

PITT Nurse



*The Pitt Anesthetists
of the 345th CSH, Iraq*

THIS ISSUE:

PRIMARY CARE NURSES, NURSING CARE
BEYOND THE HOSPITAL, NURSE LEADERSHIP



About the cover: Six University of Pittsburgh-trained nurses met up in Kuwait prior to deployment throughout Iraq. The University of Pittsburgh Nurse Anesthesia Program represents about one-eighth of all anesthesia providers in theater.

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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 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!

IN JUNE 2006, ACT 58 was signed into law, mandating 30 hours of continuing education every two years for registered nurses practicing in Pennsylvania. This is good news for nurses in Pennsylvania because the bill recognizes that registered nurses continue to do more and are responsible for more in a health care environment that is increasingly complex and technical. Prior to Act 58, registered nurses were the only health care providers in Pennsylvania without mandatory continuing education requirements.

More good news for nurses in Pennsylvania: Under a new law that goes into effect in July, health care facilities in Pennsylvania can no longer force nurses to work beyond their scheduled shifts, with a few exceptions. We believe this bill will improve patient safety—a tired nurse is not a safe nurse in a clinical environment where there is no margin for error.

And good news for health professionals across the country: \$500 million for nursing and health professions training was included in the final \$787 billion stimulus package signed into legislation by President Barack Obama on February 17, 2009. Of that \$500 million, \$300 million will be awarded to the National Health Service Corps and the remaining \$200 million will be divided between the Title VII Health Professions Training Programs and the Title VIII Nursing Workforce Development Programs.

Also good news, nurses again rank at the top of Gallup's 2008 annual "Honesty and Ethics of Professions" survey for the seventh straight year.

The recent economic downturn is impacting the University of Pittsburgh as it is all universities. However, through the strength of the University's strategic and budgetary planning, plans are in process to minimize negative effects of the current economic environment. The Board of Trustees, faculty, staff, and administration are committed to making the University of Pittsburgh one of the nation's preeminent research universities—an institution that provides high-quality undergraduate and superior graduate programs; is engaged in research, artistic, and scholarly activities advancing knowledge and transference of that knowledge in science, technology, and health care; offers continuing education programs; and relates to the surrounding community.

The School of Nursing shares this commitment and is succeeding in meeting it to the fullest extent. The number of applicants continues to increase, better-qualified students are enrolling, and research support continues to grow. Today, the University of Pittsburgh School of Nursing is ranked fifth in National Institutes of Health research funding and seventh overall in graduate education by *U.S. News & World Report*, while Academic Analytics' Faculty Scholarly Productivity Ranking™ of the Top Performing Individual Programs for 2006–07 places the School of Nursing eighth in the nation.

In this issue, we continue to explore ways Pitt nurses are making a difference. Through research, clinical practice, volunteer, and community activities, our faculty, students, and alums are making



a difference in health care, their communities, and the world. From clinical care at the bedside to affecting social and governmental policy; from educating the next generation of nurses to caring for our wounded warriors at home and on the front lines of distant battlefields; from prenatal and neonatal care to geriatric and end-of-life care; from research on interventions and adherence to technology and communications, nurses affect patient care and outcomes in a variety of ways every day.

While the days of nursing caps are long gone, nurses today wear many hats and many uniforms; from scrubs to military attire, from business suits to well, you'll have to read the student profile on page 19.

Clearly there are many ways Pitt nurses make a difference. In the following pages we highlight only a few.

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

PITT-TRAINED NURSES DESCRIBE LIFE ON THE FRONT LINES



*The Pitt Anesthetists
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FAR FROM HOME AND FAMILY LIFE, in an environment so austere that the landscape sometimes seems plucked from another planet, University of Pittsburgh-trained nurses are working on the front lines of Operation Iraqi Freedom. These men and women of the military are providing care to U.S. troops and Iraqi locals, and—in some cases—medical training to both U.S. and Iraqi personnel. Their stories vary with their circumstances, but they share common ground in the training they received at the School of Nursing, which infuses the vital work of their commitment in the Middle East.

For many of the six Pitt-trained nurses within the ranks of the U.S. Army's 345th Combat Support Hospital's anesthesia department, a 90-day mission in Iraq represents their first overseas deployment. After months of advanced training, they find themselves traveling across multiple locations treating war zone casualties.

The group, which includes Captain John Jones (BSN '99, MSN '01), Captain Bill Teskey (BSN '98, MSN '02), Captain Kurt Kline (BSN '01, MSN '04), Captain Scott Pearson (BSN '98, MSN '05), First Lieutenant Brian Keller (MSN '06), and First Lieutenant Jason Trudell (MSN '06), wrote a letter to the School of Nursing describing the severe conditions of life in Iraq.

"Deploying to Iraq was a shock for each of us, especially the heat. Our arrival in July slapped us all in the face with 130+ degree daily high temperatures," they wrote. "The heat can best be mimicked by turning your oven to broil, opening the door and putting your head inside while aiming a hair dryer at your face."

The group also has endured almost weekly sandstorms, which they compared to taking a full bag out of a vacuum cleaner "and hitting it like a piñata while a fan blows directly at it."

For as far as they can see in any direction, the landscape is sand: no terrain features or vegetation of any kind. In the letter, they compare it to the surface of Mars.

When daytime highs dropped to 110 degrees, the group was relieved. "Apparently we have acclimatized," they wrote, though they added, "Given the heat, it is a constant challenge to stay hydrated."

The group trained at Brooke Army Medical Center in San Antonio, Texas, where they networked with a variety of practitioners ranging from surgeons and anesthesia providers to intensive care and emergency nurses.

"In these interactions with the providers of other specialties, we each discovered how thorough and complete our education at Pitt had been," they wrote. "We can each say with confidence that the didactic and clinical experiences gained in Pitt's Nurse Anesthesia Program are second to none."

The hospital staff includes people from 44 states in the union covering cases ranging from simple sedation and regional anesthesia to anesthesia for major trauma. They also work to educate the clinical nursing and allied health staff in topics such as anesthesia, resuscitation, and trauma. In addition to all of these responsibilities, the group is involved in certification of basic, advanced cardiac, and pediatric advanced life support taking place in theater.

The nurses participate in didactic education meetings with local Iraqi physicians and nurses and, in August, taught basic life support and basic and advanced airway management to the resident and attending physicians of the local teaching hospital. They also are working on a comprehensive educational program for Iraqi citizens who are interested in becoming nurses, which are absent from Iraq's current health care system. Typically, Iraqi doctors manage individual patients, and routine bedside care is provided mainly by family members. Through their educational meetings, the nurses hope to demonstrate the role of the nurse as a health care provider and ensure that patients are safe and receive appropriate treatment.

The group expressed gratitude to their families, employers, and others for supporting their mission.

"It is nothing short of an honor to be taking care of the troops tasked with the duties of the front line," the nurses wrote. "The risks they take and responsibility they shoulder each day is beyond comprehension. In the event they need medical care of any kind, they are met with strong providers and an enthusiasm of the highest degree."

Opposite page caption: Captains John Jones [BSN '99, MSN '01], Bill Teskey [BSN '98, MSN '02], Kurt Klein [BSN '01, MSN '04], and Scott Pearson [BSN '98, MSN '05], and First Lieutenants Brian Keller [MSN '06] and Jason Trudell [MSN '06] met up in Kuwait.

LIFE ON THE FRONT LINES

CONTINUED

Alumni Meet in Kuwait Prior to Deployment Throughout Iraq

Editor's note: This letter from six School of Nursing alumni who were deployed to Iraq was addressed to John O'Donnell, director of the Nurse Anesthesia Program.

GREETINGS FROM SUNNY (AND EXTREMELY HOT) IRAQ! Several Pitt grads decided to meet up in Kuwait prior to traveling on to our final destinations throughout Iraq: Jason Trudell and Brian Keller at Al-Asad Airbase, Kurt Kline and Bill Teskey at Tikrit, John Jones at Al Kut, and Scott Pearson at Talill. All support the 345th Combat Support Hospital with the exception of John Jones, who is attached to an FST [forward surgical team]. The University of Pittsburgh Nurse Anesthesia Program represents about one-eighth of all anesthesia providers in theater at present. Although our mission varies to some degree based on our locale, the mission always revolves around managing massive trauma all the way down to such common things as an acute appendectomy.

We all agree that such learning activities as acute crisis leadership training (ACLT) and the variety of clinical experiences that Pitt had to offer were extremely beneficial downrange. We provide anesthesia in some of the most austere and unforgiving environments. Sand, lack of transport for supplies due to bad weather conditions, and overall enemy activity necessitate the need for adaptation and quick thinking when faced with taking care of critical patients.

Further, the ability to function as a team has never been more important. Our team of four anesthesia providers at Al-Asad account for one-fourth of all providers, which include general/trauma surgeons, urology, psych, ER, and family practice. Anesthesia [specialists are] expected to function in many roles and are treated as independent providers who one minute will be intubating a critically ill patient and placing them

on a draw-over vaporizer/vent to placing a chest tube on a patient with a pneumothorax (obviously a little different than stateside).

For the current and future students of the University of Pittsburgh: We all agree that the education we have received from the University of Pittsburgh Nurse Anesthesia Program is second to none. However, saying that, we also realize that hard work, perseverance, and motivation go a long way. We truly believe that we, as military CRNAs, have one of the most important jobs: Taking care of the men and women of the United States armed forces. The lessons in hard work, perseverance, and dedication carried over from Pitt are the standards we hold ourselves to on a daily basis. There are going to be good days and there are going to be bad days, you win some [and] you lose some, but always remember nothing in life worth fighting for is ever easy. Hard work does pay off, and your patients are trusting you with their greatest possession, their lives. They, as patients, turn to you in a time of need. You owe it to them to be the best that you can be 100 percent of the time.

Best of luck to all the students, and remember: You get out what you put in.

Respectfully,
 Jason Trudell, CRNA, MSN
 Brian Keller, CRNA, MSN
 John Jones, CRNA, MSN
 Scott Pearson, CRNA, MSN
 Kurt Kline, CRNA, MSN
 Bill Teskey, CRNA, MSN



Major Returns to Roots in Small Baghdad Clinic

by Jamie Cornali (BSN '93) from an assignment in Iraq

I AM A MAJOR ON ACTIVE DUTY FOR THE PAST 15 YEARS. I graduated with my BSN from Pitt in 1993 and was commissioned through the ROTC program there. I subsequently graduated from the Uniformed Services University of the Health Sciences in 2004 with my MSN as an FNP. I am currently working at a small clinic near the Baghdad airport as the sole health care provider here. I work with six army medics and provide primary and emergency care to about 2,500 individuals.

I have found my nursing training to be invaluable here. Many times I have had to go back to my nursing training to take care of my patients (i.e., remembering how to mix and set a drip rate for IV antibiotics—no IV pumps here!).

I also have had to train my medics on primary care assessments. Their training primarily consists of emergency care assessment and skills (rightly so), but where I am, 95 percent of the care is primary care. It took several months, but they are all now quite competent at their assessment skills. It is wonderful to see. In fact, most have loved it so much that four out of six plan on becoming nurses: Two are entering civilian programs, and two will be going through the military's LPN program. I am still working on the other two.

Another thing I am proud of is the new chief of the Army Nurse Corps (Major General Patricia Horoho, MSN '92) is a fellow Pitt grad!

Hail to Pitt,
Jamie Cornali



Caring for Our Nation's Sons and Daughters

WHEN I GRADUATED from Pitt's BSN Program in 1998, I was well prepared to pursue a nursing career as an Army Nurse Corps Officer. The program had offered clinical rotations at large hospitals with complicated patients and had blended didactic work with challenging clinical practice.

Throughout my 10-year military career, I have drawn upon these experiences to meet the clinical demands at my various commissions. As a new RN, I confidently assumed the role of charge nurse on a busy ward. To hone my skills as a medical-surgical nurse, I attended a four-month Army ER/ICU course. Then in 2005, I graduated from the U.S. Army's Graduate Program in Anesthesia Nursing and am now practicing as a CRNA.

My commissions have taken me from the large medical centers of San Antonio, Texas, and Washington, D.C., to small community hospitals in California and most recently to Keller Army Community Hospital in West Point, N.Y. The most challenging experience so far has been my deployment to a remote Forward Operating Base in eastern Afghanistan. As part of a field medical team, I was chief nurse anesthetist, operating on military and civilian casualties in support of Operation Enduring Freedom. Beginning with my very first assignment at Brooke Army Medical Center as a staff nurse on a step-down ICU, to an emergency room nurse at Fort Irwin, Calif., and then to my current position as a CRNA at Keller, I have proudly cared for our nation's sons and daughters. I believe the education I received at the University of Pittsburgh has been the backbone and the foundation of my professional success.

Major Allan L. Long (BSN '98), Staff CRNA
Keller Army Community Hospital, West Point, N.Y.

(As this issue of Pitt Nurse goes to print, Major Long is preparing to deploy to Iraq.)



Nurse Anesthetist Aids Patients in Third World



WHEN SCOTT PEARSON was a nurse anesthesia student at the University of Pittsburgh, he attended a lecture on third world surgical missions during a summer seminar. The experience left enough of an impression on him that he decided to volunteer as an anesthesia provider for trips through Surgicorps

International, a Pittsburgh-based organization that provides medical care to overseas patients in need.

To date, Pearson has traveled to Vietnam, Guatemala, Bhutan, and Uganda.

“I have been fortunate in my life, and volunteering my time and resources provides me the opportunity to help others,” says Pearson, who also serves as a certified registered nurse anesthetist in the U.S. Army Reserves, through which he was deployed to Iraq in the summer and fall of 2008.

Most of the Surgicorps cases involve plastic surgery to repair cleft lips, cleft palates, burn scars, congenital defects, and traumatic injuries.

Although the organization treats all ages, most of its patients are children.

