starting on a journey that will let you follow the path you were meant to take.

Maybe that journey of who you were meant to be began in high school, like it did for Victoria Rich (MSN '84, PhD '91), who knew in her sophomore year that she wanted a PhD. Maybe it came while working on your BSN, like it did for Dina Fradkin (BSN '18), who realized partway through her undergraduate degree that where she really wanted to work was in pediatric behavioral health. Or maybe you started earning your doctoral degree, like Donna Nativio (BSN '63), director of the University of Pittsburgh DNP program, and realized you wanted to educate the next generation of nurses.

continued



Rosemary Hoffmann

**WHAT DO YOU
WANT TO DO?
WHERE DO YOU
SEE YOURSELF
IN FIVE YEARS?
AS A NURSE,
THE SKY'S
THE LIMIT.**

Rosemary Hoffmann

“You have to ask yourself, do I want a leadership position, or do I want to go into patient care and maybe be a nurse practitioner and a day-to-day provider, or do I want to make changes in patient care and improve outcomes? A graduate degree provides you with the knowledge and skills to navigate the health care system and promote change at all levels,” says Rosemary Hoffmann (BSN '77, MSN '83), associate professor and Master of Science in Nursing program director. “Nursing gives you all these opportunities and more if you have a graduate degree.”

Hoffmann continues, “What do you want to do? Where do you see yourself in five years? As a nurse, the sky’s the limit.”

The fascinating thing about graduate education is that there is a unique, personalized path for everyone. It doesn’t matter if you’re interested in working with children or new moms, in behavioral health, or in sitting at a computer and analyzing data about patient outcomes and care delivery. For anything you want to do, there is a way to do it.

Rich, dean of the College of Nursing at the University of South Florida, often tells people to consider their skills and where their interests lie. A graduate degree then prepares them to go out and accomplish what their skills have given them the opportunity to pursue.

“If you liked science and math, and you enjoy them because you have strengths in those areas, you would typically consider your degree focus toward a PhD,” she explains. “If you liked science and implementation, you’d best look at the DNP.”

Rich continues, “When you’re young, you don’t realize who you are. But where have people acknowledged that you did something well? They’re validating a strength.”

Many people enter a graduate program after identifying that strength and wanting to take it further, Rich explains. In her own background, she says, “I never realized being a leader was my strength. A PhD opened doors for me and began to allow me to think and read and look at multiple perspectives and look at the world through a different lens that I didn’t know was there before. There’s nothing in the world that is more powerful in my life than that.”

**EXPERIENCE IS A
GOOD THING, BUT
EXPERIENCE DOESN'T
GIVE YOU THE THEORY
BEHIND WHY YOU
ARE DOING WHAT
YOU ARE DOING.**

**WE TEACH YOU
THAT AT THE
GRADUATE LEVEL.**

Rosemary Hoffmann

The focus of a graduate degree program also builds on the different strengths and knowledge bases that are developed during an undergraduate education. In many cases, though, it's the things you learn through a graduate education that provide you with the additional opportunities to become a nurse practitioner, a nurse educator, an informatics nurse, or the leader of a health system, among many other career paths. Individuals who have earned a master's or doctoral degree—or both—have learned to speak from a theory and literature base and are able to provide greater justification as to why new programs or interventions should be implemented or why practices should be discontinued.

“At the undergraduate level, there are so many other things to learn just to get you to the point of being licensed to practice. The clinical environment is more complex—it's more skills and handling those day-to-day patient issues, such as patient education and care coordination,” Hoffmann says. “Experience is a good thing, but experience doesn't give you the theory behind why you are doing what you are doing. We teach you that at the graduate level.”

Although there's no time limit on when you can obtain those skills, the sooner someone receives that education, the sooner they can start increasing their leadership potential and the impact they make on the world.

“Go back soon after graduation from your undergraduate degree to make a difference,” Hoffmann says. She points to examples from her clinical nurse leader students and graduates who, equipped with new knowledge and analytic skills, have moved into opportunities such as unit management, quality improvement, and nurse education. In turn, they are making great strides in patient care delivery at all points of care, including acute and outpatient care.

“You're going to reap the benefits as far as job opportunities and career advancement. There are not enough nurses in leadership, and they need to be there. Graduate education will give you the perspective that administrators use,” Hoffmann says. “Get the language to change patient care for the better, and speak up for the nursing profession.”



DRIVING CHANGE: VIEWS FROM BEHIND THE WHEEL

A common question asked in online forums about graduate school is, “Should I get a doctorate?”

YES! There are many good reasons to pursue a doctorate: Wanting to be the one who creates new policies and ways of thinking. Wanting to be a trailblazer and not a follower. Wanting to lead others—whether they are students, teams of professionals, or academic institutions.

In the profiles that follow, three professionals share how pursuing advanced degrees helped them to see their path more clearly and, in each case, define a career that is making a difference.

Wanting to Know Why— and Telling Others Why

Victoria Rich (MSN ’84, PhD ’91), dean of the College of Nursing at the University of South Florida, says she doesn’t talk much about her first foray into becoming a nurse.

“I started at the Presbyterian University Hospital diploma school in 1966, and I was there for about 10 months,” Rich recalls. “I realized that I wanted more. I’d been academically focused in high school, and I’d been in the top 10 of my class. I dropped out and moved back home, and I got my degree in biology.”

Years later, and then a young mother, Rich was still wanting more from her professional and academic career. She remembered her mother, who had always wanted to be a nurse. Rich decided that was the path she also wanted.

“I loved sciences, but I also loved health care,” Rich explains.

So she went back to school and earned her BSN as a second degree. After working in progressively challenging and fulfilling positions as a staff nurse—in intensive care, trauma, and the emergency department—Rich realized that she was a leader and that she should look at administration for a next career step.

