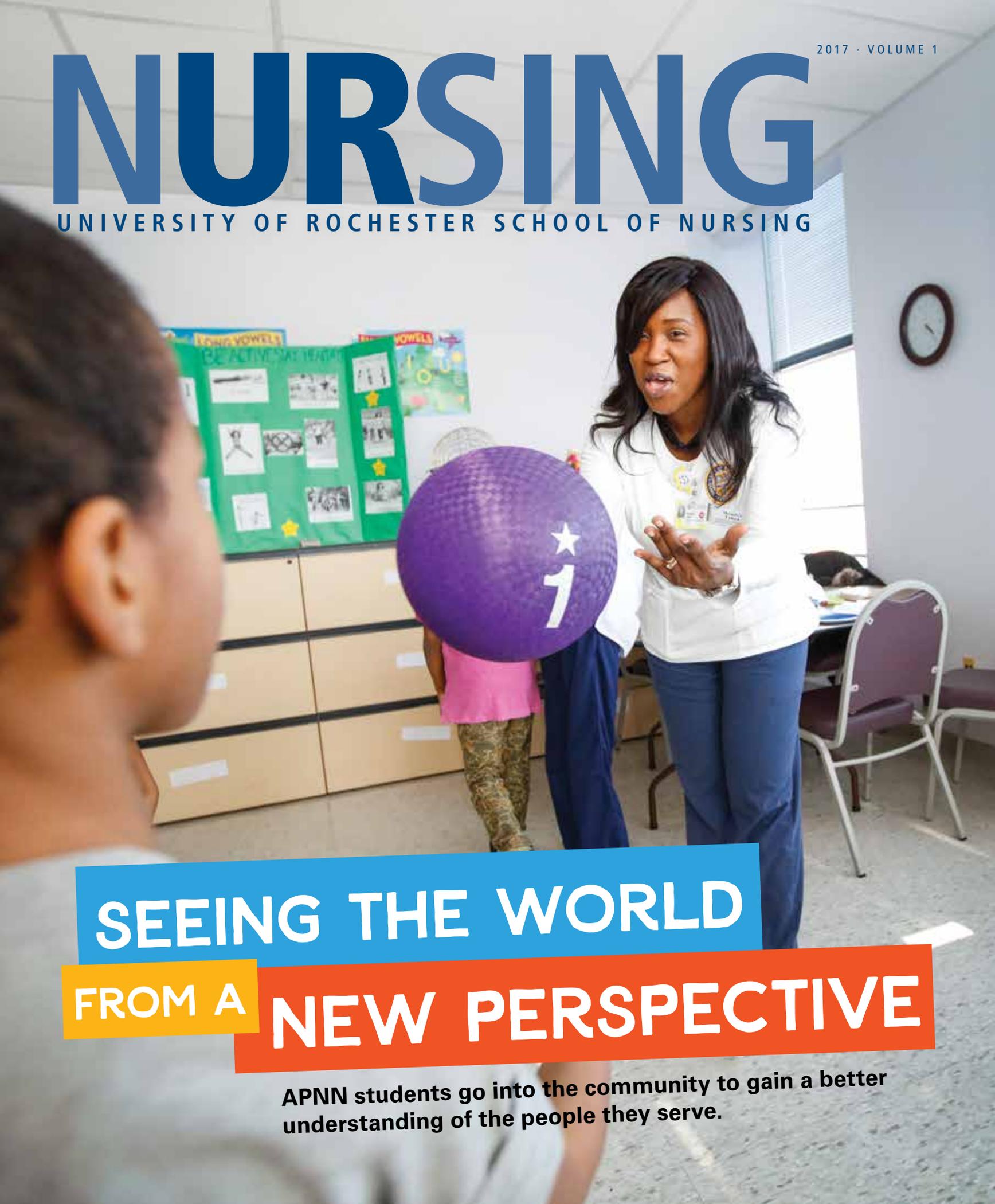


# NURSING

UNIVERSITY OF ROCHESTER SCHOOL OF NURSING



SEEING THE WORLD

FROM A

NEW PERSPECTIVE

APNN students go into the community to gain a better understanding of the people they serve.

## A Message from the Dean



**Kathy H. Rideout, EdD, PPCNP-BC, FNAP**  
*Vice President,  
University of Rochester Medical Center  
Dean and Professor of Clinical Nursing  
and Pediatrics, University of Rochester  
School of Nursing*

Dear Friends,

The end of another academic year is upon us. While we celebrate the accomplishments of our graduates at Commencement and look forward to the newest cohort of students entering our classrooms, the end of a semester is also a great opportunity to pause and reflect. To think about our role as a leader in nursing education, research, and practice. About our vision for the future. About what it is that distinguishes us from hundreds of other schools of nursing around the country.

There was a wonderful moment during Commencement this year that exemplified the UR School of Nursing sensibility. As the awarding of degrees portion of the ceremony was about to begin, it was announced that APNN graduate Jenelle Noble would not be able to walk across the stage due to a broken ankle. Almost instantly, President Joel Seligman, holding her diploma, descended into the audience and delivered it to her at her seat (*see photo in our Commencement gallery, pg. 26-27*). It was a simple gesture, but a beautiful reminder of the humanity that we share and the compassion that is so ingrained in our institution – from our president to our faculty to our alumni and students.

In this issue of *NURSING*, you'll read many other stories that speak directly to who we are, who we serve, and who we – as members of the School of Nursing community – strive to be. Such as:

- APNN student Raleigh Galbraith, a former NICU "miracle baby" who shares a special connection with program co-director Patrick Hopkins
- A look at the life-changing community health component of our NUR 377 class for APNN students
- Master's graduate Vehid Basic, who fulfilled a promise to his dying brother by earning his NP degree
- Christine Tebaldi, a School of Nursing grad and Red Cross volunteer, who helps to ensure that people receive the emotional and behavioral help they need when disaster strikes

What makes the UR School of Nursing special is our people – our founders and forebearers, our faculty and staff, our students, our alumni, our donors, our friends and colleagues. It may sound trite, but that does not make it any less true. I'm extremely proud to be a part of this wonderful community, and I am grateful for all of you who have given of yourself to make it what it is today.

Meliora!

A handwritten signature in black ink that reads "Kathy H. Rideout". The signature is written in a cursive, flowing style.

### On the Cover...

APNN student Wendra Lyken tosses a ball at a health fair for children at Charles Settlement House in Rochester.

Photo by Matt Wittmeyer

# NURSING

UNIVERSITY OF ROCHESTER SCHOOL OF NURSING

2017 · VOLUME 1



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### What's new in the School of Nursing?

Read on to see a roundup of recent media reports involving UR Nursing faculty, staff, and students:



Professor of Clinical Nursing **Tobie Olsan** was a guest on WHEC-TV's *Rochester in Focus*, discussing a new grant to support a pilot in-home geriatric home visit program which will pair nurse practitioner and medical students with social workers to provide behavioral health screenings.

- **Margaret Ann Carno**, professor of clinical nursing, talked about sleep disorders in adolescents in *Public Health Minute*, a one minute show hosted by Dr. Bill Latimer featuring interviews with researchers and medical experts nationwide about a variety of health topics.
- **Dean Kathy Rideout** was interviewed for two stories in the *Rochester Business Journal's* special report on health care education. She discussed ongoing curriculum adaptations based on the changing health care environment, as well as strategies for maintaining a robust teaching faculty amid nationwide shortages of nursing faculty.
- **John McIntyre**, associate professor of clinical nursing, was also quoted about his path into teaching.
- Associate Dean **Lydia Rotondo** was quoted in a *U.S. News and World Report* story examining the best job opportunities for doctoral program graduates.
- **Brian Harrington**, director of information technology, was the subject of the cover story in the Fall 2016 issue of *Careers & the Disabled*, highlighting how he has successfully managed his career while dealing with his vision loss.
- **Vankee Lin**, assistant professor and director of the CogT lab promoting successful aging, was highlighted on Futurity.org for her research into the brains of supernormals and authored with **Alanna Jacobs**, a health project coordinator, a blog for the *Democrat & Chronicle* with tips on day to day activities that can help keep your brain healthy.
- Assistant Professor **LaRon Nelson** was quoted in a *POZ* magazine article about the failings of pre exposure prophylaxis (PrEP) in regard to Black men who have sex with men. He was also profiled in a recent Member Spotlight in the newsletter of the HIV Prevention Trials Network.
- **Mary Tantillo**, professor of clinical nursing, was



Recent APNN graduate **Laura Callens** was featured in a *New York Times* article examining adults who have made mid-life career changes. Going back to school and conquering changes in technology were not easy tasks, but they were essential in the transition to a more fulfilling occupation, she said. "I'm aligned now with my career. And I feel complete."

interviewed by Time Warner Cable News and WHEC TV upon launching the world's first Project ECHO Eating Disorders Clinic (see page 3). She also appeared on Fox Rochester's TV morning show and WXXI's *Connections* radio show to discuss treatment options during National Eating Disorders Awareness Week.

- Associate Professor **Kathi Heffner** provided insight in a *Democrat & Chronicle* article on whether someone can truly suffer from a broken heart. She was also interviewed about her dementia caregiver research for a segment on *CityWise*, broadcasted on Time Warner Cable and WXXI TV.

## SON Collaborates on World's First Project ECHO® Eating Disorders Clinic

**Mary Tantillo, PhD, PMHCNS-BC, FAED, CGP**, professor of clinical nursing and director of the Western New York Comprehensive Care Center for Eating Disorders (WNYCCED), often refers to eating disorders as diseases of disconnection. She says the illness often exacerbates feelings of anxiety and shame among individuals, causing them to withdraw from their support system of friends and family.

But there's also a disconnect when it comes to health care providers. Most primary care and behavioral health providers have not received specialty education focused on identifying and treating eating disorders, and those that have tend to be located in major population areas. As a result, individuals, especially those in rural areas, can go years before they receive effective treatment for their disorder.

The world's first Project ECHO® tele-education hub specializing in eating disorders

aims to change that. Launched at the University of Rochester Medical Center in January, the Project ECHO® Eating Disorders Clinic creates collaborations between frontline clinicians such as primary care doctors, behavioral health specialists, and college health providers, and a URMC team of experts, which includes Tantillo and staff from the WNYCCED. The team includes **Richard Kreipe, MD**, medical director of the WNYCCED, as well as young adult and parent peer mentors, a dietitian, a care manager, and psychiatrists from Excellus Blue Cross Blue Shield.

Utilizing web-based videoconference technology, URMC experts offer community providers statewide training on identifying and managing eating disorders, as well as the interprofessional skills required to effectively participate on multidisciplinary eating disorder teams. Clinics are held twice per month and include de-identified

case reviews and didactic instruction, as well as a written follow-up summary of recommendations. In its first few months of operation, the program has grown to attract about two dozen providers for each clinic.

"We need to create learning communities of health care providers to support and connect with one another in order to help patients and their families do the same," Tantillo said. "Project ECHO® provides an excellent opportunity for true interprofessional education to build knowledge and skills about eating disorders, in addition to enhancing interdisciplinary team functioning and treatment planning."

Project ECHO® Eating Disorders is sponsored by the WNYCCED, which is funded by the New York State Department of Health Division of Chronic Disease Prevention. The WNYCCED, a partnership between the UR School of Nursing and Golisano

Children's Hospital, is directed out of the UR School of Nursing, and serves as the hub for eating disorder services in the 30-county Western New York region. It estimates that more than 27,000 individuals living within Monroe County alone have an eating disorder.

Launched in 2003 at the University of New Mexico Health Sciences Center, Project ECHO® is a movement to demonopolize knowledge and amplify the capacity to provide best-practice care for underserved people all over the world. It currently operates more than 110 hubs for more than 55 diseases and conditions in 22 countries.



More than  
**30 MILLION**  
people in the US will suffer  
from an eating disorder  
in their lifetime



**50%** of teenage girls  
**30%** of teenage boys  
use unhealthy weight  
control behaviors.

**12x**

The mortality rate associated with anorexia nervosa is **12 times higher** than the death rate associated with all causes of death for females 15-24 years old.

## UR School of Nursing Rises to No. 19 in NIH Rankings

The University of Rochester School of Nursing continued its rise in the annual rankings of research support from the National Institutes of Health (NIH), jumping six spots to No. 19. The UR School of Nursing received more than \$2.6 million in funding from the NIH in the 2016 fiscal year, according to data compiled by the Blue Ridge Institute for Medical Research.

The school improved its ranking for the third consecutive year and earned a spot in the top 20 among U.S. nursing schools for the fifth time in the past nine years.

"This is great recognition of the outstanding quality and quantity of research being done by our faculty," said **Dean Kathy Rideout, EdD**,

**"It's a very difficult climate for researchers, because the process of securing NIH funding is so competitive. It speaks volumes about the importance and potential scientific and societal impact of our work that we've had so much success competing for these awards."**

– Dean Kathy Rideout

**PPCNP-BC, FNAP**, who commended the leadership of Senior Associate Dean for Research **Harriet Kitzman, PhD, RN, FAAN**, and Associate Dean for Research **Kimberly J. Arcoleo, PhD, MPH**.

"It's a very difficult climate for researchers, because the process of securing NIH funding is so competitive. It speaks volumes about the importance and potential scientific and societal impact of our work that we've had so much success competing for these awards."

The NIH is the largest

public funding source for biomedical research in the world, investing more than \$32 billion annually to enhance health, increase life spans, and reduce illness and disability.

The UR School of Nursing received funding for seven grants during the 2016 fiscal year, which ran from Oct. 1, 2015, to Sept. 30, 2016, in areas covering asthma self-management in adolescents; maternal and child dietary intake; HIV PreP implementation in heterosexual couples; HIV stigma and delay in health care seeking; neuroeco-

nomic paradigm to assess fatigability in older adults; and cognitive training in older adults with mild cognitive impairment.

"Interdisciplinary research projects like these are fundamental to what we do and who we are," said Arcoleo. "Advancing research and scientific discovery is a core mission of the school. I'm proud of our researchers, their interdisciplinary teams, and our staff who provide critical research support, and I am thrilled to see their hard work recognized by the NIH."

## School of Nursing Moves Up in U.S. News Ranking of Master's Programs

The University of Rochester School of Nursing's graduate nursing programs continue to rank among the best offered at colleges and universities nationwide, according to the 2018 rankings released in March by *U.S. News and World Report*.

The UR School of Nursing rose in the annual rankings of nursing master's programs, landing at No. 36 out of 292 ranked programs. *U.S. News* also ranked Doctor of Nursing Practice (DNP) programs separately

for the second year, with the UR School of Nursing coming in at No. 38.

As the top-ranked program in Upstate New York, the UR School of Nursing is one of only three institutions in the state – and the only one outside of New York City – ranked in the top 50 for both master's and doctoral programs.

"We are proud to be recognized again as a national and local leader in nursing education," said **Kathy Rideout, EdD, PPCNP-BC, FNAP**, UR

School of Nursing dean and University of Rochester Medical Center vice president. "These rankings reflect the caliber of our clinical and research faculty, who remain committed to the school's tradition of innovation and dedicated to preparing our students to be leaders in today's increasingly complex health care environment."

The rankings, compiled for the newest edition of *Best Graduate Schools*, are conducted annually, and each school's overall score

is based on indicators in the following categories: peer assessments provided by nursing school deans, student selectivity and program size, faculty resources, and research activity. The school's scores in numerous areas – including the peer assessments, which reflect the school's national reputation – increased in the 2018 rankings.

Additional information on the *U.S. News* nursing program rankings can be found at [www.usnews.com](http://www.usnews.com).

## Redesigned NP Program Aims to Address Mental Health Needs

In an effort to address critical shortages of mental health care providers in New York state and across the country, the University of Rochester School of Nursing has relaunched its Family Psychiatric Mental Health Nurse Practitioner Program (FPMHNP) as a distance program.

“By making this change, we are allowing students to stay in their home environments and continue working, while attending school and advancing their careers,” said **Susan Blaakman, PhD, RN, NPP-BC**, associate professor of clinical nursing and co-director of the FPMHNP program. “Our aim is to reach enough students to significantly increase the number of advanced practice providers who are trained in mental health across the lifespan and can deliver care in areas that are in desperate need of these resources.”

According to a recent analysis by the U.S. Health Resources & Services Administration, the need for mental health care providers is expected to grow acute over the next decade. The shortage is especially critical in rural areas, where nurses generally do not have access to traditional graduate programs in their communities.

A portion of the program’s courses have been online since 2006, but under the previous model, students were required to visit campus three times



Holly Brown

per semester. In the past year, the school has taken steps to transition more courses to the online format and now, students only have to visit Rochester about once per semester. In response to those changes, the program was recognized as an official distance learning program by New York in late 2016.

“The redesigned program offers more flexibility for adult students who often struggle to balance work, family, and school. Since online courses can be accessed anytime, it is easier for them to work the classes into their busy schedules,” said **Andrew Wolf, EdD, RN, ACNP-C**, assistant professor and coordinator of educational initiatives at the School of Nursing, who helped lead the redesign of the program.

Faculty members have taken steps to ensure that the online courses are delivered in an effective, personal way, and that students feel like they have access to help when they need it.