The groups work long hours—in some cases, 12-hour days—but, as Pearson reports, “the work is very rewarding.” In Bhutan, for example, the team completed 72 cases in five days of surgery.

In addition to directing patient care, Pearson also gave morning lectures to nurse anesthesia students in Mbale, Uganda, to teach them about use of the intravenous general anesthetic Propofol as well as an alternative airway device.

“My education at the University of Pittsburgh School of Nursing has provided me the skills to be an effective team member on Surgicorps trips,” says Pearson. “I am very thankful for the wonderful experience at Children’s Hospital of Pittsburgh of UPMC and other clinical sites where I gained experience taking care of children.”

“I have been fortunate in my life, and volunteering my time and resources provides me the opportunity to help others.”



Above: Scott Pearson with anesthetists in Uganda

Right: Pearson and Guy Leone, MD, with Bhutan burn victim



Nurses Meet the Community Where They Are

Nancy Rothman supports a safety net that preserves the health of some of society's most vulnerable people.

AS THE NURSE WHO OVERSEES a wellness center and serves as consultant to four primary care centers targeting underserved populations, Nancy Rothman (BSN '64) supports a safety net that preserves the health of some of society's most vulnerable people.

Through Temple Health Connections and the Primary Care Centers operated by Public Health Management Corp., Rothman oversees programs that help the homeless, residents of public housing, and workers who tend eastern Pennsylvania's mushroom farms. Thanks to the centers' efforts, these communities have access to after-school and wellness programs, family medical care, lead-poisoning prevention, and reproductive health care.

"We've prevented a lot of long-term health problems," says Rothman, EdD. "Some people have frustrations working with communities. But the community served by the Temple Health Connection has been a joy to work with, if you meet

them where they are. We don't move ahead unless there's ownership, and they're going to support us."

Part of the programs' success can be chalked up to Rothman's commitment to only move forward with programs that are supported by the community and sustainable through continued funding. For example, the reproductive health program only has one year of funding, but Rothman believes nurse practitioner students will be able to extend its life beyond that grant.

Nursing students work in partnership with the community, even tutoring in the after-school program, and that has helped to build a sense of trust from the population the wellness center serves.

"We have a very close working relationship," Rothman says, adding, "We also hire whenever we can from the community."

As the Independence Foundation Professor of Urban Community Nursing and director of community-based practices at Temple University's Department of Nursing, College of Health Professions, Rothman was given the freedom to develop a curriculum and a community research agenda.

By walking the line between practice and academia, Rothman believes she has been able to give her students interdisciplinary opportunities, which will mirror their professional lives once they graduate.

"It really allows education, practice, and research to happen around all of our programs," she says. "It's been the best job I've ever had."



Premature Births Inspire Alum's Family to Represent March of Dimes

By Joy Laughlin (MSN '03), BSN

BEING A NURSE OFFERS many challenges, and with these challenges comes knowledge: that which is gained from past experience and that which is stored for future endeavors. But when you or a loved one is lying in a hospital bed, clutching onto life, such knowledge can become your worst enemy.

This was my story several years ago—the actual day of my graduation from the Clinical Nurse Specialist Program at the University of Pittsburgh School of Nursing. I found myself fighting for

my own life after giving birth to my very premature daughter. It was a day my family and I will not forget, a day when my nursing knowledge haunted me because I understood what all the numbers meant, and a day when my nursing knowledge helped me because I understood why the machines were sounding their alarms.



I was unaware of it at the time, but I suffered from HELLP (Hemolysis, Elevated Liver enzymes and Low Platelets) syndrome, which caused me to enter preterm labor and deliver my daughter three months early. Eventually, I made a full recovery and my daughter, Emma, also did very well and came home after spending seven weeks in the neonatal intensive care unit (NICU).

Fast forward two years later and my second child, Brady, was born—also three months early! Thankfully, I was more closely monitored and did not get nearly as sick as I did with my first pregnancy. But I relived the same scenario, watching my tiny son clutch to life. Once again, the nursing knowledge was too much at times, while also not enough, as my little two-pound boy breathed in synch with the ventilator and was fed through IV lines.

After living through two very difficult deliveries and watching our little ones fight for life, my husband and I decided we wanted to help other families experiencing the challenges of premature birth. We had heard about the March of Dimes, a well-known organization whose mission is to improve the health of babies by preventing birth defects, premature birth, and infant mortality. The March of Dimes has played leading roles in the development of the polio vaccine, surfactant therapy, and most recently, the development of America's regional system of NICUs.

Left: Emma and Brady Laughlin, now healthy active children. The Laughlins want other families to know, "It's okay, there are resources out there."

Right: The 2008 March of Dimes Ambassador Family: Joy and Todd Laughlin with Emma and Brady.



Like Mother, Like Daughter

Second-generation Pitt Nurse Has Impact on Neonatal Care

Our goal is that one day all babies will be born healthy.

In 2007, we formed a family team, Brady's Bunch, to walk in March for Babies, which is sponsored by the March of Dimes. We raised more than \$800 our first year and had a team of 10 walkers. In 2008, our family was named the Pittsburgh Ambassador Family for the March of Dimes, which allows us to travel the area sharing our story. So far, Brady's Bunch has been able to raise more than \$1,200 in 2008, and we had 20 people walk with us in May. We are honored to serve in this important role in the effort to raise awareness about prematurity. Our goal is that one day all babies will be born healthy, and we are grateful for the opportunity to tell our story and share our hope with others who are experiencing the pain of prematurity.

Since 2007, the University of Pittsburgh School of Nursing has offered a Neonatal Nurse Practitioner concentration as an extension of its successful and well respected Pediatric Nurse Practitioner programs to care for children like Emma and Brady Laughlin.

A QUARTER OF A CENTURY after her mother, Frances Powell Bakewell, graduated from the University of Pittsburgh's School of Nursing, Susan Bakewell-Sachs followed in her footsteps.

So it is perhaps fitting that Bakewell-Sachs, a second-generation Pitt nurse, has had such a profound impact on other mothers' children. In 1979, the same year she earned her baccalaureate degree from Pitt, she began working in a neonatal intensive care unit (NICU). In 1982, she completed her master's degree in perinatal nursing to become a neonatal clinical nurse specialist.

"I always saw nursing as a clinical role," she says. "The opportunity to participate in a clinical trial during the 1980s educated me—it changed my focus and my career trajectory."

That study looked at premature babies to determine whether they could be discharged earlier with appropriate care in the hospital and at home. The findings, which were published in the *New England Journal of Medicine* in 1986, showed that advanced practice nurses directly impacted whether the babies could be sent home sooner and demonstrated the significance of a continuum of care in order to prevent rehospitalization.

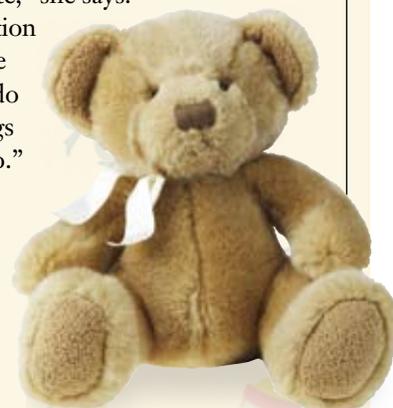
That experience inspired Bakewell-Sachs to focus on obtaining as much knowledge as she could about the entire spectrum of care for tiny babies. She earned a PhD in nursing in 1992 and then a post-master's certificate to become a pediatric nurse practitioner so she could provide comprehensive primary care to infants and children born prematurely.

"I saw the impact clinical research has on defining nursing care," she says. "And I could see how such research supports evidence in a way that is appropriate for nursing."

Now serving as both dean and professor of nursing at the School of Nursing, Health & Exercise Science at the College of New Jersey, she also engaged in later research that examined the timing of hospital discharge for premature infants.

"It's all about nursing care," Bakewell-Sachs explains. "Neonatal nurses, practitioners, and researchers are important links between the mother and her baby and play crucial roles in providing evidence-based care that will enhance the infant's future physical and mental health." In addition to her own research and clinical practice, Bakewell-Sachs is the neonatal editor for the *Journal of Perinatal and Neonatal Nursing* and serves on the Nurse Advisory Council of the March of Dimes to advocate for better health policies and prevent premature births.

"I believe it is my obligation to contribute," she says. "Collaboration is one of the ways I can do all the things I want to do."



Public Health ‘Foot Soldier’ Seeks to Bring Care to the Uninsured

WHETHER ADDRESSING a restaurant chain’s widely publicized outbreak of Hepatitis A, a national shortage of flu vaccine, or resources for diabetes patients who lack adequate insurance, Lorraine Starsky has made public health the focus of her career with the Allegheny County Health Department (ACHD).

“The foundation that I received in community health at Pitt nursing school has been invaluable in my role as a public health foot soldier,” says Starsky, who earned her BSN in 1994 and was a class Keeper of the Light (see sidebar). In addition to the high-profile health crises the department has faced, she now serves as the diabetes nurse consultant with the ACHD’s Chronic Disease Prevention Program.

“Carrying out this work in the community has reinforced what all of us in health care are witnessing,” she says, namely: “Burgeoning numbers of people without health insurance, many working full-time jobs.” Many of the calls she receives are from diabetics without coverage who turn to ACHD as a last resort.

Recognizing the need for a simple, concise guide to local resources, Starsky won support from her administrator to create *Underinsured or Uninsured: A Guide to Health Care Resources in Allegheny County*, which was released in March 2007. Updated every six months, the guide is one of the most frequently downloaded documents on the department’s Web site, www.achd.net. The department mails printed copies to people who do not have computer access.

According to Jessica Seabury, executive director of the Consumer

Health Coalition in Pittsburgh, almost 16 percent of adults ages 19–64 lack health insurance in Allegheny County. When people lack coverage, many delay or forego medical care.

Citing 2007 statistics from Families USA, Seabury says two uninsured people die in Pennsylvania each day because they waited too long to seek care, often for conditions that could have been prevented.

“The guide that Lorraine created is so critical because it is a comprehensive, reliable, and user-friendly resource to help people get the care they need,” she says.

Starsky calls the positive response to the guide by community organizations, social services agencies, and consumers “most gratifying.”

She credits her education at the School of Nursing with providing “wonderful preparation for my career.” She specifically cites Jackie Lamb, her pediatrics clinical instructor, for serving as a role model and advocate for underserved pediatric patients and their families and Rosanne Levine, her community health clinical instructor, who mentored her.

Terri Seidman, manager of the American Diabetes Association’s Western Pennsylvania chapter, calls Starsky “a true public health nurse.”

“She is in touch with the community, and her tireless commitment to the public is reflected in her ongoing outreach and community involvement,” says Seidman. “She sees opportunities, grabs them, and creates liaisons.”

Lorraine Starsky (right) takes health information to Ida Cummins and Harold E. Scott Jr. at the Epiphany Barber Shop in the Pittsburgh neighborhood of Wilkinsburg as part of the Center for Minority Health’s annual Take Health Professionals to the People day.



Youth Ministry Position a Natural Fit for Nurse

by Barbara Benzenhoefer Belski (BSN '76)



Barbara Belski with nurse aides in the medical clinic at St. Mauritz, Uganda.

MAKING A DIFFERENCE in community health in a Third World country seemed most unlikely when I stepped out of full-time nursing with the birth of my first child in 1979.

My path to Uganda began back in April 2000, when the Visiting Nurse Association of Allegheny County (VNA) finally fell to economic pressures. Having spent 15 years with the VNA, I crash landed into the next crossroads of my career. I found that the independence I developed as a home care nurse prepared me well for my new adventure: director of youth and young adult ministries at a large suburban parish.

Working with high school students and young adults involves all of the same communication and intervention skills that served me well during my years in nursing. Time management, planning budgets, communicating effectively, and developing leadership and life skills in our teens come naturally in large part due to my experiences in nursing.

Lecturing for the maternity nursing students when I taught briefly at my alma mater paved the way for future public presentations, including many opportunities to teach both youth and adults. I remember as student nurses when we learned the difference between sympathy and empathy—an essential skill when working in youth ministry, especially when introducing teens to working with the poor.

As our mission team develops a plan to assist the people in Gulu, Uganda, we must recognize the need to empower the people to help themselves as much as possible. I draw constantly from my nursing skills; I believe that nurses can make a positive difference in any situation. My education at the Pitt School of Nursing prepared me well for a lifetime of leadership in my work and in my community.

To learn more, visit www.hopemissionuganda.org.

KEEPERS OF THE LIGHT

Keepers of the Light represent an important part of the school's distinguished history and tradition. The lamp Florence Nightingale carried on her rounds among the British soldiers injured in the Crimean War became a symbol of her efforts to improve the practice of nursing. Through the years, the lamp became the symbol of the nursing profession's commitment to the task of ensuring continuous progress and improvement of nursing practice.

The tradition of "Passing of the Light" was established as part of the school's first Pinning Ceremony in 1943 to symbolize the passing of this commitment from one generation of nurses to the next. It is a ritual that represents

the graduates' commitment to the ideals of excellence in nursing practice. The students who achieve the highest academic standing in the graduating class are designated "Keepers of the Light" and become custodians of the light until it is time to pass it on to members of the next class at the Passing of the Light during the following year's Pinning Ceremony.

Keepers of the Light represent a long line of excellence in nursing practice at the school and an ongoing commitment to improve the nursing profession. They represent the best of the School of Nursing and the best of the nursing profession. Many have gone on to practice as top-notch clinicians, educators, researchers, and administrators all across the country.

Because multiple students may have the same academic standing, there may be more than one Keeper of the Light in a graduating class. There have been two or more Keepers of the Light in 27 graduating years, including two graduating years when there were four. There have been a total of 102 Keepers of the Light over the past 66 years.



Hospice: It's About How You Live!



Backed by his sisters and his parents, Jim Prentice accepts an award for a multilingual communication board he designed to help people who are unable to speak clearly.