“I always wanted to know the why,” Rich says. “What I was finding as I got further in my studies was that I became the person I didn’t know I would be.”

That constant drive forward has been a hallmark of Rich’s career—in her current role at the University of South Florida and previously as the chief nurse executive for the University of Pennsylvania Health System and an assistant professor at the University of Pennsylvania School of Nursing.

“It’s been a resiliency that I’ve had, especially to not give up,” Rich says. “I’ve had ups and downs with family and loss, but I never took my eye off of who I wanted to be. Sometimes I had to wait, but I never lost sight of who I was going to be.”

What she thrives on and sees as her biggest skill—in addition to complementing her self-described tendency to “get bored quickly” and look for new projects that need solutions—is her ability to “turn things around.”

“I like to come into a place that needs improvement, and I like to turn it around,” Rich says. “And after I then turn it around, I like to leave. When it gets to a point where I’ve improved it to the best of my ability, then it’s time to move on.”

You can impact the human race by being a PhD nurse-scientist. You bring a rigor to that interprofessional table, which impacts what we need to do in the 21st century.

Victoria Rich

Rich often emphasizes—to her students, to prospective nursing students in the community, and to her peers—that this idea of looking at things and improving them is crucial both to the motivation behind obtaining a doctorate and to the work that is done once the degree is earned. A doctorate equips the individual with the power and understanding to create great change, both for the self and for the community.

“I never stray from the sense of the scientific method. How will you look at a problem, how will you proceed, and how will you resolve it?” Rich explains. “You can impact the human race by being a PhD nurse-scientist. You bring a rigor to that interprofessional table, which impacts what we need to do in the 21st century.”

One moment in particular from Rich’s career stands out as a pinnacle: In 2006, she became a fellow of the American Academy of Nursing, one of the most prestigious honors bestowed upon nurses. Rich remembers how she stood



among friends and colleagues at a celebration that Penn held for her to honor the recognition and says that she could have died a happy woman that day.

“This validates that I am a leader in this profession,” she recalls thinking. “It doesn’t get any better within any profession.”

Changing Practice and Improving Outcomes



An increasing amount of research and evidence has shown that getting enough sleep and getting the right kind of sleep are essential for optimal health and well-being. Impaired sleep correlates with weight gain, increased risk for diabetes, decreased physical activity, and reduced quality of life.

Professional caregivers, such as nurses, perform their work more safely when they’re getting adequate sleep and rest between shifts, which results in improved workplace conditions. There are clear correlations between lack of sleep and the occurrence of workplace health and safety incidents.

Eileen Chasens, PhD, FAAN, is at the forefront of sleep research, particularly the effects of sleep on caregivers and in those with a chronic illness. Chasens is a professor in and chair of the Department of Health and Community Systems and head of the University of Pittsburgh School of Nursing’s research hub for sleep research, called Sleep and Circadian Rhythms: Effect on Symptoms and Functional Outcomes Across the Life Span. Through this hub, students have access to learning more about sleep and health, and nurse researchers can advance their programs through collaborative experiences. Chasens’ research focuses largely on how treating sleep disorders helps patients with type 2 diabetes to improve their

I feel that my greatest impact has been increasing nursing’s role in sleep research to improve symptom management and increase patient empowerment.

Eileen Chasens

ability to integrate things they’ve learned in diabetes education into their daily behavior.

“I feel that my greatest impact has been increasing nursing’s role in sleep research to improve symptom management and increase patient empowerment,” Chasens says.

Last spring, Chasens was a member of a task force at the American Academy of Nursing that was influential in releasing a position paper and new recommendations about nurses and adequate sleep. These recommendations have far-reaching impacts on patient care by addressing the factors that may make nurses less successful at their jobs—notably, the number of hours shifts should last and the optimal amount of time and sleep a nurse should receive between shifts. Chasens is helping to create this change in nursing care by serving as a consultant on reducing nurse fatigue, with subsequent increases in patient safety.

“Recommendations are made on the organizational level to limit hours worked because of evidence that demonstrates increased errors when there are more hours worked without adequate sleep,” she explains.

Demonstrating Impact to Create Future Change

What happens after clinical researchers identify an intervention that may improve the health of patients and populations? How can it be broadly implemented? How will it be paid for and delivered to patients?



“Nurse anesthetists are the backbone of surgical services across the United States.”
Grant Martsolf

That’s where health services and policy research comes in.

Grant Martsolf, PhD, MPH, FAAN, a School of Nursing professor and former policy researcher at RAND Corporation, focuses his research and policy work on the nursing workforce, primary care innovation, and quality of care. This work helps to determine the effectiveness and impact of health policy and health systems interventions on a range of issues that directly affect nurses, physicians, other health care professionals, and patients.

Martsolf’s career shows what can be achieved when you start as a nurse with a BSN and go on to get a PhD. He obtained dual bachelor’s degrees from the University of Pennsylvania School of Nursing and the Wharton School, earning both a Bachelor of Science in Nursing and a Bachelor of Science in economics. Martsolf began his career as a pediatric nurse in Denver, Colo., and then worked in New

Orleans, La., while earning his Master of Public Health at Tulane University. He later earned his Doctor of Philosophy at Pennsylvania State University, focusing on health policy.

One of Martsolf’s recent endeavors is leading a large project for the American Association of Nurse Anesthetists. In this project, Martsolf and his team of researchers from RAND are using qualitative and quantitative data to understand the impact of the nurse anesthetist workforce on various clinical and economic outcomes in rural communities across the United States.

“Nurse anesthetists are the backbone of surgical services across the United States,” Martsolf says. “Many people do not know this, but CRNAs constitute more than 80 percent of all anesthesia providers in rural communities. We are examining the extent to which expanding the CRNA workforce and other related policy interventions might lead to improved access to care in rural areas.”

