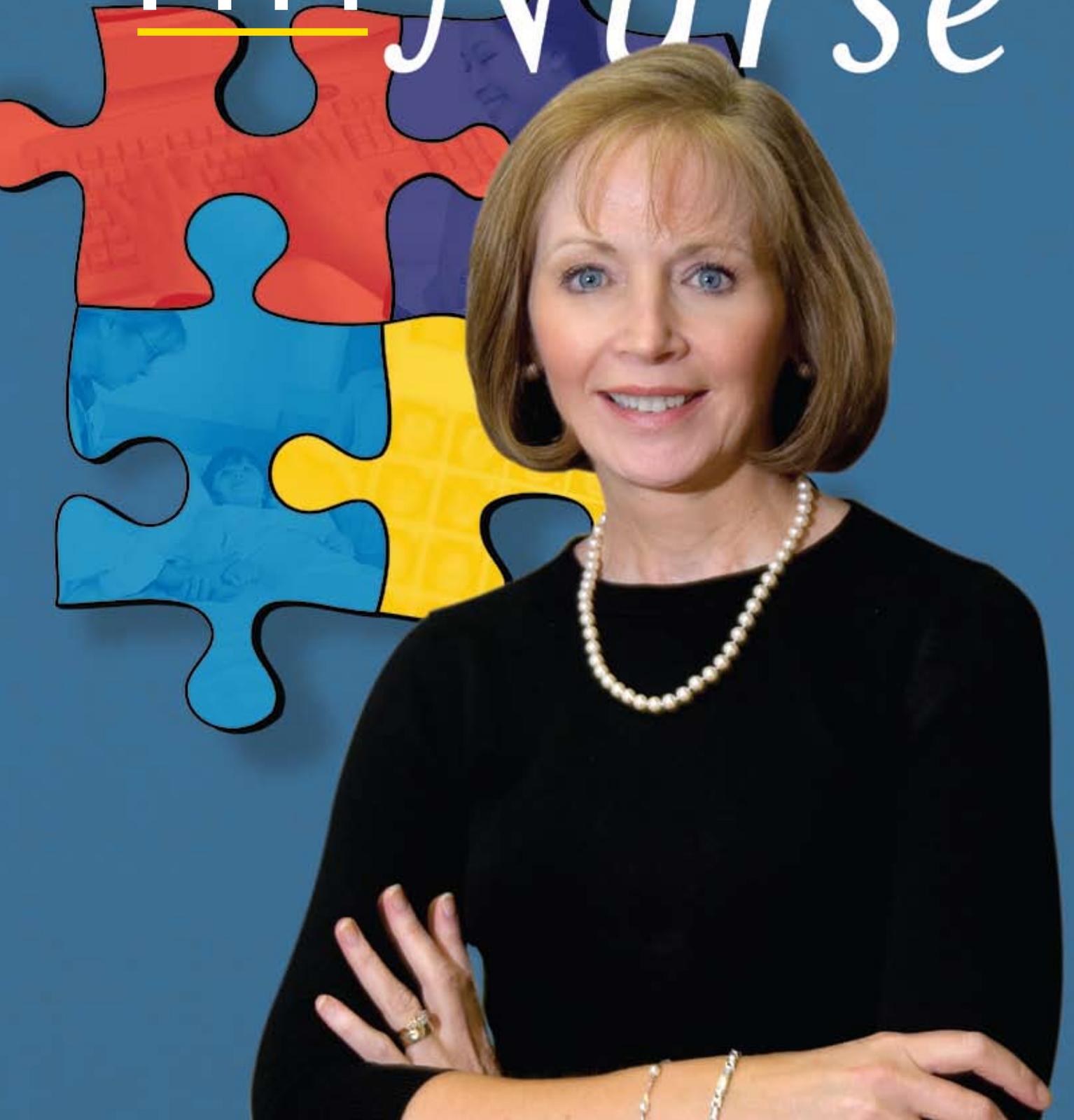


# PITT Nurse



THIS ISSUE: **TRANSFORMING NURSING PRACTICE  
THROUGH EVIDENCE-BASED PRACTICE**



**About the cover:** Bringing evidence to the bedside presents special challenges for a rural hospital in a community setting. Linda Dudjak (PhD '97, MSN '83), RN, vice president of patient care services at UPMC Horizon, built on an existing academic practice partnership with the University of Pittsburgh School of Nursing to develop an evidence-based practice implementation model at UPMC Horizon.

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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!



**TODAY'S RAPIDLY CHANGING HEALTH CARE ENVIRONMENT** demands that health care providers must constantly question whether current practices are in fact best practices, and stay current with the most recent research findings to ensure that patients receive the highest quality care.

Education initiatives at the University of Pittsburgh School of Nursing reflect this evolutionary trend. The article on page 22 presents an overview of forces that influence curricula and program development at the School of Nursing. A more in-depth assessment of the health care environment and the influences impacting nursing today is posted on our Web site.

Our national rankings attest to the quality of our graduate programs that prepare students to be scholars and leaders in the profession. The latest edition of *U.S. News & World Report's* "America's Best Graduate Schools" shows ranking advances in a number of Pitt graduate programs. Overall, the School of Nursing moved to seventh, up from 10th when it was last ranked in 2003. Rankings also improved in various nursing specialties since 2003. In addition, the school rates third in number of research grants from the National Institutes of Health, placing the school among the top 10 in the amount of awards received for the ninth consecutive year.

We are also excited to announce an innovative new neonatal nurse practitioner (NNP) master's program as an extension of the school's successful and well-respected pediatric nurse practitioner program. Developed in partnership with Level III neonatal intensive care units at Children's Hospital of Pittsburgh of UPMC and Magee-Womens Hospital of UPMC, this is the only NNP program offered within a 50-mile radius of Pittsburgh and all of southwestern Pennsylvania.

For more than 65 years, Pitt nurses have been change agents. They have always known that graduation does not signal the end of their education, but rather that they must continue to learn and grow throughout their professional careers. More than 11,000 students have graduated from the School of Nursing's baccalaureate, master's, RN options, and doctoral programs since the school was founded in 1939. In addition to delivering superior clinical care at the bedside, Pitt School of Nursing alums are making a difference in a range of disciplines locally, nationally, and internationally. Pitt nurses are helping to shape nursing policy, directing public health policies, improving patient care through research, and developing the next generation of nurses in academia. They work in hospitals, airplanes and helicopters, clinics, private practice, the military, government agen-

cies, and universities. Pitt nurses also bring their nursing expertise to other fields such as business and law.

In the next few issues of *Pitt Nurse*, we will look at ways alumni, faculty, and students are making a difference. The focus in this issue is evidence-based practice (EBP) as an integrated component of nursing, from the education of students to practice in the community to driving research interests.

Our cover story describes how EBP was implemented at UPMC Horizon, a community-based hospital in a rural setting 90 miles northwest of Pittsburgh. The series of stories beginning on page 6 illustrates the legacy of nursing knowledge at the school.

We are proud of all of our Pitt nursing alumni. The alumni and faculty featured in this issue of *Pitt Nurse* represent a small cross section of Pitt nurses who are making a difference. If you have a story we should tell, please be sure to send us your completed What's Happening form from the inside back cover so we can update your information. If you prefer, you can contact our alumni office at 1-866-217-1124. However you choose to stay in touch, please let us hear about you and what you're doing!

*Jacqueline Dunbar-Jacob*

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



Linda Dudjak (center) with Deborah Sormaz (left) and Lisa Krivosh, cochairs of the evidence-based practice council



# PUTTING THE EBP PUZZLE TOGETHER

## Implementing Evidence-Based Practice in a Community Hospital Serving a Rural Population

**BRINGING EVIDENCE TO THE BEDSIDE** presents special challenges for a rural hospital in a community setting.

An evidence-based practice (EBP) initiative at UPMC Horizon was launched in 2005 through a partnership with the University of Pittsburgh School of Nursing. Supported by a five-year grant, funded through the dissemination core of the school's Center for Research in Chronic Disorders, Helen K. Burns (PhD '93, MN '81), RN, associate dean for clinical education and associate professor in the Department of Health and Community Systems, and Linda Dudjak (PhD '97, MSN '83), RN, vice president of patient care services at UPMC Horizon, created a translational research partnership to test strategies for adoption of research as a basis for practice at the staff nurse level.

The primary objectives of the endeavor are to integrate EBP and research into the existing nursing structure, develop the academic resources necessary to implement EBP projects, and build clinical expertise and application skills among the staff.

"The first step was to assess how prepared the nursing staff and the organization was to implement an EBP model," Burns says. "A baseline survey measured the knowledge, attitudes, beliefs, and skills of the nursing staff related to research, as well as resources available within the organization to support EBP." Access to computers, a library, continuing education, and support staff were identified as critical elements for successful implementation. One of the most important elements for success was a champion within Horizon's senior leadership team to ensure support of the initiative and nurture a culture to promote EBP.

Horizon had that support in Dudjak. A strong visionary nursing leader who supports professional development and excellence in nursing practice, Dudjak believes strongly in the value and importance of practice that is evidence-based and dynamic.

After the baseline survey was completed, the group developed a tool kit to introduce the concepts of EBP to clinical staff based on the individual needs of the institution. The approach they developed leverages existing strengths. "You have to grow from where you start," Burns says. "Our goal was to position EBP and research into the existing hospital structure." The tool kit included strategies to introduce the concepts of EBP through the hospital's Professional Practice Council (PCC). "Practicing what we preached, the team applied the principles of EBP throughout the process, researching and testing different approaches to identify the most effective implementation tactics," Burns says.

The PCC, made up of 25 staff nurses representing every area of the hospital, became ambassadors of information to their peers and helped develop an action plan to implement EBP at UPMC Horizon. After a year, PCC transitioned its role as a steering committee and formed a separate EBP nursing council to expand staff participation and support the growth of the initiative.

"One of the tools the group developed was a colorful puzzle logo to visually depict the defining elements of EBP and to illustrate how they relate to ultimately impact patient care," Dudjak says. "We tried to incorporate the puzzle image into all of the EBP information pieces and on bulletin boards that were used to help educate the staff in each department about the EBP initiative and inform them about the council's ongoing activities."

Another strategy used a journal club format as a way of introducing staff nurses to the research findings of the Center for Research in Chronic Disorders and other relevant research to answer their clinical questions. Journal club discussions continue to be a regular agenda item for each EBP council meeting.

Next, an on-site educational session provided by Mary Lou Klem, reference librarian and liaison to the School of Nursing from the University of Pittsburgh Health Sciences Library



**“It was an exciting moment to see staff nurses totally engaged in this new learning and becoming proficient in the use of these resources.”**

System, taught nurses how to access a database of systematic reviews on clinical topics. The hands-on instructional session showed nurses how to access reviews that summarize current research findings, along with implications for the most up-to-date clinical practices, from a hospital computer or from home. “It was an exciting moment to see staff nurses totally engaged in this new learning and becoming proficient in the use of these resources,” Dudjak says. “They were then able to share what they learned with nursing peers in their respective departments.”

Another key step in achieving staff proficiency in applying EBP was to provide the resources required to integrate the principles into daily practice. “We set up an e-mail address where nurses can submit their clinical questions that they encounter in daily practice,” Dudjak says. “Designated members of the EBP nursing council, including the nurse(s) who submitted the question, review the available literature to determine if there is sufficient evidence to answer the question and/or propose a change in current practice.”

To further educate the nursing departments about the concept of evidence-based practice, a pilot study was conducted with patients who had been discharged from two units. Kitty Kightlinger, RN, and Denise Mertz, RN, contacted patients following discharge and asked them a scripted set of questions to evaluate how well patients understood and were able to follow discharge instructions and the usefulness of the written materials they received. Burns and her research team collated the data from that study and incorporated the results into an instructional session on the topic of adherence. Burns also used the data to demonstrate how various statistical tests could be applied to the data to support or refute certain conclusions.

“Staff investment and ownership in that study brought research to a personal practice level and illustrated the complementary synergy that exists between nursing research and clinical practice,” Dudjak says. “Every step of the way, the staff was supported by the academic expertise of the faculty who do research every day. And they could see the research translated

and applied in a way that is understandable and meaningful to a practicing nurse.”

Most recently, Lisa Krivosh, RN, and Deb Sormaz, RN, staff nurse cochairs of the EBP council, shared their work at a systemwide nursing conference on quality innovation and as part of Nurses Week activities at UPMC Horizon. “Presenting their own evidence to nursing peers promoted a full appreciation of the research process as well as principles of EBP,” Dudjak says.

Many of the nurses in this rural setting were practicing in the same ways they had been trained when they earned their basic nursing education decades earlier. “There has been a lot of teaching involved so far,” Burns says. “At the beginning, we needed to be both salespeople and educators.” But Burns and Dudjak know that making a difference in a person’s life can take time. “Perseverance is one way to make a change,” Burns says. “The first step was getting nurses comfortable enough to develop a clinical question.”

As a result of these initiatives, a spirit of inquiry has been fostered that empowers nurses to constantly question how and why they do things. “Nurses at Horizon are really beginning to embrace a culture of change,” Dudjak says. “They are comfortable looking at the literature and are more aware of the importance of asking clinical questions to learn if there is a way to do things that can result in better patient outcomes.”

Another valuable effect of the collaboration between UPMC Horizon and the School of Nursing has been an increased interaction and collaboration between nurses in a practice setting and nurses in an academic and research environment. “The EBP initiative has helped bridge the gap between research and practice at Horizon by establishing an academic and clinical partnership,” Dudjak says.

Burns and her research team are incorporating lessons learned at UPMC Horizon into an EBP implementation plan that can be adapted to apply at rural hospitals across the commonwealth and the nation.

# FROM BENCH TO PRACTICE TO POLICY

**“NURSES ARE IN AN EXCELLENT POSITION TO LOOK AT BOTH BIOLOGICAL AND BEHAVIORAL MEASURES THAT INFLUENCE A PATIENT’S HEALTH.”**



**“IT’S IMPORTANT TO LISTEN TO THE CONCERNS** and interests of patients and families, as well as those of clinicians and scientists,” says Mary E. Kerr, PhD, (MNEd ’81), RN, FAAN, deputy director of the National Institute of Nursing Research and associate director of its scientific programs.

The National Institute of Nursing Research (NINR), a division of the National Institutes of Health (NIH), includes a dedicated team of scientists that helps move nursing science forward. “At the NIH we are able to seek out the opinions of public advisors, health experts, scientists, and other shareholders across the United States about what they think are important health care needs,” she says. “We use this information to identify gaps in scientific areas, places where scientific consolidation or synthesis is possible and opportunities for interdisciplinary approaches to address current problems. These efforts guide us in directing our energy and resources in order to support research that produces the best evidence for practice.”