IT WAS LATE FRIDAY AFTERNOON, August 3, 2007. An ambulance arrived at West Penn Hospital's Emergency Department in Pittsburgh. The paramedics delivered a man, unresponsive, the result of a massive hemorrhagic stroke. The man looked younger than his 57 years. His undersized build was contracted and deformed from the lifelong effects of cerebral palsy. The man's two sisters were contacted; he was not expected to survive.

Friday evening brought the confirmation of the diagnosis of "brain stem stroke from a large clot in the left internal carotid, cause unknown ... no profusion to the left brain."

His physician recommended a palliative medicine consult. At first, the two sisters resisted. "I didn't want a droopy faced, overly religious person putting their arms around me and feeling sorry," one recalled.

On Saturday evening, her opinion changed as she, her sister, and the palliative medicine physician met and sat around the patient's bed. The physician, Dr. Kathy Selvaggi, asked that they tell her about their brother. She heard a remarkable story:

Jim Prentice was born in 1950, a healthy baby boy. However, within weeks of his birth, he developed a high fever and pneumonia. Children's Hospital of Pittsburgh of UPMC saved his life, but the illness damaged a part of his brain and left

behind a new chronic diagnosis, cerebral palsy. The family first experienced shock, then grief, then a determined resolve to guide and support Jim as he grew.

His father created devices to assist his son as he lived his life from a wheelchair. His mother charged not only herself but also Jim's two older sisters with learning and assisting with leg braces and daily activities. Jim grew bright, independent, and high spirited, a reflection of the family who surrounded him.

He earned a master's degree in computer science at Carlow College in Pittsburgh. That degree led Jim to a research position at Westinghouse, and then world travels. Along the way, he designed and developed a multilingual communication board for people with disabilities. This pioneer transformed the world for those unable to clearly speak.

Jim survived his parents, refusing the logical next step, to leave the family home. After their deaths, he and his sisters remodeled the home, providing it with "smart" capabilities to support his autonomy. Hired caregivers and his faithful German shepherd named Mel ensured his independence. He loved life; dizzying his nieces and nephews on wheelchair spins, telling jokes, running his own business. He received many prestigious awards for his work.

It was in the midst of this living that he awakened on a Friday morning, "not acting right." In one morning, his life, and the lives of those who loved him, turned into chaos and uncertainty.

Selvaggi carefully reviewed the neurology workup and shared those findings with Jim's sisters. In a fog of disbelief, a discussion ensued about what Jim would

want at this time of his life. He had drawn up a living will outlining his desires and had spoken about his wishes with his sisters. Still, the decision to consider hospice seemed unbearable.

The CT scan was repeated, but the brain, the only perfect organ Jim was given, was permanently damaged; there was no chance of recovery. The CT report accompanied Jim to the Forbes Hospice Inpatient Unit. His sisters would ask to see it again, for reassurance.

Jim's sisters toured the Forbes Hospice Unit. They felt relief when the elevator door opened, revealing warm yellow walls, rich lighting, and staff who greeted them with genuine smiles. Their brother would come. They would stay with him around the clock to see to his turning, bathing, and positioning; to watch over his body language, alert for any signs of discomfort; to continue their role of protector. This was not a man with "CP" who was dying. This was a brilliant, loving, humorous brother and uncle who was living through his final days. How could the hospice staff come to understand all of this?



Nurse With a Passion for Cardiac Care Takes Flight

The admission nurse listened intently, asked questions, took notes. She reviewed her findings with other team members, and they developed a written turning schedule with precise instructions based on the information provided by Jim's sisters.

The staff supported the family decision to spend the nights by providing Jim with a room especially suited for that purpose. His sisters felt they were partners in the decisions made about their brother. On the first night, much to their own surprise, they went home at about 1 a.m. to sleep in their own beds. They were satisfied that the staff was dedicated to Jim's care, to the man he was and continued to be, before that morning when "things didn't seem right."

One of Jim's sisters, a nurse, said, "I hope I can take back with me to my job some aspect of the care we received ... such attitudes and empathy I have never seen before ... they say thank you—to us!"

The social worker and chaplain met with the family, helping them to sort through their feelings and concerns, encouraging them to embrace Jim through storytelling and life review. Slowly the agonizing decision to choose hospice care became a portal—to engage in a mystery-filled goodbye, to honor their brother and his life, to celebrate, and to grieve. Sometimes this work took place in Jim's room, sometimes through laughter, sometimes through tears, and sometimes while sharing food in the hospice kitchen.

Jim died peacefully, a sister at his side, the other on her way. The three of them found their way.

The authors gratefully acknowledge Noreen Miller and Carol Glatz for allowing this case story of their beloved brother to be presented. This article appears with permission from the Allegheny County Medical Society. It first appeared in the ACMS Bulletin in September 2007.

Editor's note: This case story was written by Maria Depasquale, RN, CHPN, manager of the Forbes Hospice inpatient unit, and Maryanne Fello (BSN '72, MEd '76), director of Forbes Hospice in Pittsburgh, Pa.

EVEN AS A CHILD, Erin August was drawn to cardiac nursing through the influence of her family.

Her aunt was a director of nursing and a maternity charge nurse, and her cousin is a psychiatric unit director at Allegheny Valley Hospital in Natrona Heights, Pa. A multitude of cardiac problems within the family allowed August to see firsthand the importance of appropriate care.

Now the ventricular assist device (VAD) outreach coordinator for Seton Medical Center in Austin, Texas, August (BSN '03) has spent her first year on the job finding ways to coordinate better treatment for cardiac patients across central Texas. "They've worked with my job description a lot; it has kind of morphed over time," she says.

The job is new to the medical center, and August is the first person to hold it. That means in addition to fulfilling all the responsibilities of the position, she's also—quite literally—writing the book on the policies and procedures that govern the job.

As the VAD outreach coordinator, August oversees program development; supports staff and surgeons in the operating room; supports nurses in the intensive care unit; and works on call for Heart Hope, a network of health care professionals who are dedicated to advancing the treatment of heart failure.

August also formed the first VAD flight team in central Texas and was aboard its first flight, with plans for more, including expansion into New Mexico and training physicians and other health care providers in the details of VAD flights.

"I think the most challenging part is being ever so careful with loading and unloading the equipment," she says. "As most nurses know if they've worked with the balloon pump, it's very heavy, and it's tricky."

When some VAD patients do not receive attention soon enough, they become what is known as "resurrection cases." August's goal is to get patients in to seek treatment sooner, thus producing more positive outcomes.

August also is beginning to delve into research, recently receiving a University of Texas fellowship to study sleep apnea and breathing disorders in VAD patients.

As she strives to make a difference in the lives of those around her, August hasn't lost a playful sense of humor. When she was hired in early 2008, she brought Pittsburgh Steeler Terrible Towels to the Dallas Cowboys-loving surgeons and director who hired her.

"They got a good chuckle out of that," she says.



A PIONEER REFLECTS

FACULTY MEMBER HELPED FORGE THE PATH FOR NURSE PRACTITIONERS

EVEN BEFORE SHE FINISHED her first graduate degree, Donna Nativio (BSN '64), knew nurses had a bigger role to play as health care providers.

Today, that point of view is widely embraced. But in the 1960s, it was an untested notion that challenged many people's concepts of professional boundaries.

But Nativio, PhD, CRNP, FAAN, associate professor at the School of Nursing and director of the Family, Adult, Pediatric, and Neonatal Nurse Practitioner programs and the Doctor of Nursing Practice Program, does not fear breaking tradition if it means getting better care for patients and their families. So in an early job as a public health nurse for the Allegheny County Health Department, she began putting her idea to the test.

"A whole lot of mommies and babies would come in. The nurses would weigh and measure the babies and talk to the mothers about how the baby was eating and developing, and then we'd all wait for the physician to show up—sometimes up to 2½ hours," she recalls. "I was impressed by the wasted time and wasted talent of the nursing staff, and the wasted time for those mothers as well."

Research done at the University of Denver supported her observations. It found nurses were sometimes the only health care providers in the area they served.

"They were disconnected from hospital systems, and the more education they had, the more autonomous and confident they could be in their ability to carry out what needed to be done," Nativio says. The Denver research showed with additional targeted education nurses could be front-line providers in areas of need.



Nativio ... does not fear breaking tradition if it means getting better care for patients and their families.

So, Nativio recruited experienced public health nurses to participate in an on-the-job educational program. She enlisted Larry Dunegan, MD, a pediatrician, to help develop a curriculum, which they taught together. This program had 12 graduates who revolutionized the well-child services to mothers and babies in Allegheny County.

A write-up about the program in a local newspaper led to an interview with then-Dean Marguerite Schaefer, who offered Nativio a job creating a similar program at the School of Nursing. Nativio demurred, feeling she still had much to do in the community, but agreed to serve as a consultant.

Not everybody was thrilled with the idea of expanding nurses' roles. "I think this was a beginning of the concern we have in health care now about boundaries in practice, and who has the education to do what," she says. "Nurses have made a lot of progress."

Critics claimed nurse practitioners might be accepted among low-income patients, who had fewer options, but middle- or upper-income patients would insist on seeing a physician.

As always, Nativio set out to prove the naysayers wrong. She took a job in an upscale suburban private practice where

NURSE EDUCATOR WORKS TO ADDRESS NURSING SHORTAGE ON BOTH SIDES OF THE EQUATION

for two years she successfully demonstrated that her work was valued by the physicians and by mothers across income groups.

At that point, Enid Goldberg, dean of the School of Nursing, offered to put Nativio on retainer and convinced her to accept a joint appointment between the school and Children's Hospital of Pittsburgh of UPMC. In the early 1970s, Nativio became the second nurse practitioner hired by the hospital. Despite the resistance she met from some members of the medical and nursing staff, "the patients from the start accepted and loved having, their nurse," she says.

Nurse practitioners were told to introduce themselves by saying, "I'm not a physician." Nativio welcomes the opportunity to consult with physicians but is proud of her nurse practitioner role. "I don't mind clarifying that, as long as the physician is willing to say, 'I'm not a nurse practitioner,'" says Nativio.

Nurse practitioners have come a long way since then. "Today, the School of Nursing's nurse practitioner graduates are highly sought after, and the day-to-day relationships among the disciplines are very good, as they work side by side with the goal of best patient outcomes," says Nativio. "Challenges remain at the policymaking level, when decisions are made about who's in charge and who gets reimbursed."

There have been other firsts for this pioneer nurse practitioner. Nativio was one of the first pediatric nurse practitioners to gain national professional certification for excellence in practice. She helped draft the first rules and regulations that are still the basis for the legal practice of nurse practitioners in the Commonwealth of Pennsylvania. In addition, she was a founding coeditor of the *American Journal for Nurse Practitioners* and a founder (and past president) of the American College of Nurse Practitioners.

Most recently, Dean Dunbar-Jacob appointed Nativio to lead another first—the school's Doctor of Nursing Practice (DNP) program. The DNP is an alternative to the PhD for nurses who plan to work in a clinical setting.

Nativio continues to answer questions about the expanded role of nurses and has testified before the state assembly as well as the U.S. Congress. It's a familiar role for a pioneer, and one Nativio always has embraced. She has an office wall full of awards, testimony to her distinguished service. And, "I have the scars to prove I've earned the title of nurse practitioner pioneer," she says.



"As a nurse educator, I'm the first line of ensuring quality patient care."

In her role as dean of health professions at Westmoreland County Community College, Kathleen Malloy (PhD '89, MNEd '76, BSN '71), RN, is working hard to draw students into health care at a time when shortages are nearing critical numbers.

"As a nurse educator, I'm the first line of ensuring quality patient care," she says. "If I do my job right, it leads to the continuum of nurses providing quality care," says Malloy, who also was appointed four years ago by Pennsylvania Governor Ed Rendell to cochair the Pennsylvania Center for Health Careers, a public-private partnership intended to address the shortage.

The task is one that takes some patience, for as Malloy points out, "It takes time for students to learn—to be able to put knowledge all together and then apply it. "Teaching critical thinking is very difficult. Just because students are computer literate doesn't mean they are critical thinkers."

Malloy also contributes to a mentoring program for new faculty that is designed to help new nurse educators and other faculty adapt to their new roles as faculty. Mentors assist new faculty in design and sequence objectives, matching course content to the students' abilities and deciding on instructional design. The objectives help faculty members know where they are taking their students and set the basis for evaluations and competencies.

"A good objective needs to be clear to the learner," Malloy says. "It doesn't need to be fancy."

Thanks to the rise in evidence-based practice, those objectives keep changing too: "Long gone are the days when we teach something just because that's the way we learned," she says. "If you are a professional, you need evidence."

TAIWANESE NURSING PIONEER URGES STUDENTS TO KNOW THE “REAL WORLD”



EVER SINCE SHE GRADUATED as one of the first 19 students to earn a BSN from Taiwan’s most prestigious national university, Yu-Mei Yu Chao has made a habit out of breaking ground in her chosen profession.

The first Taiwanese citizen to receive a doctorate in nursing, Chao also is the first nurse to hold a high government position in Taiwan, where she served as the deputy general manager of the Bureau of National Health Insurance. She also became the first Taiwanese health professional elected to the American Institute of Medicine of the National Academy of Sciences and the first nurse from Taiwan to be elected to the Board of Directors of the International Council of Nurses.

Today, she is the chair of the Taiwan Nursing Accreditation Council, a peer-review organization established in 2006. She also serves as an adjunct research

“The idea of helping people grew strong in my heart at a very early age.”

fellow with the National Health Research Institutes of Taiwan, an adjunct professor at National Taiwan University, and a chair professor in the School of Nursing at Central Taiwan Polytechnic University.

The daughter of a physician, Chao was drawn to health care when she watched how her father took care of his patients.

“The idea of helping people grew strong in my heart at a very early age,” says Chao (MNEd ’67, PhD ’79).

