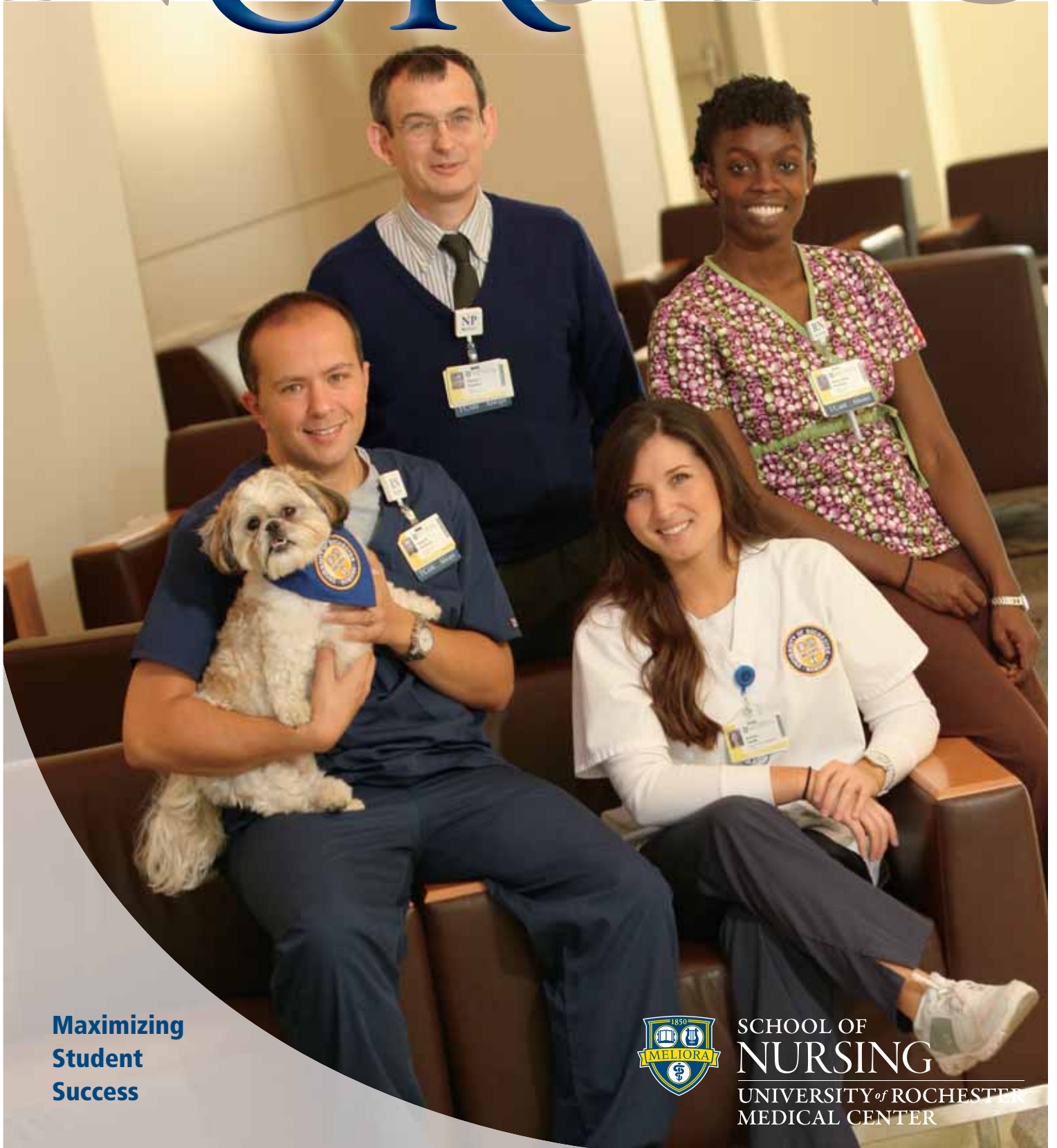


NURSING



**Maximizing
Student
Success**



**SCHOOL OF
NURSING**
UNIVERSITY of ROCHESTER
MEDICAL CENTER

**University of Rochester
School of Nursing**

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We welcome your letters and opinions concerning stories in the magazine or issues related to the University of Rochester School of Nursing. E-mail Christine_Roth@urmc.rochester.edu or mail to: Christine Roth, Editor, NURSING, 601 Elmwood Avenue, Box SON, Rochester, NY 14642

School of Nursing Web site

urmc.rochester.edu/son



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NURSING: Winter 2012

NURSING is a biannual publication of the University of Rochester School of Nursing in conjunction with the University of Rochester Medical Center Departments of Nursing, Alumni Relations, Advancement, and Public Relations and Communications.

**University to Host Sigma Theta Tau
Regional Conference March 29-30, 2012**

The University of Rochester School of Nursing is hosting the regional conference of the Sigma Theta Tau International Honor Society of Nursing on March 29 and 30, 2012. The conference marks the 30th anniversary of the University of Rochester Sigma Theta Tau Chapter of Epsilon Xi, and will feature a variety of presentations from School of Nursing faculty. Accommodations are available at Staybridge Suites, 100 Genesee Street, Rochester, NY 14611.



