



November 2014 e-Newsletter

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You are invited to keep up-to-date on the latest School of Nursing news, connect with other alumni, and more! Participate in our Trivia Tuesdays and check out some fun photos on Throwback Thursdays. Join us online at:



Cameos of Caring Awards Gala!



On Saturday, November 8th, more than 1200 people joined the School of Nursing in recognizing 68 nurses from western Pennsylvania with the Cameos of Caring® Award. This award celebrates outstanding staff nurses, advanced practitioners, case managers, educators and advocates for organ and tissue donation. At this 16th annual gala, we recognized several members of the Pitt Nursing community:

Kimberly Kaloz Ackerman, MSN '10
Mary Cothran, PhD'96
Linda Dudas, MSN '09
Blaney Firestone-Howard, current DNP student
Allison Grzybek, MSN '91
Elizabeth Katrancha, BSN '01 & DNP '14, faculty
Rebecca Kronk, MSN '99 & PhD '08
Jennifer Mabold, BSN '96 & MSN '11
Christine McKenna, MSN '97
Janice McNulty, MSN '97
Bonnie J. Mountain, BSN '94
Derek A. Reckard, MSN '06

Congratulations to all 2014 Cameos of Caring® winners!
For more information about the [event](#)

Student International Travel Fund!

Pitt Nursing students are taking advantage of opportunities to travel abroad to institutions which have study/research exchange programs with the School. For example, BSN student Lisa Nagy worked with a

trauma league in Ecuador throughout the summer of 2013, studying the differences in trauma care between that country and the United States.

Such international opportunities allow students to expand their training beyond the borders of our country and expose them to different cultures and healthcare systems. Their future practice will be enhanced by interacting with a wide variety of advanced healthcare professionals, comparing the nursing profession and education in America with that of other countries, and meeting healthcare professionals and leaders from other parts of the world.

This unique experience, however enlightening, also comes with a cost – a financial burden that makes many students apprehensive about studying abroad. You can help us to make these opportunities possible for students by making a donation to the Student International Travel Fund. Through your gift, we can help students grow as future nurses by facilitating independence, while providing them with new and different nursing experiences including a real life opportunity to engage in another country's health care. Please consider making a gift to support [international learning experiences](#).

Charron-Prochownik Wins Eli Lilly Grant



Congratulations to faculty member Denise Charron-Prochownik for successfully pursuing funding from Eli Lilly for her project on “Tailoring Preconception Counseling for Hispanic Adolescents with Diabetes.” With the support of this grant for \$65,247, Dr. Charron-Prochownik will explore the understanding of reproductive health and diabetes, preconception counseling, risks of unplanned pregnancies, the importance of tight metabolic control, family planning and contraception vigilance among female adolescent Hispanics with diabetes (and their mothers). This information will be used to adapt the READY-Girls program, a self-instructional intervention proven to increase awareness of unplanned pregnancies and complications among teens with diabetes, to be culturally and linguistically appropriate for a Spanish-speaking cohort.

Pitt Nursing PhD Student Wins NINR F31 Grant

Congratulations to Meghan Mattos, PhD student, for her recently-awarded fellowship from the National Institute of Nursing Research, part of the NIH. Meghan was awarded a Ruth L. Kirschstein National Research Service Award to support her doctoral studies and research on interventions to assist older adults with Mild Cognitive Impairment (MCI) who reside in rural areas. The goal of the funded project is to determine if rural residency is a unique risk factor for delayed detection of MCI. Read more about her grant [here](#).

Special Continuing Education Retreat -- The Practice of Mindfulness

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

Nursing is stressful. There are too many patients, not enough time, and swiftly changing environments. The nursing profession can do more to help nurses to take better care of themselves, and therefore, their patients.

Whether a nurse, or one who teaches and/or manages them, we can all benefit from an introduction to the practice of Mindfulness Meditation. Practitioners of mindfulness report an increased ability to relax, greater energy and enthusiasm for life, strengthened feelings of kindness and acceptance, and an enhanced ability to cope more effectively with both short and long-term stressors.

We are pleased to invite you to a custom-designed retreat to explore and to learn how to take better care of yourself as a nurse, nurse educator, or leader. Mindfulness meditation can become a key personal resource for professional nurses, leaders, and educators.

Session A - Designed for Nurse Educators and Leaders	Session B - Designed for Professional Nurses
Date: Friday, January 16, 2015	Date: Friday, February 13, 2015
Time: 9.00 am to 4:00 pm	Time: 9.00 am to 4:00 pm

Location: The University Club, University of Pittsburgh, 123 University Place, Pittsburgh, PA 15260

Cost: \$175 per session* Space Is limited

Learn more [here!](#)

*Includes 6.5 contact hours, breakfast, lunch, breaks, and a take-home mindfulness personal practice package to include audio recordings of guided meditations from the retreat, a practice booklet, and a reference list of evidence-based research of mindfulness meditation in the field of nursing.

HAVE YOU ORDERED YOUR PITT NURSING ANNIVERSARY SHIRT YET?

If you answered no, then please don't delay in using this [form](#) to order your 75th Anniversary commemorative T-shirts and sleep shirts. Our year-long celebration is almost over and so is your chance to order these proud reminders of your affiliation with Pitt Nursing!!