Her mother suggested that she follow her father into medicine, but Chao had other plans: She felt nursing was her true calling and was a member of that first graduating class of 1960.

That education helped her to successfully compete for an international scholarship to study abroad, and she won full tuition to pursue an advanced degree at the University of Pittsburgh School

of Nursing “at a time when the average Taiwanese family would have no financial capability to support their member going abroad for advanced study.”

In the Pitt dormitories, Chao met many other graduate students from a variety of countries. She recalls eating dinner with them and sharing her homesickness, as well as friendly gossip about classmates and teachers.

“The best of it was that we were able to learn about the commonness and uniqueness of cultures in people from different societies and with different backgrounds,” she says.

When she returned to Taiwan, she taught and sought out clinical experiences before returning to Pitt in 1975 for her PhD.

“Pitt’s education has prepared me to become down-to-earth, to establish and develop views and knowledge from a bottoms-up approach,” Chao says. “This nursing-rooted training has been so helpful for me to become not only a system-approach thinker, but also a strategic decision-maker in my entire career.”

Named a 2008 Legacy Laureate by the University of Pittsburgh and honored as a Distinguished Alumnus by the University of Pittsburgh School of Nursing, Chao recommends that today’s nursing students bring “capability and flexibility,” as well as innovative strategies, into the rapidly changing health care system.

“Be sure that your nursing knowledge has a strong connection with the real world of nursing practices,” she says. “The experience to learn how to act and be an accountable professional ... has been a very important quality which I have practiced and expected others to develop in my work.”

NURSING LEADER HELPS MAGNET PROGRAM PROMOTE EXCELLENCE

A VISIONARY NURSING LEADER, Patricia R. Messmer has made a positive impact on the profession by demonstrating, through example, the relationship of research to education and nursing practice.

For more than 20 years, Messmer (PhD '88, BSN '67), FAAN, has been interested in the American Nurses Credentialing Center (ANCC) Magnet Recognition Program. The program recognizes health care organizations that provide excellent nursing care and uphold professional traditions. When Messmer was the director of nursing research at Mount Sinai Medical Center in Miami Beach, Fla., she also served as the magnet project director and guided the center to magnet status. Messmer became a magnet appraiser for the ANCC Magnet recognition, which is considered the standard for quality patient care. Messmer continued to serve in this role when she became the nurse researcher for Miami Children's Hospital.

As Messmer describes it, ANCC evolved the role of the nurse researcher in a clinical setting and sees clinical need as the driving force behind nursing research. Although the nurse's program of research

sometimes must move to the back burner in a clinical setting, the resulting research is more likely to have practical applications and can be more easily transferred to a real-world setting.

About a year ago, Messmer left Miami to become the director of patient care services research at Children's Mercy Hospitals and Clinics in Kansas City, Mo. In that capacity, she oversees all research projects related to patient care for nurses, allied health professionals, social workers, and pharmacists. One study involves neonatal unit patient simulation.

"We're going to look at building team collaboration

between nursing staff, nurse practitioners, the medical staff, and respiratory therapists," she says.

Messmer also worked on an ambitious project designed to identify all 950+ American Nurses Foundation (ANF) nursing research grant scholars from the past 54 years. The charitable and philanthropic arm of the American Nurses Association (ANA), ANF supports ANA's work to promote the welfare and well-being of nurses, advance the nursing profession, and enhance public health. Messmer, ANF treasurer, initiated the project in 2004 with the help of Florida International University



The program recognizes health care organizations that provide excellent nursing care and uphold professional traditions.



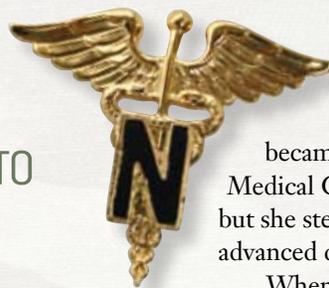
doctoral student Craig Phillips (ANF grant recipient, currently an

assistant professor at the University of British Columbia) and Margarete Zalon, ANF president.

"Looking at the list of scholars shows how ANF funding enabled them to start and develop their own careers," she says. "Research conducted by ANF scholars has advanced the profession by facilitating knowledge development across the broad spectrum of nursing."

FAMILY TRADITION

ALUMNUS FOLLOWS AUNT'S FOOTSTEPS TO SCHOOL OF NURSING, MILITARY SERVICE



WHEN KATHLEEN SRASIC-STOEHR was a student at the School of Nursing, she took care of a 4-year-old leukemia patient during one of her rotations.



The child died, and even decades later, the impact of his loss stays with her. But so, too, does the memory of how her instructor took her to the hospital cafeteria and helped

her talk through her grief.

“That element of nursing—caring and compassion—that’s what the faculty demonstrated with us,” she says.

Throughout her 30-year career as an Army nurse, Srsic-Stoehr (BSN ’72) lived the ethics she acquired at the University of Pittsburgh. It was at Pitt that the self-described introvert learned to become an agent for change, a characteristic that stayed with her during her career, leading the push toward best practices in nursing care. Srsic-Stoehr was a class Keeper of the Light and, during her last two years at Pitt, served as president of the student nursing council where she took an active role in such initiatives as increasing student representation on various faculty and curriculum committees. As targeted learners of a new curriculum, students voiced opportunities for improvement to strengthen their clinical learning. The council also called for an end to the practice of wearing nursing caps, a practice that did not pass the tradition hallmark at the time. Though it may seem like a relatively tame issue now, it was revolutionary then.

In the midst of Srsic-Stoehr’s freshman year, the school changed its curriculum. That move, plus the overall anti-establishment atmosphere of the Vietnam era, “was really symbolic for us,” she recalls. It taught the students “how we could be advocates for change with patients and nursing excellence.”

While stationed at Walter Reed Army Medical Center in Washington, D.C., Srsic-Stoehr noticed a high incidence of postoperative pneumonia and other complications related to an inconsistent approach to preoperative teaching and assisting patients postoperatively with deep breathing, coughing, and use of “blow bottles.”

Her department head learned of her interest and enabled Srsic-Stoehr to work with a nurse researcher who was conducting a study about preoperative teaching and postoperative outcomes. As a new graduate nurse, she actively combined clinical practice and research to include a coauthored journal article about the results of the study. She later pursued a focus on patient education in her graduate work and went on to develop Walter Reed’s hospital-wide preoperative teaching program based on the work from the research study.

“I always had outstanding mentors and was selected for positions where there was opportunity to make changes. The Army Nurse Corps provided experiences that built upon Pitt’s foundation in leadership for change,” she says.

The decision to enroll in the School of Nursing was, in many ways, an easy one. Srsic-Stoehr’s great-aunt, Victoria Viola May (MLIT ’54, BSNEd ’50), was an alumnus and also had served in

the Army as a first lieutenant stationed at Walter Reed. After World War II, May became the director of St. Francis Medical Center School of Nursing, but she steered her great-niece to her advanced degree alma mater.

When Srsic-Stoehr enrolled at Pitt, she resided with “Aunt Vee” in Pittsburgh’s Highland Park neighborhood, and May was a supportive advocate for Srsic-Stoehr in her academic nursing pursuits.

As a nursing educator, May worked in nursing education most of her entire career, and similarly, Srsic-Stoehr followed in those footsteps with particular focus on nursing professional development and patient education. She then moved into various nursing administrative positions to include chief nursing officer of Brooke Army Medical Center and the Great Plains Regional Medical Command. When she retired from the Army, Srsic-Stoehr worked first as a nurse executive at a rural hospital in central Virginia before accepting a position at the Washington Hospital Center in Washington, D.C., as director of nursing excellence.

The title and role has evolved; Srsic-Stoehr now is senior director for nursing evidence-based practice and quality. As such, she works with clinical specialists and clinical nurse specialists, educators, nursing staff, and interdisciplinary teams, helping them to apply evidence-based practices, develop clinical guidelines, and impact patient outcomes through patient safety and quality performance improvements. As facilitator and coach for the nursing practice and research shared governance council, she has come full swing from her shared decision-making days at Pitt and her early interests in linking research and clinical practice.

“Our instructors at Pitt taught us to be change agents in patient care and nursing practice,” she says. “Now, evidence-based practice is how we make that change.”

The Spirit of Nursing!



SOPHOMORE NURSING STUDENT

Mike Nuzzo decided at an early age he wanted to make a difference.

Nuzzo started as a business major but switched to nursing, where he felt he could do more to help others. “Nursing has so many opportunities and avenues to pursue, I knew I would never be bored and that I would be able to help people,” he says.

The schedule of a nursing student can be grinding—with long hours spent studying and completing assignments as well as studying for exams. In addition to the rigorous full-time study

required for the undergraduate nursing program, Nuzzo spends up to 25 hours a week in his role as one of the two Pitt Panther mascots, Roc, a role he will keep until graduation. The two mascots share responsibility for attending all home and away football games, as well as men’s and women’s home basketball games, to cheer on the teams and help to lift the spirits of the crowd.

It can be a grinding schedule but, fortunately, Nuzzo is skilled in setting priorities, an important quality for any nurse. And it is a job he really enjoys. In fact, Nuzzo seems almost to have been born to this role—his parents both were Pitt cheerleaders, and his mother, Theresa Nuzzo, has coached the Pitt cheerleaders and dance team for the past 27 years.

“When I’m Roc, I can forget what is going on in my life and focus on making people happy and laugh. I always try to be as upbeat and energetic as possible,” says Nuzzo. “Being able to make little children laugh and seeing the joy on their faces when they get to slap Roc’s paw makes all the hard work and sacrifice worthwhile.”

The mascot is required to attend numerous charity and community events such as Light-up Night, the Great Race, and the walk for autism, as well as other sporting events. It’s a demanding schedule, but Nuzzo says it’s worth it. “At the Louisville football game, I was able to make an autistic man laugh,” he says. “I’ll never forget the pure joy in his expression when he shook Roc’s paw.”

Being a mascot is rewarding, but Nuzzo doesn’t plan to make it a career. After graduation he hopes to work in an ICU setting and then return to graduate school to become a nurse anesthetist. “Being the mascot is an honor I take very seriously,” he says. “I hope the next person to put on the Pitt Panther costume and portray Roc feels the same way my predecessors and I have.”

There are many ways to make a difference. Nursing is one way. Putting on a costume to make people laugh is another.



Right Time, Right Place, Right Skills



Erin Zellem (right) with her friend Nancy Altman

ERIN ZELLEM'S FRIEND NANCY ALTSMAN HAD ROUTINE ABDOMINAL SURGERY. THEN THE UNTHINKABLE OCCURRED.

"MY FAMILY AND I were glad Erin was able to take time from her busy class schedule to visit with us," Nancy says. "Erin had been through the same surgery in 2007, so she was able to answer all my last-minute questions and calm my nerves."

The surgery went well and Erin joined Nancy in her room. While Nancy's family left briefly, Erin stayed to talk. "Being a nursing student I took full advantage of the opportunity to ask the nurses and doctors lots of questions," she says. "Thankfully, they were all very helpful and willing to explain to 'the student' what everything was for and why they were doing what they were doing." One of Erin's first questions was why Nancy wasn't on a monitor and why she didn't have a pulse oximeter on? The nurse said they had not been ordered and Erin didn't ask anything more about it.

Nancy kept pressing the little "magic button" (as she called it) on her morphine pump to control her pain and drifted in and out of sleep. After a while Erin noticed Nancy's chest was not raising and lowering very much so she checked her respiratory rate and discovered it was only seven breaths per minute. "During clinicals the instructors told us to call a code if a patient's respiratory rate was under 12 breaths a minute, so that's what I did," Erin says. "I knew I didn't look much like a credible professional dressed in a hoodie and sweats, and I wasn't sure the codes were the same as in the hospital where I was performing my clinicals, but I ran out of Nancy's room calling, 'Condition C!'"

Erin's training kicked in, enabling her to remain calm as she answered questions for the doctors and nurses who responded to the code. By then, Nancy's respiratory rate had dropped to a three, and one of the residents called for Narcan®. "We had just learned about this medication, so I knew it indicated there was too much morphine in Nancy's system," Erin says. Nancy became alert very quickly after the Narcan was administered. "While I hated to see my friend back in pain, I was relieved to see she was breathing normally again!"

Nancy didn't comprehend how serious the situation was at the time, but looking back she realizes, "Erin's observation skills, intuitiveness, and persistence played a large part in my well-being," she says. "Her training, her passion for others, and her attention to detail will make Erin an extremely gifted nurse."

Erin doesn't feel like she did anything out of the ordinary. "Anyone in the Pitt nursing program would have been able to do the same," she says. "I'm just glad I was able to help my friend—that God had me in the right place at the right time, with training that prepared me to feel confident enough to speak up."

It may not seem like much to Erin but it does to Nancy. "I'm so grateful Erin was there when I needed her," she says. "I honestly believe she saved my life!"

Student Nursing in Cambodia

KRISTEN SHUBERT (MSN '08) went to Cambodia with Health Volunteers Overseas and worked as a student nurse anesthetist at Angkor Hospital for Children. Her role there was to help assess the teaching and evaluation abilities of the nurse anesthetists there.

"I worked one on one with the nurse anesthetists in the operating room and minor procedure rooms and learned their anesthetic techniques," she says. "The nurse anesthetists at Angkor Hospital for Children have an excellent knowledge of anatomy and techniques to control pain in specific areas of the body." As a student, Shubert gave the anesthetists the opportunity to practice their teaching skills and strategies for educating anesthetists in Cambodia. They then received feedback on their teaching from Richard Henker, PhD, (MSN '02), RN, associate professor and vice chair in the Department of Acute and Tertiary Care, Shubert's instructor who was also on the trip.

"I enjoyed this experience very much," she says. "I was exposed to excellent information in anesthetic management for pediatric patients and learned new techniques and approaches that are not seen in the United States."