Reception & Tours

6-8 p.m., Thursday, March 29, 2012
Clinical Translational Science Institute,
Saunders Research Building

Conference

"Advancing Patient Care Through Translational Science"
8 a.m. – 3:45 p.m., Friday, March 30, 2012
Loretta Ford Auditorium, School of Nursing
*Faculty presentations on translational science,
sleep research, palliative care, and child/adolescent psychiatry*

For information or to make reservations

Maria Catalano at (585) 275-2375, or visit son.rochester.edu/t/sigma-2012



On the cover:

Strong student-faculty relationships are vital to the advancement of students, the School, patient care, and the nursing profession. Clockwise from top: **Patrick Hopkins, DNP, RN, PNP, NNP**, assistant professor of clinical nursing and director of mentor initiatives, **Nana Nuamah, RN**, a Robert Wood Johnson Foundation (RWJF) New Careers in Nursing (NCIN) scholar who completed the accelerated bachelor's degree program for non-nurses (APNN) in May 2011, **Jessica Lumley, BS**, a RWJF/NCIN scholar who completed the APNN in December 2011, **Floyd Hutchison, BSN, BA, RDH**, peer mentor and RWJF/NCIN scholar who completed the APNN in 2010, and "Annabelle," certified therapy dog.



Kathy H. Rideout, EdD, PNP-BC, FNAP
Interim Dean
University of Rochester School of Nursing

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I'm delighted to share this issue of **NURSING** with you because it highlights our outstanding students and gives you an inside look at what the School is doing to ensure that they achieve their highest ambitions as nurse clinicians, researchers, teachers and leaders.

In a word, this issue is about relationships. I strongly believe that the future of our students, and our School, hinges on how well we build, nurture, and sustain those relationships with our students, our faculty and staff, our clinical partners, alumni, and friends.

Many of our graduates remain here in Rochester to practice, teach, or conduct research, while others live and work across a variety of health care settings around the world. Wherever their journeys may take them, as members of the School of Nursing community they share a deep commitment to learning, enhancing patient- and family-centered care, and strengthening the nursing profession.

Three of the nurses on our cover (Floyd, Jessica, and Nana) are past recipients of Robert Wood Johnson Foundation/New Careers in Nursing scholarships and graduates of our accelerated program for non-nurses (APNN). Support from the RWJF/NCIN program has bolstered our efforts to attract top students, build a diverse nursing workforce, and increase the number of students on their way to becoming nurse faculty and leaders. These are critical goals set forth in the 2010 Institute of Medicine *Future of Nursing* report to help prepare for the rapidly emerging needs of our health care system.

Funds from the RWJF/NCIN program have also helped us open the doors to the Center for Academic and Professional Success (CAPS) which gives students across all of our programs easy access to everything from academic support services, to career coaching, to stress-management tools. I hope you will enjoy learning about everything the center offers, and how our support initiatives translate to very high retention and graduation rates, as well as excellent pass rates on RN licensing exams and nurse practitioner certification exams. You will also see the role our faculty members (many of whom are School of Nursing graduates) play in inspiring younger generations of nurses through their example, and by giving freely of their time to listen and share their experiences.

As we begin another year, we have much to look forward to. We continue to work collaboratively and positively toward the development of a new strategic plan to be unveiled this spring. Its priorities will drive those of the School's comprehensive campaign, which will be announced this fall. We are very grateful to have Roger B. Friedlander and Fay Wadsworth Whitney as co-chairs of the campaign, and Founding Dean Loretta C. Ford as our honorary chair, yet another example of the uplifting connections we share.

I look forward to what the future will bring for our School, our students, and our profession, as we continue to support one another toward our highest goals.

Kathy H. Rideout

The Center for Academic and Professional Success:
*Fostering Connections,
Ensuring Progression*



The new center fosters positive connections and relationships between nursing students and faculty that support students' personal and professional growth, and cultivate a commitment to lifelong learning, teaching, and research.

At left, Patrick Hopkins, DNP, RN, PNP, NNP, director of the CAPS mentoring initiatives, lends support to Nana Nuamah, RN.

Rochester, N.Y., is a long way from the palm trees and citrus groves of Fullerton, Calif., a city of about 135,000 people just 25 miles south of Los Angeles. But when Jessica Lumley, BS, was searching the Internet for a nursing school that offered an accelerated bachelor's degree program, the University of Rochester towered above the rest.

"I really wanted to begin working in the nursing field before going on for my master's degree," said Lumley, who already holds a bachelor's degree in health science and had worked as a lifeguard, child life assistant, and hospital volunteer in her sunny hometown. "I was eager to hit the ground running as a nurse, and the accelerated program here prepares you for that in 12 months. Since I had lived in the same city my entire life, I also wanted to go out of state to eliminate distractions and get a whole new experience."

But Lumley, who earned her BS through the School's accelerated program for non-nurses (APNN) in December 2011, admits her transition to the highly competitive program, and unfamiliar city, was tricky at first. And, it had nothing to do with the often-blustery Rochester weather.

"Actually I couldn't wait for the snow – I love it," said Lumley, who received a \$10,000 Robert Wood Johnson Foundation (RWJF) New Careers in Nursing (NCIN) scholarship to support her enrollment in the APNN program. "But it was challenging not knowing anyone, not having any family nearby, and keeping up with the very fast pace of the accelerated program. I've always been good at time management, but right away I knew this program was going to push me to become much better at it. When I looked at my planner every week and could see all of the assignments and tests ahead of me, it was overwhelming. It can be a lot to juggle at once."

Lumley is one of many School of Nursing students to benefit from the services of the newly created **Center for Academic and Professional Success (CAPS)**, which was initiated with partial support from the RWJF/NCIN scholarship program. Since 2008, the School has been a recipient of four rounds of RWJF/NCIN funding to support its strategic efforts to develop a diverse professional nursing workforce reflective of the U.S. population and strengthen the pipeline of nurse faculty and leaders – two clear goals of the landmark 2010 Institute of Medicine *Future of Nursing* report.

The CAPS helps students across all

programs and levels develop learning strategies, study habits, critical thinking abilities, and career management skills that are pivotal to their successful academic performance and professional advancement. Most important, as students like Lumley attest, the program fosters positive connections and relationships between nursing students and faculty that support students' personal and professional growth, and cultivate a commitment to lifelong learning, teaching, and research.