Kerr helped develop the strategic plan for the NINR with a focus on the agency’s mission to promote and improve the health of individuals, families, communities, and populations. “My

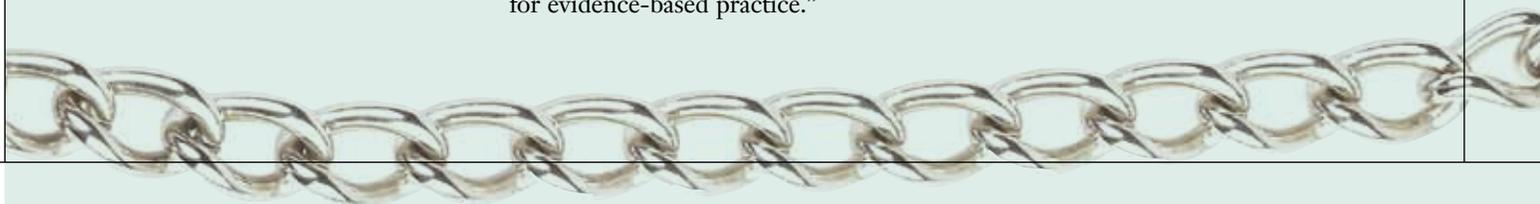
background as a biobehavioral researcher helps me identify and assemble the resources necessary to accomplish the intermediary tasks required to achieve the mission of the NINR: helping scientists achieve their ideas and attain their goals,” she says. “In addition, my experience working in an interdisciplinary and collaborative environment at the University of Pittsburgh School of Nursing gave me an excellent model for integrating activities across NINR and NIH, seeing opportunities, and finding creative approaches that no one person alone could effect.

“Nurses are in an excellent position to look at both biological and behavioral measures that influence a patient’s health,” Kerr says. “In addition to looking at a patient’s biological markers, nurses receive information about the patient’s family and personal factors. They take advantage of opportunities to ask questions about the social context.”

One of Kerr’s goals is to create guidelines to take research from bench to practice to policy. “The majority of research conducted by nurses involves the patient or individual as well as the family, in a clinical setting,” she says. “The results can often be translated directly into practice and become the foundation for evidence-based practice.”

Kerr has received numerous honors and awards throughout her career, including the University of Pittsburgh School of Nursing Outstanding Alumni Award in 2004, the Excellence in Nursing Nightingale Award of Pennsylvania for Nursing Research in 2002, and the Distinguished Research Lectureship Award from the Eastern Nursing Research Society in 2001. She also has been recognized as a fellow in both the American Academy of Nursing and the American College of Critical Care Medicine.

At the NINR, Kerr is influencing the broader areas of nursing research that support, encourage, and value direct clinical care. But she also left a legacy of research at the School of Nursing in Paula Sherwood and Sheila Alexander (PhD ’04, BSN ’89), both assistant professors in the Department of Acute and Tertiary Care, who continue Kerr’s work to identify physiologic biomarkers that may help predict outcomes in traumatic brain injury patients as well as patients who experience a subarachnoid hemorrhage, or spontaneous arterial bleeding into the space that surrounds the brain.



# SHEILA ALEXANDER AND PAULA SHERWOOD

THE LEGACY OF NURSING KNOWLEDGE,  
HANDING DOWN INFORMATION FROM ONE  
GENERATION OF NURSES TO THE NEXT



**THE NURSING PROFESSION HAS ALWAYS HAD A COMMITMENT** to pass knowledge from one generation of nurses to the next to ensure continuous progress and improvement in nursing practice.

Mary Kerr, PhD, (MNEd '81), RN, FAAN, left a legacy of nursing research and knowledge at the School of Nursing that exemplifies that commitment. When she left the School of Nursing to assume the position of deputy director of the National Institute of Nursing Research and associate director of its scientific programs, Kerr was leading three major projects. Two of Kerr's research projects focused on identifying biomarkers (substances made in the body) that predicted which patients suffering from subarachnoid hemorrhage (SAH) would develop complications. A third study focused on genetic biomarkers in patients who experienced a traumatic brain injury.

Kerr, who was mentored by former Dean Ellen B. Rudy, PhD, RN, FAAN, passed the baton of nursing knowledge to Sheila A. Alexander (PhD '04, BSN '89) and Paula Sherwood, PhD, RN, CNRN, both assistant professors in the Department of Acute and Tertiary Care. Sherwood and Alexander are continuing Kerr's work, researching patients who suffer vasospasm, a narrowing of cerebral arteries after SAH that decreases blood delivery to brain tissue and can lead to stroke. This research is important because vasospasm occurs in 20 percent to 50 percent of patients recovering from an aneurysmal SAH—bleeding into the space that surrounds the brain from an aneurysm—and accounts for much of the disability and death associated with ruptured aneurysms in a fairly young population.

Continuing a study begun by Kerr, Sherwood and Alexander are working with Leslie Hoffman, PhD, RN, FAAN, professor and chair of the Department of Acute and Tertiary Care, to collect data with the hope of identifying physiologic biomarkers that may help predict which patients will develop poor neurologic and functional outcomes after injury. By identifying patients at increased risk, health care professionals

can tailor care by increasing monitoring and administering prophylactic treatments to help prevent a second stroke.

Conducting the research also has begun to spawn new areas of interest. During data collection, several researchers became interested in the relationship between magnesium and vasospasm, which other studies have begun to report. Team members including Elizabeth Crago, MSN, RN, project manager and another of Kerr's protégés, conducted analysis using data from the project and verified the work of others who have reported that patients who receive intravenous magnesium are less likely to develop cerebral vasospasm. As a result of this finding, the standard of care for aneurysmal SAH patients at UPMC Presbyterian hospital and many other facilities across the country now includes magnesium infusion for cerebral vasospasm. "That's really the very essence of evidence-based practice," Sherwood says. "It wasn't the original purpose of the grant, but it was pulled straight from the grant. It was initiated by clinicians, carried through by researchers. It was a collaborative effort, and it resulted in a change in practice."

In addition to carrying on Kerr's work, Alexander and Sherwood have branched out to their own areas of research.

An additional area of research for Alexander is to clarify gene expression after traumatic brain injury (TBI) and explore its association with markers of recovery. Identifying pathways involved in TBI recovery may lead to tailored pharmaceutical interventions or therapies that can speed recovery and improve outcomes. "If we can find a gene that's turned on and producing a lot of proteins in patients who have good outcomes, we may someday be able to intervene in the pathway and improve patients' outcomes," Alexander says.

Sherwood is conducting a study funded by the National Cancer Institute to examine the interaction of behavioral and biological markers of distress in caregivers of patients with a primary malignant brain tumor (PMBT). Patients with a PMBT often suffer significant physical and cognitive

problems, causing family caregivers to assume the patient's familial, social, and financial obligations. "Research has shown that caregivers of patients with other chronic diseases are at risk for depression, anxiety, sleeplessness, problems with immune function, and increased mortality," Sherwood says. "Despite high morbidity and mortality rates for patients with a PMBT, caregiver issues in neuro-oncology have been virtually ignored." One of the purposes of Sherwood's study is to use a multidisciplinary, integrative model—the Pittsburgh Mind-Body Center model—to examine how biologic and behavioral responses to stress interact. Established in 2000, the Pittsburgh Mind-Body Center is a joint center administered by the University of Pittsburgh and Carnegie Mellon University and is funded by the National Institutes of Health, with additional support from the two participating universities. The Pittsburgh Mind-Body Center model suggests that common pathways—psychological, behavioral, and biological—link to diverse disease end points.

Alexander and Sherwood are passing on Kerr's legacy of nursing knowledge to their students—the next generation of nurses. "We are very fortunate and spoiled in this environment," Alexander says. "I am honored to be a link in this chain of truly spectacular nurses."

## TAURA BARR

### TRAINING AND SUPPORTING NURSE RESEARCHERS

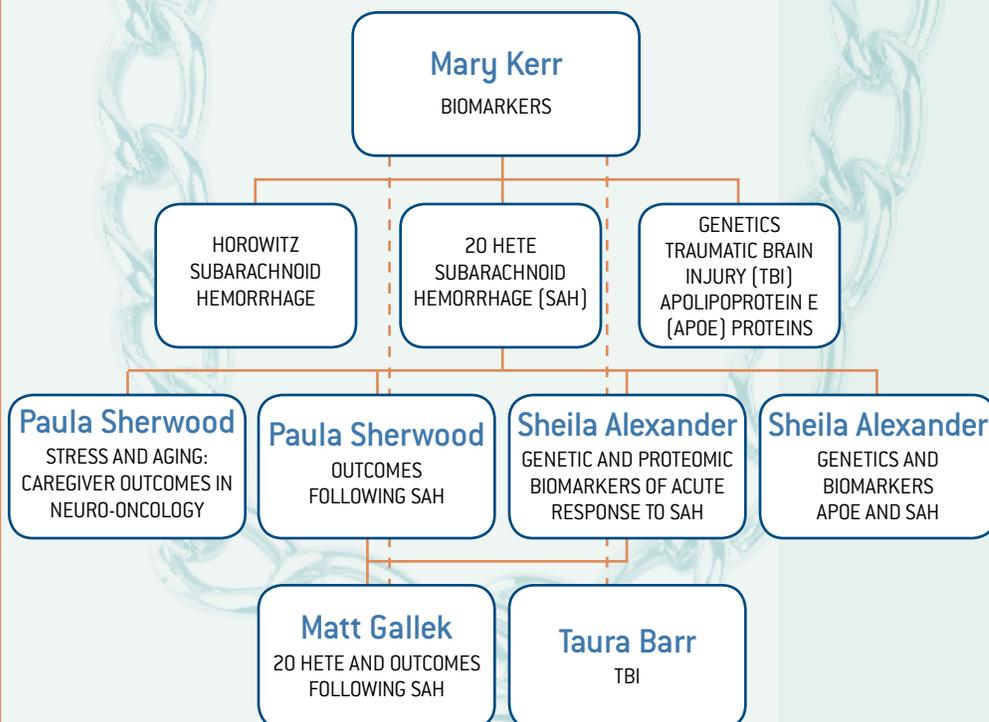
**THE MISSION OF THE NATIONAL INSTITUTE OF NURSING RESEARCH (NINR)** is to promote and improve the health of individuals, families, communities, and populations. A division of the National Institutes of Health (NIH), the NINR supports and conducts clinical and basic nursing research and research training on health and illness across the life span.

In addition to supporting a wide variety of nursing research, the NINR offers both individual and institutional training opportunities and supports both extramural and intramural research training. The intramural research program supports scientists at NINR on the NIH campus in Bethesda, Md. The extramural research program supports the work of scientists in universities, teaching hospitals, and other organizations outside the NINR.

Recognizing that the resources of the NIH were underutilized in the preparation of the next generation of biomedical scientists, the Graduate Partners Program (GPP) was started in the late 1990s to take advantage of the academic environment of highly respected universities and the breadth and depth of research at the NIH.

Following the success of that program, in 2004 the NINR launched a GPP pilot training project in biobehavioral research with a consortium of six schools of nursing, including the University of Pittsburgh. The dual missions of the NINR GPP are to establish and foster graduate education partnerships with national and international universities and other institutions dedicated to quality education in biomedical basic and clinical research, and to provide the infrastructure and community support needed by the students in these

## A Legacy of Nursing Knowledge



## TAURA BARR

### CONTINUED

programs. These university partnerships help the NIH strengthen and expand its role as a provider of excellent training for the biomedical scientists of the future.

Graduate scholars selected for this GPP complete their course work at their respective graduate partnership university and then go to the NIH campus to begin research for their graduate dissertations in an intramural laboratory under the guidance of a NIH intramural investigator and the partnership university mentor. Upon successful completion of the program, scholars earn a PhD degree from their respective university.

University of Pittsburgh School of Nursing BSN to PhD candidate Taura Barr (BSN '04) is one of the first students to have been enrolled in the NINR GPP, which provides up to five years of funding. Barr learned about this pilot program from former Professor Mary Kerr (MNEd '81), whom she met during the second semester of her freshman year while working in the unit where Kerr was collecting data for her research. The two developed a bond as Kerr mentored Barr throughout her undergraduate studies. As a result of this relationship, Barr had an opportunity to present a research abstract based on Kerr's data at two national conferences in 2004. "It was very exciting to have such an opportunity as an undergraduate student," Barr says. "My original goal was to become a nurse practitioner, but this experience got me totally hooked on research."

Sheila A. Alexander (PhD '04, BSN '89), the school's first BSN to PhD graduate, was the research coordinator on Kerr's study. Alexander continued to support Barr through her undergraduate studies and encouraged her to enroll in the BSN to PhD program. Barr completed her PhD course work at the School of Nursing and is collecting data for her dissertation at the NIH campus in Maryland, where she is mentored by Steven Warach, MD, PhD, chief of the NIH stroke program, National Institute of Neurological Disorders and Stroke; and Andrew Singleton, PhD, chief of the Molecular Genetics Unit Laboratory of Neurogenetics. "My goal is to complete my thesis in 2009, before my funding runs out," Barr says. If she is successful, Barr will earn a PhD degree from the University of Pittsburgh School of Nursing at the end of the program.

"I wouldn't be where I am if it wasn't for Mary and Sheila," she says. "They gave me time and a passion for research."

## MATT GALLEK

### A CHAIN OF NURSING KNOWLEDGE

**MATT GALLEK (BSN '01), BSN TO PHD STUDENT**, also benefited from the legacy of Mary Kerr's nursing knowledge.

Gallek became a nurse specifically for the research. "I became interested in research as an undergraduate psychology student at Allegheny College," he says. Working as a mental health counselor for children in a community setting, Gallek met former Associate Dean John Clochesy, who encouraged Gallek to pursue a career as a nurse researcher. So, with one bachelor's degree under his belt, Gallek enrolled in the University of Pittsburgh School of Nursing BSN program, working with Richard Henker, PhD, (MSN '02), RN, associate professor and vice chair in the Department of Acute and Tertiary Care, and Tina Hines, former research faculty in the Department of Health Promotion and Development. "I enjoyed the 'helping people' part of nursing, but I especially liked the science," Gallek says. "I like the method-to-the-madness aspect of research."

Gallek was accepted into the BSN to PhD program and hired in the neurovascular intensive care unit at UPMC Presbyterian, where Kerr was conducting her subarachnoid hemorrhage study. "I knew Dr. Kerr from the school, but now I was able to see firsthand what she was doing at the bedside," Gallek says. "It was exciting to see the connection between bedside nursing and the research we do at the school."

"As a teacher, you hope you are imparting knowledge that makes a difference at the bedside," says Paula Sherwood, PhD, RN, CNRN, assistant professor in the Department of Acute and Tertiary Care. "And as researchers, our goal is to develop interventions that can improve patient outcomes and help speed recovery," adds Sheila A. Alexander (PhD '04, BSN '89), assistant professor in the Department of Acute and Tertiary Care.