Susan Blaakman

“We have put robust strategies in place that allow students to have the face-to-face contact with faculty members that they are accustomed to,” said **Holly Brown, DNP, RN, NPP, PMHCS-BC**, assistant professor of clinical nursing and co-director of the FPMHNP program. “Today’s technology gives us the opportunity to bridge the distance between us and the students, so we are able to answer questions, give advice, or go over material in more detail just as we would if the program was fully on campus.”

Certain areas of the coursework are reserved for the students’ visits to campus. Learning how to lead group therapy, for example, can be challenging in an online format, so the school has built a portion of that coursework into the in-person sessions, which Wolf described as “mini-conferences.”

**Julie Apperson, RN**, said the program offered an appropriate combination of independent study and



Andrew Wolf

face-to-face interaction with her professors.

“This program is an invaluable resource for adult learners and individuals who live in rural communities,” she said. “I found the online format of U of R’s program to be just the right mix for me. I have had many ‘real-time’ online discussions that felt just as personal to me as if we were in the classroom.”

The changes also have benefits for nurse practitioner students choosing to specialize in one of the school’s five other concentrations, such as pediatric or family nurse practitioner. As part of the redesign of the FPMHNP program, online versions of the five core nurse practitioner classes were developed. As a result, each student in the nurse practitioner program, regardless of their clinical specialty, is able to take a portion of their required coursework from a distance.

## PhD Program Renamed to PhD in Nursing and Health Science

The University of Rochester School of Nursing has changed the name of its PhD in Health Practice Research program to PhD in Nursing and Health Science.

The new program title was approved by the New York State Education Department and also applies to the school's seven MS-PhD dual degree programs. The change affects only the title of the program; admission criteria and the program's curriculum remain unchanged.

"The name change more accurately reflects the interdisciplinary and collaborative nature of the curriculum and helps to ensure that nurses are recognized among the many different kinds of health scientists ushering in the next generation of medical breakthroughs," said **Kathy Rideout, EdD, PPCNP-BC, FNAP**, dean of the University of Rochester School of Nursing.

UR Nursing's PhD program is one of the oldest in the country. It admitted its first students in 1979, and the program's rigorous and highly focused curriculum was widely acclaimed and served as a pattern for other universities to model. Approaching its 40th year, the program remains synonymous with innovation. The PhD in Nursing and Health Science program welcomes a select handful of students each year. The wide range



*Bethel Powers*

of expertise in the school's faculty attracts licensed clinical health professionals from a variety of health-related disciplines, including nursing, social work, speech-language pathology, and others.

"A diversity of professional backgrounds in the classroom helps to foster interprofessional communication and collaboration," said **Bethel Powers, RN, PhD, FSAA, FGSA**, director of PhD programs at the School of Nursing. "Regardless of the health discipline to which our students belong, they graduate from our program as scientists well-prepared to conduct meaningful research both independently and as members and leaders of interdisciplinary teams."

## Passport Health Clinic Wins International Award

The University of Rochester School of Nursing's Passport Health team, a travel clinic that serves the Greater Rochester community, received the 2016 President's Club Award at the annual Passport Health conference in Scottsdale, Arizona, this spring.

The local clinic is one of more than 250 across North America that provides pre-travel physicals, vaccinations, prevention strategies, access to travel health insurance, and prescriptions for avoiding travel-related illnesses. The President's Club Award is given out annually to a clinic that demonstrates exemplary operational and business metric milestones.

"This is the first time our local clinic has been honored with this award in our 23-year history," said **Matthew Klapetzky, MS, RN-BC**, clinical director of Passport Health at the School of Nursing. "We are proud to be recognized and are pleased to be providing these critical services to our community."

The clinic specializes in yellow fever, typhoid, malaria, and meningitis vaccinations, and provides expertise on health alerts and Centers for Disease Control recommendations.

In addition to travel medicine services, Passport Health responds to the area's need for other vaccines, such as those for shingles, HPV, influenza, and hepatitis A and B.



## Wetherbee Honored for Leadership in Creating Culture of Inclusion

**Jonathan Wetherbee**, an information analyst for the Center of Employee Wellness at the University of Rochester School of Nursing, was honored as a finalist for the 2017 Presidential Diversity Award from the University of Rochester.

“Jonathan has been a leading voice among the University’s staff members in the ongoing efforts to build and maintain a community that is welcoming, understanding, and accepting of all people,” said UR School of Nursing Dean **Kathy Rideout, EdD, PPCNP-BC, FNAP**. “In the past few years, Jonathan has taken on an ever-increasing leadership role, and we are incredibly proud of his efforts and achievements.”

Wetherbee, who joined the school full time in 2008, is involved in numerous diversity initiatives across campus. As co-chair of the University’s Pride Alliance, Wetherbee helps to lead and direct a group of employees dedicated to promoting a positive work environment that values and supports individuals regardless of their sexual orientation or gender expression. He is also a Safe Space training coordinator and helps to educate faculty, students, and staff while providing visible support and an identifiable network of allies for the LGBT community.



*Jonathan Wetherbee, an analyst for the Center for Employee Wellness, was named a finalist for the University of Rochester Presidential Diversity Award in 2017. The school's first Staff Diversity Officer, he was recognized for his leadership in ongoing diversity and inclusion efforts in the school, as well as across the Medical Center and the University.*

Wetherbee was recently appointed to the University of Rochester Medical Center Executive Committee on Diversity and Inclusion, which aims to advance diversity initiatives within the Medical Center and cultivate a culture of inclusion in its approaches to education, health care, research, and community outreach.

At the School of Nursing, Wetherbee has been an

active member of the Dean’s Council for Diversity and Inclusiveness (CoDI). He led the development of the CoDI’s first recurring newsletter to promote awareness of the council’s work, as well as create an avenue for dialogue between the council and school community. He also helped to arrange guest speakers and other special events at the school focusing on diversity.

Wetherbee has been recognized numerous times for his efforts. In 2016, he was named the school’s first Staff Diversity Officer and he also recently received the school’s Mary Dombeck Diversity Enhancement Staff Award.

## Norton Honored with Distinguished Researcher Award

**Sally Norton, PhD, RN, FPCN, FAAN**, a nationally recognized expert in research dedicated to improving the care of patients with advanced illnesses, has been honored with the prestigious Distinguished Researcher Award from the Hospice & Palliative Nurses Association (HPNA).

The award recognizes nurse researchers who have made significant contributions to the science that has allowed the specialty of palliative nursing to evolve and mature. Norton's well-established program of research is focused on palliative care and end-of-life decision-making, with emphasis on the communication processes and practice patterns of care delivery in the acute and long-term care settings.

Norton, the Independence Chair in Nursing and Palliative Care at the University of Rochester School of



Sally Norton

Nursing, has successfully worked across professions to improve communication and understand the systems surrounding palliative care and hospice delivery in order to pinpoint the approaches most meaningful to patients and families, leading to the highest quality outcomes. Over the past two decades, she has played a role in dozens of funded research studies on palliative care and has authored (or co-authored)

more than 70 papers.

"I'm very honored to receive this award from the HPNA," said Norton, who holds a secondary appointment in the UR School of Medicine and Dentistry and serves as a co-director of research for the Division of Palliative Care in the Department of Medicine.

"Over the years, there have been many improvements in the delivery of palliative care, resulting in greater communication and better outcomes involving complex end-of-life issues and decision-making. Yet, there remains much work to do. The University of Rochester is a vanguard in palliative care. I am inspired by the generosity of patients and families, as well as the tireless efforts by clinicians and researchers to develop and provide the very best care possible."

"This is wonderful recog-

nition of Sally's expertise and the national impact of her work," said UR School of Nursing Dean **Kathy Rideout, EdD, PPCNP-BC, FNAP**. "It's a fitting acknowledgement of Sally's research contributions and her steadfast commitment to improving palliative care for patients and their families."

Norton, who received the award Feb. 25 at the association's annual membership meeting in Phoenix, is a fellow of the HPNA and the American Academy of Nursing. She has served HPNA as a member and former chair of the Research Interest Group, and co-chaired the national task force, Measuring What Matters, a joint initiative of the HPNA and the American Academy of Hospice and Palliative Care Medicine. Norton has also represented HPNA on several national quality-related task forces.

## Schmitt Receives Distinguished Service Award

**Madeline Hubbard Schmitt '65N, '70 (MA), PhD, RN, FAAN, FNAP**, professor emerita of nursing, received a Distinguished Service Award from the Rochester Academy of Medicine for her achievements in advancing interprofessional education and practice.

Schmitt, a nurse-sociologist, is considered

a national leader in interprofessional practice and interprofessional education, a professional commitment spanning nearly 45 years.

From 1972 until her retirement in 2005, Schmitt was a faculty member at the UR School of Nursing. She was an integral figure in the emergence of the school as an autonomous institution, and she held

numerous leadership posts in administration, teaching, and funded research.

For more than two decades, she was also co-leader of an informal national interprofessional network focused on interprofessional education. She acquired an international reputation as creator and chair of the North American Division of the *Journal of*

*Interprofessional Care*, and now serves as an editor emerita of the journal.

Since her retirement, Schmitt has continued to be sought after as a national consultant and currently serves as an ambassador and community moderator for the National Center for Interprofessional Practice and Education.

## Witzel Recognized with Health Care Achievement Award

**Pat Witzel, '75N, '84S (MBA)**, was honored for her nearly 40-year career advancing the nursing profession with a Health Care Achievement Award from the *Rochester Business Journal*.

Witzel, chief nursing officer at Strong Memorial Hospital, assistant dean of clinical practice at the School of Nursing, and associate vice president of the University of Rochester Medical Center, was among three honorees in the Nurse category selected for their impact on health care in the Greater Rochester area. The award winners were honored at a luncheon on March 24.

A highly respected nurse, researcher, mentor, and administrator, Witzel is known nationwide for her leadership and providing a strong voice for nursing.



She leads a department of more than 3,500 nurses and patient care technicians at Strong, and as co-director of quality and patient safety, she sets the tone for nursing excellence and exceptional patient care.

During her tenure as chief nursing officer, the hospital was the first in Rochester to be designated as a Magnet hospital, the gold standard of nursing excel-

lence around the world. Strong is also nationally recognized as a NICHE (Nurses Improving Care for Health System Elders) hospital, and received the Beacon Award for Excellence from the American Association of Critical Care Nurses.

Witzel remains a key figure at the UR School of Nursing. She spent more than a decade on the faculty and is currently assistant dean for clinical practice. She is a former member of the school's National Advisory Council, the Accelerated Program for Non-Nurses Advisory Board, and the Clinical Nurse Leader Steering Committee. She also continues to serve as a preceptor for student nurses in the health leadership programs.

She is a fellow of the National Academy of Prac-

tice and a member of the American Organization of Nurse Executives. Dedicated to advancing the nursing professions, she is also an appraiser for the American Nurses Credentialing Center Magnet program and an active contributor to the ongoing evolution of the program. She also serves on the CNO Council for University HealthSystems, a national consortium of five academic medical centers that focuses on improving patient safety.

She has previously been recognized with such prestigious awards as the March of Dimes Legend in Nursing Award (2012) and the Distinguished Alumni Award from the University of Rochester School of Nursing (2015).



## Magic Johnson's HIV Bombshell, 25 Years Later

In 1991, when Magic Johnson revealed his HIV diagnosis to the world, the virus was considered a death sentence. A lot has changed since then. On the 25th anniversary of that shocking announcement **LaRon Nelson**, assistant professor of nursing and associate director of international research at the University of Rochester Center for AIDS Research, discussed how the event shaped public perceptions of the disease and how far we've come in addressing the HIV/AIDS public health crisis.

"I think that whole experience shaped the way people thought about folks who are living with HIV," he said. "And I think we still see the effects of that today."

**WATCH:** [son.rochester.edu/newsroom](http://son.rochester.edu/newsroom)

## Research Identifies Brain Region as Possible Target for Dementia Prevention



A University of Rochester study has found that older adults with excellent memories have more efficient connections between specific areas of the brain – findings that could hold promise for the prevention of dementia and cognitive decline.

Although researchers have historically viewed memory deterioration as an inevitable part of the aging process, a small group of older adults – called “supernormals” – are able to maintain their memory capacities much better than their peers. **Feng (Vankee) Lin, PhD**, an assistant professor in the University of Rochester School of Nursing, is spear-

heading a new approach to the study of Alzheimer’s disease by exploring what can be learned from these individuals.

In a study published in *Cortex*, an international journal devoted to the study of cognition and the relationship between the nervous system and mental processes, Lin and her team explored differences in brain function among three groups of older adults: supernormals, who were defined as having higher than average memory scores for their age, older adults diagnosed with amnesic mild cognitive impairment who are at high risk for developing Alzheimer’s disease, and a healthy control group. The study is the first to compare the brain function of supernormals to those who are at risk for developing Alzheimer’s.

Specifically, Lin and her colleagues measured the functional connectivity – the connection among spatially separated structures of the brain – between the cingulate cortex and other regions.

Functional connectivity is measured by observing what parts of the brain are activated at the same time or in rapid succession in response to a stimulus.

“The cingulate cortex acts as a ‘hub’ and receives input from many areas in the brain. Its functioning often deteriorates early in the aging process and in the development of Alzheimer’s disease, so it could play a key role in memory decline,” said Lin. “It’s a vulnerable area that hasn’t been explored in this way before.”

As part of the study, the team analyzed a national data set from the Alzheimer’s Disease Neuroimaging Initiative, which collects brain imaging scans and provides them to researchers across the country. The participants also underwent memory, executive function, language, and other

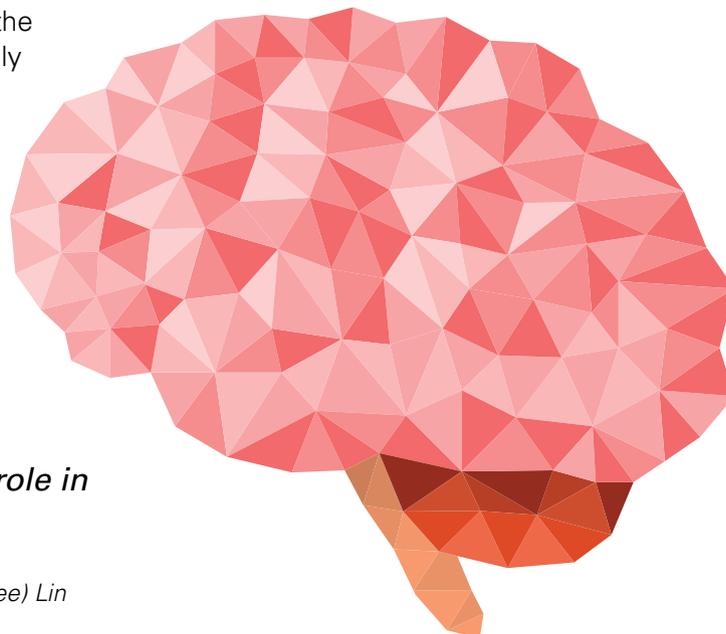
tests to assess their cognitive abilities.

Lin found that individuals who had stronger or more efficient functional connectivity between the cingulate cortex and certain regions of the brain had better memories compared to those who had weaker or less efficient relationships between the same areas. Supernormals also had lower levels of amyloids, groups of proteins that are associated with Alzheimer’s disease.

“Our results show that the cingulate cortex could be a viable target for interventions aimed at preventing memory decline or enhancing memory capacity,” said Lin. “In the future, we may be able to modify the function of this region in individuals who are at risk for developing Alzheimer’s to slow down cognitive decline.”

“*The cingulate cortex acts as a ‘hub’ and receives input from many areas in the brain. Its functioning often deteriorates early in the aging process and in the development of Alzheimer’s disease, so it could play a key role in memory decline.*”

– Feng (Vankee) Lin



## Clinical Trials Aim to Reduce Stress Burden for Dementia Caregivers

Caring for a loved one with Alzheimer's disease or dementia can not only be very stressful, but can negatively affect the well-being of the caregiver. A pair of studies at the University of Rochester Medical Center is exploring ways to help caregivers manage stress and improve their own health so they can more effectively provide care for their loved one.

**Kathi Heffner, PhD**, associate professor in the School of Nursing and Department of Psychiatry, and **Jan Moynihan, PhD**, the George L. Engel Professor in Psychosocial Medicine in the Departments of Psychiatry and Microbiology and Immunology, were awarded more than \$5.66 million in NIH funding for two five-year randomized clinical intervention trials focusing on reducing the effects of caregiving on immune health.

Heffner is principal investigator on a cognitive training intervention trial looking at different types of brain training activities and whether they have an effect on the aging of the caregiver's immune system. Moynihan is leading a study on mindfulness-based stress reduction (MBSR), to see if mindfulness can lead to better immune response to the influenza vaccine.

"In both cases, the interventions are really aimed at trying to strengthen stress resilience in caregivers," said Heffner. "With MBSR,

the idea is that you're tapping into attention processes and that's going to help with emotion regulation. We also know that the neurological supports for cognitive function, stress physiology, and emotion regulation are common among those three – that there are shared pathways in the brain that regulate each – so we're trying to see if we can target cognitive function to have an impact on all of these domains.