MAKING SENSE OF DATA

The use of data in nursing is almost as old as the profession itself.

Year after year, graduation after graduation, new nurses are told about Florence Nightingale and her lamp. Nightingale carried her iconic lamp as she cared for soldiers during the Crimean War. Using the lamp as her guide, she collected data about the soldiers' care and conditions and used that information to improve patient care and outcomes.

That pattern of collecting data to improve patient care continues among today's nurses. Graduate nurses leave their educational programs equipped to review and assess what their patients are experiencing and what is happening at the point of care. They are urged to constantly monitor, evaluate, and make decisions based on their training, knowledge, and experience—with that constant voice in the back of their heads telling them to always use and collect data.

But what do data collection and evaluation actually mean in today's health care arena?

Everyone Needs Data

When you think of data collection and evaluation, you may envision a hospital administrator pacing the halls and asking a quality and safety manager to run reports. Or maybe you picture someone poring over Excel spreadsheets, crunching numbers and looking for patterns.

But you also see a nurse simply asking a patient, "How is your pain today?" and seeing what helps to improve pain management or a diabetes educator asking, "What have you tried?" and suggesting new ideas based on his or her experience.

All of these scenarios are happening each day and are providing opportunities to advance health care. Being able to evaluate and implement "big data" across a population—whether in community health, employee health, or clinical settings—is essential. At their most basic level, data collection and evaluation involve asking questions about the current situation and figuring out what to do

with that information. In some settings, this may involve looking at electronic health records to find common diagnosis and treatment patterns. In others, it may involve asking colleagues and peers about what they are seeing and the problems and solutions they are experiencing in delivering care.

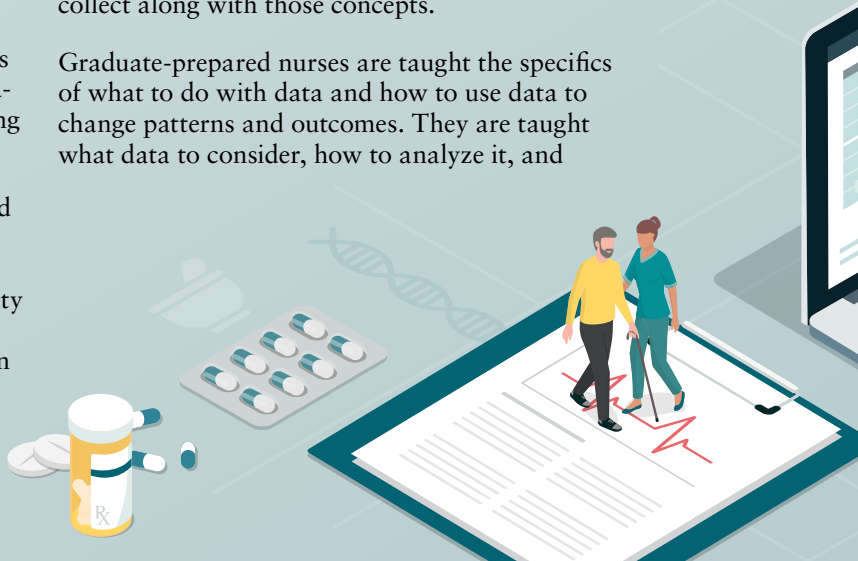
Nurses are in the optimal position to be data collectors and evaluators. They have contact with patients and fellow providers each and every day. They see firsthand what works and what doesn't work—and no one knows better than a nurse what happens when a certain intervention is implemented. Nurses have the unique opportunity to see care across the continuum and to be able to reflect on and determine whether something really is an evidence-based practice.

Putting It All Together

Baccalaureate nursing students are taught throughout their undergraduate education that data is important, but the structure of most BSN programs doesn't necessarily give students the opportunity to dive deeply into data collection. Students are trained by and may have research opportunities with faculty but may not learn as much as they would like about becoming data experts.

The graduate level is where those data experts are born and thrive. Graduate education today gives nurses knowledge of quality initiatives and safety factors and, in turn, the data to investigate and collect along with those concepts.

Graduate-prepared nurses are taught the specifics of what to do with data and how to use data to change patterns and outcomes. They are taught what data to consider, how to analyze it, and



how to determine what the problems and solutions might be.

And that's just the beginning. With that knowledge in hand, nurses are equipped to know what literature to review for perspectives on previous issues and concerns and to see what the basis might be for new solutions to those problems. The final step is when nurses create interventions to improve care and outcomes.

You, as a nurse, hold significant power. You can collect data in your daily work, and you know what patient care and patient outcomes look like on the front line. Your education teaches you how to turn that raw data into meaningful statistics and projects and guides you as to what you can expect to see in the future. You know what to expect and what to change and modify—or advocate to change and modify—to make things better. Use the data available to you to wield your power.

WHAT CAN YOU DO WITH AN MSN IN NURSING INFORMATICS?

Do you love being a nurse? Do you want to do more with data?

There's a job for that—many jobs, in fact. Nursing informatics combines the science and care of nursing with the data and trend analysis that comes from looking at the big picture with a critical eye and figuring out tools that make health care work in a digital age.

What informatics nurses do:

- Super users, like network or system administrators
- Clinical specialists
- Nursing educators
- Vendors or consultants for industry firms
- Health information specialists

Where informatics nurses work:

- Hospitals or health care systems (about 70 percent)
- Academia (10 percent)
- Industry or consulting (20 percent)

How much informatics nurses earn:

- The Healthcare Information and Management Systems Society reports that almost 70 percent of informatics nurses make between \$61,000 and \$115,000.





Scholarship Fund Helps Others to “Walk in Her Footsteps”

Donna (BSN '61) and James Thompson (A&S '53, MED '59) were proud and loyal University of Pittsburgh alumni.