Gallek did some independent studies with Kerr, working on his PhD part time while continuing to work at the hospital full time. He also worked with Sherwood and Alexander as a graduate student researcher on Kerr's 20-HETE subarachnoid hemorrhage research project, now under the direction of Leslie Hoffman, PhD, RN, FAAN, chair and professor in the Department of Acute and Tertiary Care. And, adding to the chain of nursing knowledge, Alexander sits on Gallek's PhD advisory review board.

For Gallek, the legacy of nursing knowledge at the school goes beyond a simple chain. "I've been influenced by so many faculty during my studies," Gallek says. "It's more like a web of nursing knowledge."



## RICHARD HENKER

“THE THING I LIKE ABOUT EVIDENCE-BASED PRACTICE ISN’T JUST THE RESEARCH PIECE. IT TAKES CLINICAL EXPERIENCE ALONG WITH KNOWLEDGE.”

IN JANUARY 2005, RICHARD HENKER, PhD, (MSN '02), associate professor and vice chair in the Department of Acute and Tertiary Care, took his first trip to Cambodia to work as a volunteer nurse. Henker always intended to practice abroad someday—after his kids went off to college, and after a few other things—but an encounter with cancer in 2002 convinced him to do it immediately. So, when he heard a presentation about Health Volunteers Overseas (HVO) at the 2003 American Association of Nurse Anesthetists convention in Seattle, Wash., Henker knew he had found his mission. A private, nonprofit organization dedicated to improving global health through education, HVO sends qualified health care professionals to clinical sites in Asia, Eastern Europe, Latin America, Africa, and the Caribbean to train local health care providers, giving them the knowledge and skills they need to make a difference in their communities.

On that first mission, Henker provided clinical instruction and lectures to the clinical staff at the Sihanouk Hospital Center of Hope in Phnom Penh, a non-

government organization that provides free care for the poor in Cambodia. Working with staff from the United Kingdom, Australia, and Switzerland, Henker taught the staff about preoperative evaluations, airway management, neuromuscular monitoring, and fluid management during multidisciplinary morning and afternoon rounds. Using a laptop computer and lecture material generously made available from his fellow faculty at the School of Nursing, Henker took advantage of found space and time to lecture the clinical staff about opioids, respiratory physiology, muscle relaxants, thermoregulation, airway management, and care of the patient with renal disease.

In February 2006, Henker returned to Cambodia, spending two weeks at Angkor Hospital for Children (AHC) in Siem Reap, which serves as a resource to the hospitals in the provinces in the more rural areas of Cambodia. “Many anesthesia providers in these provinces and nurse anesthesia students from Phnom Penh come to AHC for their anesthesia training,” Henker says. “Some patients travel for days to be seen there.” Henker’s goals for this trip were considerably different than they were on his first trip, in Phnom Penh. His mission this trip focused on teaching clinical staff how to teach, lecture, and precept anesthesia care providers and students. “The training we provide in Cambodia is important because the country lost a whole generation of health care providers in the 1970s, when

the Khmer Rouge, under Pol Pot, killed 2 million people—including most of the educated population in the country.”

Henker returned again to Sihanouk Hospital Center of Hope in March 2007 for two weeks to teach and work with the nurse anesthetists. In addition, he made a trip to AHC to work on setting up a clinical rotation for the nurse anesthesia program. Henker will return to Cambodia in November 2007 with two senior School of Nursing anesthesia students to AHC for their final clinical rotation.

### The Power of Evidence-Based Practice

While working with a student administering anesthesia in the operating room, Richard Henker, PhD, (MSN '02), associate professor and vice chair in the Department of Acute and Tertiary Care, had an opportunity to see the power of evidence-based practice (EBP) training on the job. An attending physician came in and quoted from a study. Coincidentally, Henker and his class had recently reviewed the same study. Recalling class discussions and their evaluation of the study's validity, the student replied, “But there is a problem with that study.” Henker, the student, and the physician then stood at the head of the bed and discussed the applicability of that study to the patient currently under anesthesia. “EBP isn't just about the literature,” Henker says. “You also look at the patient's situation and preferences.”





## LINDA FRANK

“AS A PUBLIC HEALTH PROFESSIONAL,  
MY LABORATORY IS IN THE STREET.”

“**NURSING IS THE CORNERSTONE OF PUBLIC HEALTH,**” says Linda Frank, PhD, (MSN ’83), ACRN, assistant professor in the Department of Infectious Diseases and Microbiology at the University of Pittsburgh Graduate School of Public Health (GSPH). “The basic principles of safety, hygiene, health assessment, health promotion, and patient education are the foundations of both public health and nursing practice.

“Nurses have always done public health work,” she says. “When you look at Florence Nightingale’s work, you see there is a public health overlay to everything she did.” Frank believes nurses are particularly well suited for public health work because they are systems oriented. “Nurses understand the patient in the context not only of their disease condition, but also of their families and communities.

“The nursing process and the scientific method are the same,” she says. “Different groups may call it continuous quality improvement, quality management, or evidence-based practice, but it is all the nursing process.” Whether they work in a medical surgical unit or as public health professionals in the community, “nurses are always testing what they do—they try things,” Frank says. “Nurses see a problem, develop an intervention, test it, and make an improvement.”

Frank also serves as principal investigator and executive director of

the Pennsylvania/MidAtlantic AIDS Education and Training Center (PA/MA AETC), which she has directed since 1988. The PA/MA AETC is a part of a nationwide network of AIDS Education and Training Centers established by the Health Resources and Services Administration of the U.S. Department of Health and Human Services. The AETC helps build clinical capacity for HIV treatment and reduce barriers to care by improving the knowledge and skills of clinical providers through education, consultation, and technical assistance. The program targets health professionals, emphasizing physicians, dentists, nurses, nurse practitioners, physician assistants, pharmacists, and other members of the HIV treatment team. “Our mission is to provide health care providers with training and education on HIV/AIDS and related public health issues such as sexually transmitted diseases, tuberculosis, hepatitis, substance abuse, and mental health issues that have an impact on HIV,” Frank says.

Frank also directs the communicable disease and behavioral health MPH program in the Department of Infectious Diseases and Microbiology at GSPH. “As a public health professional, my laboratory is in the street,” she says. “In community clinics, regional hospitals, local community health centers, and in jails and prisons, I help health care providers build their capacity to provide better care.”

Frank also has taken the public health framework and applied it internationally. She was invited by the Eurasian Medical Education Program, which is funded by the National Institutes of Health, to serve a training faculty in the Russian Ural region and the Russian Far East. In March 2005, she was part of a delegation of HIV experts who trained 100 physicians at the Ural Medical Academy in Yekaterinburg, Russian Federation. And in June 2005, she traveled with a second delegation to Vladivostok, Russia, to conduct HIV training with more than 100 physicians in the Russian Far East. That same month, Frank helped organize and convene a conference, HIV/AIDS East of the Urals, in collaboration with the Center for Russian and Eastern European Studies at the University of Pittsburgh, where she also serves on the faculty. The conference included a delegation of clinicians and policymakers from the Ural region and Siberia with a shared goal of research and training collaboration. Efforts are now under way for Frank to conduct training in Samara and speak at a national nursing conference in the Russian Federation.

“One of the reasons I’ve been as successful as I have in what I do is because I graduated from Pitt’s psych nurse program, which was very systems oriented,” Frank says. “That training taught me a new way to think about problems.”

## CONNIE WHITE-WILLIAMS

TRANSPLANT COORDINATOR REMEMBERS THE 'LITTLE THINGS'  
AS SHE LOOKS AT THE BIG PICTURE



**A FROM SMALL DETAILS TO BIG-PICTURE SCENARIOS**, every task in Connie White-Williams' day is dedicated to making someone else's hospital experience better.

"What I do makes a difference in someone's life," says White-Williams, MSN, (BSN '84), FAAN, a cardiothoracic transplant coordinator at the University of Alabama Medical Center in Birmingham. "Whether I am holding a hand, adjusting medications, or planning out the patients' care, I know what I do can improve their quality of life," she adds.

Currently a second-year graduate student in the doctoral program at the University of Alabama School of Nursing at Birmingham, White-Williams has developed a passion for research and hopes to assume a leadership role in the future. "I've been involved in research from the clinical side in the past, but now my goal is to be the primary investigator on my own grants," she says.

As a volunteer in the hospital's quest for magnet recognition, White-Williams has had an opportunity to share her interest in research by formalizing evidence-based practice principles and procedures and integrating them into the hospital's daily routine.

The Magnet Recognition Program was developed by the American Nurses Credentialing Center, the largest and most prestigious nursing credentialing organization in the United States. The principle behind the program was to recognize health care organizations that

provide excellent nursing care and uphold the tradition of professional nursing practice. In addition to elevating nursing standards, the program also seeks to provide patients with a benchmark measuring quality of care.

White-Williams believes the profession is up to the task.

"As nurses, we need to brainstorm," she says. "It is important for us to sit and talk about issues, to go through the process of testing ideas and finding the evidence to back them up."

In 2002, White-Williams was honored with the American Heart Association's Excellence in Cardiovascular Nursing Clinical Practice Award in recognition of her ability to maintain roles in both clinical and research areas. As part of a nationally recognized team that performs a large volume of transplants every year, she coordinates care for about 200 patients but also conducts research in several treatment areas, including quality of life for patients and spouses.

In addition, White-Williams has been published in scientific journals and books, helped develop educational manuals and videos for patients, and served on the editorial review boards of *Progress in Transplantation* and the *Journal of Cardiovascular Nursing*.

Even so, she keeps in mind a simple adage that reminds her that patients are the reason for all that hard work: "Don't let the urgent take over what is really important."

**"As nurses, we need to brainstorm. It is important for us to sit and talk about issues, to go through the process of testing ideas and finding the evidence to back them up."**



## DIANE LANCASTER

### USING EVIDENCE TO INFLUENCE PATIENT OUTCOMES

**HOSPITALS CAN BE DANGEROUS PLACES.** In her role as director of nursing measurement and improvement at Brigham and Women's Hospital in Boston, Mass., Diane R. Novotny Lancaster, PhD, MSN, (BSN '79), uses information gleaned from daily staff practices and safety reports to build evidence for required improvements in care processes. "A part of my job is to help nurses connect the dots among a vast array of data sources so that they can see where they have the power to impact and advance nursing practice," Lancaster says. To that end, she leads numerous program activities related to patient care, quality, safety, regulatory and compliance standards, and evidence-based practice.

In relation to nurse-sensitive outcome measures, Lancaster is leveraging the hospital's participation in the Patients First: Continuing the Commitment to Safe Care program, to show nurses how their participation in safety reporting activities can help them create better patient outcomes. The program, a sweeping quality and safety initiative endorsed by the Massachusetts Hospital Association and the Massachusetts Organization of Nurse Executives, includes a five-part leadership agenda adopted by Brigham and Women's as well as 77 other hospitals (see sidebar). These hospitals are voluntarily publicly reporting their performance on nurse staffing data as well as outcome measures such as falls, falls with injury, and nosocomial pressure ulcers.

In addition to influencing staff practice at Brigham and Women's, Lancaster also is involved in projects that might directly impact patients. In 2005, she was awarded a \$250,000 research grant from the Susan G. Komen Breast Cancer Foundation for a three-year project that seeks to produce a tool that will help clinicians assess a woman's perceived risk of developing breast cancer. Although clinicians already have tools to estimate biological risks, a woman's perception of those risks plays a critical role in what actions she may take to reduce such risk.

Lancaster's deep commitment to advancing the profession and making a difference in the lives of patients is tied to her own educational experiences. "I am privileged to have this level of academic preparation," she says, "and I am committed to making sure there is adequate return on that investment."

#### WHAT THEY'RE PROMISING: THE PATIENTS FIRST INITIATIVE

The Massachusetts Hospital Association and the Massachusetts Organization of Nurse Executives have endorsed a quality and safety initiative dubbed Patients First: Continuing the Commitment to Safe Care.

Participating hospitals pledge to:

- Provide staffing that meets patient needs.
- Promote a safe and supportive working environment for all those who provide care and in which patient safety is the top priority.
- Provide the public with the hospital performance measures they need to make informed decisions about their care.
- Build strategic partnerships and initiatives to address the shortage of nurses and other caregivers.
- Educate the public about what hospitals are doing to improve safety, and forge partnerships to promote access to high-quality care.

Source: Patients First



Illustration: Julie Delton, courtesy of Patients First



## MARILYN HRAVNAK

FOR ADVANCE PRACTICE NURSES,  
INFORMATION IS POWER

**ADVANCE PRACTICE NURSES** provide more than hands-on medical care in the mind of Marilyn Hravnak (PhD '00, MSN '83), RN, CRNP, FAAN. To her, they are the frontline bearers of potentially crucial information—and as such, must be armed with the best possible tools of their trade.

“Master’s-level nurses bring a more scientific basis to their practice,” says Hravnak, an associate professor in the Department of Acute and Tertiary Care. “It is important for advance practice nurses to be aware of the most current evidence as they do their rounds, because they are bedside ambassadors of information to patients and their families.”

Toward that end, Hravnak is spearheading a project that seeks to provide these nurse ambassadors with the most up-to-date and useful information at all times. She serves as coleader with Michael Pinsky, MD, professor in the University of Pittsburgh School of Medicine, of a collaborative team of medical doctors and clinicians in a pilot evaluation of an intelligent monitoring system called Biosign™, a product that integrates small changes in data from multiple physiologic monitors into a single amalgamated biological status index. The project, part of a University of Pittsburgh Medical Center (UPMC) and School of Nursing partnership for quality improvement, will determine whether the device can improve patient safety by anticipating functional deterioration sooner.

“Technology is an extension of our senses,” Hravnak says. “What we call ‘nursing intuition’ is the nurse’s ability to pick up on subtle changes in patient conditions and trends over time, and develop pattern recognition to recognize impending instability. We teach that to a large degree in our advanced practice nursing diagnosis and management courses. In the same way blood pressure cuffs and stethoscopes help us verify biophysiological signs we already see in a patient, this device may improve patient safety by detecting changes earlier than our senses or traditional technologic monitoring systems, thereby anticipating functional deterioration earlier and applying supportive interventions earlier.”

One of five faculty across the University to be honored with the 2007 Chancellor’s Distinguished Teaching Award, Hravnak believes her job is not to provide the answers, but rather to refine the critical thinking skills that will allow students to discover the answers themselves. “My primary goal as an educator of advance practice nurses is not to teach knowledge, but to teach thinking,” she says. With every patient care problem her students encounter, Hravnak believes they should be able to think through the underlying pathophysiologic process and its differential diagnoses, then use critical thinking and advanced assessment skills to reach a diagnostic certainty.