"Because ultimately it's the same idea for both studies – we want to improve emotion regulation and the ability to adapt to stress in order to minimize the effects of caregiving on immune function."

"We're also both looking at the inflammatory profile, which is the amount of inflammation that goes on in your body that is associated with the normal diseases of aging, such as atherosclerosis, arthritis, cancer, diabetes. The more inflamed you are, the more likely you are to develop one of those morbidities," Moynihan said. "So we're hoping, in the best of all possible worlds, that by reducing stress and increasing the caregivers' feeling of well-being, we'll be able to dampen that sort of inflammatory response."

The well-being of caregivers is a growing concern as public health approaches aim to keep individuals independent as long as pos-

sible, placing primary home care responsibility in the hands of family members. The studies focus on caregivers for dementia patients in particular because of the well-documented stress levels associated with that level of caregiving and the increasingly aging population which will fuel a rise in the number of older adults who develop cognitive impairment or diseases of dementia, such as Alzheimer's.

"The impetus for a lot of the funding going into this is that we need to keep the caregivers healthy so that they can provide good care to patients," Heffner said. "There are a number of studies that focus solely on self-care of caregivers, and it's a big problem. There's just not self-care happening among caregivers."

The MBSR training centers on mindfulness and developing a non-judgmental outlook and includes self-focused activities such as yoga, breathing exercises, and meditation. In the cognitive training study, participants perform brain training exercises for 30 minutes, three times per week, often right in their homes. The activities may include watching videos, doing puzzles, or other mentally stimulating activities. After the training period ends, there are several follow-up contacts with the caregivers as researchers track their immune systems over time.



*Kathi Heffner*

Heffner and Moynihan are each targeting 200 caregivers from Monroe County and surrounding counties for participation in the interventions over the course of their terms.

"What I like about our interventions is that we're taking a more innovative approach that targets the psychological and psychophysiological factors contributing to their poor health," Heffner said. "We think that these approaches are needed to have a strong impact on caregivers' health."

Recruiting for the studies is ongoing. Eligible individuals must be between 60 and 80 years old and serve as the primary live-in caregiver. If you know someone who may be interested in participating, contact the School of Nursing at 585-275-6835 or [mindbody@urmc.rochester.edu](mailto:mindbody@urmc.rochester.edu).

## Summit Underscores Value of DNP Degree



*Shannon Moreland, assistant professor of clinical nursing, makes a point during a panel discussion at the inaugural DNP Summit at the University of Rochester School of Nursing. The one-day event focused on the increasing value of the DNP degree and ways to effectively integrate DNP-prepared nurses into the health care system.*

Nursing shortages, concerns about patient safety, and a wide array of other challenges are causing today's health care environment to be increasingly complex. As a result, nurses are now required to have the highest level of scientific knowledge and practice expertise possible.

In response to those demands, a movement is underway to transition to the Doctor of Nursing Practice degree as the standard for advanced practice nursing. Last year, the American Association of Colleges of Nursing recommended that all advanced practice nursing programs

evolve from the master's level to a doctoral degree, and other national reports have called for the doubling of DNP-prepared nurses by 2020.

But, while the number of DNP programs and graduates continues to grow, less than 1 percent of nurses in the country have their doctoral degrees, and the transition to doctoral entry to advanced nursing practice has been slow to catch on in some parts of the country.

To help inform nurses and those working in the health care field about the importance of DNP-prepared nurses, the UR School

of Nursing brought three national leaders in DNP education and practice to speak at its inaugural DNP Summit on Oct. 28, 2016.

Tracy Williams, DNP, RN, FNAP, the senior vice president and system chief nursing officer at Norton Healthcare; Kim Tharp-Barrie, DNP, RN, vice president of Norton Healthcare's Institute for Nursing; and Sheila Melander, PhD, APRN, ACNP-BC, FCCM, FAANP, the assistant dean of graduate faculty affairs and DNP program director at the University of Kentucky College of Nursing, discussed the value of the degree and how they are

effectively integrating DNP-prepared nurses into their health care system.

"By bringing three national leaders in DNP practice and education to Rochester for this event, we hoped to highlight the value of the DNP degree to both nurses and our community so that we, together, can better utilize doctorally prepared nurses to address the health care challenges we are facing today," said **Lydia Rotondo, DNP, RN, CNS**, associate dean for education and student affairs and director of the DNP program at the UR School of Nursing.

"With sweeping changes in our health care system and growing national concerns about patient safety, we have to use the resources that are available to us – and one of our most underutilized assets is the advanced knowledge of doctorally prepared practitioners in our community."

In addition to the speakers, the event featured panel discussions, presentations, and networking opportunities for current DNP students and recent DNP graduates. More than 100 individuals attended the one-day summit.

The 2017 summit is scheduled for Oct. 27 from 8 a.m. to 4 p.m. Visit the School of Nursing website to register.

## DNP Students Showcase Projects to Improve Health Care

DNP coursework provides students with a strong foundation to accelerate evidence translation, critically appraise the practice environment, and drive organizational change as practice leaders. During the last phase of their DNP education, the students use that knowledge to design an initiative to improve clinical practice or influence health policy.

Eight DNP students presented their work to colleagues and faculty members at DNP Project Day in January. In its ninth year, the event offers students a chance to gain feedback and suggestions before their doctoral defenses.

"This event is always a highlight of the program for me, because it provides

students with an opportunity to showcase their clinical expertise and scholarly work and to see what kind of impact they are having in their practice settings," said **Lydia Rotondo, DNP, RN, CNS**, associate dean for education and student affairs and the director of the DNP program at the University of Rochester School of Nursing.

The projects were wide-ranging, focusing on everything from providing NP-led telemedicine care to pediatric neurology patients to creating a transgender cultural education program. The goals of the projects demonstrate the transformation the students experience as they progress through what many of them call the "DNP journey."

"When you're a nurse, you're focused on the patient and taking care of him or her," said **Anna Sorensen, MS, FNP, RN**, a heart transplant coordinator at the Medical Center. "DNPs aim to have a broader, global perspective. While we still love to take care of our patients and do not want to leave the bedside or clinic, we also understand there is more we can do for the entire population we care for. We bring a different perspective to health care."

For her project, Sorensen developed an intensive educational program to help heart transplant patients, who are 65 to 200 times more likely to develop skin cancer than the general population, understand the

personal risks and engage in behavior that will reduce the risk of developing the disease.

Classmate **Deborah Hurley, MS, RN, CNL, CCRN**, found inspiration for her project in her own personal experience.

"My brother was critically ill in the ICU three years ago, and that's when I really began to appreciate that we could do a better job of supporting these patients and helping optimize their outcomes. They have significant challenges after they're out of our care," said Hurley, who designed a musical intervention to help decrease cognitive and psychological impairment that can affect ICU survivors.

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## Study Led by DNP Students Finds that Home Care Improves Stroke Outcomes

Two Doctor of Nursing Practice (DNP) students at the University of Rochester School of Nursing led a pilot study that found that stroke patients who are paired with caregivers who help them transition back to their homes are significantly less likely to be readmitted to the hospital. The results of the study were presented at the International Stroke Conference in Texas.

The study was authored by DNP students **Ann Leonhardt Caprio, MS ('06), RN, ANP**, with the

UR Medicine Comprehensive Stroke Center and **Denise Burgen, MS ('94), MBA, MSN, FNP, RN**, with UR Medicine Home Care, as well as their colleague **Curtis Benesch, MD, MPH**, also with the Stroke Center.

"This initiative exemplifies the contributions our school's graduates can have on health care delivery and in the lives of patients, and it shows what can be accomplished when professionals from different disciplines come together

to work toward a common goal," said **Lydia Rotondo, DNP, RN, CNS**, associate dean for education and student affairs and the director of the DNP program at the UR School of Nursing.

The study focused on one of the measures used by the Centers for Medicare and Medicaid Services to determine quality of stroke care – whether or not a patient is readmitted to the hospital within 30 days of being discharged after suffering a stroke.

The staff at Strong

Memorial Hospital worked with UR Medicine Home Care to develop a care program that ensured that patients who had suffered an ischemic stroke had additional support and resources once they left the hospital and returned to their homes and communities.

Strong Memorial Hospital's 30-day readmission rate for stroke patients dropped from 7.8 percent to 4.7 percent after the home care program was implemented, a 39 percent reduction.

## International Nursing Honor Society Inducts UR Students, Nurse Leaders



Inductees into the Epsilon Xi Chapter of Sigma Theta Tau are all smiles after being welcomed into the international honor society last fall.

Nearly 100 University of Rochester School of Nursing students and nurse leaders in the community were welcomed into the Epsilon Xi Chapter of Sigma Theta Tau International, the honor society of nursing, last fall.

With more than 135,000 active members in 90 countries, Sigma Theta Tau is dedicated to improving the health of people worldwide through increasing the scientific base of nursing practice. The Epsilon Xi Chapter, founded at the UR School of Nursing in 1979, is committed to supporting nursing through scholarships, co-sponsorship of conferences, and other activities.

"This is a big day for you," **Rebecca Johnson, BS, RN, CCRN, PCCN**, treasurer of the Epsilon Xi Chapter, told the new inductees to start off the Nov. 14 event. "You're becoming a part of an institution that's been around since 1922 and has a long tradition of celebrating nursing service. This is the

start of your journey with Sigma, and I encourage you to stay involved and help make a difference as you start your nursing careers."

To become a member of Sigma Theta Tau, undergraduate students must rank in the upper 35 percent of their class and carry a 3.0 grade point average. Graduate students must have a 3.5 grade point average, while nurse leaders require a baccalaureate degree and demonstrated achievement in nursing.

"Being inducted into Sigma Theta Tau is like the icing on the cake after a year of hard work. The accelerated program is so challenging and fast-paced, so it is nice to be recognized for my academic achievements," said **Angie Palomaki, BS, RN**, who graduated in December. "This organization connects me to many nurses who are all at different points in their careers, which is an invaluable resource as I'm starting my own career as a new nurse."



Past presidents of Epsilon Xi met in March at the School of Nursing to discuss the chapter's new initiatives. Pictured are: (top row) Madeleine Schmitt, Jane Tuttle, Maureen Friedman, Tobie Olsan; (bottom row) Maria Marconi, Cindy Gibson, Harriet Siegel, Cathy Peters. Not pictured: Ponrathi Athilingam, Judith Baggs, Maria LaFaro-Kelly, Lisa Norsen, and Bernadette Melnyk.

The chapter also awarded three scholarships at the event. **Mary Starks, BS, RN**, who graduated from the accelerated program in May, received the undergraduate scholarship award. The award recognizes an undergraduate nursing student who demonstrates academic success as well as leadership potential and strong interpersonal skills.

**Corinna Romantic, BS, RN-BC, CPHON**, a student in the pediatric nurse practitioner program, received the graduate scholarship award, which recognizes a student who demonstrates academic success in graduate studies and exemplifies leadership qualities.

**Jennifer Mammen, PhD, NP-C**, a postdoctoral fellow, received the research grant award, which is presented annually in recognition of a nurse who has proposed a research project of high quality that demonstrates the individual's future promise as a nurse scientist. Mammen was recognized for her research project titled, "Technology Enabled Asthma Management Systems Pilot Study."

As part of the project, Mammen is evaluating the feasibility, acceptability, and preliminary efficacy of a multilevel, patient-centered, technology-enabled asthma management system for young adults.

## NP Advocate's Career Forged by Close Relationships, Collaboration

Don't let the warm smile and soft voice fool you. There's a fiery side to **Jane Tuttle, PhD, APRN, FNP-BC, FAANP**, that comes out whenever she feels nurse practitioners have been disparaged.

"People like to lump nurse practitioners and physician assistants into this mid-level provider category. It's hierarchical and it's not helpful," said Tuttle, professor of clinical nursing and specialty director of the UR School of Nursing's family nurse practitioner program. "Don't let anyone call you a mid-level provider. You've built on your nursing background and gained these additional skills. You're not a half-baked anything."

There is perhaps no bigger supporter of nurse practitioners and the role they will play in addressing the health care provider shortage than Tuttle, a distinguished educator and clinician, who is retiring in July after more than 40 years' experience as an NP. Her beliefs have been heavily shaped by close relationships with some of the profession's giants, including **Eleanor Hall** and NP co-founder **Loretta Ford**.

Hall, credited with paving the way for an independent school of nursing at the University, and Ford, who would become the first dean, were already legends in the field by the time Tuttle became a student here in the late 1970s. Hall was a member of Tuttle's



*Jane Tuttle, specialty director of the Family NP program since 1993, is retiring in July after more than 40 years as a nurse practitioner.*

church, and over decades of friendship they had many discussions about the school and the nursing profession. "I really came to appreciate Eleanor's wisdom," Tuttle said. "I just enjoyed her perspective and her company. It was a treat to spend time with her."

Tuttle also grew close with Ford after the NP founder spoke at Tuttle's graduation from the NP program at the University at Buffalo. She later followed Ford to the UR School of Nursing. "I admire her a lot," Tuttle said. "I love talking with Lee about disruptive innovations and shaking things up. Whenever an NP would move forward and a physician would react in a negative way, she would say, 'If they're

worried, good. That means we're making progress.' She is a tiny woman, but she has amazing courage and a lion's heart."

Colleagues such as **Elaine Hubbard, Marilyn Aten, and Harriet Kitzman** were also instrumental in Tuttle's development as a student and her career as an educator. She says Hubbard, then associate dean, encouraged her to go on for her master's degree. Tuttle completed her MS in Primary Care as a Family Nurse Practitioner here in 1984 and joined the Yale School of Nursing faculty a year later. Kitzman served as an important sounding board in her decision to pursue a PhD in family studies at the University of Connecticut. As Tuttle was completing the doctorate,

she encountered Aten, who recruited her back to Rochester.

Tuttle joined the UR School of Nursing faculty in 1993 and immediately set about revamping the family nurse practitioner program. Although once accused of not being imperialistic enough to be successful in an academic setting, Tuttle worked with faculty to push through key revisions that bolstered the pediatric and women's health content in the program.

"I think my collaborative style has left its mark in terms of the third way," said Tuttle, who directed the FNP program for more than 20 years. "I've always felt that there's got to be a way that we can work together and make the right things happen. I'm pretty proud of that."

"Standing on the shoulders of these giants, I feel really blessed to have grown up here as a nurse, advanced practice nurse, and director of our family program," said Tuttle. "I'm inspired every day by the people before me and thinking about the future of this school and how we're moving in the right direction. I'm really lucky to have been here for these years."

## Scholarly Publications

The following is a listing of research findings published by School of Nursing faculty from January to December 2016.

### Elizabeth A. Anson, MS

Enoch, M.A., Kitzman, H., Smith, J.A., Anson, E., Hodgkinson, C.A., Goldman, D., & Olds, D.L. (2016). A prospective cohort study of influences on externalizing behaviors across childhood: Results from a nurse home visiting randomized controlled trial. *Journal of the American Academy of Child and Adolescent Psychiatry, 55*, 376-382.

### Mina Attin, PhD, RN

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PhD, RN, FAHA, FAAN

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Carey, M.G. (Ed.) (2016). Cardiac Arrhythmias. *Critical Care Nursing Clinics of North America, 28*(3).

Baldzizhar, A., Manuylova, E., Marchenko, R., Kryvalap, Y., & Carey, M.G. (2016). Ventricular tachycardias: Characteristics and management. *Critical Care Nursing Clinics of North America, 28*, 317-329.

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### Susan M. Ciurzynski,

PhD, CNS, PNP

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### Susan W. Groth,

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**Margaret H. Kearney**, PhD, RN, FAAN

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**Feng Vankee Lin**, PhD, RN

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**Jennifer R. Mammen**, PhD, NP-C

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Braksmajer, A., Senn, T.E., & McMahon, J. (2016). The potential of Pre-Exposure Prophylaxis for women in violent relationships. *AIDS Patient Care & STDs*, 30, 274-287.

Wilde, M.H., McMahon, J.M., Fairbanks, E., Brasch, J., Parshall, R., Zhang, F., Miner, S., Thayer, D., Schneiderman, D., & Harrington, B. (2016). Feasibility of a web-based self-management intervention for intermittent urinary catheter users with spinal cord injury. *Journal of Wound, Ostomy & Continence Nursing*, 43, 529-538.

Shah, K.N., Lin, F.V., Yu, F., & McMahon, J.M. (2016). Activity

engagement and physical function in old age sample. *Archives of Gerontology and Geriatrics*, 69, 55-60.

**LaRon E. Nelson**, PhD, RN, FNP

Nelson, L.E., Wilton, L., Moineddin, R., Zhang, N., Siddiqi, A., Sa, T., Harawa, N., Regan, R., Dyer, T., Watson, C.C., Koblin, B., Del Rio, C., Buchbinder, S., Wheeler, D.P., & Mayer, K.H. for the HPTN 061 Study Team. (2016). Economic, legal and social hardships associated with HIV risk among Black men who have sex with men in six US cities. *Journal of Urban Health*, 93, 170-188.

Malebranche, D.J., & Nelson, L.E. (2016). Intersections of race, culture, and sexuality on health of MSM. In J. Schneider & V. Silenzio (Eds.), *The Gay and Lesbian Medical Association Handbook of LGBT Health*. Gay and Lesbian Medical Association.