"With the help of CAPS services, I was able to develop a very close-knit circle of friends, faculty, and mentors, which was extremely helpful in surviving the stress of my program," said Lumley,



Jessica Lumley, BS

who now plans to stay in Rochester to work in emergency services while studying to become a nurse practitioner and, eventually, a professor. In addition to receiving one-on-one academic support from CAPS team members to improve her test scores in her medical-surgical class, Lumley met regularly with CAPS mentors to discuss her future plans and the steps needed to reach her goals. She also received assistance in writing her resume.

As an APNN student, Lumley's schedule alternated between school days (classes from 8 a.m. to 3 p.m. followed by review for the RN-licensing exam, studying, and clinical preparation for the next day) and clinical days (from 7 a.m. to 4 p.m. plus a pre-and post-conference, and additional clinical work and preparation). She averaged three to four hours of homework a night.

"Most of my weekends were completely devoted to studying," she said. "The APNN is an intense, competitive program and there are moments when you question whether you have what it takes. But there were people at every



turn who helped me maintain my confidence, to take the program one day at a time, to process each learning experience and see the big picture of what I'm working toward. I felt very well prepared to step into the world of nursing."

The idea of creating a center to support student success was introduced by interim dean **Kathy H. Rideout, EdD, PNP-BC, FNAP**, in April 2010. Rideout, who was then associate dean for academic affairs, had attended a presentation by Marsha Youngblood, PhD, who directs the Center for Academic Success at the Universities of Shady Grove at Maryland University. Rideout was inspired to start a similar program here and conducted a needs survey with students to design its services accordingly.

"Our faculty has always been naturally committed to building relationships, providing extra support, mentoring, and encouraging students toward their highest goals," said Rideout. "That's a core part of our mission, but this center takes it to the next level. The CAPS allows us to pool our services in a more accessible and measurable way and address the needs of the whole student, just as we teach students to do with patients. The successful advancement of nursing students is a critical goal across the country, and we see this as a real investment toward that. Every student we accept has the desire and potential to make a positive impact on the future delivery of health care, and we're here to guide them there."

The School's ongoing emphasis on student support initiatives is reflected in high retention and graduation rates, NCLEX (National Council Licensure Examination for Registered Nurses) pass rates, and nurse practitioner certification rates. Graduation and retention rates remain significantly high (above 80%) across all programs. NCLEX pass rates for APNN students have been consistently above 90% for the past several years. Since the inception of the RWJF/NCIN program in 2008, all of the RWJF/NCIN scholars who have taken the exam have passed it. Nurse

practitioner certification rates also remain strong across all specialties, with the School's adult, pediatric, and family nurse practitioner programs leading the way with a 100% certification rate. Rideout is pleased with these numbers and believes the additional support of the CAPS will boost them further while positioning the School for future growth.

The School's emphasis on student support initiatives is reflected in high retention and graduation rates.

Associate professor of clinical nursing **Mary Tantillo, PhD, PMHCNS-BC, FAED, CGP**, directs the 12-member CAPS team and continues to shape and refine the Center's services to meet students' needs. Currently, students are encouraged to submit a request ticket to the Center by email, which provides a useful measurement tool. In January, the CAPS moved to a remodeled space on the first floor of Helen Wood Hall. Centrally-located across from the Clinical and Educational Resource Center (CERC), the CAPS offers a variety of hands-on resources, as well as a relaxing place for students to gather. An open house was held January 18.

Tantillo, a psychiatric mental health clinical nurse specializing in eating disorders, also leads the Center's stress management and wellness component. She helps students find healthy ways to manage stressors and balance their personal and professional lives.

"Connection is very important, especially for students who lack a family support system," Tantillo said. "Isolation can make even small issues seem insurmountable so I encourage students to reach out to one another as much as they can. The other things that are vital to functioning at your best are sleep, proper nutrition, and exercise. We all know this, but of course these are usually the first things to fall by the wayside when we're feeling stressed."

Tantillo tries to steer students toward affordable options they can easily fit into their

lives, like a half-hour of yoga in the afternoon or drinking chamomile tea before bed.

"The other thing crucial to success is never putting yourself down, which is something ambitious students tend to do," she said. "I'll often ask them to think about what they *have* accomplished instead of what they *haven't*. It's amazing how that can change your outlook." Tantillo, who earned her associate's degree from Monroe Community College, her bachelor's from Nazareth College, her master's from the University of Rochester, and her doctorate from Adelphi University, clearly recalls the rigors of her early years as a nursing student.

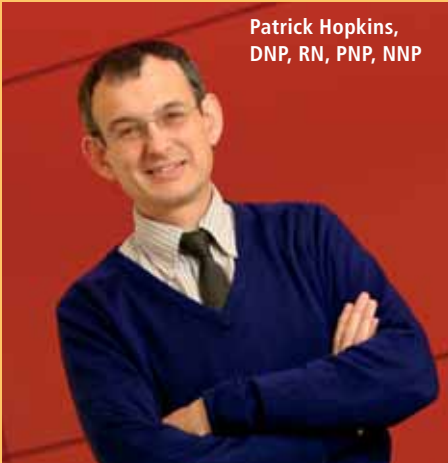
"In 1978, I went from high school into nursing school, never having worked in health care before," she said. "Our clinical placements were at Monroe Community Hospital and Rochester Psychiatric Center, and it was a very challenging, stressful program. I had terrific instructors and eventually became a great bedside nurse, but the program was not for the faint of heart. For me the biggest pressure was realizing that what I did as a nurse very intimately affected the lives of patients and their families."

Tantillo recalls the difficulty of integrating theory and practical training while trying to work as efficiently as possible with patients in her clinical placements.