In presenting the Distinguished Teaching Award, Chancellor Mark

“My primary goal as an educator of advance practice nurses is not to teach knowledge, but to teach thinking.”

Nordenberg cited Hravnak’s “clinically relevant lectures, your ability to make difficult concepts understandable, and your respectful and reassuring supervision in [students’] clinical setting.” The chancellor also commended her use of realistic laboratory simulation techniques that prepare students to care for critically ill patients.

For her part, Hravnak credits the supportive systems within the School of Nursing and collaborative relationships with faculty in the School of Medicine, as well as with UPMC hospitals that support clinical practical training. “All of these factors work together to help us to produce exceptionally well-prepared graduates who are highly valued in the employment setting,” she says.

## ELIZABETH LARUE

EVIDENCE-BASED PRACTICE REQUIRES MUCH MORE THAN IDENTIFYING THE BEST EVIDENCE



A customer walked into his pharmacy carrying an armload of information pulled from the Internet. “Why am I not getting this dosage?” he asked. The pharmacist looked through the information the customer had brought and replied, “Because you aren’t a horse.”

**THE INTERNET HAS MADE IT EASY** to access increasing quantities of information on just about any topic, but it is important to evaluate that information for relevance, accuracy, and validity when making decisions about the care of individual patients. Elizabeth LaRue, PhD, MLS, AHIP, informatics academic coordinator in the Department of Health and Community Systems, is working on several tools to help.

Using research or evidence to substantiate and validate clinical decisions in nursing practice is not new. Medical interventions have been tested for efficacy for centuries, expanding to almost all fields of health care and policy in the 20th century. The concepts behind evidence-based practice gained increased acceptance in 1972 with the publication of *Effectiveness and Efficiency: Random Reflections on Health Services*, by Professor Archie Cochrane, a Scottish epidemiologist whose work has been honored through Cochrane Libraries of research evidence, Cochrane Centers of medical research centers of evidence-based medical research, and the Cochrane Collaboration, a group of approximately 11,500 volunteers in more than 90 countries who apply a rigorous, systematic process to review the effects of interventions tested in biomedical trials. The methods used to determine best evidence were established in the early 1990s at McMaster University in Hamilton, Ontario, Canada.

The discipline of evidence-based practice (EBP) is a systematic approach to access and evaluate evidence to make clinical decisions. But EBP requires much more than identifying the best evidence. Practitioners must integrate high-quality quantitative and qualitative research with clinical judgment and expertise as well as the background, preferences, and values of patients and families. The Center for Evidence-Based Medicine lists five steps to practice EBP: (1) ask an answerable question, (2) find the best evidence, (3) critically appraise the evidence, (4) act on the evidence, and (5) evaluate the performance. LaRue is developing technology tools that facilitate the first three steps, the access and evaluation of evidence for practice, which are crucial for success in EBP.

To develop an appropriate and answerable question, health care providers must first build a Patient, Intervention, Comparison, Outcome (PICO) outline. LaRue was part of a team of educators at the school that created a Web-based tool to train students and clinicians to develop an appropriate and answerable question using PICO. Accessing and assessing the evidence allows students to review clinical scenarios, create questions using the PICO format, learn about EBP search tools such as clinical queries, and evaluate journal citation and abstract relevance in answering an expert’s clinical question.

## CYBERCHONDRIA

A second tool developed by LaRue, known as Site, Publisher, Audience, and Timeliness (SPAT), helps health care providers and consumers evaluate the accuracy, validity, and relevance of the information. SPAT is an acronym for the four components of information. “Dot-com sites may be sponsored by manufacturers or advertisers who provide information, unsubstantiated by scientific evidence, with the goal of promoting their product or service,” LaRue says. SPAT prompts users to ask, “Are the publishers or authors of the information credible, and do they cite reliable references? Is the audience for the text on the Web page appropriate for the reader—not using medical terms or biased? And finally, is there a date on the document or site to indicate how timely the information is?”

“SPAT is fast, easy to use, and memorable,” LaRue says. “It is a tool nurses can use to teach patients and their families how to access and evaluate current best evidence when making decisions about best care.”

It might seem obvious that people are not horses, but evaluating the relevance, accuracy, and validity of health care information can be even more confusing than picking stocks or selecting wine—and the consequences are far more significant when making decisions about the care of individual patients. LaRue is making it easier.

Although most health care professionals are open to personal research, stating that this can open lines of communication between doctors and patients, there is concern by other doctors about misuse of the Internet by people who mistakenly believe that the information they find is sufficient to make a self-diagnosis.

People increasingly use the Internet to gather information on health or health care, for themselves or people in their care. However, easy access to a wide range of medical information on the Internet also has resulted in increased cases of a condition health care professionals call cyberchondria—the deluded belief that you suffer from diseases featured on the Internet. Cyberchondriacs imagine they have a particular disease because their symptoms match those listed on an Internet health site.

Pharmaceutical companies and medical organizations maintain Web sites that include brief overviews of various conditions for individuals

with a general curiosity, or more detailed information to aid the understanding of people who have been properly diagnosed. The problem is that consumers may not understand that many conditions (both major and minor) can have similar symptoms. General flu-like symptoms may be present in conditions as varied as allergies to HIV infections—or the flu. Without a proper diagnosis, cyberchondriacs may believe that their minor illnesses are symptoms of crippling diseases. These incorrect self-diagnoses can lead to anxiety, guilt, and depression. In rare cases, some doctors have reported that their patients have demanded dozens of tests for obscure, nonexistent infections and insisted on expensive, unnecessary medication for imagined illnesses.



## JUDITH ERLÉN

FORGING RESEARCH LINKS ACROSS  
THE COUNTRY



“We have a responsibility to help our younger colleagues move forward in their research activities.”

“THE PHD PROGRAM AT THE UNIVERSITY OF PITTSBURGH SCHOOL OF NURSING is distinguished by its strong research mentoring component,” says Judith Erlen, PhD, (BSN '66), RN, FAAN, professor in the Department of Health Promotion and Development, PhD program coordinator, and associate director of the Center for Research in Chronic Disorders.

The Center for Research in Chronic Disorders (CRCD) was founded in October 1994. Now in its third cycle of funding from the National Institutes of Health (NIH) and the National Institute of Nursing Research (NINR), the CRCD is an independent entity in the School of Nursing that provides infrastructure support for multidisciplinary, outcomes-based research in chronic disorders across the life span. The CRCD also manages a pilot program for new investigators and more senior investigators who are proposing a substantial shift in research emphasis.

Under Erlen's leadership, the school expanded its mentoring program to help other institutions develop their faculty and their research programs. In 2005, Erlen established links with Southern University and A&M College in Baton Rouge, La.; West Virginia University in Morgantown, W.Va.; and the State University of New York in Brooklyn. Willa Doswell, PhD, RN, FAAN, associate professor in the Department of Health Promotion and Development and associate director of the research development core of CRCD, shares responsibility for mentoring faculty at Southern University.

In 2005 and 2006, representatives from each of these universities attended a series of grant writing workshops sponsored by CRCD. Mentored by School of Nursing research faculty, workshop attendees began to develop research proposals. Several of those proposals were submitted for funding; two have been funded to date, and others are being revised and resubmitted.

This year, Erlen developed additional partnerships at the University of Oklahoma and the University of Connecticut, where she was appointed visiting professor for the 2007 academic year. “Each of the schools we work with is unique, but they all share the same missions of scholarly activity, teaching, and service,” Erlen says.

Doswell has made two visits to Southern University, and Erlen has visited all of the schools except for the University of Oklahoma. “I plan to go there in 2007–08,” she says. On-site visits provide an opportunity to continue mentoring the scholars who attended the workshops and talk with other faculty researchers who are interested in moving their research careers forward. “These visits are

# THE CLINICAL AND TRANSLATIONAL SCIENCE INSTITUTE

stimulating for the faculty and for me,” Erlen says. “These young faculty have great ideas that arise from their clinical work.”

In addition to grant writing, mentors from the School of Nursing research faculty also teach researchers from the participating institutions how to recruit and retain subjects, address reviewers’ critiques, and manage a grant once it is received. “We have a responsibility to help our younger colleagues move forward with their research activities,” Erlen says. “In the same way, we have a responsibility to share ideas and to help them become successful. We need to demonstrate that nurses make a significant contribution to patient care through research.”

The school also benefits from these research linkages. “These research linkages enable researchers at the school to collaborate with faculty and recruit study participants from a wider population of patients within the participating institutions’ communities,” Erlen says. “In addition, the program helps energize the field of nursing research and reinforces the school’s national reputation as a major nursing research center.”

With nearly \$10 million in research funding, the University of Pittsburgh School of Nursing is ranked third among schools of nursing in number of research grants awarded from the NIH and has been designated a research-intensive environment by the NINR. Nationally recognized for its high quality, innovative research, and multidisciplinary and multi-institutional collaborative process, the school is committed to preparing the next generation of nurse researchers to respond to future national health care needs.

**THE CLINICAL AND TRANSLATIONAL SCIENCE INSTITUTE (CTSI)** serves as the integrative academic home for clinical and translational scientists across the University of Pittsburgh’s six schools of the health sciences, Carnegie Mellon University, the University of Pittsburgh Medical Center, and the region. The primary focus of CTSI is to develop, nurture, and support a cadre of clinical and translational scientists by building on the University’s existing clinical research training programs to establish a comprehensive program with activities ranging from early research exposure for high school students to advanced doctoral programs.

The objective of CTSI is to speed discoveries to improve patient care by:

- Developing a distinct discipline for clinical and translational science at institutions across the country.
- Providing opportunities and resources for original research on novel methods.
- Developing translational technologies and a knowledge base for the full spectrum of clinical and translational science.
- Synergizing partnerships with industry, foundations, and community physicians.
- Training the interdisciplinary teams who will conduct the clinical and translational research of the future.

Integration and innovation will enable CTSI to excel in the development of new biomedical knowledge and the translation of that knowledge from the basic and preclinical research settings to individuals, communities, and health practice. The resulting transformations in the institution, scientist, research, health practice, and community will improve health locally, regionally, and nationally.



## Articles from the University of Pittsburgh School of Nursing, All Departments

### FISCAL YEAR 2007 (JULY 1, 2007– JUNE 30, 2007)

Every year our faculty, staff, and students are featured as authors in a variety of print media. Below is a list of scholarly articles by our faculty (in bold) for the time period between July 1, 2006 and June 30, 2007.

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# NEW NEONATAL NURSE PRACTITIONER MASTER'S PROGRAM

A NEW NEONATAL NURSE PRACTITIONER (NNP) master's program is being offered as an extension of the University of Pittsburgh School of Nursing's successful and well-respected pediatric nurse practitioner program. Students began in the fall 2007 term in this innovative program, which was developed in partnership with Level III neonatal intensive care units (NICUs) at Children's Hospital of Pittsburgh and Magee-Womens Hospital of UPMC. Students who are able to attend full time can complete the program in two years.

The primary goal of the new NNP program is to prepare nurse practitioners to function in an expanded role that includes managing the health care needs of high-risk infants, their families, and children up to 2 years of age, in collaboration with neonatologists and other pediatric clinicians.

There are no other NNP programs within a 50-mile radius of Pittsburgh and none in southwestern Pennsylvania. "The program will address unmet needs for neonatal care in the region served by the University of Pittsburgh educational programs," says Donna G. Nativio, PhD, (BSN '64), CRNP, FAAN, associate professor in the Department of Health Promotion and Development and director of the family, adult, and pediatric nurse practitioner programs as well as the new NNP program. "The community will profit from the care made available to sick neonates by these skilled professionals."

A substantial need and demand for NNPs has increased recently due to the amplified acuity of care in NICUs, increase in premature births in the region, limitations on resident work hours in academic institutions with NICUs, and projected physician shortages. All of these factors jeopardize care in the absence of adequate numbers of skilled NNPs who provide cost-effective, high-quality care to high-risk newborns.

"This program is vital to the school and the Pittsburgh region because there is a serious shortage of NNPs locally and nationwide," says Kathleen Godfrey (MSN '86, '99; BSN '80), CRNP, adjunct faculty and lead nurse practitioner for the NNP program. "Our goal is to successfully prepare entry-level neonatal nurse practitioners who will enhance the quality of care and fill the vacancies as expertly trained NNPs in our regional NICUs."

The NNP master's program also will focus on providing continuing education for its participants. "Maintaining current knowledge and skill is a necessity for the professional NNP," Godfrey says. "Continuing education is essential for the practicing NNP."



SCHOOL OF NURSING

# Environmental Assessment

# REPORTS ESTIMATE THAT THE NATIONAL SHORTAGE OF NURSES WILL INCREASE TO MORE THAN 1 MILLION BY 2020.

**INTERNATIONAL, NATIONAL, AND STATE NURSING SHORTAGES** are projected to worsen over the next 10 years as increasing numbers of nurses retire. Nurses are entering the profession at an older age and plan to work fewer years in the profession than nurses have in the past. Reports estimate that the national shortage of nurses will increase to more than 1 million by 2020. The nursing shortage is not unique to the United States; countries around the world are facing critical nursing shortages.

There is also a shortage of faculty due to the projected retirement of current faculty and a short faculty career period, because nurses typically enter into education in their 40s and 50s. Pennsylvania projects changes in faculty requirements to alleviate the nursing faculty shortage. Nationally, the American Association of Colleges of Nursing (AACN) expects PhD preparation for didactic faculty and a Doctor of Nursing Practice (DNP) for clinical instruction, under supervision of PhD faculty.

Expectations for nursing education have changed in response to Institute of Medicine reports on errors and safety. It is recommended that the education of health professions include informatics, evidence-based practice, interdisciplinary team practice, patient-centered care, and quality improvement. Reports show that patients experience lower mortality and failure-to-rescue rates in hospitals where more baccalaureate-prepared nurses provided direct patient care. In response, the Global Alliance on Nursing, American Organization of Nurse Executives, and AACN recommend baccalaureate (BSN) education for entry-level nurses and urge nurses with associate degrees or diplomas to pursue advanced education. The AACN introduced a new generalist master's degree, the Clinical Nurse Leader (CNL), for direct care coordination. Due to increasing levels of responsibility of the advanced practice nurse (APN), current plans call for master's-level APN degrees to be retired by 2015 and converted to the DNP degree, increasing educational preparation in these programs from two years to four years.

There is a national expectation to increase the science/evidence underlying nursing practice, tempered by reductions in National Institutes of Health (NIH) funding and increased

support for evidence-based practice. The University is seeking recognition as a research-intensive global institution with a highly qualified student body. Rankings are one measure of the University's achievements.