**Sally A. Norton**, PhD, RN, FNAP, FPCN, FAAN

Casarett, D.J., Norton, S.A., Dy, S.M., Herr, K., Rotella, J.D., Ast, K., Lupu, D., & Matzo, M. (2016). Making your measurement matter: Implementing the AAHPM & HPNA Measuring What Matters project. *Journal of Pain and Symptom Management*, 51, 335.

Mammen, J.R., Norton, S.A., Rhee, H., & Butz, A.M. (2016). New approaches to qualitative interviewing: Development of a card sort technique to understand subjective patterns of symptoms and responses. *International Journal of Nursing Studies*, 58, 90-96.

Dy, S.M., Herr, K., Bernacki, R.E., Kamal, A.H., Walling, A.M., Ersek, M., & Norton, S.A. (2016). Methodological research priorities in palliative care and hospice quality measurement. *Journal of Pain and Symptom Management*, 51, 155-162.

Mammen, J.R., Rhee, H., Norton, S.A., & Butz, A.M. (2016). Perceptions and experiences underlying self-management and reporting of symptoms in teens with asthma. *Journal of Asthma*, 23, 1-10.

**Tobie H. Olsan,**

PhD, MPA, RN, CNL, NEA-BC, FNAP

Sales, A.E., Ersek, M., Intrator, O.K., Levy, C., Carpenter, J.G., Hogikyan, R., Kales, H.C., Landis-Lewis, Z., Olsan, T., Miller, S.C., Montagnini, M., Periyakoil, V.S., & Reder, S. (2016). Implementing goals of care conversations with veterans in VA long-term care setting: A mixed methods protocol. *Implementation Science, 11*, 132.

**Hyekyun Rhee,** PhD, RN, PNP

Mammen, J.R., Norton, S.A., Rhee, H., & Butz, A.M. (2016). New approaches to qualitative interviewing: Development of a card sort technique to understand subjective patterns of symptoms and responses. *International Journal of Nursing Studies, 58*, 90-96.

Groth, S.W., Rhee, H., & Kitzman, H. (2016). Relationships among obesity, physical activity and sedentary behavior in young adolescents with and without lifetime asthma. *Journal of Asthma, 53*, 19-24.

Conn, K., Fisher, S., & Rhee, H. (2016). Parent and child independent report of emotional responses to asthma-specific vignettes: The relationship between emotional states, self-management behaviors, and symptoms. *Journal of Pediatric Nursing, 31*, E83-E90.

Mammen, J.R., Rhee, H., Norton, S.A., & Butz, A.M. (2016). Perceptions and experiences underlying self-management and reporting of symptoms in teens with asthma. *Journal of Asthma, 23*, 1-10.

**Lydia D. Rotondo,** DNP, RN, CNS

Flannery, M., & Rotondo, L. (2016). Changing practice: Frameworks from implementation science. *Oncology Nursing Forum, 43*, 385-388.

**Joyce Ann Smith,** PhD, RN, ANP

Enoch, M.A., Kitzman, H., Smith, J.A., Anson, E., Hodgkinson, C.A., Goldman, D., & Olds, D.L. (2016). A prospective cohort study of influences on externalizing behaviors across childhood: Results from a nurse home visiting randomized controlled trial. *Journal of the American Academy of Child and Adolescent Psychiatry, 55*, 376-382.

**Karen F. Stein,** PhD, RN, FAAN

Connelly, K., Stein, K.F., Chaudry, B., & Trabold, N. (2016). Development of an ecological momentary assessment mobile app for a low-literacy, Mexican American population to collect disordered eating behaviors. *JMIR Public Health and Surveillance, 2*, e31.

**Rebecca G. Tucker,**

PhD, ACNPC, RN

Attin, M., Tucker, R.G., & Carey, M.G. (2016). In-hospital cardiac arrest: An update on pulseless electrical activity and asystole. *Critical Care Nursing Clinics of North America, 28*, 387-397.

Tucker, R., Quinn, J.R., Chen, D.G., & Chen, L. (2016). Kansas City cardiomyopathy questionnaire administered to hospitalized patients with heart failure. *Journal of Nursing Measurement, 24*, 245-257.

Tucker, R., Quinn, J.R., Chen, L., & Chen, D. (2016). Psychometrics of the Kansas City cardiomyopathy questionnaire adapted for family caregiver/significant other. *Journal of Nursing Measurement, 24*, E142-E161.

**Mary H. Wilde,** PhD, RN

Cotterill, N., Fowler, S., Avery, M., Cottenden, A.M., Wilde, M., Long, A., & Fader, M.J. (2016). Development and psychometric evaluation of the ICIQ-LTCqol: A self-report quality of life questionnaire for long-term indwelling catheter users. *Neurourology and Urodynamics, 35*, 423-428.

Wilde, M.H., McMahon, J.M., Tang, W., McDonald, M.V., Brasch, J., Fairbanks, E., & Shah, S. (2016). Self-care management questionnaire for long-term indwelling urinary catheter users. *Neurourology and Urodynamics, 35*, 492-496.

Wilde, M.H., Crean, H.F., McMahon, J.M., McDonald, M.V., Tang, W., Brasch, J., Fairbanks, E., Shah, S., & Zhang, F. (2016). Testing a model of self-management of fluid intake in community residing long term indwelling urinary catheter users. *Nursing Research, 65*, 97-106.

Wilde, M.H., McMahon, J.M., Fairbanks, E., Brasch, J., Parshall, R., Zhang, F., Miner, S., Thayer, D., Schneiderman, D., & Harrington, B.

(2016). Feasibility of a web-based self-management intervention for intermittent urinary catheter users with spinal cord injury. *Journal of Wound, Ostomy & Continence Nursing, 43*, 529-538.

**Ying Xue,** DNSc, RN

Xue, Y., & Intrator, O. (2016). Cultivating the role of nurse practitioners in providing primary care to vulnerable populations in an era of health-care reform. *Policy, Politics, & Nursing Practice, 17*, 24-31.

O'Brien, S.R., & Xue, Y. (2016). Inpatient rehabilitation outcomes in patients with stroke over age 85 years. *Physical Therapy, 96*, 1381-1388.

**Scholarly Presentations**

The following is a listing of presentations by School of Nursing faculty at symposiums, conferences, and meetings from January to December 2016.

**Kimberly J. Arcoleo,** PhD, MPH

International Society for the Advancement of Respiratory Psychophysiology Conference. (2016). "An explanatory model for the role of parental perception of control and controller medication use on ED visits & hospitalizations in Latino children with asthma." Seattle, WA.

Clinical and Research Grand Rounds. (2016). "Health disparities in childhood asthma: The role of illness representations and CAM." University of Rochester School of Nursing, Rochester, NY.

**Mary G. Carey,**

PhD, RN, FAHA, FAAN

Clinical and Research Grand Rounds. (2016). "Reducing cardiovascular burden among firefighters by promoting a pro-sleep culture, an R01 proposal." University of Rochester School of Nursing, Rochester, NY.

International Society for Computerized Electrocardiology Conference. (2016). "Recurrent myocardial ischemia & symptoms are precursors to unplanned transfer from telemetry to the coronary care unit in hospitalized patients with suspected acute coronary syndrome," Tucson, AZ.

**Marianne C. Chiafery,**

MS, RN, PNP-BC

9th Annual Cardiovascular Team Symposium. (2016). "An interesting case study." New York Cardiological Society, New York, NY.

**Susan M. Ciurzynski,**

PhD, CNS, PNP

Professional Nursing Council Grand Rounds. (2016). "Developing and presenting posters for nursing conferences: Practical tips for novice to expert presenters." University of Rochester Medical Center, Rochester, NY.

National Nurses Week Best Practice Showcase (2016). "Saving a life: Results of a pediatric resuscitation quality improvement project." University of Rochester Medical Center, Rochester, NY.

National Nurses Week Best Practice Showcase (2016). "Inpatient fall prevention pilot: Evaluating available pediatric fall risk screening tools." University of Rochester Medical Center, Rochester, NY.

SMH/Highland Hospital Leadership Internship Program. (2016). "Successful presentations: Power Point and podium skills." University of Rochester Medical Center, Rochester, NY.

SMH/Highland Hospital Leadership Internship Program. (2016). "Developing and presenting a professional poster." University of Rochester Medical Center, Rochester, NY.

**Hugh F. Crean,** PhD

Clinical and Research Grand Rounds. (2016). "Non-attendance in intervention research: The Complier Average Causal Effect (CACE) model." University of Rochester School of Nursing, Rochester, NY.

**Marie A. Flannery,** PhD, RN, AOCN

Oncology Nursing Society Congress. (2016). "Examining the

patient's identified priority symptom in advanced lung cancer." San Antonio, TX.

State of the Science. (2016). "Older adult cancer survivors preferences for survivorship information: Findings from the Livestrong national data set." Council for the Advancement of Nursing Science, Washington, DC.

Multinational Association of Supportive Care in Cancer. (2016). "Fatigue is associated with impairments in instrumental activities of daily living and decreased physical performance in older cancer patients." Adelaide, AU.

**Susan W. Groth,**  
PhD, RN, WHNP-BC

OB/GYN Research Workshop. (2016). "Gestational weight gain matters." URMG OB/GYN Department, Rochester, NY.

Annual 28th Scientific Sessions. (2016). "Identification of the gene-gene interactions associated with the risk of essential hypertension in the Framingham Heart Study population." Eastern Nursing Research Society, Pittsburgh, PA.

**Kathi L. Heffner,** PhD

Psychoneuroimmunology Research Society Annual Scientific Meeting. (2016). "Sleep improvement in older adults with osteoarthritis is associated with lower inflammatory response to laboratory pain and improved clinical pain." Psychoneuroimmunology Research Society, Brighton, UK.

**Amy M. Karch,** MS, RN

Vet tech class. (2016). "The human animal connection." Medaille College, Rochester, NY.

Nurse Practitioner Association of New York Annual Conference. (2016). "Pharmacology update: New drugs, new rules, new problems." Niagara Falls, NY.

Preceptor Workshop. (2016). "UR master's program: Pharmacology update, 2016." University of Rochester Medical Center, Rochester, NY.

**Margaret H. Kearney,**  
PhD, RN, FAAN

Clinical and Research Grand Rounds. (2016). "Metrics for scholarly

productivity." University of Rochester School of Nursing, Rochester, NY.

**Dianne Liebel,** PhD, RN

Gerontological Society of America. (2016). "A nurse communication training program in home healthcare to provide integrated depression and disability care." New Orleans, LA.

Annual Scientific Meeting. (2016). "Somali older adults' and their families' perceptions of adult home health services." American Geriatrics Society, Long Beach, CA.

**Feng Vankee Lin,** PhD, RN

Clinical and Research Grand Rounds. (2016). "Central fatigability and aging." University of Rochester School of Nursing, Rochester, NY.

**Jennifer R. Mammen,**  
PhD, NP-C

Clinical and Research Grand Rounds. (2016). "Computer assisted concept mapping: Applications to education and research." University of Rochester School of Nursing, Rochester, NY.

**Maria A. Marconi,** EdD, RN

Strong Memorial Hospital. (2016). "Talk back: A method of patient teaching." Rochester, NY.

Leading with Integrity for Tomorrow. (2016). "Preparing for a multi-generational workforce." University of Rochester School of Nursing, Rochester, NY.

**Lynne Massaro,**  
DNP, RN, ANP-BC, FNP

Clinical and Research Grand Rounds. (2016). "Yantalo Peru: Sustainable inter-professional global health initiative." University of Rochester School of Nursing, Rochester, NY.

**LaRon E. Nelson,** PhD, RN, FNP

White House Symposium on HIV Stigma Research. (2016). "Addressing the impact of intersecting stigmas on HIV prevention and treatment outcomes among men who have sex with men." Washington, DC.

National African American Leadership Conference on HIV and Other Health Disparities. (2016).

"Antibody mediated prevention: Implications for Black men who have sex with men." Los Angeles, CA.

National African American Leadership Conference on HIV and Other Health Disparities. (2016). "Biomedical HIV prevention: Where we've been and where we're going." Los Angeles, CA.

International AIDS Conference. (2016). "Barriers to and facilitators of antiretroviral therapy (ART) engagement among adult Ghanaian men who have sex with men living with HIV." Durban, ZA.

International AIDS Conference. (2016). "Barriers, assets and pathways to HIV prevention for men who have sex with men in Ghana: Perspectives from patients and healthcare providers." Durban, ZA.

International AIDS Conference. (2016). "Client centered care coordination (C4) utilization and PrEP acceptance among Black men who have sex with men in 3 US cities." Durban, ZA.

International AIDS Conference. (2016). "Correlates for levels of self-reported PrEP adherence among Black men who have sex with men in 3 US cities." Durban, ZA.

International AIDS Conference. (2016). "Experiences of stigma in a sample of HIV-positive Ghanaian men who have sex with men: A qualitative study." Durban, ZA.

International AIDS Conference. (2016). "Significant health comorbidities in Black men who have sex with men presenting for a US PrEP study." Durban, ZA.

Caribbean Studies Association Annual Conference. (2016). "Social, behavioral and clinical predictors of sexually transmitted infections among African, Caribbean and Black men in Toronto." Port-Au-Prince, HT.

Conference on Retroviruses and Opportunistic Infections. (2016). "HPTN 073: PrEP uptake and use by Black men who have sex with men in 3 US cities." Boston, MA.

Conference on Retroviruses and Opportunistic Infections. (2016). "Sex, stigmas and systems: Global issues on HIV in young MSM." Boston, MA.

Canadian Conference on HIV/AIDS. (2016). "En Avant: Implementing an impact-focused HIV/AIDS research strategy for African, Caribbean and

Black communities in Ontario." Winnipeg, MB.

Canadian Conference on HIV/AIDS. (2016). "HIV and other sexually transmitted infections among African, Caribbean and Black men in Toronto, Canada." Winnipeg, MB

Canadian Conference on HIV/AIDS. (2016). "Understanding HIV transmission among persons from African, Caribbean and Black communities in Canada." Winnipeg, MB.

**Sally A. Norton,**  
PhD, RN, FNAP, FPCN, FAAN

Emory University. (2016). "Communication, systems, and culture in palliative care: Research at the boundaries." Atlanta, GA.

National Summit on Advance Illness Care. (2016). "Getting to the right clinical measure." Coalition to Transform Advanced Care, Washington, DC.

Palliative Care Collaborative: 9th Annual Regional Conference. (2016). "Stepping up to the plate: National palliative care quality initiatives." Wayne State University and Henry Ford Health System, Detroit, MI.

Palliative Care Collaborative: 9th Annual Regional Conference. (2016). "Making performance improvement work in your setting." Wayne State University and Henry Ford Health System, Detroit, MI.

American Academy of Hospice and Palliative Medicine & Hospice and Palliative Nurses Association Annual Assembly. (2016). "Making your measurements matter: Implementing the AAHPM & HPNA Measuring What Matters project." Chicago, IL.

American Academy of Hospice and Palliative Medicine & Hospice and Palliative Nurses Association Annual Assembly. (2016). "Sustaining large-scale, direct-observation research in the natural setting: The palliative care communication research initiative cohort study." Chicago, IL.

**Irena Pesis-Katz,** PhD

Clinical and Research Grand Rounds. (2016). "Population health management: The shift from volume-based to value-based care." University of Rochester School of Nursing, Rochester, NY.

## PUBLICATIONS, PRESENTATIONS, HONORS, AND AWARDS

**Bethel Powers,**  
PhD, RN, FSAA, FGSA

Gerontological Society of America. (2016). "A nurse communication training program in home healthcare to provide integrated depression and disability care." New Orleans, LA.

**Karen A. Reifenstein,** MS, RN

Clinical and Research Grand Rounds. (2016). "Role as faculty diversity officers." University of Rochester School of Nursing, Rochester, NY.

**Kathy H. Rideout,**  
EdD, PPCNP-BC, FNAP

Pediatric Nursing Conference. (2016). "Preparing our future health care workforce." Rochester, NY.

Women's Council of the RMSC. (2016). "Transforming lives through nursing research." Rochester, NY.

**Madeline H. Schmitt,**  
PhD, RN, FAAN, FNAP

Innovations in Interprofessional Collaboration: Individual Community Engagement. (2016). "Joining the healing community." Nazareth College, Rochester, NY.

American Psychological Association Summit. (2016). "Integrated primary care." Washington, DC.

**Craig R. Sellers,**  
PhD, RN, ANP-BC, GNP-BC, FAANP

44th Annual Conference of the State Society on Aging of New York. (2016). "It's a balancing act: A model of community-dwelling older adults navigating health and aging in everyday life." Ithaca, NY.

44th Annual Conference of the State Society on Aging of New York. (2016). "What am I going to eat?: Understanding how community-dwelling older adults live with dysphagia." Ithaca, NY.

**Daryl L. Sharp,**  
PhD, PMHCNS-BC, NPP

Clinical and Research Grand Rounds. (2016). "Care management update: Accountable Health Partners." University of Rochester School of Nursing, Rochester, NY.