Donna was earning her BSN at the School of Nursing when she met her husband, who already had a bachelor's degree in biology from Pitt and was completing his medical training at the School of Medicine. “She was doing her nursing rotations, and he was completing his residency,” says Rebecca Winek (EDUC '88), one of their four children.

They were devoted to each other and to Pitt. Winek describes both as “Pitt fanatics.” The Thompsons were especially strong supporters of Pitt athletics, holding basketball and football season tickets. Donna Thompson loved Pitt basketball and the band so much that she even gave a generous gift to one of the tuba players one Christmas because she loved how enthusiastically he played.

And there was some lighthearted teasing and shock when one of the Thompsons' nine grandchildren decided to go to Pennsylvania State University.

Winek explains that when her mother died in the summer of 2018, one of the ways the family chose to remember her was by creating a scholarship fund at the School of Nursing.

"She loved nursing, and she loved Pitt," Winek says. "There's no better way to honor her. There would be nothing that would please her more than to know that there is a nursing scholarship at Pitt in her name."

Donna Thompson was always giving of herself to the community, the University, her church, and her family. "If you were in need, she was the first one at your door. She just loved people and loved serving them in any way that she could" Winek says.

She was proud to be a nurse, Winek adds, and considered it a true calling. Donna Thompson worked briefly as a school nurse before joining her husband in his medical practice. James Thompson was a general practitioner in private practice for more than 50 years—including making house calls with his ubiquitous black bag; he died in September 2017.

"They were never in medicine for the money," Winek says. "They were in it because they loved it and wanted to help people." The impact that their commitment to service had on their patients was felt at their funerals and in the cards that the family received. Many of those remembrances echoed that there would never be another physician/nurse combination like them—they were one of a kind.

The family hopes to be able to pay that pride and caring nature forward. Winek explains that she has children and knows that the cost of putting multiple children through college can be a burden for a family. Having a scholarship will ease that burden, and the family hopes that it also will promote careers in nursing, pride in the University of Pittsburgh, and a desire to give back to the community, traits that her mother and father demonstrated daily.

"She was a wonderful person, and the scholarship fund is a way to help other people like my mother," Winek explains. "We just want this scholarship fund to benefit other people who feel the way that she did—that nursing is their calling, that the University of Pittsburgh is a special place, and that they can make a difference through nursing. They can walk in her footsteps and emulate all that she stood for."

“They were never in medicine for the money. They were in it because they loved it and wanted to help people.”

Rebecca Winek

Honoring Generosity

Each year, the University of Pittsburgh School of Nursing hosts a luncheon celebration to recognize its scholarship donors and to give scholarship and award recipients the chance to meet their donors and share updates about their experiences. This past fall, almost 100 students and donors were recognized at the annual Scholarship and Awards Luncheon. The School of Nursing is grateful to all donors, and we extend our congratulations to the 2018–19 scholarship and award recipients.

Above: Donor Martha Malinzak (BSNEd '63) with recipient Latasha Kast (BSN '11)

Below (left to right): Tylyn Cupp, Daniella Carter, Julia Barnett, and Hiba Abujaradeh were among those students recognized at the fall luncheon.



CLASS NOTES

1970s

Rebecca Gediminskas (BSN '78, MSN '85) was the recipient of the 2019 Full-Time Faculty Teaching Excellence Award from Westmoreland County Community College. This is the third time Gediminskas has been honored with the award; she previously received it in 1999 and 2010, and she has been nominated four times by her students.

Beverly Haines (MNEd '79) has been appointed secretary of the Greenville Area Development Corporation (GADC), charged with promoting and enhancing quality of life in Greenville County, S.C., by facilitating job growth and investment. Haines is a health care consultant, former GADC board member, and former president and chief nursing officer of the Patewood Hospital and Medical Campus of the Greenville Health System. She



previously served as senior vice president of patient care services at UPMC. Long active in civic and industry circles, Haines has served in leadership roles with organizations such as the Peace Center, Greenville Women Giving, and the Greenville Chorale. Haines is a graduate of the Richard W. Riley Institute at Furman University's Diversity Leaders Initiative.

Terri Weaver (BSN '73), dean of the University of Illinois at Chicago College of Nursing and member at large of the AACN Board of Directors, became the first nurse to deliver the prestigious Thomas Roth Lecture of Excellence at SLEEP 2019, the world's largest meeting devoted entirely to clinical sleep medicine and sleep circadian research. Weaver is an internationally recognized expert on the effect of daytime sleepiness on daily behaviors.

1980s

Deborah Trautman (MSN '87) was the speaker at West Virginia University's 128th commencement ceremonies in May. Trautman is president and chief executive officer of the American Association of Colleges of Nursing.



Southeast Region. She has served in multiple leadership roles, focusing on patient and nursing advocacy by encouraging nursing practice advancement, elevating clinical care delivery, and fostering team engagement. Bell's nursing clinical experience includes cardiovascular and multisystem patient care.

Laura Fero (PhD '09) was named the new dean of nursing in the Henrietta Schmoll School of Health at St. Catherine University in St. Paul, Minn.

Tammy Haley (MSN '02, PhD '12) was a recipient of the 2019 Chancellor's Distinguished Teaching Award from the University of Pittsburgh. Haley is an assistant professor of nursing and the director of nursing and radiological sciences at the University of Pittsburgh at Bradford.



health care from Pitt's Joseph M. Katz Graduate School of Business and was promoted to medical director of Loma Linda University Health's Las Vegas Hepatology and Liver Transplant Clinic.

Jing Wang (MSN '10, PhD '10) was named vice dean of research at the University of Texas Health Science Center at San Antonio School of Nursing. Wang will guide faculty and student research within the School of Nursing. She brings expertise in the use of health care technology in interprofessional research, education, and collaborative practice, especially in the fields of aging, chronic illness management, and primary care.