The School of Nursing increased enrollment in the traditional undergraduate program, with a 150 percent increase in annual new nurse graduates over the past five years. An accelerated second degree BSN program prepares more nurses for the workforce, while Fast Track Back, a continuing education program, prepares nurses who are returning to work. Because 80 percent of the school's PhD graduates enter academic careers, increased resources have been directed to full-time PhD study to ensure timely completion and entry into academic careers. Continuing education is emphasized for nurse educators. Funding has been secured from the Commonwealth of Pennsylvania to develop a preceptor training program that will expand clinical capacity in rural areas. Informatics instruction is incorporated at the undergraduate and graduate levels, and evidence-based practice is a theme throughout the curriculum. The School of Nursing is partnering with the University of Pittsburgh School of Medicine in interdisciplinary education. The RN to MSN program has been revised. A new CNL master's program opened in May 2005 and the new DNP program opened in January 2007, with DNP completion offered as an alternative for master's-prepared nurses. APN programs have been administratively structured to be led by PhD faculty. PhD-prepared faculty increased from 56 percent to 73 percent (a 17 percent increase) over five years. The emphasis on research productivity and quality is reflected in the School of Nursing's rankings—fifth in NIH funding and seventh overall in the 2008 edition of *U.S. News & World Report's* "America's Best Graduate Schools." The rankings in turn have helped attract outstanding students: The 2008 entering class has an average SAT of 1232, and 56 percent are in the top 10 percent of their graduating class. The school enrolls one out of every eight or 12.5 percent of applicants, with approximately 50 percent of those admitted enrolling. We have the highest four-year graduation rates in the University and this year had our first University Honors College graduate.

# Jambo!



**“JAMBO,” OR “HELLO” IN SWAHILI**, was the greeting Sarah Zangle (BSN '06) communicated daily to villagers in the Kenyan village of Siaya during a four-month volunteer experience last fall. Zangle represents a new generation of University of Pittsburgh School of Nursing alumni who elect to begin their professional nursing careers far beyond U.S. borders.

An online search led Zangle to D.J. Perkins, assistant professor in Pitt's Graduate School of Public Health, who directs a pediatric malaria research project in Kenya. Zangle learned that although she had limited professional experience, she could contribute in that setting.

Zangle's arrival in the rural village of Siaya, about six hours outside Nairobi, was memorable. The scene from the film *The Constant Gardener* became a reality. “Everyone wanted to touch my white skin!” Zangle recalls. Reverend John Godia and his wife, Unice, welcomed her warmly. They, along with their five children, were her host family and helped her transition into Siayan routine.

“I was awakened at 6 a.m. each day by the crowing of the rooster in the next room,” Zangle says. After a breakfast of tea, ugali—a dense cornbread—and beans, she set out on the three-mile walk to Siaya District Hospital. Her shoes became caked with mud from the dirt road she traveled, making it necessary for her to change them before entering the hospital. “A measure of status within Kenyan culture is the cleanliness of one's shoes,”

Zangle explains. “It's quite important, because those with the cleanest shoes are recognized as belonging to the upper level of society.”

Just after 7 a.m., Zangle arrived at the hospital's pediatric ward and immediately set to work taking patients' vital signs. When the doctor arrived, he appreciated her efforts, for he could quickly review chart information. “Most of my time was then spent attempting IV lines and injecting bottles of dextrose with quinine for the children afflicted with malaria,” Zangle says.

Considered the largest and best-equipped hospital within a 30-mile radius, Siaya District Hospital is a large complex with five wards, a pharmacy, and tuberculosis and HIV clinics. It also houses research space where Perkins, in collaboration with the University of Georgia, conducts research on placental malaria. However, the hospital functions far below standards Zangle had encountered in her clinical experiences in Pittsburgh. Mosquitoes are everywhere, and practitioners struggle to render care without sufficient resources.

“The lack of resources was one of the most difficult adjustments for me,” she says. The unit is without the most basic supplies, such as tape, cotton, disinfectant, and gloves. Patients are expected to purchase IV cannulas and drugs for their treatment and bring them to the hospital.



Sarah Zangle [BSN '06] and David (facing page)  
 Zangle's host family: John and Unice Godia and their children (top)  
 Children's ward at Siaya District Hospital (right)



“The experience was worthwhile and changed me for the better. ... It’s given me a different perspective on what’s important.”

Zangle discovered the hospital staff to be incredibly competent despite not having the advantages of comprehensive academic training. She recalls their compassion and also how technical they were. “They didn’t think outside the box,” she says. Zangle’s level of nursing knowledge was respected by her hospital coworkers. They looked to her to share U.S. protocols and were eager to implement them.

After several busy hours in the pediatric ward, Zangle walked the short distance to Siaya Medical Training College, where she was primary instructor of physiology for the first-year clinical officers. “I was surprised at how quickly I was recruited to teach,” she says. She had been in the area only about a week before being handed a curriculum guide and the class schedule.

The students were enthusiastic and intelligent, Zangle says. However, the challenge of too few resources emerged once again. “The medical library consists of approximately 50 books, with only two addressing physiology,” she says. Notes from the School of Nursing’s master’s-level pathophysiology class became valuable sources of reference as she prepared her lesson plans.

When asked about her best experience in Siaya, Zangle is eager to talk about David, a preemie born at 28 weeks. “I was convinced he was going to be the king of Africa!” she recalls.

The preemie’s mother, Lillian, suffered from full-blown AIDS and died shortly after delivery, Zangle says. His father

had left town, so the newborn, known as Baby Lillian, had no one. Kenyan tradition dictates that only a mother can name a child, but the nursing staff offered Zangle the privilege of naming Baby Lillian. “A week after his birth, I named him David,” Zangle recalls.

When the Kenyan nurses began feeding David cow’s milk, Zangle purchased formula for the preemie. “Infants under 4 months of age can’t absorb cow’s milk,” she explains. Zangle made time in her busy schedule for David, often spending the night at the hospital to ensure he would eat at regular intervals. “He began to gain weight and look healthy,” she says.

After her return to the United States, Zangle communicated via e-mail with a friend to keep abreast of David’s progress. The e-mail she had hoped would never come appeared in her inbox one day. “David had hydrocephalus and had developed pneumonia. He died at 4 months,” she says.

Zangle says her Kenyan experience has redefined her as a person. The sickness she witnessed among the native population, the lack of adequate resources, and the frequent loss of life—most especially David—have affected her. “In spite of these things, the experience was worthwhile and changed me for the better. ... It’s given me a different perspective on what’s important,” she says.

Zangle currently practices in the emergency department at Children’s Hospital of Pittsburgh of UPMC.

# ALUMNI NEWS + NOTES

## 2007 Distinguished Alumni

The University of Pittsburgh School of Nursing proudly congratulates its 2007 Distinguished and Honorary Alumni awardees honored during the Alumni Day 2007 luncheon program at the Pittsburgh Athletic Association, Oakland:

### **Vunvilai Chandrabha (PhD '75, MN '72, BSN '63), RN**

*(posthumous award)*

Vunvilai Chandrabha, a recognized national and international leader in public health nursing and nursing education, was the former director of the Nursing Division, Ministry of Public Health in Thailand. Her best practice model for community service set guidelines for improving administration and management, nursing practice, and capacity building for nursing personnel and became a baseline policy for regulating national standards for community hospitals. Chandrabha passed away on April 11, 2007.

### **Phoebe Daus Williams (PhD '72, MN '70), RN, FAAN**

Phoebe Daus Williams, a pediatric nurse researcher and professor at the University of Kansas School of Nursing, has contributed significantly to the advancement of nursing nationally and internationally. Her professional accomplishments include innovations in care of children, commitment to high academic standards, effectiveness in teaching, sustained research, and service to the profession and the international community as a mentor and consultant.

## 2007 HONORARY ALUMNI AWARDEE

### **The Ladies Hospital Aid Society**

The Ladies Hospital Aid Society (LHAS) became the first organization to be recognized by the University of Pittsburgh School of Nursing as an Honorary Alumni Awardee. Individuals only have received honorary alumni designations since this award was created in 1959. The society's commitment to health care within the community, along with the scope and magnitude of its efforts, has made it most worthy of recognition. During its 109-year history, the LHAS has donated more than \$12 million and several million volunteer hours.

## SCHOOL OF NURSING ALUMNAE FLAME BEARERS KINDLE THE LIGHT OF LEARNING AT THE 87TH ANNUAL LANTERN CEREMONY

On August 26, 2007, six University of Pittsburgh School of Nursing alumnae helped welcome nearly 400 incoming freshmen and first-year transfer women to the University during the 87th annual Lantern Night ceremony. Flame bearers included Lorrie Borrell (MSN '04, BSN '02), Rebecca Gediminskas (MSN '85, BSN '78), Palma B. Imbarlina (BSN '81), Kathy Sanzo (BSN '80), Jennifer Bruce Scott (BSN '86), and Mary Dianne B. Ulizio (BSN '81).

Begun in 1920, Lantern Night is one of the longest standing traditions at the University of Pittsburgh and symbolizes the passing of the light of learning to the next generation of Pitt women.

## CALL FOR 2008 NOMINATIONS

The University of Pittsburgh School of Nursing is accepting nominations for its 2008 Distinguished Alumni and Honorary Alumni Awards. Our alumni represent Pitt locally, nationally, and internationally through their work as nursing professionals. The school takes pride in the prestigious accomplishments of its alumni but needs assistance in identifying those individuals who meet the following award criteria.

### **2008 DISTINGUISHED ALUMNI AWARD**

Nominees for the 2008 Distinguished Alumni Award(s) must be University of Pittsburgh School of Nursing program graduates and will be considered on the basis of leadership, achievement, and contribution in areas similar to the following: academia, administration, clinical practice, research, and service (professional and community).

***When submitting 2008 Distinguished Alumni Award nominations, please indicate in which area(s) the nominee should be considered.***

### **2008 HONORARY ALUMNI AWARD**

This award recognizes an individual who is not a graduate of the University of Pittsburgh School of Nursing but has demonstrated extraordinary service to and support for the school's mission.

When submitting nominations for Distinguished and Honorary Alumni Awards, please include any materials (such as curriculum vitae or résumé) and information that supports that nomination (i.e., letters of support, pertinent materials).

All 2008 Distinguished and Honorary Alumni Awards nominations should be submitted no later than **January 31, 2008**, to the University of Pittsburgh, School of Nursing, Alumni Office, 218 Victoria Building, 3500 Victoria Street, Pittsburgh, PA 15261.

For more information, please contact Joan Nock in the nursing alumni office at 412-624-2404.

## THE SCHOOL OF NURSING CELEBRATES 30 YEARS IN THE VICTORIA BUILDING

**AUGUST 1977–AUGUST 2007**

The University of Pittsburgh School of Nursing's home since August 1977 has been the four-story Victoria Building that spans the block of Victoria Street between Lothrop and Darragh avenues.

Before 1977, nursing faculty and staff had been scattered over five locations throughout Oakland. Bringing all programs and personnel under one roof was considered vital to facilitating an excellent educational experience for nursing students at Pitt.

Construction of the Victoria Building was financed by the General State Authority and the Department of General Services of the Commonwealth of Pennsylvania. The Victoria Building was formally dedicated on October 18, 1978.



## SPECIAL EVENTS

### NINTH ANNUAL CAMEOS OF CARING AWARDS GALA

**October 6, 2007**  
Spirit of Pittsburgh Ballroom  
David L. Lawrence Convention Center

### HOMECOMING 2007

**October 17–21, 2007**  
**PATHWAY TO PROFESSIONS: A CAREER NETWORKING EVENT**  
**October 18, 2007**  
Connolly Ballroom, Alumni Hall  
6–8 p.m.

### ALUMNI HOSPITALITY TENT

**October 20, 2007**  
Heinz Field  
Three hours prior to kickoff

### HOMECOMING FOOTBALL GAME

**October 20, 2007**  
Pitt vs. Cincinnati  
Heinz Field

### UNIVERSITY OF PITTSBURGH SCHOOL OF NURSING ALUMNI SOCIETY POINSETTIA SALE

**November 1–19, 2007**

### POINSETTIA PICKUP

**December 4, 2007**  
First-Floor Lobby, Victoria Building

## FIRST UPJ NURSING ALUMNI STUDENT AWARD PRESENTED

Misty Mock, a student in the nursing program at the University of Pittsburgh at Johnstown (UPJ), became the first recipient of the UPJ Nursing Alumni Student Award. During UPJ's Honors Convocation in March 2007, Mock was recognized with the award, which was created in honor of the 25th anniversary in 2006 of the UPJ nursing program. Mock works as a patient care supervisor for the Home Nursing Agency's hospice program and carries a 4.0 grade point average. She earned an associate's degree from Allegany College of Maryland.

Individuals wishing to support the UPJ Nursing Alumni Student Award may send donations to the University of Pittsburgh at Johnstown, Nursing Program, Pam Bosis, 450 Schoolhouse Road, Johnstown, PA 15904. Checks may be made payable to "University of Pittsburgh at Johnstown." Please add "UPJ Nursing Alumni Student Award" on the memo line.



## HOMECOMING 2007

Be a part of University of Pittsburgh Homecoming 2007, October 17–21.

School of Nursing alumni are welcome to kick off homecoming weekend by becoming alumni volunteers for the fifth annual Pathway to Professions: A Career Networking Event on Thursday, October 18, 2007, from 6 to 8 p.m. in the Connolly Ballroom, Alumni Hall.

Alumni volunteers will meet informally with Pitt students and job-seeking alumni interested in learning about careers and professional experiences. For more information or to register as alumni volunteers, visit [www.alumni.pitt.edu](http://www.alumni.pitt.edu) or contact Alyson Wallach Kavalukas at [alyson.kavalukas@ia.pitt.edu](mailto:alyson.kavalukas@ia.pitt.edu) or at 412-624-8215.

Nursing alumni are also invited to visit the alumni hospitality tent at Heinz Field prior to kickoff of the Pitt vs. Cincinnati homecoming football game on Saturday, October 20. The School of Nursing will host a table in the tent. Please stop by to say hello!

For complete homecoming information, go to [www.alumni.pitt.edu/homecoming](http://www.alumni.pitt.edu/homecoming).

## 1960s

**Bonnie Weigle Glass (BSN '67)** has been appointed director of maternal child health services at South Shore Hospital in southeastern Massachusetts.

## 1970s

**Angela Simon Staab (MN '72, BSN '65)** qualified for the Senior Olympics 2007 Summer National Senior Games in Louisville, Ky., on June 22–July 7. Staab ran track and is considered a Senior Olympics veteran, having also participated in the Summer National Senior Games in Pittsburgh in 2005.

**Terri E. Weaver (BSN '73)**, professor of nursing and chair of the Biobehavioral and Health Sciences Division at the University of Pennsylvania School of Nursing, received the 2006 Ada Sue Hinshaw Award from the Friends of the National Institute of Nursing Research (FNINR). Funded by the FNINR in honor of Hinshaw, PhD, RN, FAAN, the first permanent director of the National Institute of Nursing Research and professor and former dean of the University of Michigan School of Nursing, this award is an unrestricted grant that supports the work of a nurse researcher. Its intent is to bring attention to the significance of nursing research and the contributions made by nurse scientists to improve health care.