**Karen F. Stein,** PhD, RN, FAAN

Society for Behavioral Medicine Annual Meeting. (2016). "Measurement of unhealthy eating and weight control behaviors in Mexican American women with low health literacy." Washington, DC.

**Mary H. Wilde,** PhD, RN

Annual Scientific Meeting. (2016). "Somali older adults' and their families' perceptions of adult home health services." American Geriatrics Society, Long Beach, CA.

International Continence Society's Annual Meeting. (2016). "Self-management intervention for indwelling catheter users." Tokyo, JP.

International Continence Society's Annual Meeting. (2016). "Summary of research on indwelling catheter self-management." Tokyo, JP.

**Grace K. Wlasowicz,**  
PhD, RN, PMHNP-BC

Nurse Practitioner Association of New York Annual Conference. (2016). "The tsunami of psychiatric mental health care in primary care and family health care settings. How to weather the storm." Niagara Falls, NY.

**Andrew B. Wolf,** EdD, RN, ACNP-C

Roberts Wesleyan College Culture Enrichment Series. (2016). "Multi-media learning in the new millennium." Rochester, NY.

**Ying Xue,** DNSc, RN

Clinical and Research Grand Rounds. (2016). "Role as faculty diversity officers." University of Rochester School of Nursing, Rochester, NY.

### Honors & Awards

The following faculty honors were received between January and December 2016.

**Kimberly J. Arcoleo,** PhD, MPH

Denman Undergraduate Research Faculty Award (2016). Ohio State University: Columbus, OH.

**Mina Attin,** PhD, RN

Promising New Investigator (2016). University of Rochester School of Nursing: Rochester, NY.

Goergen Institute for Data Science Collaborative Pilot Award in Health Analytics (2016). University of Rochester: Rochester, NY.

**Carolanne Bianchi,**  
DNP, RN, MBA, ANP, CRRN

Geriatric Faculty Scholar (2016). University of Rochester Medical Center: Rochester, NY.

**Marie A. Flannery,** PhD, RN, AOCN

Elaine C. Hubbard Center for Nursing Research on Aging Endowed Award (2016). University of Rochester School of Nursing: Rochester, NY.

**David S. Goede,** DNP, ACNP-BC

Professional Advancement Award (2016). University of Rochester School of Nursing: Rochester, NY.

**Maria C. LaFaro,** DNP, MS, ANP-BC

Mary Dombeck Diversity Award (2016). University of Rochester School of Nursing: Rochester, NY.

**Dianne Liebel,** PhD, RN

Terry Family Research Fund for the Center for Outcomes Measurement (2016). University of Rochester School of Nursing: Rochester, NY.

**Feng Vankee Lin,** PhD, RN

Drs. Jeremy A. and Pamela York Klainer Endowed Dean's Discretionary Award in Nursing (2016). University of Rochester School of Nursing: Rochester, NY.

Brilliant New Investigator Award (2016). Council for the Advancement of Nursing Science: Washington, DC.

Valerie and Frank Furth Fund Award (2016). University of Rochester: Rochester, NY.

**Lynne Massaro,**  
DNP, RN, ANP-BC, FNP

Pam and Jeremy Klainer Dean's Discretionary Award (2016). University of Rochester School of Nursing: Rochester, NY.

**Shannon Moreland,**  
DNP, MS, RN, FNP, CEN

Outstanding Scholarly Practitioner Award (2016). University of Rochester School of Nursing: Rochester, NY.

**LaRon E. Nelson,** PhD, RN, FNP

OHTN Research Chair in HIV Program Science for African, Caribbean, and Black Communities (2016). Ontario HIV Treatment Network.

ANAC Excellence in HIV Prevention Award (2016). Association of Nurses in AIDS Care: Atlanta, GA.

**Elizabeth A. Palermo,**  
DNP, RN, ANP-BC, ACNP-BC

Elaine C. Hubbard Center for Nursing Research on Aging Endowed Award (2016). University of Rochester School of Nursing: Rochester, NY.

**Hyekyun Rhee,** PhD, RN, PNP

American Academy of Nursing Fellowship (2016). Washington, DC.

**Kathy H. Rideout,**  
EdD, PPCNP-BC, FNAP

Presidential Diversity Award (2016). University of Rochester: Rochester, NY.

**Luis A. Rosario-McCabe,** NP

Dean's Award for Excellence in Teaching (2016). University of Rochester School of Nursing: Rochester, NY.

**Craig R. Sellers,**  
PhD, RN, ANP-BC, GNP-BC, FAANP

Josephine Craytor Nursing Faculty Award (2016). University of Rochester School of Nursing: Rochester, NY.

**Andrew B. Wolf,**  
EdD, MS, RN, ACNP-C

Outstanding Faculty Colleague Award (2016). University of Rochester School of Nursing: Rochester, NY.

# Faculty, Staff Recognized at Year-End Celebration

The UR School of Nursing honored faculty and staff members' accomplishments with several awards and recognitions at a luncheon in Evarts Lounge on May 16. Those awarded include:

**Lynne Massaro, DNP, RN, ANP-BC, FNP**, assistant professor of clinical nursing, who received the Professional Advancement Award for spearheading the new nurse practitioner residency program at Highland Family Medicine and for taking on the role of clinical insights editor for the state's nurse practitioner association journal.

**Yvette Conyers, RN, MSN, FNP-C, CTN-B**, instructor of clinical nursing, who received the Mary Dombeck Diversity Enhancement Faculty Award.



Conyers is a member of the school's diversity council and a member of the LIFT program. She was recently appointed as the Medical Center's representative to the Structural Racism Project for Agencies sponsored by St. Joseph's Neighborhood Center and Catholic Family Center.

**Abdullah Abbas**, wellness coordinator, who received the Mary Dombeck Diversity Enhancement Staff Award. The award recognizes individuals who have demonstrated a significant commitment to enhancing diversity at the school and who have created and implemented diversity and inclusiveness action plans.

**Rebecca Tucker, PhD, ACNP**, who received the Outstanding Scholarly Practitioner Award, which recognizes a faculty member whose activities have made a great impact on the improvement of clinical practice. Tucker, a nurse practitioner on the heart failure service, is one of the few PhD-prepared advanced practice registered nurses at the Medical Center.

**Mary Carey, PhD, RN, FAHA, FAAN**, associate professor and associate director of the clinical nursing research center, who received the Outstanding Faculty Colleague Award. Carey has worked to advance collaboration

between researchers and clinicians and is responsible for the evolution of the school's Clinical and Research Grand Rounds.

**Marie Flannery, PhD, RN, AOCN**, assistant professor, who received the Most Promising New Investigator Award for her research on the multiple symptoms experienced by older adults with cancer. Flannery's work aims to find new methods to improve symptom reporting and communication between health care providers and individuals.



**Nora Williamson**, web communications manager, who received the Outstanding Staff Colleague Award for leading the redesign of the school's website and for her valuable contributions to discussions regarding student enrollment strategies.

**Joe Gomulak-Cavicchio**, instructional design specialist, who received the Outstanding Staff Member of the Year Award for his efforts to integrate flexible, online courses into the school's curriculum and facilitate the integration of new technologies to enhance student engagement and student-faculty interaction.

Special recognition was also given to:

**Susan Ciurzynski, PhD, RN-BC, MS, PNP, VCE**, who was recently promoted to professor. Ciurzynski, who has more than 30 years' experience as a pediatric nurse, is the director of the school's Center for Lifelong Learning, which offers continuing education, professional development, and nursing school prerequisite courses.



**Kathy Hiltunen, MBA, RN** assistant professor of clinical nursing, and **James McMahon, PhD**, associate professor, who received the Josephine Craytor Nursing Faculty Award. Hiltunen was recognized for her role as the study skills expert for the Center for Academic and Professional Success, which helps students improve their learning strategies, study habits, and critical-thinking skills. McMahon was recognized for mentoring new faculty as they begin and shape their careers.

**Feng (Vankee) Lin, PhD, RN**, assistant professor, and **Kathi Heffner, PhD**, associate professor, who received the Terry Family Research Fund for the Center for Outcomes Measurement and the Elaine C. Hubbard Center for Nursing Research on Aging Endowed Award. The awards will further their research on the neural mechanisms of – and interventions to improve – older adults' social connectedness.

**Ying Xue, DNSc, RN**, associate professor, who received the Drs. Jeremy A. and Pamela York Klainer Endowed Dean's Discretionary Award in Nursing. She will examine the availability of geriatric nurse practitioners compared to geriatric physicians and assess whether NPs will be able to compensate for the growing health care needs of the population.

**Sarah Peyre, EdD**, assistant dean for interprofessional education and an associate professor of surgery, nursing, medical humanities and bioethics, who received the Dean's Appreciation Award for advancing interprofessional education.

At the end of the awards presentation, the school's faculty and staff members celebrated the career of **Jane Tuttle, PhD, APRN, FNP-BC, FAANP**, professor of clinical nursing and specialty director of the family nurse practitioner program, who retired at the end of the academic year after more than 40 years as an NP.

# Coming Full Circle

*Her unique beginnings and an unlikely reunion inspire 'miracle baby' Raleigh Galbraith on her road back to the NICU*

*By Jessica O'Leary*

**Raleigh Galbraith** smiles down at three-week-old Ava as her professor shows her how to best listen to the preemie's tiny heart. He sanitizes his hands one more time, grabs the miniature stethoscope from the side of the crib, and gently adjusts the 4-pound baby's onesie.

"Sometimes, I close my eyes when I'm doing this, so that I'm really able to focus on the sounds and not everything else that's going on around me," explains **Patrick Hopkins, DNP, APRN, C-PNP, NNP**, assistant professor of clinical nursing and co-director of the University of Rochester's accelerated program for non-nurses.

Galbraith nods, absorbing one more piece of information on her way to becoming a nurse. She glances over at the baby's mom to give her a reassuring smile – a habit she likely picked up from observing experienced nurses like Hopkins, who has worked in the NICU for more than two decades.

Ava's visit from Hopkins and Galbraith in the neonatal intensive care unit at Strong Memorial Hospital is a happy one. She sleeps through the poking and prodding; a few days later she will be sent home. Hopkins and Galbraith have been in the NICU together before under much more worrisome circumstances.

In fact, they met each other there for the first time 23 years ago.



Photos by John Schlia

“Nursing to me is not only a career, but something I believe I was saved to do.”

*–APNN student  
Raleigh Galbraith*

## A TALE OF TWO BIRTHDAYS

Amy Galbraith was just over 24 weeks pregnant with twins in 1994 when she began having contractions and was rushed to the hospital. Daughter Alex was born a few hours later, weighing 1 pound, 4 ounces. She wasn't breathing, and doctors told her parents that she needed open heart surgery.

As Amy and her husband, John, watched doctors and nurses hook their tiny baby girl up to a ventilator and rush her to the operating room, they were fraught with worry – both for Alex, and for her unborn twin.

"We were told that if our other daughter was able to stay in utero for a few more days, it would help her develop more, and that her lungs

would be more mature," said Amy. "But I was upset and stressed, and we weren't sure what was going to happen."

Alex's heart surgery was successful, and two-and-a-half days later, Raleigh was born. Those two extra days made a difference. Raleigh weighed slightly more than her sister, and she had a stronger heart and lungs.

But the twins' fight for their lives was far from over. In 1994, the survival rate for babies born at 24 weeks hovered around 40 percent. As twins with low birth weights, Alex and Raleigh's odds were even worse.

"The doctors were honest with my parents, and they told them our chances weren't good," said Raleigh. "They told my parents that we proba-

bly wouldn't make it."

But Alex and Raleigh proved them wrong. As the weeks passed, the twins gained weight, and their health began to improve. After three months in the NICU, Raleigh was able to go home. Alex joined her a few months later.

Next came the TV news stories and the front-page newspaper articles. The sisters were called miracle babies. They had defied the odds, and they had a unique claim to fame – twins born 60 hours apart.

## RETURNING TO THE NICU

As twins, Raleigh and Alex grew up sharing almost everything. But they relished having one thing all to themselves – their birthdays.

Every year in May, the girls' two

*Sixteen weeks premature, "miracle baby" Raleigh Galbraith weighed just a pound and a half at birth. She and her twin sister – born 60 hours apart – spent the next several months in the NICU at Strong Memorial Hospital before finally heading home. Twenty-three years later, Raleigh is poised to graduate from nursing school and return to the NICU to help care for others.*





*On Raleigh's first day in the accelerated program, she discovered she had a bond with Hopkins, her professor and one of the program's co-directors. He was one of the nurses who helped care for Raleigh and her sister during their 1994 NICU stay.*

separate celebrations are meaningful reminders of the odds they overcame. So to Amy, bringing her daughters back to the NICU seemed like an appropriate way to mark the occasion.

"I wanted them to see where they'd come from, and hopefully, to meet some of the people who helped save their lives," said Amy.

When Raleigh walked into the NICU for the first time on her 12th birthday, she was overwhelmed. She wasn't expecting that the babies would be so small, and she couldn't believe that she was once that tiny.

But it wasn't long before Raleigh felt in her element. Even at that young age, the role of caretaker came naturally to her.

"As we were walking around the NICU, I saw a grandmother who was watching over her newborn grandson.

She was visibly upset, and I felt like she needed to hear our story," she said. "I went over and told her what had happened to us, and she could see that we were both OK. Immediately, her expression changed from fear to hope."

At that moment, Raleigh knew that she wanted to be a nurse.

"That experience showed me that taking 10 minutes of out my day to talk to someone could make a difference in their life," said Raleigh. "I wanted to be able to be the person who would help patients and families through those difficult moments, and I knew nursing would allow me to do that."

Ten years later, Raleigh's first choice was the UR School of Nursing. Some of her college classmates warned her that the accelerated program was too

competitive, and that she might not be accepted.

But Raleigh is accustomed to proving people wrong. She's been doing it since she was born.

"I just knew this was the place I wanted to be," she said. "When I got that call from the school that I had been accepted, I fell on the floor crying."

### **AN UNEXPECTED REUNION**

Just one day after graduating from the University at Buffalo with her bachelor's degree in health and human services, Raleigh started nursing school.

On the first day of orientation, it's a tradition for the new student nurses to pair up, spend 10 minutes getting to know each other, and introduce their partner to the rest of the class.



Raleigh and Assistant Professor of Clinical Nursing Patrick Hopkins share the story of their unique connection with WHAM 1180 host Bob Lonsberry during the Golisano Children's Hospital Drive for Miracles Radiothon in February.

The directors of the program encourage the students to share fun facts about themselves – maybe a quirky hobby or a unique talent.

Raleigh didn't have to think very hard to come up with an appropriate tidbit about herself.

"When it was our turn, my partner told the class that I was a twin, born two-and-a-half days after my sister," said Raleigh.

The story seemed uncannily familiar to Hopkins, who asked Raleigh if she was born in Rochester.

"When she said yes, I knew I was one of the nurses who helped care for her," he said.

So, in front of all of Raleigh's classmates, Hopkins told her that he had changed her diapers.

"The class burst out laughing, and I blushed and thought, well, everyone knows who I am now!" said Raleigh. "I had goosebumps when I realized we had that connection. I had no idea."

Hopkins has cared for hundreds and hundreds of premature babies, and the details of each one have faded over the years. But Raleigh's story is

one that has stuck with him.

"I was drawn to a career in the NICU because I knew the role would allow me to have an impact on babies' lives that would last their whole lifetime," said Hopkins. "It's always rewarding to reunite with a patient I cared for and see that they are thriving, but meeting Raleigh was especially fulfilling. She is doing so well, despite the fact that the odds were so stacked against her and Alex."

Twenty-two years after Hopkins cared for Raleigh in the NICU, he was her professor for her first class of nursing school.

"To me, that was just incredibly cool and inspiring," said Raleigh. "I got to learn from one of the people who helped save my life, and I'm still learning from him every day."

### **FULFILLING HER DESTINY**

In a few months, Raleigh is expected to graduate from nursing school and achieve the goal she set when she was 12 years old. Now, she has a new goal – to work as a nurse in the NICU alongside Hopkins and others

who cared for her.

"Nursing to me is not only a career, but something I believe I was saved to do," she said.

"I feel that as a NICU graduate, it's important for me to do what I can to raise awareness about what goes on in the hospital every day."

So when Raleigh was asked to speak at the ribbon cutting for Golisano Children's Hospital's renovated NICU, she enthusiastically agreed. During her speech, she recounted her first visit back to the unit on her 12th birthday. She talked about the baby boy she saw, the grandmother she comforted, and how the experience motivated her to pursue nursing.

Much like the reaction Hopkins had on Raleigh's first day of nursing school, one woman in the audience knew she had heard that story before. She remembered hearing it from her mother 10 years ago, when her newborn son was in the NICU.

"After my speech, a mom came up to me with her son, and she told me that he was the baby boy I saw in the NICU that day. Her mother was the grandmother I spoke to. It was just the weirdest thing," said Raleigh. "Now, I finally have an answer to what happened to him, and I know that he's OK."

"That's the kind of moment I want to have again. I want to comfort someone in their weakest moments of life, and to see them, years later, and know I had an impact on them."