On the practical side, Shubert notes, "The living conditions were very good. The hotel was clean, close to the hospital, affordable, and the staff was very nice and helpful." Shubert appreciated the abundance of good restaurants within walking distance, plenty of opportunities for sightseeing and shopping, and easily accessible transportation.

"As much as I enjoyed my time in the hospital working with the staff and patients, I think my visit to the temples at Angkor Wat will be the most memorable part of the trip."



Cameos of Caring® Program and Awards Gala

THE UNIVERSITY OF PITTSBURGH School of Nursing has honored 423 nurses with the prestigious Cameos of Caring® Award since the program began in 1999. This year, 20 Cameos of Caring awardees are graduates of the University of Pittsburgh:

Leah Abbott (BSN '06)

Lisa Marie Bernardo, PhD,
(MPH '00), RN

Cheryl A. Carr, MSN, (BSN '96)

Connie Coble-Roe (MSN '96, BSN '93)

Sandy Daisley, MSN, (BSN '92)

Kevin Eklund (BSN '89)

Elisabeth L. George (PhD '99, MSN '83)

Karen E. Grove (MSN '88)

Valerie Michele Howard (EdD '07,
MSN '95)

Mary Therese Hurley (MSN '95,
BSN '85)

Cheryl Renker Jacobson (MSN '89)

Diane Jaynes (BSN '03)

Regina McCollum (BSN '95, BASW '83)

Janice Nash (MSN '91)

Lori Prendergast (BSN '99)

Beth A. Reedy (BSN '88)

Patricia Koren Robinson (MN '79,
BSN '76)

Lynn Coletta Simko, PhD, (MSN '90,
MPH '82)

Curt Tucker (BSN '07)

Lauren Weidle (BSN '06)

Visit our Web site at www.nursing.pitt.edu/cameos for more information about the Cameos of Caring Awards program or to read profiles of some of these Pitt awardees.



Left: Kevin Eklund and Lisa Bernardo, Educator awardee from the University of Pittsburgh School of Nursing; Above: Dean Jacqueline Dunbar-Jacob (center) with Associate Deans Susan Albrecht (left) and Helen Burns (right)

A CAMEOS OF CARING® FIRST

WHEN LEAH A. ABBOTT (BSN '06) was selected as Allegheny General Hospital (AGH)'s 2008 Cameos of Caring awardee, she made history! Her mother, Marie Geubtner, represented AGH as its first Cameos of Caring awardee in 1999, thus making Marie and Leah the first mother-daughter awardees

since the program's inception. Marie is the nursing coordinator in AGH's department of neurosurgery, while Leah works in the trauma/surgical intensive care unit.



Mother-daughter Cameos of Caring awardees: Leah Abbott (right) and Marie Geubtner (left)

A SPECIAL THANKS TO THE EVENT SPONSORS:

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University of Pittsburgh Medical Center (UPMC)

Meet the New Director of Development



JANICE A. DEVINE has joined the University of Pittsburgh School of Nursing as director of development. Devine worked at the Western Pennsylvania Hospital for the past 12 years, most recently as director of annual giving

and special events at West Penn Hospital Foundation, where she was responsible for planning, designing, and implementing all foundation annual giving, events, and special projects.

“I am very excited and proud to become part of the Pitt family. The school’s prestigious reputation continues to attract prominent students and faculty who, through their dedication and hard work, have helped the School of Nursing grow into a world-class institution,” says Devine. “I look forward to meeting with faculty, alumni, and current students to learn as much about the school as possible so I can share their passion and help provide resources through which the school can continue to flourish.”

Insurance as a Charitable Gift

WHEN ALUMNI AND FRIENDS of the School of Nursing are considering how to maximize a potential charitable gift, there are a variety of assets that should be considered. This issue will focus on charitable gifts using life insurance. Look for highlights about other charitable giving vehicles in the coming issues of *Pitt Nurse*.

Life insurance is an excellent tool for making a charitable gift, because it can amplify the benefit of a gift that is considerably more than the cost of the gift to the donor.

Annual donors in particular may be interested in considering this opportunity. If a 50-year-old commits to giving \$5,000 annually for 10 years, the \$50,000 total can be leveraged into a \$360,000 gift. For a couple, a second-to-die or survivor life policy would provide the school with an \$800,000 gift with the same annual commitment.

There are a number of other ways to include life insurance as a charitable gift. First, there is the assignment of a personal life insurance policy to the school. This allows an immediate income tax deduction to the donor. Or, an individual can also name the school as the primary or contingent beneficiary of a life insurance policy. While this method does not yield an immediate income tax deduction, it will result in a federal estate tax deduction for the full amount of the proceeds payable to the school.

By coupling estate planning techniques, you can increase the ultimate size of a gift. Donating appreciated capital gain property such as stocks or real estate to the school, a donor can avoid the

LIFE INSURANCE IS AN EXCELLENT TOOL FOR MAKING A CHARITABLE GIFT, BECAUSE IT CAN AMPLIFY THE BENEFIT OF A GIFT THAT IS CONSIDERABLY MORE THAN THE COST OF THE GIFT TO THE DONOR.

capital gains tax and receive a deduction for full-market value (with some exceptions). Then the cash proceeds can be used to fund a life insurance policy to provide even more leverage and, thereby, an even larger gift.

Finally, a popular way to use life insurance in charitable planning is through a “wealth replacement” trust. Here, a charitable remainder trust can be established and a portion of the income can be used to purchase a life insurance policy. Insurance can be purchased that will replace a portion of the property passing to the charity, or all of the property within the charitable remainder trust can be replaced. Because the life insurance policy is owned by the trust, the proceeds of the policy will generally not be subject to estate taxes.

As always, consulting with your attorney or financial planner is recommended to ensure your individual plan makes the most sense for you.

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Mary T. Vins Roll, '54	Katherine Lynn Seepé-Daniels, '80	Sara Hankins Snyder, TTV '04; A&S '06	Teresina Synborski, '79 and Donald Albert Synborski Jr., CAS '78
Gail Lorraine Roosa, '73	Barbara H. Seiple, '64	Mi-Kyung Song	Frances Hamilton Szafran, '73 and James Joseph Szafran, LAW '72
Maria L. Rosporski, '82, '94	Alita Sellers, PhD, '78; EDU '91 *	Sherry Wonsidler Sonneborn, '74 and Michael George Sonneborn, CAS '75	Paulette Szwast, '04 *
Lisa Kay Tamres, CAS '83 and	Bernadette Schmitt Semenick, '82 and Richard Charles Semenick, ENG '82	Sandra Griffiths Sonnessa, '78	Margaret Park Tait, '59, '75
	Carole Shimko Senter, PhD, '72, '77; GSPH '95; EDU '04	Dr. Janet Rexrode Southby, '69	Kathe Berk Taliaferro, '70 and Alvin B. Taliaferro Jr., KGSB '73
	Peter A. Seppi	Lucille A. Sowko, '82	Nancy Lee Tall, '79, '94, '96 *
		Jeanne Davic Soyars, '59 *	Phyllis Speck Tarno, '55 and M. Lee Tarno Jr., DMD, DEN '56
		Dr. Arlene Misklow Spherac, '73	

HONOR ROLL OF DONORS 2007-08

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Miss Teresa Marie Vojtilla, '61 *	Patricia Mellon Zajac, '72, '76	Ladies Hospital Aid Society of Western Pennsylvania	UPMC Shadyside School of Nursing
Karen Teresa Vujevich, '93	Jean Zamzow	LifeCare Management Services, LLC	UPMC South Side
Pamela L. Wagaman, '76 *	Dianxu Ren, PhD, GSPH '05; GSPH '06 and Xinhua Zhao	Lorillard Tobacco Company	UPP, Department of Anesthesiology
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Allison T. Walker, UCIS '07	Kathleen M. Zoldos	Monongahela Valley Hospital	The Western Pennsylvania Hospital
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Jane Karen Way, '59	Alle-Kiski Medical Center	Paul's Hair Styling	WPAHS-Forbes Regional Hospital
Mary Jo Weeks, '88 and Daniel E. Weeks, PhD	AlpernSchubert P.C.		WPAHS-Suburban General Hospital

School of Nursing by the Numbers

49

4 AND 9: Classmates with School of Nursing graduation years ending in either of these numbers will mark milestone reunions at Alumni Day 2009 on Saturday, September 26.

70: The School of Nursing officially marks this milestone anniversary of its founding: April 6, 1939–April 6, 2009.

70

thirty-two

32: The number of December 2008 graduates of the school's nurse anesthesia master's major.

66

66: The number of Cameos of Caring awardees honored at the 2008 Gala

102

102: The number of Keepers of the Light over the past 66 years.

30

30: The number of continuing education credits mandated for registered nurses in Pennsylvania during each two-year license period.

MANDATORY CONTINUING EDUCATION FOR REGISTERED NURSES IN PENNSYLVANIA

On June 29, 2006, Governor Ed Rendell signed into law Act 58 of 2006 (SB 235), which requires 30 hours of board-approved mandatory continuing education (CE) during each two-year license period for individuals licensed as registered nurses in the Commonwealth of Pennsylvania. The first group that will need to verify completion of 30 hours of board-approved CE are those RNs expiring October 2010. The CE credits must be completed in the timeframes indicated in the table below for your expiration date. For example: If your license expires on April 30, 2011, you will need to complete 30 hours of board-approved continuing education between May 1, 2009, and April 30, 2011.

If your expiration date on your RN license is/will be:	Then you must obtain 30 hours of board-approved CE from:
October 31, 2010	11/1/08–10/31/10
April 30, 2011	5/1/09–4/30/11
October 31, 2011	11/1/09–10/31/11
April 30, 2012	5/1/10–4/30/12

For purposes of academic credit, the board has limited the number of CE hours that may be obtained from a single source or course. Therefore, one course/source in a quarter system may offer no more than 10 CE hours, regardless of the number of academic credits.

This bill recognizes that registered nurses continue to practice in an environment that is increasingly complex and technical. Prior to Act 58, registered nurses were the only health care providers in Pennsylvania without requirements for mandatory continuing education for license renewal. Earning 30 hours of CE every two years is mandated in nine other states: Alaska, California, Delaware, Kentucky, Kansas, Nevada, New Mexico, Utah, and West Virginia. Faced with an aging population of patients who are sicker, and health care delivery systems that continue to develop and evolve, it has become increasingly important for nurses to continue education to keep pace with advances in scientific knowledge, new technologies, and medical discoveries. The CE regulations were published in the *Pennsylvania Bulletin* as final on July 12, 2008, and can be viewed on the continuing education link of the Pennsylvania State Nurses Association Web site at www.panurses.org. All licensees should have received a letter from the Pennsylvania State Board of Nursing explaining this requirement. The Pennsylvania State Nurses Association answers questions about the new requirements on the Education link of its Web site at www.panurses.org.

The University of Pittsburgh is an approved provider of continuing education by the American Nurses Credentialing Center's Commission on Accreditation. In addition to continuing education courses, the school offers Fast Track Back, a refresher course for registered nurses with a current nursing license in the Commonwealth of Pennsylvania. More nurses are coming out of retirement because of the economy, but despite the current nursing shortage, recent reports indicate that lack of current experience may make it harder to re-enter the workforce. Nurse recruiters say even a short career hiatus can create a big obstacle to getting back into the rapidly changing world of health care. Nurses who have been out of the job market for as little as one year sometimes say they find themselves left out in the cold when looking for a new job. Fast Track Back 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.

ALUMNI NEWS + NOTES

1940S

Adena J. Davis (BSN '47) participated in a parent-child health seminar in August 2008 at the Lincoln Avenue Church of God in Pittsburgh. Tips for healthy living were shared with parishioners.

1960S

Dr. Sandra Sulsberger Bowles (MNEd '64, BSN '61) retired as dean of the Division of the Health Sciences at the University of Charleston (UC) in August 2008, after completing 45 years in nursing education—including 40 years at UC. She currently serves as “in-house” consultant to UC’s School of Pharmacy as it prepares to seek full accreditation of a new PharmD program.

1970S

Renee E. Gilhousen, MSN, CRNP, FNP-BC (BSN '79) is a communicable disease nurse consultant with the Pennsylvania Department of Health, Northwest District.

Elaine Miller, DNS, RN, CRRN, FAHA, FAAN (MN '75) is professor of nursing, nursing science and adult health and coordinator of the Center for Aging with Dignity at the University of Cincinnati College of Nursing. Her research focuses on stroke education. Dr. Miller is editor of *Rehabilitation Nursing*, a magazine published by the Association of Rehabilitation Nursing.

Dr. Holly Williams (BSN '76) served a two-week deployment to Baton Rouge in September 2008 where she ran a federal medical station for patients evacuated from New Orleans, La. in advance of Hurricane Gustav.

1980S

Norine Jenkins (BSN '84) is president of McKeesport, Pa.’s Bethlehem Baptist Church Nurses Unit that sponsors a Junior Nurse Training Program. The unit offers comfort and health support to church members and the community, as well as promoting the nursing profession.

Bernadette Melnyk, PhD, RN, CPNP/NPP, FAAN, FNAP (MSN '83) was recognized by the National Association of Pediatric Nurse Practitioners with its 2008 Loretta C. Ford Distinguished Fellow Award. This award is given annually to an active NAPNAP member who best exemplifies contributions to the expansion or improvement of pediatric health care and the advancement of the profession of pediatric nurse practitioners at the local community, state, and/or regional level.



Victoria Soltis-Jarrett, PhD, PMHCNS-BC, PMH-NP-BC (MSN '88) was named the 2008 Practice Nurse of the Year by the North Carolina Nurses Association at its annual

convention in Winston-Salem, N.C., this past October. Soltis-Jarrett has practiced psychiatric nursing for more than 20 years with a clinical and research interest in the concept of somatization in women and participatory research in psychiatric-mental health nursing. She has a private psychotherapy practice in Winston-Salem, and consults widely on issues of rural care, women’s mental health, management of personality disorders, and treatment-resistant depression.