**Paulette Snoby (BSN '75)** completed five years of service as president and immediate past president of the American Radiological Nurses Association. She is working as a medical informaticist for J.A. Thomas and Associates of Atlanta, Ga., performing data mining and other information technology functions.

**Holly Ann Williams (BSN '76)** successfully completed the Chicago Marathon in October 2006, raising more than \$216,000 with the Georgia chapter as part of the Leukemia & Lymphoma Society Team in Training program.

**Susan Bakewell-Sachs (BSN '79)**, professor and Carol Kuser Loser Dean of the School of Nursing, Health, and Exercise Science at the College of New Jersey, was honored by the March of Dimes as its 2007 Reality Awards Amazing Race Winner for her

work as a nurse, educator, author, and advocate. The Reality Awards program is a statewide recognition of maternal child health nurses. Bakewell-Sachs created the March of Dimes online nursing modules for professional continuing education. Her research specializes in pediatrics and focuses on the timing of hospital discharge for premature infants. Bakewell-Sachs also has been selected to participate in the Robert Wood Johnson Executive Nurse Fellows Program.

## 1980s

**Karen Pasternak Turner (BSN '80)** earned a master's degree in the family nurse practitioner program at Wright State University. She obtained certification from the American Nurses Credentialing Center last August and is working as a nurse practitioner at the Dayton VA Medical Center. With 26 years of military service, Lieutenant Colonel Turner is chief nurse at the 445th ASTS at Wright-Patterson Air Force Base.

**Luevonue Lincoln (PhD '82, MN '78)**, chair of the University of Pittsburgh School of Nursing's African American Nursing Alumni Scholarship Committee, received the American Heart Association's (AHA) 2007 Sister to Sister Award. For 11 years, Lincoln has volunteered with the AHA's African American Women's Heart Health Committee and worked to promote healthier lifestyles within this population.

**Alice Calabria Davis (MSN '84, BSN '73)** received the Byrdine F. Lewis School of Nursing Alumni Award for Leadership in Nursing Practice as part of the 20th-anniversary celebration of Georgia State University's nursing PhD program. She is a 1989 graduate of Georgia State's PhD program and was the first recipient of a PhD in nursing issued by a university in the state of Georgia. Davis is a nurse practitioner at St. Joseph Mercy Hospital in Ann Arbor, Mich. She taught at the University of Michigan in Ann Arbor for nine years, at Emory University in Atlanta, Ga., for seven years, and was a member of the U.S. Army Reserves for more than 25 years.

**Donamarie Nanna Wilfong (MSN '85)**, a nurse educator at the Western Pennsylvania Hospital School of Nursing, created a tool to help nontraditional nursing students earn a degree and set their careers on a new course. In collaboration

with fellow nursing professionals Christy Szolis and Carol Hausand, Wilfong wrote *Nursing School Success: Tools for Constructing Your Future*, published by Sudbury, Mass.-based Jones and Bartlett. The book is designed to meet the diverse needs of nursing students.

**Elizabeth A. Sebek-Scoumis (BSN '88)** coauthored the "ACR Guidance Document for Safe MR Practices: 2007" published in the *American Journal of Roentgenology*, June 2007.

## 1990s

**Victoria Rich (PhD '91, MSN '84)** was recognized as one of 10 Indiana University of Pennsylvania Distinguished Alumni in March 2007. Rich, chief nurse executive for the University of Pennsylvania Medical Center Campus, became a fellow in the American Academy of Nursing in 2006 and was honored as a 2006 University of Pittsburgh School of Nursing Distinguished Alumna.

**Scott M. Rhoades (BSN '95)** is the founder and project leader of the Patricia Hilliard Robertson Center for Aviation Medicine on the campus of the Indiana Regional Medical Center in Indiana, Pa. The center provides pilots and aircrews with access to Federal Aviation Administration- or corporate-required flight physicals and health education.

**Patricia Vernal Burkhart (PhD '96, BSN '72)** received the Provost's Award for Outstanding Teaching at the University of Kentucky. She was recently appointed director of the undergraduate nursing program at the university's College of Nursing, where she is an associate professor of parent-child nursing.

**Beth Henson Kennedy (MSN '96, BSN '84)** of Flagstaff, Ariz., is a family nurse practitioner in a family practice and a part-time faculty member at Northern Arizona University School of Nursing. The majesty of the Grand Canyon, the surrounding mountain ranges, and the Colorado River provide ideal opportunities for her to enjoy hiking, backpacking, and river running.

**Alana DeCecco Coleman (BSN '98)** received the 2007 Circle of Excellence Excellence in Clinical Practice Award from the American Association of Critical Care Nurses. This award recognizes excellence in clinical skills and practice principles and

was presented at the National Teaching Institute and Critical Care Exposition in Atlanta, Ga., in May 2007. Coleman works at Children's Hospital of Pittsburgh of UPMC in the neonatal intensive care unit.

## 2000S

**Alison Tardino Gingrich (BSN '01)** earned a master's degree in the pediatric acute chronic care nurse practitioner program at the University of Pennsylvania, graduating with honors. She has worked for six years at the Children's Hospital of Philadelphia, University of Pennsylvania Hospital, in pediatric oncology.

**Kristen Barna Stanich (BSN '01)** graduated from the acute care pediatric nurse practitioner program at the University of Maryland in May 2006. She is working as an acute care pediatric nurse practitioner in the pediatric intensive care unit at the Johns Hopkins Hospital.

**Amy Lynn Baker (MSN '06, BSN '03)** received the Pitt Alumni Association's 2006 Graduate Scholarship.

**Heather Sneed (MSN '07, BSN '05)** was selected as one of "Pittsburgh's 50 Finest" by the Cystic Fibrosis Foundation. She worked to raise funds on behalf of the foundation and was featured in the August 2007 issue of Pittsburgh's *Whirl Magazine*.

# In Memoriam

**Mary Lou Lane '48**

December 26, 2006

**Frances M. Hansplant '49**

August 18, 2005

**Sarah Jane Van Osterom '51**

October 18, 2006

**Mildred A. Vesper '52**

July 13, 2001

**Jayne DeClue Wiggins '53**

December 17, 2001

**Elizabeth Lauder Hunter '54**

March 7, 2007

**Clara Heberle Moore '54**

November 15, 2006

**Irene M. Sedlak '57**

February 20, 2007

**Catherine S. Gardini '62**

August 16, 2006

**Marilyn Grey Hinchliffe '71**

March 19, 2007

**Susan Anne Kovatch '74, '78**

July 8, 2005

**Crystal List Wyant '74**

November 1, 2006

**Catherine Hartman Rosenlieb '80**

March 15, 2005

**Dorothy A. Hudak '83**

March 5, 2007

**Kathleen M. Beamer '06**

August 1, 2007

If you wish to express condolences to a classmate's family, the alumni office will be pleased to forward your message. Contact Joan Nock at [jno100@pitt.edu](mailto:jno100@pitt.edu) or at 412-624-2404. Mail can be directed to University of Pittsburgh, School of Nursing, Office of Advancement and External Relations, Attention: Joan Nock, 218 Victoria Building, 3500 Victoria Street, Pittsburgh, PA 15261.

**June C. Abbey, PhD, RN, FAAN**

June Abbey, the University of Pittsburgh School of Nursing's first director of nursing research (1981–86), passed away on October 12, 2006.

Appointed by then-Dean Enid Goldberg to increase the school's emphasis on research, Abbey was instrumental in assisting faculty with developing pilot studies and leading Pitt into the nursing research arena. Abbey was responsible for obtaining a multifaceted research grant from the U.S. Department of Health and Human Services in 1983 that supported several faculty research projects.

Prior to her arrival at Pitt, Abbey successfully directed a new physiological nursing program at the College of Nursing, University of Utah, and was internationally known for her outstanding contributions in the area of bioinstrumentation in clinical nursing research. She possessed exceptional expertise in medical technology and served on several Food and Drug Administration and National Institutes of Health panels.

Abbey earned a diploma in nursing from San Joaquin General Hospital School of Nursing in Stockton, Calif., and baccalaureate, master's, and PhD degrees from the University of California, Berkeley.

Abbey's professional career was marked by honors that included membership in Sigma Theta Tau International Honor Society of Nursing, the Pennsylvania State Nurses Association Researcher of the Year Award, an honorary doctorate in nursing from the University of Akron, and an Honorary Alumnus Award from the University of Pittsburgh School of Nursing.



Class of 1972



Class of 1977



Class of 1982

## ALUMNI DAY 2007: REMEMBER THEN ... DISCOVER NOW

The University of Pittsburgh School of Nursing marked Alumni Day 2007 on Saturday, May 19. The Nursing Alumni Society Executive Committee, along with Dean Jacqueline Dunbar-Jacob, welcomed alumni and friends.

The day began at the Victoria Building with a welcome reception, continental breakfast, and self-guided tour. Alumni then boarded shuttle buses for a tour of the Peter M. Winter Institute for Simulation Education and Research to learn about advanced instructional technology, including interactive human simulation, computer-based simulation technology, and Internet and video learning systems. Alumni guests then moved to the Pittsburgh Athletic Association for lunch and a program.

Highlights of the program included an update on the school from the dean, remarks by 2007 Distinguished and Honorary Alumni, and recognition of milestone reunion classes. A special thanks goes out to alumni from the 2007 reunion classes who raised \$1,400 through class gift donations.



Class of 1947

## Nursing Alumni Society Hosts Game Watch

Introducing a first-time event for young alumni, the University of Pittsburgh School of Nursing Alumni Society had a Pitt Men's Basketball Game Watch on February 7, 2007, at Sports Rock in Pittsburgh's Strip District. Alumni and friends gathered to cheer on the Panthers against their archrivals, the West Virginia Mountaineers. Pitt emerged victorious and the event was a success! Look for information on our Web site at [www.nursing.pitt.edu](http://www.nursing.pitt.edu), and plan to join us for another Game Watch during the 2007–08 basketball season.

## CLASS OF 1954 CONTINUES UNIQUE TRADITION

The University of Pittsburgh School of Nursing Class of 1954 uses a calendar phenomenon to plan its annual gathering. For the past several years, Edna Mae Gerner (BSN '54) has coordinated a reunion luncheon to coincide with dates that contain like numerals, such as 5/5/5 and 6/6/6. The year 2007 was no exception, as 10 alumni met at Duranti's Restaurant in Oakland on July 7. In addition to Gerner, other classmates included Frances Powell Bakewell (BSN '54), with husband Frank; Mary Purdy Cook (BSN '54), of Colorado; Patricia Bayer Colonna (BSN '54, MLit '60), with husband Albert; Dorothy Huster McClelland (BSN '56), with husband William; Lois Gregory Norton (BSN '54); Diane Tighe (BSN '54), of Lancaster, Pa.; and Dawn Stundon (BSN '54). Elaine Pelaez Welling, who graduated from the School of Education in 1954, also attended. It's evident that these friendships forged more than 50 years ago remain strong, for much laughter and spirited conversation marked the occasion.

## CLASS OF 1957 MARKS 50TH REUNION

Through the efforts of Vera Jane McGee Cornes (BSN '57) and Shirley Prizent Sacks (BSN '57), the University of Pittsburgh School of Nursing Class of 1957 celebrated its 50th reunion in style. Nineteen alumni gathered at the Holiday Inn Select at University Center for a reception and luncheon on August 5, 2007. Cornes and Sacks decorated the table in blue and gold and included photos from their student nursing days. Classmates enjoyed reconnecting and catching up before boarding a Molly's Trolley for a tour of Oakland and the city of Pittsburgh.

## University of Pittsburgh School of Nursing Leaps to Seventh Place Overall in Latest *U.S. News & World Report* Rankings

### RANKINGS ALSO IMPROVED IN SEVERAL NURSING SPECIALTIES

The latest edition of the *U.S. News & World Report* newsstand publication, "America's Best Graduate Schools," shows ranking advances in a number of University of Pittsburgh graduate programs.

Overall, the School of Nursing moved to seventh in the rankings this year, up from 10th when it was last ranked in 2003.

Rankings also improved in various nursing specialties since 2003:

- Pitt's nursing-anesthesia program is ranked fifth, up from sixth.
- The clinical nurse specialist psychiatric/mental health program ranked sixth, up from ninth.
- The nurse practitioner/adult program ranked ninth, up from 10th.
- The nurse practitioner/pediatric program ranked sixth, up from 11th.

The School of Nursing is also ranked third in number of research grants from the National Institutes of Health (NIH), placing the school among the top 10 in the amount of awards received for the ninth consecutive year. The NIH rankings reflect the substantial contributions the school is making to advance nursing care through research.

"The dedication and hard work of our faculty, staff, and students have enabled the University of Pittsburgh School of Nursing to grow into a world-class institution, continually achieving new heights," says Jacqueline Dunbar-Jacob, PhD, RN, FAAN, dean of the School of Nursing.

"We are honored our peers have recognized our school through the *U.S. News & World Report* and NIH rankings."



## 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, while 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 & Friends." Questions can be directed to the School of Nursing alumni office at 412-624-2404. Proceeds benefit student activities and scholarship.

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.**



### PITT NURSING TOTE BAGS

A great way to carry just about anything, these navy blue canvas totes are durable, bear the University of Pittsburgh School of Nursing seal, and are a real bargain at \$10.

I would like to order \_\_\_\_\_ tote bag(s) at \$10 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!



## A Celebration of Nursing

Since 1999, the University of Pittsburgh School of Nursing has been the proud sponsor of the Cameos of Caring Awards Program and Gala, created exclusively to promote the nursing profession and those who represent it and to inspire a new generation to consider nursing careers.

Because nurses are caregivers, patient advocates, decision makers, educators, researchers, and leaders, their influence reaches far beyond those they treat. They offer support and encouragement to patients' families—often during the most trying and vulnerable of times. Our communities are better off for the expertise that nurses provide in promoting public health. Indeed, the nursing role significantly impacts health care on many levels.

Cameos of Caring awardees embody excellence in nursing practice. To date, nearly 300 nursing professionals have been honored, including those who practice at the bedside and those in advanced practice roles. A partnership between the School of Nursing and the Center for Organ Recovery and Education in 2003 inspired the Cameos of Caring Donate Life Award, presented annually to a nurse who promotes organ and tissue donation. And new in 2006 was the Cameos of Caring Nurse Educator Award, recognizing the extraordinary faculty who are shaping nursing's future.