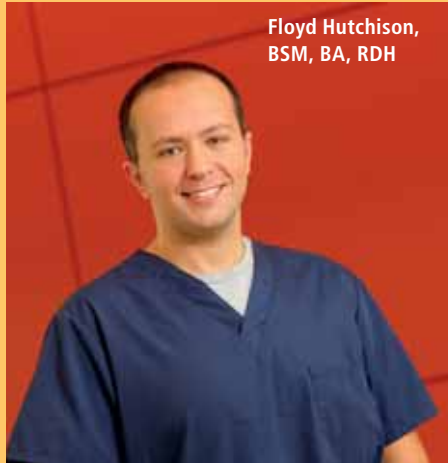
"When you're 18, you're just trying to wrap your head around going into a patient's room," she said. "There is so much to remember, which can bring on a tremendous amount of anxiety, vulnerability, and feelings that you don't know enough and you're not smart enough. It's impossible to learn when you feel that way. Luckily, I had some mentors who really helped me fight through that, but I've never forgotten the way it felt. When I see a student struggling now, I completely understand it and know it's essential they feel supported and connected."

The CAPS, said Tantillo, also provides a way for faculty to share ideas and strive toward greater consistency in their approaches with students.

"If a student is having trouble, it's so much better if we all have a sense of it so that we can turn up the support," said Tantillo. "Ultimately, of course, it's still a student's responsibility to do well, and every student needs to have the innate desire to work hard and reach his or her goals. What this program does is let them know we care that they flourish here, and are rooting for them to achieve as much as they can. It's all about progression, and that happens naturally when you have the right support around you."



Patrick Hopkins,
DNP, RN, PNP, NNP



Floyd Hutchison,
BSM, BA, RDH

Mentors Live School's Values

When it comes to being a good mentor, **Floyd Hutchison, BSN, BA, RDH**, has a simple rule of thumb: Go where the nursing students are.

"To me, the key is being accessible," said Hutchison, who can frequently be spotted amid groups of students huddled over laptops, engrossed in study sessions, or sipping coffee in their favorite gathering spots – the Loretta Ford and Saunders Research Building atriums.

"I like to make myself available as a friendly face, someone they can talk to as more of a peer than a faculty member. I think the most important part is that I've been through what they have, but I've also seen the end result so I understand what the faculty is trying to do."

In his role as a peer mentor for the Center for Academic and Professional Success (CAPS), Hutchison said he tries to be a liaison between faculty and students and make messages more "receivable."

"As learners, and adult learners especially, we often have trouble because we question the value of what we're being asked to do," he said. "It's hard to see how all of the many pieces add up. We want to know *why*. Being both an advanced practice nursing student and a nurse, I'm equipped to help answer such questions and

reduce student stress and frustration."

Currently working as an RN in the Child and Adolescent Psychiatric Unit at Strong, and as a part-time dental hygienist, Hutchison is also preparing to become a nurse practitioner in child and adolescent psychiatry and plans on obtaining his DNP. He holds an associate's degree in dental hygiene, a bachelor's degree in psychology, and a master's degree in leadership in health care systems. He earned his BS in nursing in 2010 through the School's accelerated program for non-nurses (APNN) as a Robert Wood Johnson Foundation (RWJF) New Careers in Nursing (NCIN) scholar.

Hutchison credits his own mentors, associate professor of clinical nursing **Tobie Olsan, PhD, MPA, RN**, interim dean **Kathy H. Rideout, EdD, PNP-BC, FNAP**, and instructor of clinical nursing **Joanne Bartlett, MS, RN, PMHNP-BC**, with helping him identify and work toward his goals.

"They really helped me find my direction and were an endless source of inspiration to me," said Hutchison, who believes the CAPS formalizes the caring values that have always been embedded in the School. "Nursing school demands so much of you, and virtually every

student comes to a point where they ask, 'Why did I do this?' Having somebody there encouraging you, so that you keep moving forward with a sense of purpose, makes all the difference."

Assistant professor of clinical nursing **Patrick Hopkins, DNP, RN, PNP, NNP**, directs the CAPS mentoring initiatives and says that strong relationships between faculty and students are the glue that sustain nursing schools, enhance patient care, and strengthen the nursing profession.

"I think it was Maya Angelou who said that people may not always remember what you say, but they will remember how you made them feel," said Hopkins, who earned his DNP through the University of Rochester in 2009. He encourages all students to pursue at least a master's degree and readily imparts advice on topics including time management, resume writing, career choices and research specialty areas. "The most important thing we can do is engage students fairly, honestly, and respectfully, and to take the time to get to know their personal values and what drives them," he said. "The goal is to develop relationships that will endure and be a springboard for their future achievements as nurses, as researchers, and as educators of the next generation."

Nana Nuamah, BS, RN, a RWJF/NCIN scholar who graduated from the APNN in 2010, said that it was Hopkins, in fact, who convinced her to pursue a graduate degree. Nuamah, who grew up in Accra, Ghana, is currently a nurse on the Thoracic Unit at Strong and plans to pursue either a PhD or DNP.

"Patrick told me it was important to take a break from school for a little while, but not to wait too long to go back, so that's what I plan to do," she said. "I really felt that most everyone on the faculty was approachable and cared about my future. In talking to other students, it seemed that everyone had a faculty member they identified with, which really speaks to the diversity of the faculty, and how welcome they make you feel."