Patrick C. Verville (BSN '83) could not join his Class of 1983 classmates to mark a 25th reunion at Alumni Day 2008 on May 3 because he was on active duty as a navy nurse at Landstuhl Regional Medical Center in Germany until October. His classmates who gathered that day wrote greetings that were sent his way after the event.

1990S

Justin D. Engleka (BSN '95) helped establish the Cedars Hospice in Monroeville, Pa. and is in the process of developing a palliative care program at Allegheny General Hospital, along with fellow alumna **Susan A. Jessell** (MSN '06, BSN '04).

Jose R. Flores (MSN '99, BSN '99) is FNP program director at the University of St. Francis, Albuquerque.

Barbara L. Forsha (MSN '94) has been appointed to serve as the Quality Management Officer for VA Healthcare-VISN 4. She is responsible for the oversight of all quality care issues within VISN 4. Prior to this appointment, Ms. Forsha served as the Quality Manager for VA Pittsburgh Health Care System since 2006. She began her career at the VA in 1998.

Gloria P. Gotaskie (MSN '94, BSN '77) was among the 2008 winners of UPMC’s Award for Commitment and Excellence in Services (ACES). She works as an oncology clinical nurse specialist at UPMC’s Hillman Cancer Center and serves on the School of Nursing’s Nursing Alumni Society Executive Board.

Cheryl D. Hettman (PhD '96) is associate professor in the Department of Nursing at California University of Pennsylvania.

Major General Patricia D. Horoho (MSN '92) has been appointed chief of the U.S. Army Nurse Corps (ANC) and promoted to the rank of major general. Horoho is currently serving as commander of the Madigan Army Medical Center in Tacoma, Wash. (ANC) and received a rare two-rank promotion from colonel to major general. She was previously the commander of the Walter Reed Health Care System.

Regina G. McCollum (BSN '95), a registered nurse in the intermediate care unit at Children’s Hospital of Pittsburgh of UPMC, is the recipient of the 2008 Mary LeMoyné Page Award. The award was established in 1964 and is presented each May during National Nurses Week to a nurse nominated by peers for outstanding contributions to pediatric nursing at Children’s Hospital.

Dr. Lynn F. Reinke (MSN '90) is a research nurse at the University of Washington School of Nursing in Seattle, Wash. After earning a PhD in biobehavioral nursing science at the University of Washington in May 2008, Reinke accepted a post-doctoral position in Health Services Research and Development at the VA Puget Sound, Seattle.

Mark Yost (BSN '97) is a clinical resource and contract administrator at Lexington Medical Center in Columbia, S.C. He was involved in the design and installation of one of the first digital integrated operating room suites in that state.

2000S

Theresa L. Brown (BSN '07) wrote an article on her personal reflections on the death of a patient that was published in the September 8, 2008, Health section of *The New York Times*.

Angela R. Collins (BSN '07) is a registered nurse at St. Joseph Medical Center in Towson, Md., in the medical-surgical ICU.

Taryn Edwards (BSN '04) is a clinical nurse III at The Children's Hospital of Philadelphia, Pa., in the newborn/infant intensive care unit.

Katie Ness Kandryawsztz (BSN '05) is working as a staff nurse at York Hospital's inpatient adult oncology unit. She is in the first year of the family nurse practitioner program at Millersville University and on track to graduate in 2011.

Crystal Moss (BSN '06) is a clinical support and education specialist with Innercool Therapies.

Kristine Keefer Wolff (MSN '00, BSN '93) has been selected as a nursing leadership representative on Team Pennsylvania, a group that will participate in a national Nursing Summit sponsored by the Robert Wood Johnson Foundation (RWJF) in February 2009 in Washington, D.C. The Summit is a RWJF collaboration with the U.S. Department of Labor, the Health Resource and Services Administration and the Center to Champion Nursing in America to address the critical decline in nursing education capacity as a major driver in the nursing shortage across the United States. Wolff also received grant funding from the Ladies Hospital Aid Society for a grief program for staff through UPMC's Good Grief Center for bereavement support.

In Memoriam

Dorothea Bumpus, BSN '49 **Jane M. Ung, BSN '73**

Marie T. Coyne, MEd '67 **Jean Pitzer Wiant, BSN '55**
February 27, 2008 December 30, 2008

Florence M. Thompson, BSNEd '48 **Ruth M. Young, BSNEd '51, MA '61**
February 22, 2007 October 14, 2008

Dr. Madeline R. Turkeltaub, MN '70

Dr. Turkeltaub passed away on June 21, 2008. Throughout a successful professional career, she was recognized as a nurse leader, nurse educator, and practitioner. Dr. Turkeltaub held positions as an administrator in both nursing education and nursing service and set nursing policy on the National Council of State Boards of Nursing, the National League for Nursing, and other local, state, and national organizations. The School of Nursing recognized her as Distinguished Alumna in 2003. At the time of her death, Dr. Turkeltaub was director, Division of Extramural Research Activities, the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

Pitt Nursing Alumnus
Receives National Honor

Margaret Grey, DrPH, RN, FAAN, Yale School of Nursing dean and Annie Goodrich Professor, has been awarded The Council for Advancement of Nursing Science (CANS) Outstanding Nurse Scientist Award. A BSN '70 alumna of the University of Pittsburgh School of Nursing, Grey accepted the award on October 2 at the National Congress on the State of the Science in Nursing Research in Washington, D.C.

Throughout an extraordinary professional career, Grey has focused her research on adolescents coping with diabetes and the study of behavioral interventions that improve metabolic control of diabetes and the quality of life in young people and their parents. She has been principal investigator for grants totaling more than \$20 million, authored more than 200 publications, and was elected to the Institute of Medicine in 2005.

Nursing Alumni and
Pathways to Professions

School of Nursing alumni **Marian Hershman** (BSN '58) and **Darlene Ursiny** (BSN '91) participated in Pitt Alumni Association's Pathways to Professions on October 23 during Homecoming Weekend. Alumni representing schools and colleges across campus are invited to attend this networking event for students to learn more about careers.

2008 Lantern Night
Flame-bearers Include
Pitt Nursing Alumni

On August 24, 2008, five School of Nursing alumni participated in the University's 88th annual Lantern Night ceremony at Heinz Memorial Chapel. Each alumnus has a special relationship with a member of the 2008 freshman class. 2008 Lantern Night flame-bearers were **Chris Barry** (BSN '79), mother of School of Arts and Sciences freshman Ellen Barry; **Doris J. Davies** (BSN '52), grandmother of Arts and Sciences freshman Sarah Davies; **Mary Fike** (BSN '79), mother of Arts and Sciences freshman Kathryn Fike; **Joann Pantages** (MSN '86), mother of Arts and Sciences freshman Christa Pantages; and **Mary Rudy** (BSN '76, MN '80), mother of engineering freshman Alexandra Rudy.

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.

FRIEND OF THE SCHOOL NAMED
UNIVERSITY EMERITUS TRUSTEE

J. Roger Glunt was elected an emeritus trustee by the University of Pittsburgh Board of Trustees in late October. Glunt is a business administration graduate of the University and has served as an alumni trustee. He is past president, director emeritus, and a life member of the Pitt Alumni Association. A special friend of the School of Nursing, Glunt chairs its volunteer advisory committee for the University's capital campaign; established the Nancy Glunt Hoffman Memorial Fund at the School to honor his late sister, a nursing alumna; and hosts an annual golf outing to raise funds toward endowing a chair in oncology nursing research at Pitt.

STRONG PITT NURSE PRESENCE AT
2008 AMERICAN THORACIC SOCIETY
INTERNATIONAL MEETING IN TORONTO

Four Pitt Nurse alumni have leadership roles within the American Thoracic Society: **Kathy Lindell**, RN (PhD '07), is the incoming chair of the nursing assembly; **Gerene Bauldoff**, RN (MSN '93, PhD '01), is chair of the program committee; **Margaret Ann Carno**, RN (PhD '02), is chair-elect of the program committee; and **Lynn Reinke**, RN (MSN '90), PhD, has been elected representative to the nominating committee and also serves on the diversity committee. **Annette DeVito Dabbs**, RN (PhD '03), received the Marilyn Hansen Award for the top-scoring nursing abstract.

Nursing Alumni Society: Meet the President



Beth Mastrangelo, RN (BSN '99)
Unit Director, Same Day Surgery and PACU,
Children's Hospital of Pittsburgh of UPMC,
President, Nursing Alumni Society
Executive Committee
Hometown: Pittsburgh, Pa.
Years in nursing: 10

How did you get into nursing?

I always knew I wanted a job where I could work with children. When I was a young girl, one of my neighbors was an oncology nurse and helped me learn more about her career. Even as a Pitt nursing student, I was confident nursing was the best choice for me ... and I've never regretted my decision!

What do you like best about your job?

I really enjoy working behind the scenes at the hospital. I'm still involved in pediatrics, but I'm impacting the patients and families in a different way. As a manager, I'm fortunate to assist a great team of nurses with providing the best care possible.

What are the most important things you want people to know about the Pitt Nursing Alumni Society?

It's very important graduates realize they're immediately members of the Nursing Alumni Society upon graduation, and membership is free! The society sponsors many programs throughout the year ... everything from shadowing and mentoring to the annual alumni day event. Getting involved is easy, and it's not a huge time commitment. There's really something for everyone! I encourage fellow alumni to check out our Web site at www.nursing.pitt.edu, click on "Alumni" on the header bar; or contact Joan Nock, assistant director of alumni relations in the nursing alumni office, at jno100@pitt.edu or at 412-624-2404. I can be contacted through Joan. I welcome the opportunity to work with you to advance the alumni effort of our alma mater.

What do you do when you're not at the hospital?

My husband and I moved to the South Side of Pittsburgh a few years ago and along with the many restaurants in the area, we find there's always something happening in the city. From concerts to bike races to sporting events, Pittsburgh has so much to offer. While we travel several times a year, we truly love Pittsburgh and plan on raising a family in this "most livable city!"

Annual Poinsettia Sale

Thanks to our loyal customers, the 2008 Poinsettia Sale raised \$575. New vendor Chelse's Greenhouse provided exceptional plants in a variety of holiday colors.



UPJ Receives \$4 Million State Grant for New Nursing, Health Sciences Building

The University of Pittsburgh at Johnstown has received \$4 million in state funds for the construction of a new nursing and health sciences building as part of the Commonwealth's Put Pennsylvania to Work initiative. This facility will enable the training of more nurses and health care practitioners and will underscore the University of Pittsburgh's commitment to Western Pennsylvania's economic development. Founded in 1927, Pitt-Johnstown is the first and largest regional campus of the University of Pittsburgh.

Gold Banner Status:

The Nursing Alumni Society was recognized by the Pitt Alumni Association at its annual Banner Luncheon on Friday, October 24, for maintaining Gold Banner Status. A \$500 award was presented as part of this recognition.

Executive Committee Seeks Alumni

The Nursing Alumni Society Executive Committee is looking to increase its membership. If you have a minimal amount of time to give (approximately two hours four times per academic year) and have a maximum amount of energy and ideas, your fellow alumni invite you to join with them in working to advance the alumni effort at the School of Nursing. Please contact Joan Nock, assistant director of alumni relations, at 412-624-2404 or at jno100@pitt.edu. Sharing your time and talent helps support alumni projects at your alma mater and inspires students, our future alumni!

FOR THE LATEST ALUMNI NEWS

Check out the Nursing Alumni Society Web site. Visit www.nursing.pitt.edu; then click on "Alumni" on header bar for the latest alumni information. From upcoming events and meetings to event highlights and more, it's all there!

REMINDER: CAREER UPDATE FORM ONLINE

Visit www.nursing.pitt.edu, click on the "Alumni" tool bar at the top of the home page, then click on "Career Update Form." It's electronically submitted to our alumni office. We can't wait to hear from you!



Alumni Day 2008

Alumni Day 2008: A Celebration of Pitt Nursing on Saturday, May 3, treated returning alumni to a special day that included a welcome reception, presentations by the 2008 Distinguished Alumni awardees—**Pearl Moore** and **Terri Weaver**—and a luncheon program at The Twentieth Century Club.

The alumna traveling the farthest distance—a total of 2,237 miles from Danville, Calif.—was **Jessica Geist Jordan**, who marked a 35th reunion with the Class of 1973. School of Nursing alumni attending this event included mother and daughter: **Gay Barley Lindsay**, marking a 50th Class reunion with the Class of 1958 and Gay's daughter, **Mary Jo Lindsay**, an alumna from the Class of 1985.



above: Classmates from the Class of 1958 marking a 50th reunion were (L to R): **Margaret Howe, Marian Neustadt Hershman, Mary Donnan Baker, E. Gay Barley Lindsay, and Charlotte G. Pischke.**



above: The Class of 1973 joined Distinguished Alumnus **Terri Weaver** to celebrate a 35th reunion.



left: The earliest class represented was the Class of 1948, with **Mary Sullivan Arenth** of Allison Park, Pa. marking a 60th reunion.



left: The Class of 1978 was the best represented reunion class.

Right: Nursing Alumni Society President **Beth Mastrangelo** (BSN '99) presents the 2008 Senior Student Award to **Sirena Lehmer** (BSN '08), representing one of the school's newest alumni.



above: The Class of 1988 also planned a reunion during Homecoming 2008 October 24–26; pictured here are (L to R) **Melissa Mastorovich, Beth Smithnosky Fantasia, Jeannette Parker Podlogar, Cristen Silvagni Walker, Sherry Phillips Stamp, and Constance Graff Feiler.**



left: Six School of Nursing Honorary Alumni joined to congratulate 2008 Honorary Alumnus **William Cully** (third from right). They were (L to R): **Mary Rodgers Schubert, Joan Nock, Susan Sereika, Leslie Hoffman, Dean Jacqueline Dunbar-Jacob, and J. Roger Glunt.**

2008 Distinguished Alumni



Pearl Moore (BSN '68, MN '74)

Pearl Moore, RN, MN, FAAN, has been a significant force in the nursing profession for more than four decades as a nurse clinician, nurse educator, nurse administrator, and nurse leader.