Gala proceeds benefit the Cameos of Caring Endowed Nursing Scholarship, which provides financial assistance

for nursing professionals who wish to pursue advanced education. More than \$500,000 has been raised, with \$115,000 directed to the scholarship in 2006. Forty students have received Cameos of Caring scholarship awards since 2002.

The Cameos of Caring Awards Program and Gala continues to grow within the local area, across state lines, and internationally. Fifty-six nursing professionals from hospitals, health care facilities, and schools of nursing—spanning 10 counties in Pennsylvania, northern West Virginia, and Palermo, Italy—were honored on September 30, 2006. Nearly 1,300 guests filled the Spirit of Pittsburgh Ballroom at Pittsburgh's David L. Lawrence Convention Center to celebrate nursing. This represents more than double the attendance (600) and nearly three times the number of awardees (20) at the first Cameos of Caring Awards Program and Gala in 1999.

While it is exciting that the Cameos of Caring Awards Program and Gala has experienced increasing success, the most inspiring outcome of this effort has been the impact it has had in bringing health systems together in celebration of nursing and in promoting public awareness about the rewards of a nursing career.

For more information about the Cameos of Caring Awards Program and Gala, please visit [www.cameosofcaring.nursing.pitt.edu](http://www.cameosofcaring.nursing.pitt.edu).

## Awardee Spotlight

### SHELLEY MENCINI LIBMAN (MSN '84)

Instructor, University of Pittsburgh School of Nursing

Cameos of Caring Nurse Educator Awardee

Rachel "Shelley" Libman graduated from high school trying to decide whether she wanted to be a teacher or a nurse, and now she is both. Libman earned a Bachelor of Science in nursing from St. John College of Cleveland, Ohio, and a Master of Science with a specialty in pediatric nursing and certification as a pediatric nurse practitioner from the University of Pittsburgh School of Nursing. A nursing instructor for 22 years, she has taught junior and senior nursing students as a faculty member at the University of Pittsburgh for the past 17 years, most recently on the 8-North hematology/oncology and bone marrow transplantation unit at Children's Hospital of Pittsburgh of the University of Pittsburgh Medical Center.

Libman's colleagues and students describe her as an extraordinarily talented teacher and nurse. "Shelley has a unique talent for learning and retaining total patient information," says former student Sarah Zangle (BSN '06). "She can tell you the birthday, white blood cell count, and favorite ice cream flavor for all her patients."

The Mt. Lebanon resident says the best part of her job is practicing bedside nursing while influencing future nurses. "The patients and their families teach me every day," she says. "I learn more from them than from anyone else."



Accompanied by her parents, Ron and Helen Mencini, Shelley Libman (right) was named the first Cameos of Caring Nurse Educator Awardee from the University of Pittsburgh School of Nursing.

### A SPECIAL THANKS TO THE 2006 CAMEOS OF CARING EVENT SPONSORS:

Center for Organ Recovery and Education • Cerner Corporation • First Commonwealth • Integrated Voice Solutions • Jewish Healthcare Foundation • Johnson & Johnson • STAT Staffing • University of Pittsburgh Medical Center

# The Gift That Gives Back



**DO YOU AND YOUR PARTNER HAVE A SECRET RESCUE-ME-FROM-THIS-CONVERSATION SIGNAL** that you use at cocktail parties? Say you get cornered by some well-meaning person who wants to talk about something you find, shall we say, less than stimulating. Do you catch your partner's eye and emphatically wipe your glasses on your sleeve, or maybe give a little tug on your earlobe?

We've all been there, so don't worry, we'll keep this brief. But can we talk for just a moment about a way in which you could make a generous gift to the University of Pittsburgh School of Nursing, while establishing a permanent lifetime income stream for yourself (and a loved one, if you choose) and gaining certain substantial tax benefits?

One way to accomplish all that is through a **charitable gift annuity**, which is an irrevocable gift of cash, securities, or other assets that you make to the University. The University in turn agrees to pay one or two annuitants—typically the donor and the donor's spouse—a fixed sum each year for life. The payments are guaranteed by unrestricted resources of the University and can be made in annual, semiannual, or quarterly installments. After the lifetime of the annuitant(s), the remaining portion of the gift is directed to the School of Nursing or to a specific area or department you designate.

There are several tax advantages to a charitable gift annuity. You receive an income tax deduction for the difference between the amount you transfer and the value of the annuity, and, although it is subject to Internal Revenue Service 30 percent/50 percent limitations, the deduction can be spread over the next five tax years if you choose. In most cases, part of each payment is tax free, increasing each payment's after-tax value. If you donate appreciated property such as stock, you will pay capital gains tax on only part of the appreciation. In addition, if you (the donor) are also the primary annuitant, the capital gains tax will be spread over your life expectancy. By contrast, if you were simply to sell the appreciated asset instead, all of the capital gains tax would be due in the year of the sale.

#### Here are a few other points to keep in mind:

- The University recently increased the rates at which annuities are paid, so now is a great time to consider such a gift.
- The minimum gift amount is \$10,000.
- The minimum age for a gift annuity is 55.
- Once a gift annuity is established, the amount of the annuity payment will not vary. New annuities, however, may be created at any time.
- If you wish to enhance your charitable deduction, you can choose a lesser annuity rate or elect to defer the beginning date of your annuity payments.

That wasn't so bad, was it? You can stop pulling on your earlobe now.

For more information about planned gifts, or any other type of gift, to the School of Nursing, please contact Julie Harris, director of development, at 412-624-7541 or jah109@pitt.edu.

#### SAMPLE GIFT ANNUITY RATES FOR A SINGLE-LIFE ANNUITY\*

Age	Annuity Rate	Annuity	Estimated Deduction**
55	5.5%	\$550	\$2,177
60	5.7%	\$570	\$2,707
65	6.0%	\$600	\$3,225
70	6.5%	\$650	\$3,686
75	7.1%	\$710	\$4,226
80	8.0%	\$800	\$4,750
85	9.5%	\$950	\$5,139
90	11.3%	\$1,130	\$5,643

\*Rates for two-life annuities are less than those for a single-life annuity.

\*\*Based on \$10,000 gift and 2005–06 American Council on Gift Annuities rates.

## Continuing Education

### Meet the New Director of Development



**“THE SCHOOL'S REPUTATION IS OUTSTANDING. THE EXTRAORDINARY EDUCATION AND RESEARCH OCCURRING HERE EVERY DAY IS COMPELLING AND RELEVANT.”**

The University of Pittsburgh School of Nursing has appointed Julie A. Harris, CFRE, as director of development. Harris, who previously worked as director of development for clinical neurosciences at West

Virginia University's School of Medicine, also has served as executive director for the Ohio Valley General Hospital Foundation and as chief development officer for Girl Scouts of Trillium Council and Girl Scouts of Kennebec Council.

“The school's reputation is outstanding. The extraordinary education and research occurring here every day is compelling and relevant,” Harris says.

“My goal is to tell the school's story well enough so that these great works continue without ongoing concerns for funding—because those funds will be provided for by foundations, corporations, alumni, friends, and faculty alike. I am thrilled to be a part of the School of Nursing.”

### UPCOMING EVENTS

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. In response to new legislative requirements for annual continuing education, we have launched a series of online education programs. To learn more about our continuing education programs, call 412-624-3156, e-mail [contedu@pitt.edu](mailto:contedu@pitt.edu), or visit [www.pitt.edu/~nursing/continuingedu/index.html](http://www.pitt.edu/~nursing/continuingedu/index.html).

#### Fast Track Back: Re-entry to Practice for Registered Nurse Program

OCTOBER 3–NOVEMBER 11, 2007

*First-Floor Lobby, Victoria Building*

The Fast Track Back: Re-entry to Practice for Registered Nurses Program prepares registered nurses for re-entry into hospital-based nursing practice through 25 hours of classroom and human simulation learning and 80 hours of hospital-based practice with an experienced registered nurse clinical coach.

This program is designed for registered nurses with a current nursing license in the Commonwealth of Pennsylvania to refresh their nursing skills. This program is a recognized **refresher program and not a reinstatement program**, which is required in the event a registered nurse has let the nursing license expire.

The program fee is \$1,200 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 on the Oakland campus.

For information about Fast Track Back, please visit [www.pitt.edu/~nursing/continuingedu/programs.html#fast\\_track](http://www.pitt.edu/~nursing/continuingedu/programs.html#fast_track).

### Keeping in Touch Just Got Easier!

Alumni and friends may contact the University of Pittsburgh School of Nursing's Office of Advancement and External Relations (servicing alumni relations, development, public relations, and special events) by using a toll-free number: 1-866-217-1124.

## save the date

### 15th Annual Nursing Horizons Conference

FRIDAY, MAY 16, 2008

*First-Floor Lobby, Victoria Building*

This dynamic program is designed to prepare nurses for the ever-changing and challenging world of health care, featuring outstanding speakers in their respective areas of expertise. The Nursing Horizons Conference is designed for all levels of nurses, including staff nurses, clinical nurse specialists, nurse practitioners, educators, and managers in clinical and academic settings. For more information, visit [www.pitt.edu/~nursing/continuingedu/index.html](http://www.pitt.edu/~nursing/continuingedu/index.html).

## Faculty News

**Susan A. Albrecht, PhD, (MN '78, BSN '75), RN, FAAN**, associate dean for student and alumni services, development, and public relations; and associate professor in the Department of Health and Community Systems, received an award from the Health Resources and Services Administration for "Advanced Education Nursing Traineeship," and from the Pennsylvania Higher Education Program for "Graduate Nurse Education Grant Program" (January 1–December 31, 2007) and "Scholarships for Disadvantaged Students." Albrecht also received the 2007 Distinguished Alumni Award from the University of Pittsburgh School of Education and was elected to the Board of Directors for the Association of Women's Health, Obstetric and Neonatal Nurses.

**Lisa Bernardo, PhD, MPH, RN, HFI**, associate professor in the Department of Health and Community Systems and director of continuing education, received an award from the Oncology Nursing Society Foundation for "Exercise Knowledge and Practice in Oncology Nurses" (March 15, 2007–March 15, 2009) and from the Pennsylvania State Nurses Association (PSNA) for "Women's Experiences with and Preferences for Exercise and Physical Activity During Breast Cancer Treatment." Bernardo also was elected to the Board of Directors of PSNA District 6 and was appointed secretary for state benefits and welfare.

**Helen K. Burns (PhD '93, MN '81), RN**, associate dean for clinical education and associate professor in the Department of Health and Community Systems, received an award from the Commonwealth of Pennsylvania for "Pennsylvania Nursing Education Initiatives" (January 1–June 30, 2007) and from the Health Resources and Services Administration for "Faculty Development Integrated Technology into Nursing Education and Practice Initiative" (July 1, 2007–June 30, 2012). Burns also was named to the Armstrong County Memorial Hospital Board of Directors and was appointed to the commonwealth-wide Clinical Education Task Force for the Pennsylvania Center for Health Careers.

**Donna Caruthers (PhD '05, MSN '82, BSN '78)**, assistant professor in the Department of Health and Community Systems, received an award from the Central Research Development Fund of the University Research Council for "Translating an HIV Medication Adherence Intervention: A First Step."

**Eileen Chasens, DSN, RN**, assistant professor in the Department of Health and Community Systems and coordinator of the accelerated second degree BSN program, received the Sigma Theta Tau Leadership in Nursing



Susan A. Albrecht



Lisa Bernardo



Helen K. Burns



Eileen Chasens



Heidi S. Donovan



Willa Doswell

Award for Education from the Eta chapter of the Sigma Theta Tau International Honor Society of Nursing.

**Margaret Crighton, PhD, RN**, assistant professor in the Department of Acute and Tertiary Care, received an award from the Oncology Nursing Society Foundation for "Neutropenia Symptoms: Communication and Self-monitoring" (March 15, 2007–March 14, 2009).

**Annette DeVito Dabbs (PhD '03), RN**, assistant professor in the Department of Acute and Tertiary Care, received the Pitt Nursing Excellence in Teaching and Technology Award for her proposal to test the Pocket PATH (Personal Assistant for Tracking Health).

**Marilyn Davies, PhD, (MN '77, BSN '70), RN**, assistant professor in the Department of Health and Community Systems, received an award from the Central Research Development Fund of the University Research Council for "Predictors of Weight Loss in Overweight Children."

**Heidi S. Donovan, PhD, RN**, assistant professor in the Department of Acute and Tertiary Care, received an award from the Central Research Development Fund of the University Research Council for "Development and Testing of the Self-directed WRITE Symptoms Cancer Symptom Management."

**Willa Doswell, PhD, RN, FAAN**, associate professor in the Department of Health Promotion and Development, received an award from the Oncology Nursing Society Foundation for "Protecting Daughters Against Cancer: The HPV Vaccine" (March 15, 2007–March 15, 2009) and from the FISA Foundation for "The NIA Girls' Group—A Community-Based Program in the Greater Pittsburgh Communities." Doswell was one of 50 women across the commonwealth of Pennsylvania to be awarded the 2006 Role Model Award by the governor's Pennsylvania Commission for Women. She also received a Community Citation of Recognition as one of the 2007 Allegheny County Women of Achievement.

**Sandra J. Engberg (PhD '93, MSN '87), RN, CRNP**, associate professor and chair in the Department of Health Promotion and Development, received the 2006–07 Dean's Distinguished Teaching Award.

**Judith A. Erlen, PhD, (BSN '66), RN, FAAN**, professor in the Department of Health Promotion and Development, doctoral program coordinator, and associate director of the Center for Research in Chronic Disorders, was one of 23 nationally and internationally known nurse scholars from across North America who gathered in one place for the first time, April 25–27, 2007, for a symposium on Nursing and Health Care Ethics: A Legacy and a Vision.

**Mary Beth Happ, PhD, RN**, associate professor in the Department of Acute and Tertiary Care, received an award from the National Institutes of Health for "Symptom Management, Patient-Caregiver Communication, and Outcomes in the Intensive Care Unit" (April 1, 2007–March 31, 2010). Happ also received the 2006–07 Dean's Distinguished Teaching Award.

**Rosemary Hoffmann (MSN '83, BSN '77), RN**, instructor in the Department of Acute and Tertiary Care, received the 2007 Distinguished Clinical Scholar Award for "Incorporating Interdisciplinary Team Collaboration with the School of Nursing."

**Marilyn Hravnak (PhD '00, MSN '83), RN, CRNP**, assistant professor in the Department of Acute and Tertiary Care and coordinator of the acute care nurse practitioner program, was one of five faculty honored with the 2007 Chancellor's Distinguished Teaching Award.

**Jennifer Lingler (PhD '04, MSN '98), MA, RN**, assistant professor in the Department of Health and Community Systems, received an award from the Alzheimer's Association for "Making Sense of Mild Cognitive Impairment: An Investigation of Patient and Family Perspectives" (July 1, 2007–June 30, 2009).