THE CENTER FOR ACADEMIC AND PROFESSIONAL SUCCESS (CAPS) *To learn more or request services, visit son.rochester.edu/CAPS*

Academic and Clinical Support

Margaret-Ann Carno, PhD, RN, D, ABSM, PNP, and Sharon Lessard, PhD, RN, CS

Animal-assisted Wellness Support

Eileen Fairbanks, MS, RN, PNP, and "Annabelle"

Clinical Education Resource Center (CERC)

Administrator Jeanette Hunt

Math Coach

Susan Czurzynski, PhD, RN, PNP

Mentoring

Patrick Hopkins, DNP, RN, PNP, NNP

Miner Library Liaison

Mary Beth Klofas

Peer Mentor

Floyd Hutchison, BSN, BA, RDH

Professional Career Coach

Karen Reifstein, PhD, RN

Stress Management and Wellness

Mary Tantillo, PhD, PMHCNS-BC, FAED

Test-taking Skills

Maria Marconi, RN, MS

Writing Skills

Elizabeth Kellogg Walker, PhD

Wagging Tail Brings Smiles, Comfort to Busy Students, Faculty



Jessica Lumley, BS,
Eileen Fairbanks, MS, RN, PNP,
and Annabelle

When you hear the sweet jingling of her collar tags as she scampers down the hallway, you know the top dog of the School of Nursing is making the rounds.

It's time to drop whatever you're doing and "paws" to say hello.

"Annabelle," a 12-pound, three-year-old Shih Tzu is a certified therapy dog who has found her calling in Helen Wood Hall, helping stress-laden students unwind, and luring busy faculty and staff away from their computers and offices to re-connect for a few moments in a hectic day.

"It's almost magical the effect she has on people," said Annabelle's owner, **Eileen Fairbanks, MS, RN, PNP**, assistant professor of clinical nursing, who provides animal-assisted wellness support for the School's Center for Academic and Professional Success. A therapeutic visit from Annabelle is just one of the many services the new center offers, but in many ways Annabelle personifies what the CAPS is all about.

"She has a humanizing and unifying impact on people, and I think that's the essence of what the CAPS is doing, by providing emotional as well as academic support to students," said Fairbanks. "The program is really an extension of what we do as nurses – support one another."

Fairbanks purchased Annabelle as a four-month old puppy from a family that was unable

to keep her because of health issues. She realized quickly that Annabelle was uniquely "people-oriented," with a loving temperament that would make her an ideal candidate for becoming a pet therapy dog and perhaps volunteering for the Strong P.E.T.S. (Pets Engaged in Therapeutic Socialization) program.

"Working in the hospital, I had seen the transformative effect the pet therapy dogs have on patients, and I began to think about how Annabelle might take part in that and how I could dovetail her involvement into my work and research," she said.

But last year, as Annabelle embarked on her educational path to become a therapy dog, Fairbanks brought her into her School of Nursing office, where she quickly became a fixture.

"She was like a magnet for students and faculty, and pretty soon she was getting quite a little following at the School," said Fairbanks. "I began to realize maybe the most important role she could play was right here."

When the CAPS concept was introduced at the School last spring, the decision was easy – Annabelle needed to be a part of the team.

But before she could begin helping students, Annabelle had tests of her own to take.

In addition to being vet-certified as infection-free, she needed to complete a basic

dog obedience course, obtain her American Kennel Club (AKC) canine good citizen certification, and take an eight-week course to prepare for therapy dog certification. Far beyond responding to basic commands like "sit" and "stay," therapy dogs need to remain calm and stable despite distractions, strange sounds, loud noises and crowds.

"I swear that she knew when the day of the final test was," said Fairbanks. "She just sailed right through with flying colors."

These days, Annabelle is available by appointment, but also enjoys making impromptu visits with students two to three times a week, scheduled around her naptimes. Fairbanks keeps an open-door policy in her office for anyone who wants to say hello, and makes a point of walking Annabelle through the School regularly. Annabelle has even sat in on a few lectures (though admits to dozing off in a few).

"Especially for students who are away from home and their families, a dog is a comfort and really helps them decompress for a few minutes," said Fairbanks. "When Annabelle walks through the atrium, the number of people who stop to pet her is amazing, and she's a real conversation starter. Everywhere she goes, new friends are being made."

Faculty, Student and Staff Awards and Honors

Michael Ackerman

Recipient, 2011 American Association of Critical-Care Nurses (AACN) Circle of Excellence Award and permanent member of the AACN Circle of Excellence Society

Rebecca Alley

Recipient, 2011 Leadership Faculty Award for Excellence in Leadership, University of Rochester School of Nursing

Elaine Andolina

Recipient, New York Organization of Nurse Executives (NYONE) Leadership Award for the Finger Lakes chapter

Ponrathi Athilingam

Recipient, 2010 Service for Humanity Leadership Award for outstanding service and contribution to the Chi Eta Phi Sorority, Inc.

Susan W. Blaakman

Recipient, 2010-11 American Legion Eight & Forty Lung & Respiratory Disease Nursing Scholarship to pursue full-time nursing education in pediatric lung and respiratory diseases, administered by the American Legion, Americanism and Children & Youth Division

Holly Brown

Recipient, 2010-11 Outstanding Scholarly Practitioner, University of Rochester School of Nursing

Lindsay Campbell

Recipient, 2011 Mary Reding Eckl Award, University of Rochester School of Nursing

Elizabeth Collins

Recipient, 2011 Margery Fancher Daly Memorial Prize, University of Rochester School of Nursing

Margaret-Ann Carno

Appointed to the Education Committee of the American Thoracic Society for 2011-2012

Fellow, American Academy of Nursing, 2011

Ruth Chimenti

Recipient, Florence P. Kendall Doctoral Scholarship from the Foundation for Physical Therapy

Susan Ciurzynski

Recipient, 2011 Dissertation Award from Sigma Theta Tau International Honor Society, Epsilon Xi chapter

Recipient, 2011 Outstanding Achievement in Research and Evidence-Based Practice Award, presented at the National Nurses' Week award ceremony

Robert Cole

Recipient, 2010-11 Outstanding Faculty Colleague Award, University of Rochester School of Nursing

Lori Davis

Recipient, Louise Wilson Haller Memorial Prize, University of Rochester School of Nursing

Jane DeLuca

Recipient, 2011 Dissertation Award from Sigma Theta Tau International Honor Society, Epsilon Xi chapter