Moore's career has been marked by a dedication to improving care for cancer patients. A pioneer

practitioner in the field of oncology clinical nursing at UPMC Montefiore, she merged clinical practice with research as the first coordinator of the Brain Tumor Study Group, part of a groundbreaking national consortium conducting clinical trials. Her efforts have been instrumental in positioning the Oncology Nursing Society (ONS), of which she is a founding member, as the largest professional oncology association in the world.

When she retired as chief executive officer of ONS in 2007, Moore left a legacy that few can hope to achieve. She has been an inspiration to colleagues, to cancer patients, and to the future of the profession. In retirement, she continues to share her expertise with service with the Jewish Healthcare Foundation and the Ladies Hospital Aid Society and as an executive board member of the Patient Advocate Foundation.



Terri E. Weaver (BSN '73)

Terri Weaver, PhD, RN, FAAN, professor of nursing at the University of Pennsylvania School of Nursing, has advanced the profession as a nurse researcher, author, nurse educator, and mentor. A leader in evidence-based practice and research, she has conducted studies

globally that have evaluated the impact of sleep disorders on daily functioning and performance, particularly in obstructive sleep apnea. Two instruments developed by Weaver—the Pulmonary Functional Status Scale and the Functional Outcomes of Sleep Questionnaire—have been heralded nationally and internationally.

Earning master's and doctoral degrees in nursing at the University of Pennsylvania, Weaver's affiliation with Penn spans 30 years, during which time she has inspired colleagues and the next generation of nurse leaders.

Weaver has welcomed opportunities to represent the nursing profession in leadership capacities and is especially proud to serve as chair of the national Board of Directors of the American Lung Association, the oldest voluntary public health organization in the United States.

2008 Honorary Alumnus



William J. Cully

William J. Cully earned an undergraduate degree from the University of Pittsburgh nearly 60 years ago from the School of Arts and Sciences. The pride he holds for his alma mater has deepened over the course of those six decades. Time and again he has demonstrated an extraordinary commitment to the University

through his giving back of time, talent, and treasure. In 2006, Cully focused his support on the School of Nursing when his dear friend, Roger Glunt, pledged to endow a chair in oncology nursing at Pitt through the Nancy Glunt Hoffman Memorial Fund. Not only did he make a generous donation to the fund, but he is also a member of the Nancy Glunt Hoffman Golf Outing planning committee, soliciting sponsors, auction items, and participants. The glass skill prizes presented at the outing are in-kind donations and manufactured at United Plate Glass Company, Inc., where Cully is president.

Cully serves on the School of Nursing's Volunteer Advisory Committee, where he shares his wisdom and expertise to advance nursing's capital campaign effort. The school is a better place because of Cully and is proud to designate him with honorary alumnus status.

CALL FOR 2009 DISTINGUISHED AND HONORARY ALUMNI

Our alumni represent the University of Pittsburgh locally, nationally, and internationally through their work as nursing professionals. The school annually selects one or more distinguished alumni and honorary alumni awardees to be recognized at Nursing Alumni Day.

Distinguished Alumni Award

Nominees for the Distinguished Alumni Award must be a University of Pittsburgh School of Nursing program graduate and are 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). *(Distinguished Alumni Award nomination packets should indicate in which area nominees should be considered.)*

Honorary Alumni Award

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

Nomination packets* for the 2009 Distinguished and Honorary Alumni awards will be accepted through May 4, 2009. Awardees will be formally honored at Nursing Alumni Day 2009 on Saturday, September 26, 2009.

Distinguished and Honorary Alumni nominations should be submitted 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 at the Nursing Alumni Office at 412-624-2404 or at jno100@pitt.edu.

**Nomination packets for both the Distinguished Alumni Award and the Honorary Alumni Award should include any materials (such as curriculum vitae or résumé) and information that supports that nomination (i.e., letters of support and pertinent materials).*

Faculty News

Susan A. Albrecht, PhD, RN, FAAN, associate dean for student and alumni services, development and public relations, and associate professor in the Department of Health and Community Systems, was named 2009 president-elect of the Board of Directors of the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN). AWHONN is the foremost nursing authority that advances the health care of women and newborns through advocacy, research, and the creation of high-quality, evidence-based standards of care. Albrecht received an award from the Health Resources and Services Administration for her proposal, "Advanced Education Nurse Traineeship." Albrecht also received awards from the Pennsylvania Higher Education Foundation for her proposal, "Dr. Edna B. McKenzie Scholarships for Disadvantaged Students," and from the Pennsylvania Higher Education Foundation for "Graduate Nurse Education Grant."

Sheila A. Alexander (PhD '04, BSN '89), assistant professor in the Department of Acute and Tertiary Care, received an award from the National Institute of Nursing Research for "Long Term Outcomes in ICU Patients: Delirium & Apolipoprotein E." Alexander also received a Leadership in Nursing Award from Sigma Theta Tau International, Eta Chapter in recognition of her outstanding accomplishments as a researcher; the 2008 Norma J. Shoemaker Grant for Critical Care Nursing Research to research biomarkers that may be able to predict delirium onset or duration in the intensive care unit; and the 2009 Neurology Specialty Award from the Society of Critical Care Medicine for her abstract on nitric oxide synthase genes and their ability to predict nitric oxide levels in cerebrospinal fluid and the association among genes, NO levels, and cerebral vasospasm after subarachnoid hemorrhage.

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 Three Rivers Workforce Investment Board for her proposal, "Interactive and Video Conferencing."

Karen Courtney, PhD, RN, assistant professor in the Department of Health and Community Systems, received an award from the National Institute of Nursing Research for "After-hours Communication Support for Hospice Family Caregivers and Patients."

Annette DeVito Dabbs, RN, (PhD '03), assistant professor in the Department of Acute and Tertiary Care, received an award from the National Institutes of Health National Institute of Nursing Research for her proposal, "Phase III Trial of Pocket PATH: A Computerized Intervention to Promote Self-Care." DeVito Dabbs also won an award for the best research presentation by a nurse or social scientist for her abstract, *A Randomized Controlled Pilot Trial of Pocket PATH vs. Standard Care and Early Self-Care Behaviors after Lung Transplantation*, at the



Susan A. Albrecht



Helen K. Burns



Heidi S. Donovan



Willa Doswell



Mary Beth Happ



Richard Henker



Marilyn Hravnak

International Society for Heart and Lung Transplantation 28th annual meeting and scientific sessions.

Heidi S. Donovan, PhD, RN, assistant professor in the Department of Acute and Tertiary Care, received an award from the National Institute of Nursing Research for "Web-based Ovarian Cancer Symptom Control: Nurse-guided vs. Self-directed."

Willa Doswell, PhD, RN, assistant professor in the Department of Health Promotion and Development, received an award from the Staunton Farm Foundation for "Project Uplift: Using Parish Nurses to Reduce Mental and Behavioral Health Risk in Urban Communities."

Jacqueline Dunbar-Jacob, PhD, RN, FAAN, dean and professor at the University of Pittsburgh School of Nursing, received an award from the National Institutes of Health for "Adherence and Health-Related Quality of Life: Translation of Interventions." Dunbar-Jacob also was honored by the YWCA of Greater Pittsburgh with the Science and Technology Award at the 2008 A Tribute to Women Leadership Awards Luncheon.

Mary Beth Happ, PhD, RN, FAAN, associate professor in the Department of Acute and Tertiary Care, received a Circle of Excellence Award from the American Association of Critical-Care Nurses.

Richard Henker, RN, PhD, associate professor and vice chair in the Department of Acute and Tertiary Care, received an award from the Clinical & Translational Science Institute Basic to Clinical Collaborative Research Pilot Program for "Genetic & Other Risk Factors of Opioid-induced Sedation and Respiratory Depression: Mice to Humans and Back Again."

Marilyn Hravnak, PhD, RN, CRNP, associate professor in the Department of Acute and Tertiary Care, received the international Bayada Award for Technological Innovation in Nursing Education and Practice, presented by the Drexel University College of Nursing and Health Professions. Hravnak also received a 2009 Annual Scientific Award from the Society of Critical Care Medicine (SCCM) for her abstract, "Relationship Between Left Ventricular Wall Motion Abnormalities and Markers of Neurocardiac Injury in Patients with Aneurysmal Subarachnoid Hemorrhage."

Leslie Hoffman, PhD, RN, FAAN, department chair and professor in the Department of Acute and Tertiary Care, will receive the first annual Outstanding Educator Award from the American Thoracic Society at the 2009 International Conference, May 15–20.

Julius Kitutu, PhD, assistant professor in the Department of Acute and Tertiary Care and director of the Department of Student Services, received an award from the Health Resources and Services Administration for his proposal, "Scholarships for Disadvantaged Students." Kitutu also received a grant from the Pennsylvania Higher Education Foundation for "Nursing Education Grant Block Grant."

Yolanda Lang, MSN, CRNP, DrPH, assistant professor in the Department of Acute and Tertiary Care, received the Medique Leadership Award.

Elizabeth La Rue, PhD, MLS, AHIP, assistant professor in the Department of Health and Community Systems, received a Steven Manners Faculty Development Award for her proposal, "The Validity and Utility of a Tool for Evaluating Web Pages Presenting Health Content."

Jennifer Lingler (PhD '04, MSN '98), MA, BSN, FNP, assistant professor in the Department of Health and Community Systems, has been awarded the prestigious Brookdale Leadership in Aging Fellowship for her project, "Promoting Alzheimer's Caregivers' Communicative Skillfulness." Lingler is one of the first awardees from the University of Pittsburgh and one of the first nurses to receive this coveted fellowship since it was established in 2004. Lingler also received an award from the Alzheimer's Association for her proposal, "Making Sense of MCI: An Investigation of Patient and Family Perspectives."

John O'Donnell, MSN, RN, instructor in the Department of Acute and Tertiary Care and director of the school's Nurse Anesthesia Program, received the 2008-09 HRSA Traineeship Grant Award in the amount of \$33,462. The award will help support 25-50 full-time nurse anesthetist master's students at the school.

Margaret Q. Rosenzweig, PhD, RN, assistant professor in the Department of Acute and Tertiary Care, received an award from the Oncology Nursing Society for her proposal, Promoting Health & Wellness with Advanced Breast Cancer: A Public Education Grant Proposal. Rosenzweig also received an award from the Susan G. Komen Foundation for her proposal, "Advanced Breast Cancer: Living with Health and Wellness." In addition, Rosenzweig was awarded first place by the NCI in a poster competition at the Cancer Disparities Summit.

Paula Sherwood, PhD, RN, CNRN, assistant professor in the Department of Acute and Tertiary Care, received an award from the National Institute of Nursing Research for her research, "Patient and Health Care System Outcomes Following Expanded Endonasal Approach (EEA)." In addition, the American Academy of Nursing (AAN) Board of Directors and the Council for the Advancement of Nursing Science (CANS) Steering Committee honored Sherwood with the AAN/CANS Investigator with a Brilliant Future Award. The award recognizes Sherwood's remarkable research productivity in psychosocial oncology and neuroscience, an area of major significance to nursing and health care knowledge, and acknowledged her as an emerging leader in nursing science advancement.

Patricia Tuite, RN, MSN, instructor in the Department of Acute and Tertiary Care, received a Leadership in Nursing Award from Sigma Theta Tau International, Eta Chapter in recognition for her outstanding accomplishments and fostering of high professional standards.



Leslie Hoffman



Elizabeth La Rue



John O'Donnell



Margaret Q. Rosenzweig



Paula Sherwood



Patricia Tuite



Gail A. Wolf

Gail A. Wolf, RN, DNS, FAAN, professor in the Department of Acute and Tertiary Care and coordinator, nursing administration and leadership program, received a Lifetime Achievement Award from the American Organization of Nurse Executives. Wolf was also recently selected to receive the President's Award from the American Nurses Credentialing Center (ANCC) and was nominated by the staff at UPMC for a Legacy Award in honor of her significant contribution to nursing practice. In addition, she was recently elected to serve as chair of the Commission on Magnet Recognition, which is part of ANCC.

FAAN

Four faculty from the University of Pittsburgh School of Nursing were inducted into the American Academy of Nursing as new fellows. **Helen K. Burns** (PhD '93, MN '81), RN, associate dean for clinical education and associate professor in the Department of Health and Community Systems; **Denise Charron-Prochownik**, PhD, RN, associate professor in the Department of Health Promotion and Development; **Mary Beth Happ**, PhD, RN, associate professor in the Department of Acute and Tertiary Care; and **Ann Mitchell**, PhD, RN, HNC, associate professor in the Department of Health and Community Systems each were nominated for this honor by two current academy fellows and selected by the Academy's 15-member Fellow Selection Committee for their outstanding achievements in the nursing profession.



Two University of Pittsburgh School of Nursing alumni also were inducted as fellows: **Barbara Broome** (PhD '97), RN, and **Margaret C. Slota**, PhD, (MN '80, BSN '75).

The academy is constituted to anticipate national and international trends in health care, and address resulting issues of health care knowledge and policy. Not only is the invitation to fellowship recognition of one's accomplishments within the nursing profession, but it also affords an opportunity to work with other leaders in health care in addressing the issues of the day. The academy's mission is to serve the public and nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge.

ISONG President's Awardees

Janice S. Dorman, PhD, MS, associate dean for scientific and international affairs and professor in the Department of Health Promotion and Development, and **Yvette P. Conley**, PhD, assistant professor in the Department of Health Promotion and Development, received the President's Award at the International Society of Nurses in Genetics (ISONG) conference in November. The award, which is given at the president's discretion, was presented in recognition of all their work for ISONG and nurses working in genetics. This is the first ISONG award given to a non-nurse.