*Jessica O'Leary is a PR associate in the University of Rochester Medical Center.*



# COMMENCEMENT 2017

The UR School of Nursing marked the end of the academic year on May 19, bestowing degrees on 275 graduates at Eastman Theatre. Highlights of the ceremony included the Commencement address of **Bobbie Berkowitz**, dean of the Columbia University School of Nursing and president of the American Academy of Nursing, the presentation of student and faculty awards, and a tender unscripted moment during the awarding of degrees.

*Photos by J. Adam Fenster and Jim Dolan*





1 Luis Rosario McCabe, the graduate student speaker, later walked the stage to receive his fourth degree from the School of Nursing, a DNP degree. 2 APNN graduate Wendra Lyken prepares to enter the processional line while her sister Shaunielle Glen adjusts her cap. 3 Bobbie Berkowitz's inspiring speech urged graduates to use the power of their future positions to influence leadership and policy. "Be bold, be present, be heard," she said. 4 Dean Kathy Rideout takes the podium to deliver her address to graduating students. 5 Undergraduate student speaker and winner of the Student Nursing Recognition Award Allison Carr is all smiles. 6 PhD graduate Sarah Miner shares a hug with Dean Rideout. 7 Pam Brady responds to a thunderous ovation after being presented with the 2017 Dean's Award for Excellence in Teaching. 8 University President and CEO Joel Seligman goes down into the audience to hand deliver a diploma to APNN grad Jenelle Noble, who was unable to cross the stage due to a broken ankle. 9 RN to BS grad Brandy Marie Young can hardly contain her excitement as she makes her way across the stage.

Miss a photo or a tweet? Check out our Commencement social media roundup: [son.rochester.edu/newsroom/2017/son-commencement.html](http://son.rochester.edu/newsroom/2017/son-commencement.html)



# BLAZING A TRAIL

Flexible, family like atmosphere help MNE program's inaugural grads address nursing faculty shortage sooner than anticipated

By Patrick  
Broadwater

**Molly Becker** just wanted to work out a plan. But her discussions with Assistant Professor of Clinical Nursing **Maria Marconi, EdD, RN, CNE**, helped create an entire program.

Becker, a NICU nurse at Golisano Children's Hospital, knew she was interested in teaching. She was already taking courses in the Health Professions Education (HPE) program at the Warner School, but what she really wanted was a program that was specifically focused on preparing nurse educators. So she sat down with Marconi, a nationally certified nurse educator and one of the faculty in the HPE program, to talk options.

"It was one of the early conversations with Molly, who was trying to

blend nursing education with health professions education, that helped us to identify the need that existed for many nurses who wanted to teach nursing," said Marconi. "There was no direct path for them to do so at the University of Rochester."

Recognizing the need to strengthen the pipeline of future nursing faculty and offset the needs of nationwide nursing faculty shortages – some 70,000 prospective nursing students are turned away each year in part because of lack of qualified faculty, according to a 2014 American Association of Colleges of Nursing survey – the School of Nursing launched its Master of Science in Nursing Education (MNE) program in September 2015.

The program offers an interdisciplinary curriculum aimed at teaching nurses how to teach. It blends online and classroom instruction with opportunities to work with experienced educators and learn new skills, such as developing online courses, lecturing to a large class, or precepting a clinical group of nursing students on a patient care unit.

Becker was among the initial group of 23 students to join the MNE program. The school anticipated that the 35-credit program would produce its first graduates in 2018, but Becker and **Stephanie Herbst** blazed their way through the program, receiving their MNE degrees this past May.

A third member of the cohort, **Mia Gesel**, is one course shy of completing the MNE program while also simultaneously pursuing a psychiatric nurse practitioner degree.

"These three students all came to the new MNE program with unique backgrounds and goals, and it was clear after meeting them at their interview that the right thing to do was

to mobilize our amazing resources at the School of Nursing to help them graduate in one year, as opposed to waiting until 2018," Marconi said.

"There was just a lot of support," Becker said. "We were instantly given a roadmap or guide that was specific to what our needs were. The program wasn't rigid. Maria was just so excited to work with us where we were to get us where we wanted to go. She figured it out for us."

"We were really thankful we went through this whole program together. We relied on each other to make sure we were on the same page with assignments and providing support to each other," Gesel said. "In Maria's class, I felt that she really made a family atmosphere. We always talked about things that were going on in our lives, and we were constantly updating teach other. It was a very relaxed and personal environment."

"Not only were these three students close, but the entire cohort became very close and worked incredibly well together," Marconi said. "The MNE faculty helped them work toward a common goal – to learn to be the best nurse educators they could be – and they worked together



Marconi



Photos by John Schilia

*Mia Gesel answers a question from the audience during her MNE capstone presentation May 4 in Evarts Lounge.*

to take advantage of all the wonderful opportunities that an academic medical center and the Warner School have to offer. Even though they were all from diverse specialties, they helped each other balance working and going to school.”

That personalized approach certainly pays off.

Gesel, a psychiatric nurse at Strong Memorial Hospital, knew from day one that she wanted to be a nurse practitioner. But she also wanted to be a nurse educator. She worked closely with Marconi, **Craig Sellers, PhD, RN, AGPCNP-BC, FAANP**, director of master’s programs, and **Holly Brown, DNP, RN, NPP, PMHCS-BC, and Susan Blaakman, PhD, RN, NPP-BC**, specialty directors of the psychiatric NP program, to turn that career goal into an academic path.

Gesel took two courses per semester while maintaining her full-time job. “I just jumped into the MNE program and was able to take courses that applied to both, so that was really nice,” Gesel said.

Herbst, a graduate of the Accelerated Program for Non-Nurses (APNN), meanwhile, began by taking some master’s level prerequisite courses as a non-matriculated student. She wanted to pursue a graduate degree, but wasn’t sure which program would suit her best.

“I didn’t really know what program fit my learning style, then when Maria discussed the master’s in nursing education, it really pinpointed exactly what I wanted to do,” said Herbst, who also works at Golisano. “It was kind of an a-ha moment for me.”

Upon graduating, Herbst will take on a new role as a pediatric clinical



*Mia Gesel, Stephanie Herbst, and Molly Becker were the first three students to complete their capstone projects in the new Master’s in Nursing Education program. Herbst and Becker received their MNE degrees this May, while Gesel will fulfill her final MNE course requirement while simultaneously pursuing a psychiatric nurse practitioner degree.*

instructor in the APNN program, a transition made easier by her student-teaching capstone project.

“I still like that fast-paced hospital environment, as well, so in the future I like that I’ll be able to combine those two roles.”

“This is exactly the program outcome we anticipated – our graduates easily getting jobs teaching the next generation of nurses, demonstrating best practices in teaching and learning that they have learned from expert faculty, and engaging with students both in the hospital and in the academic setting,” Marconi said. “The need for more master’s and doctorally prepared nursing faculty is well known – both locally and nationally. The goal of our program is to help address that need.”

To help meet those needs, the MNE curriculum features a number of multidisciplinary courses taught at the Warner School, where nurses learn alongside physicians and other health professionals, which adds an interesting dimension to the program. It also includes 140 hours of clinical work, a comprehensive exam, and a final semester-long capstone project.

“Although there were, of course, some growing pains along the way, the support from the School of Nursing was vital to develop and welcome this first cohort of MNE students,” Marconi said, citing the School of Nursing admissions office, graduate program faculty and staff, Sellers, **Dean Kathy Rideout, EdD, PPCNP-BC, FNAP, Associate Dean Lydia Rotondo, DNP, RN, CNS**, as well as Warner School faculty and staff, including **Dean Raffaella Borasi**. “It really takes a village.”

“I have to say our student-teaching experiences every semester really helped to build my abilities as an educator. I thought that was a really important part of the training was getting that real-world experience,” said Gesel, who will begin working as a psychiatric clinical instructor for the APNN program this summer.

As for Becker, who completed the program this spring while working in the NICU and teaching in the simulation lab at an area college, she won’t be entering the education field just yet. She recently moved back home to her native Canada to give birth to her second child.

“It’s a bit of a funny time to graduate, but I feel prepared in the experiences I’ve been given and the opportunities I’ve had,” she said. “There will be a position for me in the near future. Nursing is everywhere, and education is everywhere, so I’m sure there’s a fit for me.”

*Patrick Broadwater is a senior public relations associate in the School of Nursing and editor of NURSING magazine.*



*Laura Callens, motivated to embark on a career in nursing after her husband passed away from cancer, was nominated by her classmates to be the class speaker.*



*Dean Kathy Rideout and APNN co-director Patrick Hopkins with the cohort's four Fuld Scholars: Chinwe Asiegbulem, Nelissa Perez-Nazario, Natalie Santacesaria, and Nancy Bui.*



*Daniel Mensel receives a congratulatory handshake from Associate Dean Lydia Rotondo.*



## APNN Cohort Recognized in December Pinning Ceremony

One year after their varied backgrounds and careers brought them to Rochester, 61 students in the Accelerated Bachelor's Program for Non-Nurses were welcomed into the nursing profession. The traditional pinning ceremony on Dec. 15 celebrated those students – ages 21 through 52 – who set out to make a difference in the lives of others by pursuing a career in nursing.

**Read more about the December pinning ceremony at [son.rochester.edu/newsroom](http://son.rochester.edu/newsroom)**

Photos by Jeff Witherow



Laura Ostrout quizzes gradeschoolers on the five food groups during a health fair at Charles Settlement House.

# SEEING THE WORLD FROM A NEW PERSPECTIVE

APNN students go into the community to gain a better understanding of the people they serve.

By Patrick Broadwater

Photos by Matt Wittmeyer

In a sun-bathed corner of a multi-purpose room, School of Nursing students **Laura Ostrout** and **Hannah Velling** are handing out sliced apples and baby carrots. Across the room, their classmate **Michael Bull** is dabbing. In another room down the hall, **Samantha Aures** is balancing on her forearms and toes, holding herself up in plank position.

They're not just passing time between classes. This March afternoon, the Accelerated Program for Non-Nurses (APNN) students are

putting on a health fair for children in the afterschool program at Charles Settlement House, a human services agency serving underserved and economically disadvantaged children and adults in northwest Rochester. A team of eight nursing students, split into four groups of two, are leading discussions with the gradeschoolers about different aspects of maintaining good health.

Ostrout and Velling are focusing on nutrition. Using a colorful chart showing recommended serving sizes of the

five main food groups and the apples and carrots as examples of healthy snacks, they quiz the kids on how to classify different foods.

Tucking his head down into the crook of his elbow in the style of a popular dance move, Bull is demonstrating how to prevent the spread of germs while sneezing or coughing. Aures is showing the children some body-weight exercises they can do at home or school to stay fit. Around the corner in another room, **Joseph Scacchetti** and **Angel Huang** talk to the

kids about bullying and building positive relationships.

More than 30 children in grades 1-6 will filter in and out during the presentations, rotating between stations every 20 minutes. The fair serves as an important lesson in health literacy, reinforcing good habits in the children, and providing them with some new tidbits of information that they didn't know previously.

But it's not just the gradeschoolers who are doing the learning.

"When the patients come to the hospital, they're in our domain. It's our rules, it's our process, it's our routine," said **Leann Patel, MS, BSN, RN**, assistant professor of nursing. "When we go into the community, the students enter the patients' domain. It's a very different feeling."

Through the community health component in NUR 377 Adult and Home Nursing, each APNN student has the opportunity to get exposed to a wide variety of lived experiences.

covering a different topic with each visit.

At each site, the assigned team of students makes a preliminary visit to meet with program leaders and identify learning needs. The group also consults the latest research on the population they will be meeting and does a windshield survey, exploring the community by car to get a feeling for the conditions and culture of the neighborhood.

"We spent two hours just driving



*Samantha Aures, showing children the proper way to do a squat, demonstrated exercise techniques to help reinforce the importance of engaging in active play on a regular basis.*

### **Community Exploration**

It's no mystery where a hospital or clinic gets its patients. Health care providers serve the very communities that surround them. But seeing patients in an acute-care setting is one thing. Meeting them out where they live, work, and play is something else entirely.

Among the sites that partnered with the School of Nursing in the spring semester: The Children's School of Rochester, Mary's Place (a non-profit refugee outreach center), and Monroe Correctional Facility. Sometimes the students put on a health fair, like the one at Charles Settlement House; other times, they make several presentations over the course of a few weeks,

around the Gates/North Gates area to assess what the culture was like," said **Allison Carr**, who was part of a group that presented to girls in the Successfully Transitioning Youth to Adolescence (STYA) program at Lyell Library. "We noticed that there was limited access to a variety of resources, such as fresh produce. Exploring the community for such a short period of time

gave us a glimpse into what life is like in that community."

Based on the preliminary work, the students delivered presentations specific to their audience and their needs. At Charles Settlement House, which serves a large population of children and seniors, the students reinforced basic health information that may not have been emphasized at home. At Mary's Place, where many refugees have low English literacy levels, students focused on alternate methods for transferring knowledge, such as using visuals or role playing to supplement very simple language.

"I'm looking to see that they are connecting to the folks they're serving. They have to convey their message to them," said Patel. "Have they done the work to understand who their population is? Do they understand their culture and ethnicity?"

At the end of the semester, the students get together to share their findings with their classmates. Each group spends an hour discussing their community exploration, the literature review, their teaching plans, as well as their reflections and new understandings gained from the experience. The presentations opened up rich discussions into the choices groups made, and also provided a chance for students to learn from each other about



*Hannah Velling talks to children about building good nutritional habits. Community events, such as these health fairs, help UR Nursing accelerated students promote health literacy and learn more about the populations they will serve as professionals.*

**"When the patients come to the hospital, they're in our domain. It's our rules, it's our process, it's our routine. When we go into the community, the students enter the patients' domain. It's a very different feeling."**

– Leann Patel

what it was like to work with their specific population.

"That collaborative learning is very valuable," Patel said. "We can't send them all to rotate through the jail, but we can send one clinical group. And when they start talking about what it was like to go into the jail and work with the incarcerated population, you can see the other students are impacted by that, as well."

### **Making Connections**

NUR 377 dates back to 2002 when the APNN replaced the traditional four-year program. In a brisk and intense 12-month program, this 11-week, 8-credit course taken in the third trimester is considered one of the most challenging for students. It meshes together all they've learned in the previous months. Not only do they do the

community health project, but students also work in acute care and OR settings, as well. "Students come out of it very tired," said **Pam Brady, DNP, RN**, who has been co-teaching the course with **Caro-lanne Bianchi, DNP, RN, MBA, ANP, CRRN**, for more than a decade.

Bianchi and Brady were both community health nurses who had previously taught in the traditional program. They recognized that this course invited opportunities for community engagement and health promotion.

At first, that translated into going on home visits with nurses from the Visiting Nurse Service. But in 2008, they were approached by Patel, who was volunteering as a facilitator for Step by Step, an agency help-

ing women transition back into their community after being incarcerated. Patel, who was teaching OB classes at the time, suggested taking some of her students to Albion Correctional Facility to help teach positive parenting skills to incarcerated mothers.

"We said, 'That's community health, and that would be great in our course,'" Bianchi said. "At the time we didn't have students teaching people in the community, per se. We knew that the community aspect was important. We just didn't have resources to devote to that."

Patel enlisted a group of 12 nursing student volunteers for a pilot program at Albion in early 2009, and it was an immediate hit. The only sticking point was that to implement it into the course, the instructors would have to



find enough slots for every student. Not just the 64-66 students in a single cohort, but for all three cohorts that are active in a given year.

Patel has done much of the legwork acquiring the 24 sites needed each year by making calls and knocking on doors. She has assembled a cast of more than 40 community partners, which gives both the school and the sites flexibility in terms of scheduling.

The collaborations with community groups and agencies have been partnerships in the truest sense. They are intended to be long-term, give-and-take relationships. The See What You Can Bee program, which brings sixth-graders to the School of Nursing for a day of hands-on demonstrations in an effort to engage them in STEM-focused learning, was a direct result of the NUR 377 partnership with the Rochester Children's School. "You don't just drop in and take. We have to give, as well," Patel said.

### **Learning from Each Other**

Jennifer Quick knows full well how valuable it is to receive visits from School of Nursing students. At STYA, she works with pre-teen girls at higher risk of pregnancy, many of whom come from unstructured family situations.

The girls may live in unsafe neighborhoods, help raise younger siblings, or have trouble getting proper amounts of food or sleep on a regular basis. Knowing that many don't live with their mothers and may not have anyone to talk with about their changing bodies, Quick welcomed the idea of having nursing students come in to talk to the girls about anything from picking out and properly fitting a bra to hygiene and menstruation.

"Based off that experience, the girls really grew in their level of comfort speaking about other topics," said Quick, who first partnered with Patel at Albion through Step by Step. "I think these classes were springboards creating trust and opening up further dialogue. The girls were carrying themselves differently after the sessions. I can talk to them about these issues myself, but having the University of Rochester come in – this is a prestigious school in the area – it really elevated the whole experience."

"A lot of the girls didn't necessarily have a comprehensive understanding of their development, and they were getting a lot of their information from unreliable sources," Carr said. "A lot of our discussion was on empowering girls to make their own decisions about

their bodies and talking with somebody that they can trust. We knew that it might not be a parent or an older sibling. They could be living in a group home, with a grandparent, or aunt or uncle. So we just wanted to reiterate the importance of talking to somebody you trust and feel safe with, knowing that it might not be a support system that's traditional in the sense of a mom and dad."