Alexander Wrynn (BSN '12) was one of three nurse practitioners in a national applicant pool selected to participate in a nurse practitioner residency in emergency medicine at New York-Presbyterian Hospital. This residency comes with an academic appointment as a staff associate in emergency medicine at Weill Cornell Medicine.

1990s

Lisa Bryan-Morris (BSN '97) was named chief nursing officer and vice president, patient care services, at UPMC Passavant.

Lt. Gen. (Ret.) Patricia D. Horoho (MSN '92) was the 2018 recipient of the American Association of Colleges of Nursing (AACN) John P. McGovern Award. This award honors McGovern for his noted clinical practice and research and for his distinguished record of scholarship, skill, and service. Award recipients are chosen by the AACN Board of Directors on the basis of their scholarship and the notability of their contributions to nursing, health care, or higher education.

Thea Krause (MSN '98) passed the national Healthcare Ethics Consultant-Certified examination. Krause was a member of the inaugural class of certified ethics consultants for health care.

Kristine Keefer Wolff (BSN '93, MSN '00, DNP '16) was appointed vice president, patient care services and chief nursing officer at UPMC Somerset, located in Pennsylvania.

2000s

Karen J. Bell (BSN '05) was named chief nursing officer of Advent Health Manchester hospital in Manchester, Ky., part of the Adventist Health System

2010s

Corrie Berk (BSN '10, DNP '16) received her executive MBA in

Join Pitt Commons—Connecting and Networking

Pitt Commons is a new Web portal that allows students, faculty, staff, alumni, and friends of the University of Pittsburgh to connect and to establish networking and mentoring relationships that are meaningful and specific to their unique interests and their academic and career goals.

Within Pitt Commons, you can sign up for the Pitt Nursing Professional Alumni Society, where alumni are able to view resources from the Pitt School of Nursing, connect, network with other Pitt nurses, and share interesting industry content with one another on network discussion boards. It's open to all nurses and aspiring nurses in the Pitt community, not just Pitt School of Nursing alumni. This group also will connect you to your classmates and help you to mentor the next generation of nurses.

Sign up to become part of this community at commons.pitt.edu/hub/pittsburgh/group/nursingNaN/about.



Celebrating the Life and Legacy of Ellen Rudy

Ellen Rudy, PhD, dean of the University of Pittsburgh School of Nursing from 1991 until 2001, died in late December 2018. Under Rudy's leadership, the School of Nursing ranked among the 10 highest National Institute of Nursing Research-funded schools, a ranking it continues to hold to this day. A nationally recognized expert in the field of nursing research, Rudy was the principal investigator on five National Institutes of Health-funded projects.

Rudy earned her bachelor's degree in nursing at Ohio State University, a master's in public administration at the University of Dayton, a master's in nursing at the University of Maryland, and a PhD in nursing at Case Western Reserve University. As a faculty member at Case Western, she held the Edward J. and Louise Mellen Professorship in Nursing and served as associate dean for research.

It was through Rudy's leadership at the School of Nursing that the Cameos of Caring program was established to recognize excellence in bedside nursing. While dean of the School of Nursing, she was impressed by how much knowledge and responsibility the nursing role commanded in today's world. At the same time, she was dismayed by the lack of acknowledgment nurses received for their significant contributions to quality patient care. As a result, Rudy was inspired to research several nursing recognition programs across the country, leading to the creation of the Cameos of Caring program at Pitt Nursing.

Rudy was honored with numerous awards during her career, including the Ohio State University College of Nursing Distinguished Alumna Award and the Ohio Nurses Association Excellence in Nursing Award. She also was named a Living Legend by the American Academy of Nursing.

In Memoriam: Dixie Koldjeski

Former University of Pittsburgh School of Nursing faculty member Dixie Koldjeski, PhD, passed away in 2018. She served as professor and director of the master's program in psychiatric nursing and the doctoral program from 1984 through 1989.

Koldjeski served as professor and chair of the Department of Psychiatric Nursing at the Indiana University-Purdue University Indianapolis (IUPUI) School of Nursing from 1965 to 1973 and then held various positions at East Carolina University (ECU), including professor and coordinator of psychiatric nursing, assistant dean and director of graduate nursing studies, and associate dean of research and evaluation. She additionally served as chief of the psychiatric nursing education branch of the National Institute of Mental Health in Washington, D.C.

Koldjeski received her BSN and MSN degrees from IUPUI with a focus on psychiatric/mental health nursing and her PhD from Indiana University Bloomington. Among her many accomplishments, she was named a fellow of the American Academy of Nursing in 1978, was recognized for her contributions to nursing research by the American Nurses Association Council of Nurse Researchers, and published numerous research articles. She was a recipient of the Evans Distinguished Lecturer Award from Pitt Nursing, was named the Distinguished Sorrell Professor by Troy State University, and was inducted into the ECU College of Nursing Hall of Fame.

In Memoriam

1940s

M. Dolores Cook
(BSN '49)

Diana Freeble Ney
(BSN '47, MLit '50)

1950s

Charlotte Collman
(BSN '50, BAS '79)

Mildred McIntire
(BSNEd '54, MLit '57)

Dorothy Piper Medill
(BSN '56)

Margaret Pommersheim
(BSN '57)

Hazel Pontious
(BSNEd '50)

Eleanor Cramer Robb
(BSN '51)

Martha C. Tomich
(BSNEd '50)

1960s

Judith Bancroft
(BSN '61)

Patricia Gauntlett Beare
(BSN '67)

Linda Swanson Bishoff
(BSN '62)

Carolyn Ressler
(BSN '64, MSN '92)

1970s

Margaret I. Long
(BSN '74, MNEd '76)

Martha Pozezanac
(BSN '76, MSN '82)

Sandra Lee Schafer
(BSN '76, MN '82)

1980s

Patricia A. Prucnal
(MN '81)

1990s

Thomas S. Bartos
(MSN '91)

Sandra Lee Haynal
(BSN '97)

Elaine A. Kimmel
(MSN '93)

2000s

Diana L. Hewitt
(BSN '03)

Hope Moser
(MSN '05)

In Memoriam: Catherine Sedlak

Catherine C. Sedlak (BSN '72) passed away in 2018 after a lengthy illness.