International Meeting on Simulation in Health Care

Faculty from the University of Pittsburgh School of Nursing presented at the 2009 International Meeting on Simulation in Health Care, held January 10–14 at Walt Disney World Resort in Florida.

Assistant professors **Rose L. Hoffmann**, PhD, RN and **Alice Blazek**, DNSc, RN, along with instructors **Marie Fioravanti**, MSN, RN, and **Gretchen Zewe**, MNEd, RN, led a well-attended workshop on incorporating generational differences within simulation scenarios. A second workshop was led by associate professor **Ann M. Mitchell**, PhD, RN, FAAN, along with assistant professor **Sandra Founds**, PhD, RN, instructor **Rachel (Shelley) Libman**, MSN, RN, Fioravanti, and Hoffmann. They guided an interactive group of international participants on incorporating cultural principles and communication skills within a variety of simulation scenarios and teaching strategies.

John O'Donnell, MSN, CRNA, director of the school's Nurse Anesthesia Program, presented a four-hour postgraduate instructors' course titled Instructor Training: Structured and Supported Debriefing: A Learner Centered Review and Practice of Different Approaches. This international debriefing course was requested by the organizers of the meeting and demonstrated similarities, differences and best practices for simulation debriefing approaches across the world. In addition, O'Donnell presented a panel on Simulation Center Accreditation to an audience of more than 150 representatives of simulation centers across the world.



John O'Donnell



Linda Dudjak

Transitions:

Christa Bartos (PhD '08, MSIS '94), BSN, joined the Department of Health and Community Systems as a full-time assistant professor.

Jaime Burkhart (MSN '06, BSN '03), joined the Department of Acute and Tertiary Care as a part-time instructor.

Christine Cassesse (MSN '04, BSN '79), joined the Department of Health and Community Systems as a full-time instructor.

Brenda Cassidy (MSN '97, MSN '86), BSN, joined the Department of Health Promotion and Development as a full-time instructor.

Dawn Chambers, MSN, BSN, joined the Department of Acute and Tertiary Care as a full-time instructor.

Linda Dudjak (PhD '97, MSN '83), BSN, joined the Department of Acute and Tertiary Care as a full-time associate professor.

Kathryn Finney, (MHA '90), BSA, BSN, joined the Department of Acute and Tertiary Care as a full-time instructor.

Susan Foley, PhD, MSN, BSN, joined the Department of Health and Community Systems as a part-time assistant professor.

Robert Kaufman, PharmD, joined the Department of Acute and Tertiary Care as a full-time assistant professor.

Rebecca Kronk (PhD '08, MSN '99), BSN, joined the Department of Health Promotion and Development as a part-time assistant professor.

Rita Madden, MPH, BS, joined the Department of Health Promotion and Development as a part-time instructor.

Rebecca Manning, MSN, BSN, joined the Department of Acute and Tertiary Care as a part-time instructor.

Patricia McHenry, MSN '97, BSN '95, joined the Department of Health Promotion and Development as a part-time Instructor.

Michael Neft, MSN, MHA, BS, joined the Department of Acute and Tertiary Care as a full-time instructor.

Nicole Olshanski, MSN, BSN, joined the Department of Acute and Tertiary Care as a full-time instructor.

Joyce Penrose, PhD, (DrPH '83), MS, BSN, joined the Department of Health Promotion and Development as a part-time instructor.

Kathleen Spadaro (PhD '08), MEd, BSN, joined the Department of Health and Community Systems as a part-time assistant professor.

Robin Tate, MSN, BSN, joined the Department of Acute and Tertiary Care as a part-time instructor.

Lauren Terhorst (PhD '07, MEd '06), MA, joined the Department of Health and Community Systems as a full-time assistant professor.

Retired Faculty News

Constance S. McCormick (MPH '85), retired Department of Health and Community Systems faculty, was honored this past April by the University's Graduate School of Public Health with the Margaret F. Gloninger Service Award for her community health Vial for Life project. The purpose of this project is to have a simple form with vital health and medical information available in the same place in every home so that emergency medical personnel and family members can easily find it in case of emergency. The form is placed in a large medicine vial and stored on the top shelf of the refrigerator. To date, more than 13,500 Vials for Life have been assembled and distributed in McCormick's home community of Bethel Park, Pa.

LONGTIME FACULTY RETIRES



Joanne Malenock, RD, PhD, a School of Nursing faculty member for 37 years, retired in December 2008.

Malenock joined the School of Nursing in 1971 as a full-time instructor and became a full-time assistant professor in 1973. Since 1983, she has worked

as a part-time assistant professor in the school's Department of Health Promotion and Development. In addition to teaching nutrition on the Oakland campus, Malenock was an assistant professor at the University of Pittsburgh at Johnstown from 1983 to 1994. During that time, she also taught nutrition courses in the nursing programs at Carlow and Duquesne Universities.

While maintaining a faculty practice at the UPMC Diabetes and Endocrine Center, Malenock has worked at Carlow's Wellness Center since 2007, been an active member of the Pennsylvania and Pittsburgh Dietetic Associations, and served on the board of directors of the Sto-Rox Health Center and the Lutheran Service Society of Western Pennsylvania.

Malenock earned a Bachelor of Science degree in dietetics from Carlow College, a Master of Science degree in public health nutrition from Case Western Reserve University, and a Doctor of Philosophy degree in higher education from the University of Pittsburgh.

Student News

Senior **Megan Cardy** of Germantown, Md., has been awarded the 2008 Pediatric Nursing Scholarship at Children's National Medical Center in Washington, D.C. Megan will spend spring term 2009 there, completing the precepted clinical requirements for the Transitions into Professional Nursing course in preparation for a career in pediatric oncology nursing.

2008 SNAP Convention Honors

The University of Pittsburgh School of Nursing received a Gold Achievement Award for Membership and Retention at the Student Nurse Association of Pennsylvania (SNAP) 56th Annual Convention in November.

Jatolla Davis, junior nursing student, was elected 2008–09 SNAP vice president and **Latasha Kast**, sophomore nursing student, was elected 2008–09 SNAP Greater Pittsburgh regional coordinator.

Below: (L to R) **Jatolla Davis**, junior, 2008–09 SNAP vice president, and **Latasha Kast**, sophomore, 2008–09 SNAP Greater Pittsburgh regional coordinator



UPCOMING EVENTS

PINNING CEREMONY

Saturday, April 25, 2009
Soldiers and Sailors Military Museum and Memorial
6 p.m.

GRADUATE STUDENT DINNER

Sunday, April 26, 2009
Pittsburgh Athletic Association
4 p.m.

NANCY GLUNT HOFFMAN MEMORIAL GOLF OUTING

Friday, July 24, 2009
Highland Country Club
12:30 p.m. Shotgun start
6 p.m. Auction, reception, and awards dinner

ALUMNI DAY 2009

A Celebration of Pitt Nursing Brunch and Program

SAVE THE DATE:

Saturday, September 26, 2009

Reunion classes ending in 4 and 9 will mark milestone reunions.

Visit www.nursing.pitt.edu often for updates.

CAMEOS OF CARING AWARDS GALA

Saturday, October 17, 2009
Spirit of Pittsburgh Ballroom
David L. Lawrence Convention Center
6 p.m. Auction and reception
7 p.m. Dinner and awards presentation



Continuing Education

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

pharmacologic interventions that are evidence-based and support best practice. The objectives of this conference are to:

1. Offer evidence-based pharmacologic management for specific illnesses.
2. Discuss patient response to drug therapies.

Please check our Web site at www.nursing.pitt.edu for upcoming registration information.

ONSITE PROGRAMS AT VICTORIA BUILDING

FAST TRACK BACK: REENTRY TO PRACTICE FOR REGISTERED NURSES PROGRAM

Spring Session: April 15–May 13, 2009

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

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

Continuing Nursing Education Credits: 105

SIXTEENTH ANNUAL NURSING HORIZONS CONFERENCE: BEST PRACTICES IN INTERPROFESSIONAL PRACTICE AND COMMUNICATION

Friday, May 15, 2009

The 16th Annual Nursing Horizons Conference: Best Practices in Interprofessional Practice and Communication will take place on Friday, May 15, 2009, at the University of Pittsburgh School of Nursing, 3500 Victoria Street, first floor. The target audience is clinicians, educators, and managers in clinical and academic settings. This conference showcases best evidence in interprofessional communication and practice as they relate to patient care. At the conclusion of the day, nurses will learn how best evidence, applied in practice, promotes interprofessional dialogue and enhances patient care.

Please check our Web site at www.nursing.pitt.edu for upcoming registration information.

2009 PHARMACOLOGY UPDATE CONFERENCE

August 2009

Our 2009 Annual Pharmacology Update includes topics of interest for all health care professionals, including advanced practice nurses, pharmacists, physicians, and physician assistants. We emphasize a broad pharmacologic knowledge base through dynamic presentations of pharmacologic issues affecting patient care. Concurrent sessions address drug therapies for adult and child populations with content that enables clinicians to offer

ONLINE PROGRAMS

BASIC CLINICAL ETHICS FOR NURSES

This online module provides the practicing nurse with information about terms, concepts, and theories commonly used in clinical ethics. Guidelines to ethical decision-making include exploration of personal philosophy and values, the ANA Code of Ethics, and an exercise in applying ethical concepts and theories. The participant will have opportunities to evaluate his/her progress in learning about clinical ethics and receive feedback on responses to two quizzes. This module will be helpful to registered nurses from diverse educational and specialty backgrounds, as well as other health care providers seeking a basic course in clinical ethics. Enrolled participants have six months to complete the course.

Program Fee: \$20

Continuing Nursing Education Credits: 2

THE CLINICAL PRECEPTORSHIP: A BRIDGE BETWEEN KNOWLEDGE AND PRACTICE

At the School of Nursing, preceptorships are used in senior- and master's-level courses to bridge the gap between theory and practice. The strength of the program is the involvement of preceptors like you—knowledgeable, experienced nurses who are willing to guide students. The School of Nursing is offering a five-module, self-paced online course for nurses who work one on one with our nursing students.

The titles of the modules are:

- Clinical Teaching Techniques
- Supervision of Nursing Students
- Communication and Conflict Resolution
- Managing the Clinical Learning Environment
- Evaluating the Student

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

Continuing Nursing Education Credits: 1 for each completed module

For more information about any of these courses, reservations, or registration information, go to www.nursing.pitt.edu.

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

PITT NURSING ACCESSORIES

PITT NURSING BRACELET'S POPULARITY CONTINUES!

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

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

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

Name: _____ Phone: _____

Address: _____ E-mail: _____

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



NIGHTINGALE LAMP

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



PITT NURSING TOTE BAGS

The Nursing Alumni Society is offering a trendy tote bag for \$15. It's crafted from durable duck cloth and measures 18" wide by 11 ½" high. The School of Nursing's seal is screen-printed on the front. Proceeds benefit student scholarly activities. As always, thank you for your support!

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

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

Total enclosed: \$ _____

Name: _____

Address: _____

E-mail: _____

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

Mail or drop off your order to:

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

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

REMEMBER WHEN

Can you identify the year and the faces?



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

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



REMEMBER WHEN? PHOTO FROM WINTER 2008 ISSUE

The 'Remember When?' photo of the BSN Class of 1988 that appeared in the Spring 2008 issue of *Pitt Nurse* created quite a stir! Jacqueline Noble Cowan (BSN '88), Beth Ann Modzelewski Heuer (BSN '88, MSN '02), Luevonue Lincoln (MN '78, PhD '82), Angela Marie Margetto (BSN '88), Stacie Marie Murzynski (BSN '88), and Cheryl A. Kupiec Troutman (BSN '88), contacted the alumni office to identify this handsome group of nursing alumni. They are (L to R): Stephanie Ann Stewart (BSN '88), Tuwonda Roberson-Crawford (BSN '88)*, Patricia Ann Lewis (MSN '96, BSN '88), Keith Lamont Dawson (BSN '88), Sandra Kay Johnson (BSN '88), Delores Renee Williams (BSN '88), and A. Michele Tedder (BSN '88).

**Roberson-Crawford is a 'lost' alumna. If anyone remains in contact with her, please ask her to update her contact information with the School of Nursing by using the convenient online career update form or by calling the alumni office at 412-624-2404.*

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PRINCIPAL PHOTOGRAPHY

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The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, gender identity or expression, disability, or status as a disabled veteran or a veteran of the Vietnam era. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University's mission. This policy applies to admissions, employment, and access to and treatment in University programs and activities. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations.

For information on University equal opportunity and affirmative action programs and complaint/grievance procedures, please contact the University of Pittsburgh; Office of Affirmative Action, Diversity, and Inclusion; 412 Bellefield Hall; 315 South Bellefield Avenue; Pittsburgh, PA 15260; 412-648-7860.

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3500 Victoria Street
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ALUMNI DAY 2009

SAVE THE DATE

SATURDAY, SEPTEMBER 26, 2009

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

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

Look for more Alumni Day 2009 details online at www.nursing.pitt.edu, or contact Joan Nock in the School of Nursing alumni office at jno100@pitt.edu, 412-624-2404, or toll free at 866-217-1124.



**Position
yourself
for the
future.**

In addition to our outstanding baccalaureate programs, the University of Pittsburgh School of Nursing offers:

- **Master of Science in Nursing (MSN)** with four majors and 13 areas of concentration, including the **Clinical Nurse Leader (CNL)**, which is now available online as well as onsite
- **Two doctoral programs with multiple points of entry**
 - Doctor of Nursing Practice (DNP) with four majors and 13 areas of concentration, including the Clinical Nurse Leader (CNL)
 - Doctor of Philosophy (PhD)