Irene Dutko-Fioravanti

Recipient, 2011 Continuing Education/Professional Development Award, presented at the National Nurses' Week award ceremony

Krista Englert

Recipient, 2011 Clare Dennison Prize, University of Rochester School of Nursing

Michael Fisher

Recipient, 2010-11 Mary Dombeck Diversity Enhancement Staff Award, University of Rochester School of Nursing

Loretta Ford

Recipient, 2010 Princess Srinagarindra Award, Princess Srinagarindra Foundation

Inductee, National Women's Hall of Fame, 2011

Jeanne Grace

Recipient, Fulbright Senior Specialist Scholarship to conduct a project in Thailand where she taught short courses to IRB board members in Bangkok (Mahidol University), Khon Kaen, and Chiang Mai, and extended her previous work on evidence-based practice with the undergraduate program at the Faculty of Nursing, Mahidol University

Susan Groth

Participant, 2010 NIH Summer Institute on Transdisciplinary Research: Integrating Genetic and Social Work Research, Bethesda, Md.

Margaret Holland

Recipient, Community Health Supplemental Award to support her project, "Qualitative Study of Nurse-Family Partnership Attrition in Monroe County"

Patrick Hopkins

Recipient, 2010 Dean's Excellence in Teaching Award, University of Rochester School of Nursing

Gail Ingersoll

Recipient, 2011 Mary Ester Clark Pioneer in Nursing Award presented as part of Nursing Practice National Nurses' Week

Margaret Kearney

Recipient, Excellence in Mentorship award, at the Eastern Nursing Research Society (ENRS) 23rd Annual Scientific Sessions in Philadelphia, Pa.

Christina Koulouglioti

Recipient, 2010-11 Promising New Investigator Award, University of Rochester School of Nursing

Jennifer LaMay

Recipient, 2011 Sarah and Ernest Taylor Memorial Nursing Award, University of Rochester School of Nursing

Sharon Lawson-Davis

Recipient, 2011 Mabel Sine Wadsworth Award, University of Rochester School of Nursing

Carol Leighton

Recipient, 2010-11 Outstanding Staff Colleague Award, University of Rochester School of Nursing

Susan Lowey

Recipient, third place for doctoral student paper, entitled "Care Preferences of Home Care Patients with End-Stage Cardiac and Respiratory Illnesses," at the Eastern Nursing Research Society (ENRS) 23rd Annual Scientific Sessions in Philadelphia, Pa.

Recipient, 2011-2013 John A. Hartford Foundation and Atlantic Philanthropies Claire M. Fagin Fellowship

Recipient, 2011 Paul Burgett Nursing Student Life Award, University of Rochester School of Nursing

Mary Elizabeth Mastrianni

Recipient, National Health Service Corps Scholarship

Alice Mentrup

Recipient, 2011 Elizabeth Clinger Young Award, University of Rochester School of Nursing

Sally Norton

Recipient, 2010-11 Professional Advancement Award, University of Rochester School of Nursing

Recipient, Excellence in Mentorship award, at the Eastern Nursing Research Society (ENRS) 23rd Annual Scientific Sessions in Philadelphia, Pa.

Suzanne O'Brien

Recipient, Predoctoral Fellowship, American Heart Association

Tobie Olsan

and co-investigators Gillespie, S., Karuza, J., & Katz, P.
Recipients, 2010 Health Resources and Services Administration (HRSA) – American Recovery and Reinvestment Act (ARRA) grant for educational technology to enhance training, coaching, and evaluation of their current HRSA project, the Greater Rochester Nursing Home Quality Consortium

Elizabeth Palermo

Recipient, 2010-11 Outstanding Faculty Colleague Award, University of Rochester School of Nursing

Kathy Parker

Recipient, Excellence in Mentorship award, at the Eastern Nursing Research Society (ENRS) 23rd Annual Scientific Sessions in Philadelphia, Pa.

Leann Patel

Recipient, 2010-11 Mary Dombek Diversity Enhancement Faculty Award, University of Rochester School of Nursing

Irena Pesis-Katz

Appointed Awards Chair, 2010-13, for the Aging and Public Health Section of the American Public Health Association; includes oversight of subcommittees for various awards

Jill Quinn

Fellow, American Academy of Nurse Practitioners, 2010

Carolyn Ruffing

Recipient, 2011 Dorothea Lynde Dix Prize, University of Rochester School of Nursing

Martin Schiavenato

Recipient, 2010-2012 NINR, NIH, LRP Award in Clinical Research: Assessing Pain in Vulnerable Populations

Recipient, first-place, University of Rochester Forbes Entrepreneurial Competition, for supervising a student entry with Laurel Carney

Madeline Schmitt

Appointed to American Academy of Nursing Task Force on Interprofessional Education

Joyce Smith

Recipient, funding through SPICE (Strengthening Professionals in Comparative Effectiveness) Training Program, a career-development and training component of the UR-CTSI

Pamela Stewart

Recipient, 2011 Registered Nurse Award, University of Rochester School of Nursing

Mary Tantillo

Recipient, 2010 Meehan-Hartley Award for Public Services and Advocacy
Recipient, 2011 Association for Creativity in Counseling (ACC) Research Award, presented at the ACC Convention in New Orleans, La.