Her friends describe her as someone who loved being a nurse; had a true passion for nursing; and cared for countless patients with love, empathy, and professionalism.

Her 40-year nursing career began at Mount Nittany Medical Center in State College, Pa., working the night shift in labor and delivery. In Atlanta, Ga., she worked on the IV team, in the emergency department, and in labor and delivery at DeKalb General Hospital (now Emory Decatur Hospital). In addition to raising three children and being active in the community, she continued her career in Kingwood, Texas, in a local family practice, at Charter Hospital, and at a minor emergency clinic. Sedlak spent the last 30 years of her career at Kingwood Medical Center in Kingwood, Texas, in same-day surgery, postoperative care, and other service areas.



Betty Braxter



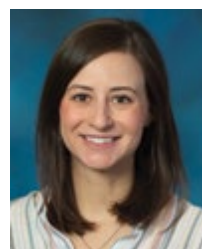
Grace Campbell



Brenda Cassidy



Marilyn Hravnak



Brayden Kameg



Dan Li

FACULTY GRANTS

October 2018 through April 2019

Betty Braxter, PhD, CNM
School of Nursing Center for the
Scholarship of Teaching

A Learning Module to Promote Culturally Competent Communications in Students When Caring for LGBTQIA+ Individuals

Brenda Cassidy, DNP, RN, CPNP-PC
School of Nursing Center for the
Scholarship of Teaching

A Learning Module to Promote Culturally Competent Communications in Students When Caring for LGBTQIA+ Individuals

University of Pittsburgh Office of Diversity and Inclusion

Starting the Conversation: Development of an Interprofessional Simulation Scenario and Assessment Tool for Culturally Competent Communication with Adolescents and Young Adults about Gender Identity

Elizabeth Crago, PhD, RN
National Institutes of Health/National
Institute of Nursing Researcher
 Sex Steroids and IGF1 in the CNS Following aSAH and Their Relationship to Patient Outcomes

Andrea Fischl, PhD, MPH, CRNP, RN
School of Nursing Center for the
Scholarship of Teaching

A Learning Module to Promote Culturally Competent Communications in Students When Caring for LGBTQIA+ Individuals

Sandra Founds, PhD, FNP, CNM
National Institutes of Health/Eunice
Kennedy Shriver National Institute of Child
Health and Human Development
 Relating Pregnancy Phenotype with Chromosome Copy Number in Placentation Cells from the Endocervix

Hayley Germack, PhD, MHS, RN
Hillman Scholars Program in Nursing
Innovation

Medication Regimen Changes during Nonpsychiatric Hospitalization among Patients with Serious Mental Illness

Rosemary Hoffmann, PhD, RN, CNL
School of Nursing Center for the
Scholarship of Teaching
 Implementing a "Just-in-Time" E-portfolio to Record Selected Clinical Practicum Experiences and Its Relation to the CNL Essentials

Christopher Imes, PhD, RN
University of Pittsburgh Healthy Lifestyle
Institute

Real-time Monitoring of Lifestyle Behaviors among Health Care Providers Engaged in Shift Work: A Pilot Feasibility Study

Brayden Kameg, DNP, RN
American Association of Colleges of Nursing
and National Institute on Drug Abuse
 Leveraging Advanced Practice Registered Nurses to Combat the Opioid Epidemic: Disseminating Evidence-based Information to Enhance Practice Change

Dan Li, PhD, RN
Ruth Perkins Kuehn Research Award
 Understanding of Wound Characteristics for Nonhealing Pressure Injuries

Stryker Medical Research Award Fund of the
American Nurses Foundation
 Pressure Injury Image Evaluation with Computer Vision Technology

Ann Mitchell, PhD, RN, AHB-BC, FIAAN, FAAN
Substance Abuse and Mental Health Services
Administration
 Provider's Clinical Support System—Universities

Lucille Sowko, PhD, RN, MSN
National Institute of Biomedical Imaging
and Bioengineering

Multidisciplinary Medical Product Design Education as a Foundation to Drive Quality Improvement through Innovation in Patient Care

Teresa Thomas, PhD, RN
University of Pittsburgh Central Research
Development Fund
 Piloting a Self-advocacy Intervention for Patients with Advanced Cancer

FACULTY DISTINCTIONS

Betty Braxter, PhD, CNM, and Nancy Niemczyk, PhD, CNM, were appointed to the Maternal Mortality Review Committee within the Pennsylvania Department of Health. This committee will collect confidential information and investigate and disseminate findings related to maternal deaths. It was created as a result of Act 24 which was signed into law in May 2018; prior to passage of this legislation, there was no mechanism for collecting this important data, which can lead to systemic changes needed to decrease maternal mortality. Niemczyk and Braxter will serve as midwife representatives to the state.

Grace Campbell, PhD, RN, CRRN, CNL, passed the certification exam to become a certified Clinical Nurse Leader.

Eileen Chasens, PhD, RN, FAAN, was promoted to professor. Chasens also was named chair of the Department of Health and Community Systems.

Richard Henker, PhD, RN, CRNA, FAAN, received the 2018 Luther Christman Award from the American Nurses Association. He also was recognized as a 2018 honoree of the Nursing Foundation of Pennsylvania, a supporting organization of the Pennsylvania State Nurses Association, at its annual Black & Gold Gala.