Of course, the community health visits are a huge boon to UR nursing students, as well. Not only do they enhance their health literacy and communication skills, but they also receive a valuable lesson in cultural humility and sensitivity. For most, it is an exercise in getting out of their element, shedding preconceived notions and judgments of a population, and seeing the world from a different perspective.

"That's when I learn the most," said Carr, whose work as the founder and president of her own charity advocating for children with disabilities has taken her to such countries as Tanzania, Ghana, India, and Guatemala, to name a few. "You always need refreshers. We're all human. Nobody's better. Nobody's worse. Everybody deserves the same amount of worth whether you grew up privileged or not."

Opposite page and right: UR Nursing students addressed with the children issues such as good hygiene, healthy eating, staying physically fit, and bullying. Charles Settlement House is one of about 40 sites that partners with the School of Nursing on community health. Among the other sites UR Nursing students visited in the spring semester were the Children's School of Rochester, Mary's Place, and Monroe Correctional Facility.

"The most important part for me is the reflection at the end. What did you think about this population or this neighborhood going in, and now that you've met the people, what do you think?" Brady said. "It gets them out of their comfort zone to work with people they probably wouldn't have ever met if they had just stayed within the walls of the school. But that's the point of the whole thing."

After all, how can you really serve the people in your community unless you really know them?

"It's humbling," Patel said. "Not everybody's going to want to go into community health, and that's OK. But it's a fabulous way to expose them to the Rochester community, to the very real needs of our people in the Rochester community. These are the same people that come in for care."

"When I go with students and I'm in the background watching our nursing students connect and engage, it is very, very powerful. If you're not connected with the people you're serving, what good is it? Are you just there to give a pill? No, there's more to it than that. When we take them out to the community, they get that understanding of the lived experience – the human experience. How else would we do it?"

*Patrick Broadwater is senior public relations associate in the School of Nursing and editor of NURSING magazine.*



# The Promise Keeper

By Jessica O'Leary

*His family torn apart by war and tragedy, **Vehid Basic** fulfills his brother's dying wish by earning his nurse practitioner degree*

Vehid Basic never got the chance to celebrate his graduation from college 25 years ago.

And if anyone deserves a party, it's him.

Basic had dreamed of going to college since he was a young boy growing up in Bosnia. His father had abandoned his family when he was just 7 years old, and Basic hoped to become a history teacher to support his mother and siblings.

Without much money to his name, Basic put himself through college by working at a shoe factory and traveling 80 miles by bus, every day, to his classes.

"It was very, very difficult, but I kept going," said Basic. "Finally, on the day of my final exam and graduation, I felt like I had made it."

Basic's feeling of triumph quickly turned into one of panic. On his way home from graduation with his new wife, Cecilija, they passed by trucks carrying hundreds of soldiers, who were forcing their way into towns and blocking off roads.

"I knew then that the war was about to start," said Basic. "As soon as we got home, one of my friends came over. He was a Serb, so he was supposed to be

my enemy. But he warned me that his side was going to attack our town that night. He told us to leave."

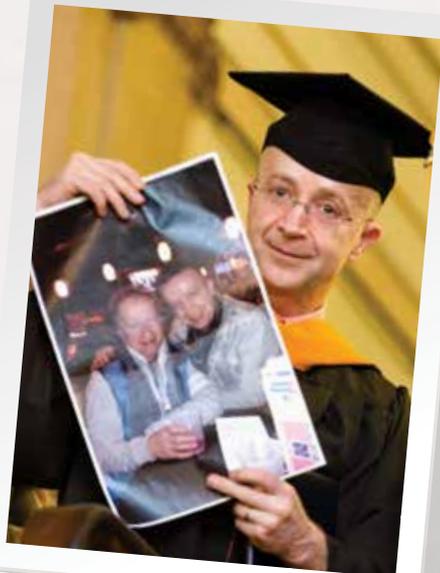
Basic and his wife packed up their belongings and attempted to escape through the one road to Croatia that remained open. But by the time they got there, military forces had set up a barricade. They demanded to know where the couple was headed, and when they weren't satisfied with Basic's reply, they put a gun to his head.

"When I have nightmares about the war, that's what they're about – that cold gun on my skin," said Basic. "Eventually, they let us pass, but as soon as we started driving away, they started shooting at us."

Basic and his wife avoided the gunshots, along with countless other explosions and dangers, before making it to the bridge that would take them to safety.

Basic was right; the Bosnian War was beginning. The conflict would last nearly four years and leave more than 100,000 people dead.

In Croatia, Basic found refuge living with Cecilija's parents and 20 other members of her family in a small home. They were safe, but he didn't know where his mother and siblings were, or



*Top: Vehid Basic unfurls a photo of him and his brother Ned that he carried with him at Commencement. In their final conversation, Ned urged Vehid to live up to the meaning of his name.*

*Middle: Inspired by brother's memory, Basic walks across the stage at Eastman Theatre to receive his NP degree.*

*Bottom: Basic and his family in Croatia, a half hour before they embarked on their move to the U.S.*

if they were still alive.

Three years passed, and still, he hadn't heard any news.

"Then, I finally received a call from a refugee advocacy agency," said Basic. "They told me that my mother, brother, and sister were all OK, and that they were living in the United States in a small city in New York: Rochester."

After months of waiting for the necessary paperwork and approvals, Basic, his wife, and young son traveled to the United States and were reunited with his family at the Rochester airport.

The date was Aug. 5, 1995. Basic can rattle it off with ease; to him, it's like a birthday or an anniversary. The meaningful day marks the start of Basic's new life in America, of course, but it's also the day Basic learned the meaning behind his first name.

Vehid isn't a common name in Bosnia, and it was often the subject of jokes when Basic was a young boy. That day, as he was reunited with his family, he learned why his mom had chosen such an unusual name.

"She had been reading a book when she was pregnant, and the main character was a doctor," said Basic. "She named me after him, hoping that someday, I'd become a doctor, too."

He didn't know it then, but that piece of information would later change his life.

### **On a Mission**

The college degree Basic had earned in Bosnia wasn't recognized in the United States. Despite all the hard work he had put in, Basic was happy to find work as a janitor in a local nursing home.

But his goals changed after he received a call from his father-in-law, whom he had become close with during his years in Croatia.

"He had called me to tell me that he had been diagnosed with terminal

lung cancer," said Basic. "He had six children, and it was me that he chose to tell. I took that as some kind of message. I needed to do something – anything – to honor him."

Motivated by his father-in-law's battle, Basic hung up the phone and immediately set out on a 10-mile walk to enroll in school and become a licensed practical nurse (LPN).

The only admission requirement was an English test. Basic failed it – twice.

"When I went back the third time, the teacher said, 'Is this really something you want to do? Do you think this program is for you, if you've already failed this test twice?' I told her that I wouldn't disappoint her. I was on a mission," said Basic.

The third time was the charm. Basic passed, was admitted to the program, and received a perfect score on every exam. After graduation, he got a job working as an LPN in the same nursing home where he had cleaned the floors and scrubbed the toilets.

Basic went on to get his associate degree and started a new job at Highland Hospital. He then enrolled in the UR School of Nursing's RN to BS program. After earning his bachelor's degree, Basic decided, once and for all, that he was done with school.

### **The Promise**

Unfortunately, it was another tragic event in Basic's life that would lead him to go back on that decision.

In 2012, Vehid's brother, Ned, was diagnosed with prostate cancer at the age of 57. The cancer had already spread, and his prognosis was bleak.

"Before he passed away, he told me how much he believed in me. He asked me to fulfill the name my mother had given me and become a doctor," said Vehid. "I told him that I would."

That was the last time the brothers spoke. Basic had already lost Ned once

– to the war in Bosnia – only to reunite in the U.S. Now, he was losing him for a second time.

Less than three weeks after Ned passed away, Basic's 21-year-old son, who was just credits shy of graduating from college, went missing.

"He left the house and didn't come back," said Basic. "It's been three years, and we still don't know where he is, or if he's OK."

Consumed by grief, Basic chose to channel his emotions into something positive, and to try to live up to the promise he made his brother.

So he went back to school one last time – enrolling in UR Nursing's adult-gerontology acute care NP program.

"I knew at my age that becoming a doctor would be difficult," said Basic. "But a nurse practitioner – well, that was pretty darn close."

This May, after three years of studying, Basic passed one last final exam and reported to Eastman Theatre to graduate. He decorated his graduation cap with a simple, poignant message: "For You My Brother," and tucked a photo of Ned in his robe, close to his chest.

As he walked across the stage and received his diploma, his family cheered him on from the audience. After the ceremony, his loved ones embraced and congratulated him.

Twenty-five years after his final exam in Bosnia, Basic got the graduation celebration he deserved.

*Jessica O'Leary is a PR associate in the University of Rochester Medical Center.*

University Libraries/Department of Rare Books, Special Collections, and Preservation



**Garden Gathering** Flowers and smiles were in full bloom in this undated photo. Can you identify anyone in the photo or when or where it was taken? Let us know! Drop us a line or comment on this post on the School of Nursing Facebook page ([www.facebook.com/UofRSchoolofNursing](http://www.facebook.com/UofRSchoolofNursing)).



**Fall photo update:** Judy Goldthorp '69 was the first of several to identify Sue Gabbe Cass '68 (left) in our "From the Archives" photo from our last issue. Sue noted that Pat Hoffman Schwimer '68 was the other student in the photo, with Pat adding: "The Class of 68 were major change agents, first lobbying to end curfews, then bidding good bye to battleship gray in favor of lightweight blue pin feather. AND The REAL coup, Yes we were given our black bands at capping in time for the leadership course. GO 68"

## \$1 Million Gift to Support UR School of Nursing Research

An anonymous donor has pledged to give \$1 million to the University of Rochester School of Nursing. The donation, which will establish a new endowed fund, will support the school's mission to advance research and scientific discovery.

"This inspiring gift will allow us to embark on new research initiatives that have the potential to improve patient outcomes and address health care's biggest challenges," said UR School of Nursing Dean **Kathy Rideout, EdD, PPCNP-BC, FNAP**. "We are immensely grateful for this donor's generosity, which will have a lasting impact beyond our school and community."

The endowed fund will provide resources for the school to jump-start new pilot projects, purchase state-of-the-art equipment, and conduct bio-statistical analysis, among other initiatives. The donation may also fund collaborative research projects

**“ This inspiring gift will allow us to embark on new research initiatives that have the potential to improve patient outcomes and address health care’s biggest challenges.”**

– Dean Kathy Rideout

led by the school and the University of Rochester School of Medicine and Dentistry.

Advancing research is one of the UR School of Nursing's three core missions, and its faculty members have made significant contributions to research on promoting healthy behaviors, developing and changing health care systems, chronic illness and palliative care, and symptom identification, monitoring, and management. Over the past four years, the school has rocketed up 32 spots to No. 19 in the annual rankings of research funding from the National Institutes of Health – demonstrating the strength of the school's

research program in an increasingly competitive funding environment.

To learn more about how you can support the School of Nursing, visit [son.rochester.edu/alumni/donate.html](http://son.rochester.edu/alumni/donate.html) or contact **Andrea J. Allen**, director of advancement and alumni relations, at 585-276-4336 or [andrea.allen@rochester.edu](mailto:andrea.allen@rochester.edu).

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## A Leading Voice in Disaster Mental Health Support

Career path of Christine Tebaldi '96N, '01N (MS) influenced by empowered nurses

When disaster strikes, the American Red Cross mobilizes a team of volunteers to assist with emergency response and recovery efforts and ensure that those affected receive basic necessities, such as food and shelter.

**Christine Tebaldi '96N, '01N (MS)** makes sure that individuals also get the emotional and behavioral support they need.

Tebaldi, the director of psychiatric emergency services and director of clinical business development at McLean Hospital in Massachusetts, is the volunteer lead for the Red Cross disaster mental health team state-wide and the state's disaster mental health advisor. Whether responding to families displaced by house fires, weather-related disasters, or acts of terrorism, Tebaldi helps coordinate mental health services for those directly impacted by tragic events.

"The real function is providing a compassionate presence," she said. "There's a decent body of work and evidence that shows having mental health services mitigates the negative consequences of potentially traumatizing events."

Disaster mental health brings together professionals from a variety of settings. As a nurse, Tebaldi says her experience with the nursing process, assessment, and prioritization is critical. "In addition, nurses have a good sense of how the mind, body, and spirit interact with one another. We know that mental health conditions can manifest themselves in physical ways, and the knowledge of that connection is very helpful in the field."

Tebaldi began volunteering with the Red Cross in New York after the 9/11 attacks, providing mental health support in a respite center near Ground Zero. She was a nurse practitioner at Strong Memorial Hospital at the time

and joined a small cadre of Strong staffers who were deployed there for two weeks.

After returning from New York, Tebaldi continued to stay active in the Red Cross, taking on leadership roles first in Rochester, then in her home state of Massachusetts. She served as the Red Cross disaster mental health chief in the aftermath of the Boston Marathon bombing in 2013, and was honored later that year with the Chandler Blackington Community Impact Award from the Red Cross of Massachusetts.

Tebaldi's volunteer work dovetails with her professional role at McLean, a psychiatric teaching hospital affiliated with Harvard Medical School. She oversees the emergency services programs as well as new program development initiatives. She was recently elected to a member-at-large position on the American Psychiatric Nurses Association Board of Directors.

Tebaldi discovered psychiatric nursing while an undergrad at the University of Rochester. Knowing she wanted a career in the sciences that was focused on helping others, she was leaning toward pursuing biomedical engineering. But during her sophomore year, she went to a presentation that opened her eyes to nursing as a profession.

"I learned that nursing would allow me to pursue my interests in science, but also afford me the opportunity to help others, and teach patients, fam-

ilies, and students - it all just clicked," she said. "When I did the psychiatric mental health nursing rotation, I knew that area of practice was the right fit for me."

"The single most impactful experience for me was seeing how empowered nurses are at the University of Rochester. I witnessed this as a student, but also working at Strong Memorial Hospital," she said. "I knew I was joining a profession I could be proud of. Learning how to be a respected and contributing member to the health care team gave me a great foundation. Rochester is a place where you really learn what it means to be a nurse."







**B**arbara “Buzzy” Vallone’s life has taken her to many places. She worked as a nurse in Hawaii in the 1960s, visited Italy 27 times, and traversed all over Europe, Asia, and Africa. But no matter how far she has traveled or how long she’s been gone, Vallone has always returned to Rochester, her adopted home.

Vallone was born in rural Pennsylvania to a long line of nurses. Her great aunts served in World War I, and her mother worked as a nurse in a hospital in the 1930s. Vallone followed in their footsteps, attending nursing

school in Binghamton before being drawn to Rochester.

“I had received a scholarship to take courses at the UR School of Nursing, and I was looking for a place where I could start practicing and advance my career,” said Vallone. “It was the perfect fit.”

Vallone’s first job was in Strong Memorial Hospital’s intensive care unit (ICU) in 1960 – when ICUs were a relatively new concept. After 10 years, she transferred to the medical outpatient department, where she was promoted to nurse manager.

Over the course of her nearly 40-

year career, Vallone witnessed many improvements in nursing and health care delivery, from the first kidney transplants to innovations in cardiac surgery. But she was also a driving force for change herself. Vallone played a key role in numerous advancements – including the launch of blood glucose testing at the hospital in the 1980s – and she was instrumental in shifting the perception of nurses and expanding their roles.

Vallone established a partnership between medical residents and nurses – which was virtually unheard of at the time – and she counseled her staff on their careers and how to present themselves as practicing

partners in the health care delivery system. Under Vallone, nurses created professional portfolios for their annual reviews before they were a common requirement.

"She was a true visionary leader," said **Patricia Rogers, '91N, '96 (MS)**, who was a staff nurse for Vallone in the 1980s and '90s. "She was always looking to the future when she made decisions, and she structured the role of the registered nurse based on how she thought that role would fit into the future of health care."

Although she retired in 1996, Vallone continues to make an impact on the nursing profession through her incredible generosity. Vallone is a member of the Dean's Diamond Circle, a group of distinguished donors who play an integral role in sustaining the school and paving the way for its future, and she's a founding member

**“ I believe that if you are going to change someone’s life, you need to educate them, and this is my way to be a part of that.”**

– Barbara “Buzzy” Vallone

of the Wilson Society, a group of alumni, parents, and friends whose philanthropy to the university includes a planned gift.

But despite all she had already given, Vallone still wanted to do more.

"I had begun to think about my legacy, and I just knew deep down that giving back to the school and supporting nursing education was something I wanted to do," said Vallone. "It took me about a year to decide what I could do that would have the biggest impact."

After giving it a great deal of thought, Vallone decided to establish two scholarship funds – one for bachelor's degree students, and one for students in the Master's in Nursing Education (MNE) program.

"I believe that if you are going to change someone's life, you need to educate them, and this is my way to be a part of that," said Vallone, who made the donations in memory of her late husband, Romanio Vallone. "Now, because I decided to do this, I'm energized to do more in the future."