Tammy Terrana

Recipient, 2010-11 Outstanding Staff Member Award, University of Rochester School of Nursing

Rebecca Tucker

Recipient, Predoctoral Fellowship, National Institute of Nursing Research
Recipient, 2011 Dean's Excellence in Teaching Award, University of Rochester School of Nursing

Jane Tuttle

Fellow, American Academy of Nurse Practitioners, 2010

Nancy Watson

Recipient, 2010 New York State Distinguished Nurse Researcher Award, Foundation of New York State Nurses

Mary Wilde

Recipient, International Continence Society Research Fellowship Award for four weeks' travel expenses for research collaboration in the United Kingdom

Recipient, 2010-11 Professional Advancement Award, University of Rochester School of Nursing

Yi Zhang

Recipient, 2011 Simon Foundation Student Travel Award to attend the conference "Innovating for Continence: The Engineering Challenge." This invitational conference, held in Chicago, was attended by clinicians, researchers, engineers, and industry specialists

2010-11 Faculty Publications

Karilee Bingham

Kates, S.L., Blake, D., Bingham, K.W., Kates, O.S., Mendelson, D.A., & Friedman, S.M. (2010). Comparison of an organized geriatric fracture program to United States government data. *Geriatric Orthopaedic Surgery & Rehabilitation*, 1(1), 15-21.

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Robert Cole

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Denise Côté-Arsenault

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Hugh Crean

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Jane DeLuca

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Jeanne Grace

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Susan Groth

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Michael Hasselberg

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Gail Ingersoll

Ingersoll, G.L., Witzel, P.A., Berry, C., & Qualls, B. (2010). Meeting magnet research and evidence-based practice expectations through hospital based research centers. *Nursing Economics*, 28, 226-235.

Carla Jungquist

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Amy Karch

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Margaret Kearney

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Harriet Kitzman

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Laurie Kopin

Artinian, N.T., Fletcher, G.F., Mozaffarian, P.K.-E., Van Horn, L., Lichtenstein, A.H., Kumanyika, S., Kraus, W.E., Fleg, J.L., Redeker, N.S., Meininger, J.C., Banks, J., Stuart-Shor, E.M., Fletcher, B.J., Miller, T.D., Hughes, S., Braun, L.T., Kopin, L.A., Berra, K., Hayman, L.L., Ewing, L.J., Ades, P.A., Durstine, J.L., Houston-Miller, N., Burke, L.E. (2010).

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Christina Koulouglioti

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Elizabeth LeCuyer

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Dianne Liebel

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Mary Maher

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James McMahon

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Dianne Morrison-Beedy

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Sally Norton

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Tobie Olsan

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Kathy Parker

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Cathy Peters

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Bethel Powers

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Hyekyun Rhee

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Martin Schiavenato

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Madeline Schmitt

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Mary Tantillo

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Jane Tuttle

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Mary Wilde

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Whitneys Give \$1 Million to School of Nursing In Support of The Meliora Challenge

Wyoming residents and University of Rochester alumni **Fay Wadsworth Whitney, '60, '61N, PhD, RN, FAAN**, and **Ralph "Roy" Whitney, Jr.**, recently announced a gift of \$1 million to establish the Ralph R. and Fay Wadsworth Whitney Endowed Gift Fund. The fund will provide scholarships, fellowships and grants to students in nurse practitioner programs or more advanced degree programs who have the desire to collaborate in research or clinical settings.

The Whitneys made their gift in support of the School of Nursing as part of The Meliora Challenge: The Campaign for the University of Rochester, announced in October. The campaign has a \$1.2 billion goal, \$650 million of which will be raised by the schools and units of the University of Rochester Medical Center, including the School of Nursing. This gift will enable the School to establish a challenging fundraising goal, projected to be publicly announced this fall.

Fay, who celebrated her 50th class reunion at the School of Nursing, recently accepted the role of co-chair of the School's comprehensive campaign with Board of Trustees member Roger B. Friedlander, '56, who also chairs the School's National Council. Roy is a long-time member of the University board of Trustees.

"The Whitneys have been great friends and wise counselors for the University for many years," said University President **Joel Seligman**. "They are dedicated to supporting exceptional students toward meaningful careers in the nursing profession, and their gift is an inspiring start for the School of Nursing's comprehensive campaign moving forward."

School of Nursing Interim Dean **Kathy H. Rideout, EdD, PNP-BC, FNAP**, said the couple's gift supports the School's critical goal to build a stronger endowment and provide scholarship assistance to students without straining the operating budget.

"I look forward to sharing with Fay and Roy the success stories of the first Whitney scholars to benefit from their generosity," said Rideout.



"This is a pivotal start to our campaign, and we are profoundly grateful."

While a student at the School of Nursing in 1960, Fay received the prestigious Clare Dennison Award for Excellence in Nursing. After earning her bachelor's degree through the School's five-year program in 1961, she went on to lead a highly regarded career as a clinician, teacher, and researcher in many parts of the country, earning numerous awards along the way.

With a strong desire to advance her nursing education, Fay obtained her master's degree in nursing from Syracuse University and a nurse practitioner certificate from Brigham Young University in 1974. In 1982, she earned a master's degree in public health from Syracuse University, followed by a PhD in social science, and a minor in economics, from the Maxwell School of Public Administration. Subsequently, she was a Robert Wood Johnson Clinical Nurse Scholar and faculty member at University of Pennsylvania School of Nursing and directed the adult nurse practitioner and occupational health programs there for ten years. She was inducted as a fellow of the American Academy of Nursing in 1988.

In 1993, Fay and Roy relocated to Wyoming, where they operate a large cattle ranch. There, Fay continued her career as a professor at the University of Wyoming School of Nursing in Laramie; she also established the Whitney

Health and Wellness Center, an organization that offers and coordinates clinic- and home-based assistance to elderly residents. Among other activities, she serves on several state committees, including the Governor's Steering Committee on Telemedicine, the Governor's Advisory Council on Aging, and the Wyoming Higher Education Assistance Authority. An active researcher, she has received more than \$1 million in research grants, co-authored two books, published 42 referenced articles and presented at 72 national and international meetings.

In 2003, the Wyoming University School of Nursing was renamed the Fay W. Whitney School of Nursing in recognition of a \$3 million gift from Roy in honor of Fay's inspirational career in nursing and collaboration. Funds from the gift also jump-started a move to transform the University's previous biochemistry building into a Health Sciences Center, now home to nursing and other college programs and divisions.