Jennifer Lingler



Ann Mitchell



Nancy Niemczyk



John O'Donnell



Margaret Rosenzweig



Lucille Sowko

Marilyn Hravnak, PhD, RN, ACNP-BC, CCNS, FCCM, FAAN, was selected as one of the recipients of the 2019 Distinguished Service Award from Society of Critical Care Medicine. This award honors society members who have made exceptional leadership contributions that have furthered the vision and mission of the society over a period of time. Hravnak also was appointed to serve on the editorial board of *Heart & Lung: The Journal of Cardiopulmonary and Acute Care*.

Jennifer Lingler, PhD, CRNP, FAAN, was promoted to professor.

John O'Donnell, DrPH, RN, CRNA, was nominated to be president of the Society for Simulation in Healthcare. He also was named a 2019 fellow of the society. Fewer than a dozen individuals were selected as fellows based on their roles in the field of health care simulation and were recognized as having made outstanding contributions to the field.

Margaret Rosenzweig, PhD, CRNP-C, AOCN, FAAN, was appointed to colead the UPMC Hillman Cancer Center's Committee for Health Equity and Community Outreach Engagement. She also received a secondary appointment as a professor of medicine in the University of Pittsburgh School of Medicine.

Cecelia Yates, PhD, was promoted to associate professor, effective October 1, 2018.

NEW FACULTY

October 2018 through April 2019

Maighdlin Anderson, DNP, assistant professor, Department of Acute/Tertiary Care

Hayley Germack, PhD, assistant professor, Department of Acute/Tertiary Care

Paul Scott, PhD, assistant professor, Department of Health and Community Systems

Karin Warner, DNP, professor, Department of Acute/Tertiary Care

STUDENT GRANTS

October 2018 through April 2019

Hiba Abujaradeh, PhD student (MSN '11)

NAPNAP Foundation

The Association of Mindfulness with Stress, Depression, and Anxiety and Diabetes-related Outcomes among Adolescents with Type 1 Diabetes

Stephanie Frisch, PhD student

ENA Foundation

Elevating the Burden of Emergency Department Overcrowding by Developing a New Cardiac Triage Tool

Joshua Heidecker, DNP student (BSN '15)

Pitt Alumni Association

PAA Graduate Scholarship Award

Lacey Wright Heinsberg, PhD student

Nightingale Awards of Pennsylvania

Multi-Omics of the Iron Homeostasis Pathway in Patient Outcomes After Aneurysmal Subarachnoid Hemorrhage

Maura McCall, PhD student (MSN '10)

Rockefeller University Heilbrun Family Center for Research Nursing Scholars

American Cancer Society Doctoral Scholarship Trajectories and Predictors of Aromatase Inhibitor Adherence and Symptoms

Yehui Zhu, PhD student

National Institutes of Health/National Cancer Institute

Musculoskeletal Pain among Breast Cancer Survivors: Through Bio-behavioral and Imaging Lenses

STUDENT DISTINCTIONS

Julia Rosenblatt and **Elizabeth Wilk**, both rising senior BSN students, were elected to the Student Nurses' Association of Pennsylvania Board of Directors.

UPCOMING EVENTS

Graduate Programs Fair

Thursday, September 19
3 p.m.

University of Pittsburgh
School of Nursing
Victoria Hall
First Floor
Pittsburgh, PA 15261

2019 Pitt Nursing Homecoming and Reunion Luncheon

Friday, October 25
11:30 a.m.

Wyndham Pittsburgh University Center
100 Lytton Avenue
Pittsburgh, PA 15213

Cameos of Caring Awards Gala

Saturday, November 2
5 p.m.

David L. Lawrence
Convention Center
1000 Fort Duquesne Boulevard
Pittsburgh, PA 15222

Bringing the Pitt Classroom to You

Director Invited to Present Overseas



Mary Rodgers Schubert, DNP, RN, director of professional development and continuing nursing education, presented a keynote lecture at the first Chinese Nursing Association National Nursing Continuing Education Management Forum. The forum was held earlier this past spring in Xuzhou in Jiangsu province, China. Schubert shared information on how the University of Pittsburgh School of Nursing develops continuing nursing education programs, explores efficient and innovative management of continuing nursing education, and finds ways to promote and disseminate new ideas about and methods of delivering continuing nursing education.

This was the first time the association focused on continuing nursing education. There were approximately 1,000 nurses from all over China in attendance.

New Continuing Education Course Now Online

A new learning opportunity is available through the Department of Professional Development and Continuing Nursing Education. *Methodologies for Improving Health Outcomes* focuses on the knowledge and skills related to four methodologies frequently used to conduct Doctor of Nursing Practice (DNP) projects: quality improvement, program evaluation, surveillance, and N of 1 projects.

The five-part online series includes a one-hour introduction module to set the stage for the discussion of the four methodologies. One-hour modules covering essential content about each methodology along with its application in a published project follow. The information will be useful to nurses advising DNP students and collaborating with DNP graduates as well as to advanced practice nurses who want to expand their skill set to participate in and lead efforts to improve health outcomes.

The course presenter is **Elizabeth Schlenk**, PhD, FAAN, associate professor of nursing.

Registration information can be found at nursing.pitt.edu under Continuing Education and Enduring/Online Activities.

KEEP US POSTED

Please share information about your career achievements, advanced education, publications, presentations, honors received, and appointments. We may include your news in the Alumni News + Notes section or other media. Indicate names, dates, and locations. Photos are welcome! Please print clearly.

Name (include name at graduation as well as current name)

Degree(s) and Year(s) of Graduation

Home Address

Home Telephone

E-mail Address (please note home or work)

Professional Position

Name of Employer

Employer's Address

News

COMPLETE AND RETURN TO:

University of Pittsburgh
School of Nursing
Jessica Revtai
Alumni Coordinator
315A Victoria Building
3500 Victoria Street
Pittsburgh, PA 15261
E-mail: jer173@pitt.edu

Join our faculty and educate the next generation of nurses.