## YOU HELP CREATE OPPORTUNITIES

"It has been an honor to be part of the Accelerated Bachelor's Program for Non-Nurses, and I am so grateful for being able to pursue my passion for nursing through this amazing academic endeavor. It would not have been possible without the financial assistance I received from generous alumni like you."

By making a gift to the School of Nursing, you can ensure students like Nelissa are able to receive an exceptional nursing education. **Together, we can help our students fulfill their dreams of making a difference in the world.**

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**Nelissa Pérez-Nazario,**  
**'09M (MS), '13M (PhD), '16N (BS)**  
*Helene Fuld Health Trust Recipient*

Community Liaison for the  
Rochester Victory Alliance,  
Department of Medicine and  
Infectious Diseases at URM

## 1970s

**Beth L. Fletcher '78N** was recognized by Continental Who's Who as a 2015 Pinnacle Professional of the Year.

She has 37 years of experience in the fields of nursing and the healing arts, and specializes in Reiki, massage, guided imaging, reflexology, aromatherapy, stress management, infant massage, and CPR. She completed her massage training at the American Institute of Massage Therapy in 1993 and currently serves as president of Beth Ritter, P.A. in Dania, Fla.

## 1990s

After earning her bachelor's from the University of Rochester School of Nursing, **Amanda J. Hessels '95N** earned a Master of Science in Community Health Nursing and Master of Public Health from the City University of New York, Hunter College, and a doctorate in nursing from Rutgers University. Hessels' dissertation was funded by the Agency for Healthcare Research and Quality and she subsequently completed a post-doctoral research fellowship in the NIH-funded Training in Interdisciplinary Research to Prevent Infection program at the Columbia University School of Nursing under the primary mentorship of Elaine Larson.

Currently, Hessels is jointly appointed as an associate research scientist at Columbia University School of Nursing and nurse scientist at Hackensack-Meridian Health. She was awarded a National Institutes of Health, Centers for Disease Control, National Institutes of Occupational Safety and Health, K01 grant award of \$324,000 over three years for her study: Impact of Patient Safety Climate on Infection Prevention Practices and Healthcare Worker and Patient Outcomes. Hessels has also been awarded an American Nurses Foundation Stryker Medical Research Award of \$24,920 over one year for her study: Impact of Patient Safety Culture on Missed Nursing Care and Adverse Patient Safety Events.

The International Nurses Association welcomed **Rebecca Deane Christner '99N** to their organization, including her in their publication *Worldwide Leaders in Healthcare*. A travel nurse with more than 24 years of experience in all facets of nursing, including ICU nursing, emergency room nursing, and acute care, she is a member of the American Association of Critical Care Nurses, the American Psychiatric Nurses Association, the Emergency Nurses Association, and the Genesee Valley Nurses Association.

### Campbell-Heider Named AAN Fellow

**Nancy Campbell-Heider '78N (MS), '88N (PhD)**, associate professor at the University at Buffalo School of Nursing, was named a fellow of the American Academy of Nursing (AAN) last fall.

Chair of the Department of Family, Community and Health Systems Sciences at UB, her research focuses on high-risk teenage behaviors, especially those related to addiction, and developing innovative educational programs for nurses. In 2006, she revamped the UB Family Nurse Practitioner program to include a focus on addiction in primary care, preparing FNPs to sit for the certification exam in both family health and advanced practice addictions nursing.

In her career, she has been published more than 45 times, with 24 grants totaling nearly \$5 million in research funding. She is also a fellow in the American Academy of Nurse Practitioners and the International Nurses Society on Addictions. In 2010, she received the SUNY Chancellor's Award for Excellence in Teaching.



**Tim Kiah '99N** is a composer for the Chelsea Symphony in Manhattan. His latest orchestral work, *Song of Zippy*, was inspired by the passing of his dog and debuted in January. An accomplished bassist and vocalist, he is also a member of a quintet called Sotro Voce, which blends poetry, improvisation, and art song. The group has performed internationally and has been featured on NPR and the BBC. After moving to New York in 2002, he

formed Nurse Kaya, a nod to his day job in community health nursing and the healing power of music. The group dressed in scrubs and performed often in hospitals, nursing homes, and even a prison. He has also recorded a children's album with his band, Astrograss, performed and recorded with Lenny Kravitz, and arranged works performed by Debbie Harry. He lives in Brooklyn.

## 2000s

**Heather Green '09N, '11N (MS)** is now seeing patients at Finger Lakes Health Medical Internal Medicine in Clifton Springs. She is board certified in internal medicine by the American Nurses Credentialing Center. She previously worked for Geneva Primary Care at FLH Medical.

## 2010s

**Michelle Michael-Korn '13N (MS)** has been named director of emergency services for Finger Lakes Health. She will oversee operations of the emergency departments at Geneva General Hospital and Soldiers and Sailors Memorial Hospital. She has more than 20 years' experience, serving most recently as director of nursing at Samaritan Medical Center in Watertown.

**Kylie A. (Bellis) Ewing '13, '14N** married Brendan Ewing in June 2016. Kylie then moved to Philadelphia, and is a pediatric oncology RN on the Heme/Onc & Bone Marrow Transplant unit at Nemours/Alfred I. DuPont Hospital for Children in Wilmington, Delaware.

**Vanessa Gelin '13N** has been accepted to the Family Nurse Practitioner Program at Georgetown University, beginning this spring.

**Lauren Carolan '14N (MS)** has joined Essentia Health-Duluth Clinic as a nurse practitioner in the neurosurgery department. She is certified as a family nurse practitioner by the American Nurses Credentialing Center.

**Katie Tomion '15N** was recently appointed nurse manager for the first acute unit and clinical leaders at Soldiers and Sailors Memorial Hospital in Penn Yan. She has worked as a per diem staff registered nurse on the first acute unit since 2015 and previously was assistant nurse manager in a surgical step down unit at Strong Memorial Hospital. She is a member of the Professional Nursing Council and lives in Middlesex.

**Sarah Miner '16N (PhD)** was featured in a WXXI TV story on Rochester area health professionals helping to fill the gaps in access to health care. Miner discussed her work offering medical expertise as a member of the volunteer group, Refugees Helping Refugees, a mix of refugees and American citizens working to provide basic services for refugees from many countries.

Your classmates *want* to know your news! Did you receive a promotion? Move to a new city? Publish your research findings? Email us at [sonalumni@admin.rochester.edu](mailto:sonalumni@admin.rochester.edu) or visit [son.rochester.edu/alumni/update/index.html](http://son.rochester.edu/alumni/update/index.html) to share your news and get it published in NURSING magazine.

## Serventi Receives Inaugural Award From Brain Cancer Research Group

**Jennifer Serventi '16N (MS)**, a neuro-oncology physician assistant at Wilmot Cancer Institute, was the first recipient of the Luminary Award from Adding Candles, Inc., a grassroots organization dedicated to supporting brain cancer research. She received the award at the association's annual Adding Candles for a Cure event on Sept. 29 at Oak Hill Country Club.



Jennifer Serventi

The award is presented to individuals or groups who, through their support of brain cancer patients and research, exemplify the mission of Adding Candles, which is to add years to the lives of patients with brain cancer.

"Jennifer is one of the most caring and committed individuals I know," says **Dr. Nimish Mohile**, associate professor of neurology at Wilmot and advising physician for Adding Candles. "She works closely with patients and family members to carefully explain what is going on and what steps might be taken next, including clinical trials."

A Rochester native, Serventi earned a bachelor's degree from Wagner College and a master's in leadership in healthcare systems from the UR School of Nursing. As a final project for her MS, Serventi designed the Neuro-Oncology Connect Telemedicine Program, through which she and her team will provide expert brain tumor treatment and access to clinical trials for patients throughout rural New York State.

In her role as a PA, Serventi has facilitated and coordinated close to 40 clinical trials associated with brain tumor treatment. Her previous work experience includes neurosurgical and neuro-oncology positions at Staten Island University Hospital; the New York Presbyterian Hospital-Weill Cornell Medical Center; and URMIC.

She lives in Webster with her husband and three sons.

### **GCC professor honored with SUNY Chancellor's Award**

**Roxanne Margeson Holthaus '93N, '98N (MS)** was recently honored with the State University of New York Chancellor's Award for Excellence, one of nine Genesee Community College faculty and staff members by SUNY for their outstanding contributions to their professions, campus, and community.

The Chancellor's Award for Excellence, given each year by SUNY Chancellor Nancy Zimpher, acknowledges consistently superior professional achievement and the ongoing pursuit of excellence.

Holthaus joined GCC as a full-time faculty member in 2009 and was promoted to assistant professor in 2015. She has more than 16 years of experience as a registered nurse and family nurse practitioner. At GCC, she is coordinator of the school's "Nursing Boot Camp" program, a series of clinical lab and simulation exercises run over several summer evenings to help students maintain their nursing skills over the semester break.

Holthaus, who also earned a bachelor's degree in biology from SUNY Binghamton, lives in LeRoy.

*Word has reached us of the passing of the following alumni and friends.  
The School of Nursing expresses its sympathy to their loved ones.*

**Bedell (Larson), Dorothea L. '54N**  
Feb. 20, 2017, State College, PA

**Browning (Bentley), Catherine '47, '48N**  
Dec. 1, 2016, Fairport, NY

**Calder, Erin Elizabeth '76 N**  
Dec. 14, 2016, Havertown, PA

**Caves, Carla Jean '02N**  
Sept. 29, 2016, Canandaigua, NY

**Centner (Lesch), Mary Ellen '44N**  
Sept. 8, 2016, Dunkirk, NY

**Cone (Range), Helen '47N**  
Sept. 18, 2016, Webster, NY

**Eiband (Hulek), Marian W. '46N**  
April 28, 2015, Canonsburg, PA

**Frank (Kerr), Sally J. '59DPL**  
Sept. 13, 2016, Syracuse, NY

**Grant (Pixley), Betty '44N**  
Aug. 19, 2016, Fort Myers, FL

**Hanson (Lindell), Marilyn '50, '51N**  
Dec. 18, 2016, Oroville, CA

**Harney (Peters), Jean '45N**  
Aug. 19, 2016, Fredonia, NY

**Heilmann (Newell), Kathryn '59DPL**  
July 30, 2016, Grafton, WI

**Howald (Snell), Dorothy Jane '64N**  
Dec. 20, 2016, Asheville, NC

**Huskey (Tremaine), Phyllis '57N**  
Aug. 7, 2016, Garnet Valley, PA

**Katz-Gladstone (Katz), Barbara '78N**  
May 6, 2016, Amherst, MA

**Kubler (Flora), Esther '51N**  
Aug. 21, 2016, Miami, FL

**Maslyn (Fish), Margaret F. '44N**  
Feb. 2, 2017, Manchester, NY

**McKeehan (Pfleeger), Carol '48, '49N**  
Jan. 13, 2017, Quaker Hill, CT

**Nadig (Hallauer), Rowena '52, '53N**  
Aug. 17, 2016, Spicewood, TX

**Nielson (Miller), Ruth '57N**  
May 16, 2016, Canandaigua, NY

**Odell (Orton), Lois J. '56N**  
Jan. 23, 2017, Springville, NY

**Osborne, J. Evelyn '78N (Flw)**  
Dec. 1, 2016, Shelbyville, TN

**Palmer (Spencer), Patricia S. '47, '48N**  
Feb. 10, 2017, Rochester, NY

**Pragel (Mahany), Doreen '53, '54N**  
Nov. 3, 2016, Calabash, NY

**Retchless (Bramlett), Mary Hellon '68N (MS)**  
Jan. 7, 2017, Clifton Springs, NY

**Richardson (Keel), Karen '83N (MS)**  
May 1, 2016, Naples, NY

**Snedeker (Thom), Elizabeth '47N**  
Sept. 1, 2016, Ilion, NY

**Spindler (VanTuyl), Sandra J. '55N**  
June 18, 2016, Greece, NY

**Warner (Johnson), Betty Jane '50N**  
Dec. 31, 2016, Shelbyville, TN

**Wasserloos (Button), Celia '44N**  
Sept. 7, 2015, Wellsville, NY

## Nursing Benefactor Al Sovie Passes Away at Age 85

**Al Sovie**, a longtime generous supporter of the University of Rochester Medical Center and nursing practice, passed away on Nov. 6, 2016. He was 85.

Born Aug. 6, 1931 in Ogdensburg, he graduated from the George Hall Trade School, and continued his education at Syracuse University and SUNY Canton, earning a civil engineering degree. He co-owned and operated Hasenauer & Sovie Engineering in Rochester for many years, and was an accomplished musician.

In 1954, he married **Margaret Doe**, who would go on to a distinguished career as a nurse educator, administrator, researcher, and policymaker, including a period as chief nursing officer at Strong Memorial Hospital. Her landmark study for the 1983 American Academy of Nursing Task Force on Nursing Practice in Hospitals established the framework

for the Magnet Recognition Program used by the American Nurses Credentialing Center today.

In 2006, in memory of her legacy of care and commitment to nursing education, he endowed the Margaret D. Sovie Center for Advanced Practice at URM, one of the first centers of its kind in the country. The Sovie Center provides core services, leadership, and support for advanced practice providers at Strong and creates an essential link between health care providers and patients and families.

Al also created the Margaret D. Sovie Endowed Scholarship at SUNY Canton.

He is survived by his brother-in-law, William (Carol) Doe; a niece; a nephew; and many dear friends. He was preceded in death by his wife of 48 years, Margaret; their son, Scot; and his sister, Rita.



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## Call for Alumni Award Nominations

The University of Rochester School of Nursing recognizes the achievements of School of Nursing alumni through the alumni awards program. Awards are presented annually at the School of Nursing's signature event, the Dean's Diamond Circle. All School of Nursing alumni, faculty, staff, and friends are encouraged to nominate SON graduates for the awards listed below:

- Established in 1984, the **Distinguished Alumna/Alumnus Award** recognizes a graduate whose exceptional professional achievements, contributions to one's chosen field, and service to the School of Nursing have brought honor to the individual and to the University of Rochester.
- Established in 2013, the **Humanitarian Award** honors a graduate whose work as a practitioner, administrator, volunteer, or researcher has had a profound impact on those most in need.

**The deadline for nominations is December 31, 2017.** For instructions and to submit a nomination, please visit: [www.son.rochester.edu/alumni/nomination-form.html](http://www.son.rochester.edu/alumni/nomination-form.html)



## UR Nursing Community Mourns Loss of Alumna Ellen Volpe

**Ellen Volpe, PhD, RN, FNP-BC**, a 2010 graduate of the University of Rochester School of Nursing's PhD program, was killed in an auto accident June 8, 2017. She was 44.

A former Loretta Ford Scholar who went on to teach at the University at Buffalo, she was highly respected and admired as a nurse and educator.

"We are shocked and heartbroken to learn of this tragic loss," said **Dean Kathy Rideout, EdD, PPCNP-BC, FNAP**. "Ellen was a talented young woman with a bright career in nursing.

Our hearts and prayers go out to her family and loved ones."

A Rochester native, Volpe earned her undergraduate degree from Wake Forest University and a master's in nursing from Vanderbilt University. In Rochester, she worked as a nurse practitioner at Westside Health Services and served as a preceptor for the family nurse practitioner program at the UR School of Nursing, which led her to the school's PhD program in Health Practice Research. After earning her PhD, she went to the University of

Pennsylvania as a postdoctoral fellow, and joined the UB faculty in 2013.

"Ellen came to our PhD program as an already well-established family nurse practitioner with a passion for working with underserved youth," said Professor of Clinical Nursing **Jane Tuttle, PhD, APRN, FNP-BC, FAANP**, who served on Volpe's dissertation committee. "She was a brilliant clinical scholar and a wonderful person who has left this world a better place."

### Information Update

Have you moved, changed email address, or have news you want to share with School of Nursing alumni and friends? Fill out the form below and mail it back to us at School of Nursing Office of Advancement and Alumni Relations, Larry and Cindy Bloch Alumni and Advancement Center, P.O. Box 278996, Rochester, NY 14627-8996. Or submit your news online at [son.rochester.edu/alumni/update/index.html](http://son.rochester.edu/alumni/update/index.html)

Today's date \_\_/\_\_/20\_\_      Name \_\_\_\_\_ Class Year \_\_\_\_\_  
 (include maiden name, if applicable)

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Occupation \_\_\_\_\_

Employer \_\_\_\_\_

Family information (Spouse, children names) \_\_\_\_\_

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Here is my news \_\_\_\_\_

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# DEAN'S *Diamond* CIRCLE

Dean's Diamond Circle members play an integral role in sustaining the School of Nursing. With leadership-level support from dedicated alumni and friends, the School is preparing the next generation of health care providers, educators, and researchers. Membership starts at \$1,000 annually.

Members of the Dean's Diamond Circle are recognized annually at the School of Nursing's signature event. **This year's dinner will be held on Friday, September 8, 2017.**

For information on supporting the School through Dean's Diamond Circle membership, contact Andrea Allen, Director of Advancement and Alumni Relations, at [andrea.allen@rochester.edu](mailto:andrea.allen@rochester.edu) or 585-276-4336.



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## Parting Shot

Some of our graduate students take a moment before Commencement to show their love and gratitude for all of their supporters who helped them reach their dreams.