**Kathy Magdic (MSN '92, '95), RN, APRN, BC**, instructor in the Department of Acute and Tertiary Care and coordinator of the acute care nurse practitioner program, was selected as a 2007 fellow in the American Academy of Nurse Practitioners (AANP).

**Ann Mitchell, PhD, RN, HNC**, assistant professor in the Department of Health and Community Systems, received the Sigma Theta Tau Leadership in Nursing Award for Leadership from the Eta chapter of the Sigma Theta Tau International Honor Society of Nursing. Mitchell is also the 2007 Cameos of Caring Nurse Educator Awardee from the University of Pittsburgh Oakland campus.

**John O'Donnell (MSN '91), RN**, instructor in the Department of Acute and Tertiary Care and director of the nurse anesthesia program, received an award from the Health Resources and Services Administration for "Nurse Anesthetist Traineeships" (July 1, 2007–June 30, 2008).

**Elizabeth A. Schlenk, PhD, RN**, assistant professor in the Department of Health and Community Systems, received the Sigma Theta Tau Leadership in Nursing Award for Research from the Eta chapter of the Sigma Theta Tau International Honor Society of Nursing.



Mary Beth Happ



Rosemary Hoffmann



Marilyn Hravnak



Ann Mitchell



Mi-Kyung Song



Gail A. Wolf

**Becky A. Sease, MSN, RN**, instructor in the Department of Health and Community Systems, is the 2007 Cameos of Caring Nurse Educator Awardee from the University of Pittsburgh Johnstown campus.

**Paula Sherwood, PhD, RN, CNRN**, assistant professor in the Department of Acute and Tertiary Care, was chosen as one of four faculty presenters for the University of Pittsburgh's 2007 Summer Instructional Development Institute (SIDI) development workshop. The SIDI is presented to the University faculty in collaboration with the Office of the Provost Advisory Council on Instructional Excellence and the Center for Instructional Development and Distance Education. All faculty are encouraged to take advantage of these offerings and to suggest areas and topics of interest for future summer institute programs.

**Mi-Kyung Song, PhD, RN**, assistant professor in the Department of Acute and Tertiary Care, received an award from the International Society of Heart and Lung Transplantation for "Utilization of Palliative Care Services for Lung Transplant Recipients."

**Valerie Swigart (PhD '94, MSN '87, BSN '69), RN, CRNP**, associate professor in the Department of Health Promotion and Development, used the Web/Blackboard to create an international dialogue between 17 graduate and undergraduate nursing students at Capital University of the Medical Sciences in China and 25 University of Pittsburgh graduate and undergraduate nursing students. The project was part of Swigart's 2006 Innovation in Education Award.

**Patricia Tuite (MSN '92, BSN '85), RN**, instructor in the Department of Acute and Tertiary Care, received a research award from the Sigma Theta Tau International Honor Society of Nursing, Eta chapter.

**Gail Ratliff Woomer (MN '79), RN**, instructor in the Department of Health and Community Systems, received the Sigma Theta Tau Leadership in Nursing Award for Fostering Professional Standards from the Eta chapter of the Sigma Theta Tau International Honor Society of Nursing.

**Gail A. Wolf, DNS, RN, FAAN**, coordinator of the nursing administration and leadership program in the Department of Acute and Tertiary Care, received an Innovations in Teaching Award from the provost for "The Virtual Hospital: A Business Simulation Model for Nursing Leaders."

## Transitions

**Lenora Borucki (MSN '05, BSN '76), BC, CRNP, APRN**, joined the Department of Health and Community Systems as a part-time instructor.

**Betty Braxter (PhD '03), RN**, accepted a new position as a full-time assistant professor in the Department of Health Promotion and Development.

**Yvette P. Conley, PhD**, was promoted to associate professor with tenure in the Department of Health Promotion and Development.

**Margaret Crighton, PhD, MSN, RN**, accepted a new position as assistant professor in the Department of Acute and Tertiary Care.

**Dawn DeCicco (MSN '06), RN**, joined the Department of Health and Community Systems as a part-time instructor.

**Pamela DeGeorge, MEd, RN**, joined the Department of Acute and Tertiary Care as a part-time instructor.

**Terri Devereaux (MSN '06), MPM, RN, CRNP**, joined the Department of Health Promotion and Development as a full-time instructor.

**Janice S. Dorman, PhD, MS**, associate dean for scientific and international affairs and professor in the Department of Health Promotion and Development, has assumed the role of director of the Center for Research and Evaluation.

**Sandra J. Engberg (PhD '93, MSN '87), RN, CRNP**, chair of the Department of Health Promotion and Development, was promoted to associate professor with tenure.

**Becky Faett, MSN, MBA, RN**, joined the Department of Acute and Tertiary Care as a full-time instructor.

**Blaney Firestone, MSN, RN**, joined the Department of Acute and Tertiary Care as a part-time instructor.

**Norma Jackson, MSN, RN**, joined the Department of Health and Community Systems as a part-time instructor.

**Lisa Marie Kreashko (MSN '06, BSN '83), RN**, joined the Department of Health Promotion and Development as a part-time instructor.

**Elizabeth LaRue, PhD, MLS, AHIP**, accepted a new position as assistant professor in the Department of Health and Community Systems.



Yvette P. Conley



Sandra J. Engberg



Kathryn Puskar



Susan Sereika



Valerie Swigart

**Jennifer Lingler (PhD '04, MSN '98), MA, RN**, joined the Department of Health and Community Systems as a full-time assistant professor.

**Wendy Lucas (MSN '05), RN**, joined the Department of Acute and Tertiary Care as a part-time instructor.

**Donna Nativio, PhD, (BSN '64), CRNP, FAAN**, associate professor and director of the family, adult, pediatric, and the new neonatal nurse practitioner programs, was appointed to the position of coordinator of the new Doctor of Nursing Practice program and promoted to vice chair of the Department of Health Promotion and Development.

**Lucille (Terry) Northcutt, PhD, MS, RN**, joined the Department of Health and Community Systems as full-time assistant professor.

**Debra Peitzman (MN '79, BSN '72), RN**, joined the Department of Acute and Tertiary Care as a part-time instructor.

**Kathryn Puskar, DrPH, (MN '71), FAAN**, professor and coordinator of the psychiatric clinical nurse specialist master's program, was promoted to interim chair of the Department of Health and Community Systems.

**Dianxu Ren, MD, PhD, MPH, MS**, joined the Department of Health and Community Systems as a full-time assistant professor.

**Susan Sereika, PhD, MPH**, has been named associate director of the Center for Research and Evaluation statistical support services.

**Linda Solecki, MSN, RN**, joined the Department of Acute and Tertiary Care as a part-time instructor.

**Lucille Sowko, MEd, RN**, joined the Department of Acute and Tertiary Care as a full-time instructor.

**Leslie Spierling, MSN, RN**, joined the Department of Health and Community Systems as a full-time instructor.

**Carol Stilley, PhD, RN**, project director and associate director of the Cognitive Core in the Center for Research in Chronic Disorders, was promoted to research associate professor.

**Valerie Swigart (PhD '94, MSN '87, BSN '69), RN, CRNP**, was promoted to associate professor without tenure in the Department of Health Promotion and Development.

## SCHOOL OF NURSING FACULTY, ALUMNI HONORED BY THE AMERICAN ACADEMY OF NURSING

The University of Pittsburgh School of Nursing had a major presence at the American Academy of Nursing's 33rd annual meeting and conference.

School of Nursing faculty members **Lora E. Burke (PhD '97), MPH, RN**, professor in the Department of Health and Community Systems; **Susan M. Cohen, DSN, APRN**, associate professor in the Department of Health Promotion and Development; and **Marilyn Hravnak (PhD '00, MSN '83), CRNP-CS, CCRN, FCCM**, associate professor in the Department of Acute and Tertiary Care, were among 55 nurse leaders inducted as fellows of the American Academy of Nursing during the academy's 33rd annual meeting and conference on November 11, 2006, in Miami, Fla. School of Nursing alumni **Mary Lou Bond (MN '73), Cynthia Cecilia Chernecky (MN '80), Victoria Rich (PhD '91, MSN '84), and Connie White-Williams (BSN '84)** also were inducted as fellows.

Fellows are chosen from nursing executives, policymakers, scholars, researchers, and practitioners based on their contributions to nursing and health care, with specific consideration given to work that has broad implications for health policy affecting all Americans.

In addition, **Sister Rosemary Donley (PhD '72, MNEd '66), RN, FAAN**, and **Ellen B. Rudy, PhD, RN, FAAN**, former professor and dean of the School of Nursing from 1991 to 2001, were honored as Academy Living Legends. Also, **Willa M. Doswell, PhD, RN, FAAN**, associate professor in the Department of Health Promotion and Development, served as edge runner panel presenter.

### CORRECTION

Information in the second and third columns on page 14 in the fall 2006 issue of *Pitt Nurse* should read:

Happ's five-year NIH-funded study titled "Improving Communication with Nonspeaking ICU Patients" will test how speech-generating devices (SGDs) and other assistive communication strategies can help patients with respiratory tract intubation communicate with others.

Happ's preliminary studies showed that SGDs may be appropriate assistive communication methods among selected nonspeaking ICU patients and postoperative head and neck cancer patients. SGDs will be tested as one component of an intervention in her current study. There are no early findings yet to report.

## Student News

**Amy Baker (MSN '06, BSN '03)**, a second-year anesthesia student, was awarded the Pitt Alumni Association Graduate Scholarship for 2006. Baker competed with graduate students across the University for this \$5,000 award to assist with tuition expenses.

**Bashira Abdullah-Charles (MSN '03), RN**, graduate student researcher, received an award from the American Nurses Foundation for "Genes Implicated in Time to Onset and Severity of Diabetic Retinopathy" (October 20, 2006–October 20, 2007).

**Matthew Gallek (BSN '01), RN**, graduate student researcher, received an award from the Neuroscience Nursing Foundation for "Preproendothelin-1 Polymorphism and Its Relationship to Cerebral Vasospasm After Subarachnoid Hemorrhage: A Pilot Study" (September 1, 2006–August 31, 2007) and from the International Society of Nurses in Genetics for "Preproendothelin-1 Polymorphism and Its Relationship to Cerebral Vasospasm and Subarachnoid Hemorrhage: A Pilot Study" (November 1, 2006–October 31, 2007). Gallek also received a \$2,500 research award from the Eta chapter of the Sigma Theta Tau International Honor Society of Nursing.

**Beth Grabiak, MSN, CRNP**, graduate student researcher in the Department of Health and Community Systems, presented findings from "The Effect of Depressed Mood in Mothers with Breast Cancer on Their Children's Illness-Related Concerns" at the American Psychosocial Oncology Society's fourth annual conference in Austin, Texas.

**Wendy Henderson (MSN '99, BSN '94), RN**, graduate student researcher, received an award from the Sigma Theta Tau International Honor Society of Nursing for "Testing a Model of Quality of Life in Persons with HIV and Liver Disease" (August 1, 2006–July 31, 2007).

**Katie McCormick**, senior nursing student, has been appointed greater Pittsburgh regional coordinator by the Student Nurses' Association of Pennsylvania.

**Marci Nilsen (BSN '05), RN**, graduate student researcher, received an award from the John A. Hartford Foundation for "Communication Between Nonspeaking Elderly Adults and Caregivers" (July 1, 2007–June 30, 2009).

**Judith Tate (MSN '91), RA, RN**, research/postdoctoral associate in the Department of Acute and Tertiary Care, received an award from the American Association of Critical Care Nurses for "Clinician Management of Psycho-behavioral Responses in Mechanically Ventilated Patients" (June 1, 2007–May 31, 2008).

**Jing Wang**, a first-year nursing student, received a highly competitive scholarship to attend the Sixth Annual Paul Ambrose Scholars Program, June 21–24, 2007, in Washington, D.C. Wang joined 39 other medical, physician assistant, dental, pharmacy, and graduate nursing students dedicated to creating new visions, models, and experiences for health professions education. The students were selected from a pool of applicants representing 78 health professions schools across the country.

**Deb Wolf, RN**, graduate student researcher, received a \$2,500 research award from the Eta chapter of the Sigma Theta Tau International Honor Society of Nursing.

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 alums? Just send us your favorite photo of yesteryear, and we'll run it in an upcoming issue. Submit your pics 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 FALL 2006 ISSUE**

The group of nursing students lined up on the staircase in what appears to be the Medical Center Nursing Residence in our last issue represents several hospital programs, including Allegheny General and Montefiore Hospitals. The distinct differences in caps and blouse colors clearly indicate that!

However, some are indeed University of Pittsburgh School of Nursing students, according to Laetitia Clark Woods (BSN '55) and Kathleen Patterson Sadler (BSN '61). Woods identified the woman second from the top as Marjorie Perrin McClure (BSN '55). And Marilyn Hood Bohn (BSN '55) spotted herself ninth from the top. Barbara Killmer Wingerter (BSN '55), Cathy Jones Bollinger (BSN '55), and Peggy McClelland (BSN '56) appear in the photo as well.

It is always great to hear from alumni who enjoy putting names to faces. Thanks to all who took the time to contact the School of Nursing.

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ALUMNI SOCIETY  
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JOE KAPELEWSKI

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# What's Happening?

Please send us information about your career advancements, papers presented, honors received, appointments, and further education. We'll include your news in the Alumni News + Notes section as space allows. Indicate names, dates, and locations. Photos are welcome! Please print clearly.

NAME:

DEGREE AND YEAR OF GRADUATION:

HOME ADDRESS: IS THIS A NEW HOME ADDRESS?  YES  NO

HOME TELEPHONE:

BUSINESS ADDRESS: IS THIS A NEW BUSINESS ADDRESS?  YES  NO

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**Pitt Nurse**

Joan F. Nock

Assistant Director of Alumni Relations

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# ALUMNI DAY 2008

## SAVE THE DATE

**SATURDAY, MAY 3, 2008**

University of Pittsburgh School of Nursing alumni are cordially invited to this celebration of Pitt nursing. Alumni from graduation classes ending in 3 and 8 will mark milestone reunions.

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

Look for more Alumni Day 2008 details online at [www.nursing.pitt.edu](http://www.nursing.pitt.edu), or contact Joan Nock in the School of Nursing alumni office at 412-624-2404.

## DISTINGUISHED AND HONORARY ALUMNI

# Call for 2008 Nominations

The University of Pittsburgh School of Nursing is accepting nominations for its 2008 Distinguished Alumni and Honorary Alumni Awards. Our alumni represent the University of Pittsburgh locally, nationally, and internationally through their work as nursing professionals. The School of Nursing takes pride in the prestigious accomplishments of its alumni but needs assistance in identifying qualified individuals.

***Nominations are due by January 31, 2008.***

For more information, please contact the nursing alumni office at 412-624-2404.



## University of Pittsburgh

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