Due to the increasing breadth and enrollment at the University of Pittsburgh School of Nursing, several positions for full-time tenure- and nontenure-stream and part-time nontenure-stream faculty are now available.

Undergraduate full-time faculty members are needed in the areas of:

- medical-surgical,
- psychiatric mental health,
- pediatric,
- obstetric, and
- community health nursing.

The school also is seeking faculty members to teach in the DNP nurse anesthesia and family and pediatric nurse practitioner programs.

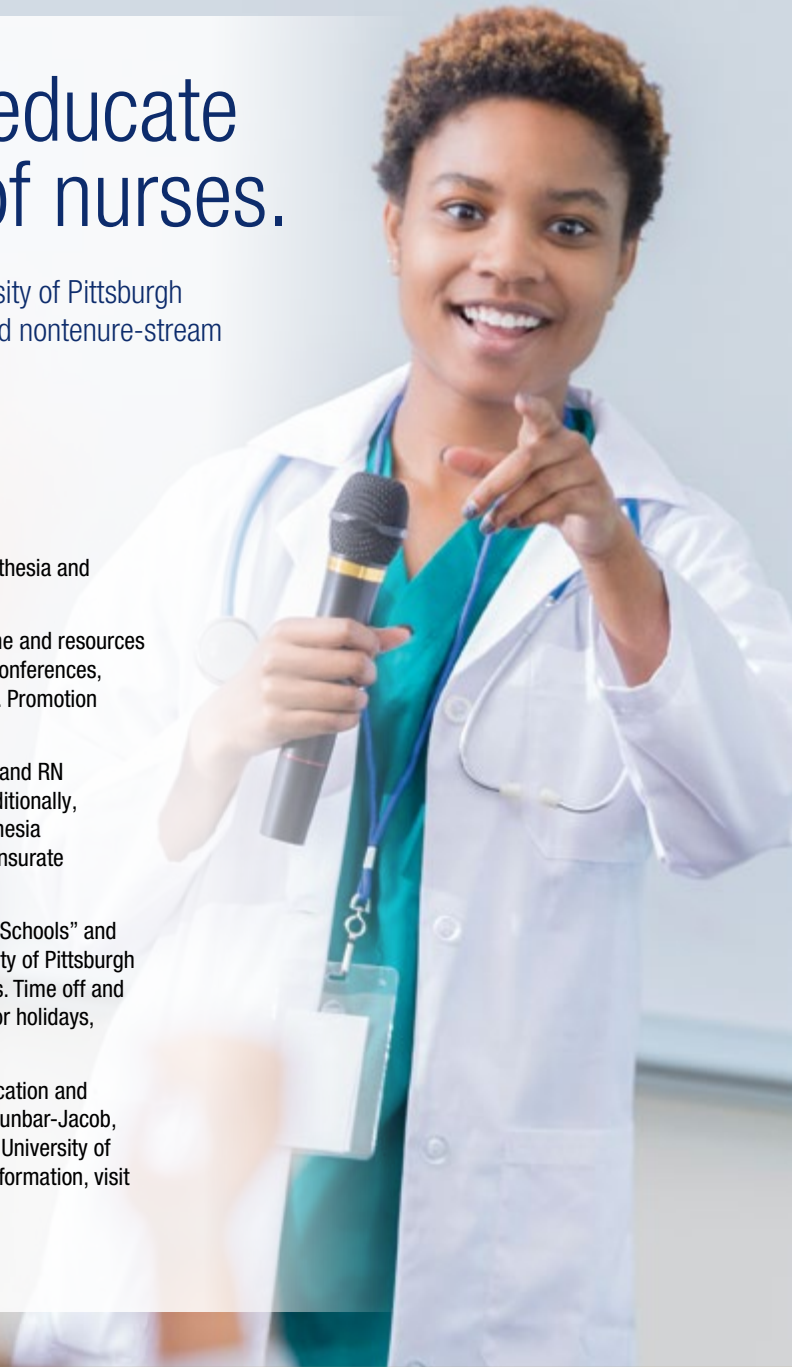
Faculty members are employees of the University and receive dedicated time and resources to perform scholarly work, can travel to present their work at professional conferences, and have opportunities to pursue specialty certification and faculty practice. Promotion opportunities are available for all ranks.

Qualifications for these positions include an earned doctorate (DNP or PhD) and RN licensure in Pennsylvania; part-time faculty only need MSN preparation. Additionally, nurse practitioner faculty members must hold CRNP certification and anesthesia faculty must hold CRNA certification. Salary and academic rank are commensurate with qualifications and experience.

Ranked ninth in the 2020 edition of *U.S. News & World Report's* "Best Grad Schools" and fourth in National Institutes of Health research dollars awarded, the University of Pittsburgh School of Nursing offers daylight hours, excellent salary, and health benefits. Time off and benefits for full-time 12-month positions include 20 vacation days and major holidays, tuition benefits, and a retirement package.

Applications will be accepted until positions are filled. Send a letter of application and curriculum vitae to University of Pittsburgh, School of Nursing, Jacqueline Dunbar-Jacob, Dean, 350 Victoria Building, 3500 Victoria Street, Pittsburgh, PA 15261. The University of Pittsburgh is an affirmative action, equal opportunity institution. For more information, visit nursing.pitt.edu.

EEO/AA/M/F/Vets/Disabled



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You can pursue a variety of career options as a clinical nurse leader,
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[nursing.pitt.edu/degree-programs/
master-science-nursing-msn](http://nursing.pitt.edu/degree-programs/master-science-nursing-msn).