Throughout their careers and travels, the Whitneys have maintained close connections with their alma mater, and support the University of Rochester as charter members of the George Eastman Circle. In 1988, Fay received the School of Nursing Distinguished Alumna Award and served on the Dean's Advisory Council for the School from 2002 to 2008. She is an inaugural member of the School's National Council and a member of the Eleanor Hall Bequest Society.

"Roy and I believe very strongly in helping students achieve their goals," said Fay. "As I look back on my own professional experience, one of the things I've always been passionate about is building bridges among and between health care providers. I can continue to do that with this gift, ensuring that future generations of nurses will have an opportunity to achieve a University of Rochester School of Nursing education, where the unification model of education, practice and research has long been a cornerstone. Our hope is that our gift may encourage other alumni to support the School in a similar way."

The
MELIORA
CHALLENGE

THE CAMPAIGN
for the UNIVERSITY
OF ROCHESTER

Nursing Professor and Researcher Gail Ingersoll Dies at Age 62



Gail Ingersoll, EdD, RN, FAAN, FNAP, director of Clinical Nursing Research at Strong Memorial Hospital, and the Loretta C. Ford Professor of Nursing at the School of Nursing, died on December 5, 2011 after a battle with cancer. She was 62.

Ingersoll is remembered as a pioneer in the field of nursing research, a prolific grant writer, and a catalyst for improving the provision of high-quality, family-centered care. Her passionate focus on clinical nursing research sprung from her early experiences as a direct care nurse in the 1970s, and her many path-breaking projects over the last three decades led to tangible improvements in patient care delivery and the work environment for nurses – both within the University of Rochester Medical Center and across the country.

Within the Medical Center, Ingersoll implemented and directed a research internship program, and the projects under her direction improved care delivery processes in the Medical Intensive Care Unit, Surgical Intensive Care Unit, Emergency Department, Operating Room, Wilmot Cancer Center and in each of the specialty services in inpatient and outpatient settings. Her work contributed to a reduction

in pressure ulcer rates, greater accuracy in recording blood loss during operative procedures, and refinements in the way body temperature is measured in pediatric emergency patients. Other studies under her leadership looked at ways to reduce falls in hospitalized patients, and reduce nausea in patients undergoing chemotherapy.

A 2003 study facilitated by Ingersoll paved the way for the development of a nonverbal method to assess pain in patients unable to respond due to intubation, which is now used in more than 100 hospitals world-wide.

“Gail’s gift was in helping clinical nursing staff determine which procedures work best, and what we could do to improve the care we give to patients,” said **Patricia Witzel, RN, MS, MBA, FNAP, NEA-BC**, associate vice president for the University of Rochester Medical Center and chief nursing officer for Strong Memorial Hospital. “She was also deeply committed to improving the work environment for nurses, which in turn, strengthens patient care. She involved many nurses in evidence-based research that not only led to better care for patients, but enriched the lives of nurses.”

From 2004 to 2009, Ingersoll directed a project funded by a \$1.25 million grant from the Department of Health and Human Services, to evaluate and restructure the Medical Center’s adult critical care units. The project’s primary goal was to support recruitment and retention of highly competent nurses on these units, which were then facing a shortage of applicants. Ingersoll’s research spurred the implementation of an orientation program for nurses that proved transformational and led to a waiting list of applicants.

Ingersoll was always eager to share her knowledge with others, and is remembered as an approachable instructor who provided daily support and advice to faculty and students about how to obtain grant funding and all aspects of the research process.

“Gail was a wonderful mentor, teacher and researcher who gave her whole heart to the

nursing profession,” said School of Nursing Interim Dean **Kathy H. Rideout, EdD, PNP-BC, FNAP**. “She has mentored literally thousands of faculty and students, and was beloved here by so many people. Anyone who had the privilege of working alongside Gail was better as a result.”

A native of Utica, N.Y., Ingersoll began her career as a staff nurse in the Surgical Intensive Care Unit at the Medical Center in 1971, shortly after graduating from Alfred State College. By 1977, she was an assistant clinician, and by 1979, she was a nurse manager. In 1986, she joined the faculty of the School of Nursing, while working toward her doctorate in educational administration, obtaining grants, and conducting research to improve patient care and nursing practice at the Medical Center. From 1992 to 1999, she lived in Indiana, where she was professor and department chair at Indiana University School of Nursing, and later at Vanderbilt University School of Nursing. At Vanderbilt, she was associate dean for research and directed the school’s doctoral program.

In 2000, she returned to Rochester to direct the Clinical Nursing Research Center and serve as professor of nursing at the School of Nursing. In 2007, she was named the Loretta C. Ford Professor in primary care nursing and appointed director of the School’s Center for Outcomes Measurement & Practice Innovation. She most recently received the 2011 March of Dimes Research/Author Nurse of the Year Award, the 2011 Strong Memorial Hospital M.E. Clark Pioneer in Nursing Award, and a 2010 Rochester Business Journal Health Care Achievement Award.

She is survived by her sister, Carol Qualls, nephew, Brandon (Dana) Qualls; and grandnieces Aneliese and Evangaline Qualls, all of Rochester; and her brother Gary (Helen) Ingersoll and family of Bloomington, Indiana. Donations in Gail’s memory may be made to Strong Memorial Hospital Nursing Practice, Gail Ingersoll Research Fund, 601 Elmwood Ave., Box 619-7, Roch., N.Y., 14616.

A Pioneer Honored

On September 29, the School of Nursing held a reception in Evarts Lounge to celebrate the induction of Founding Dean Loretta C. Ford, RN, PNP, FAAN, FAANP, into the 2011 National Women's Hall of Fame.

An internationally renowned nursing leader, Ford is best known for co-developing the nurse practitioner model at the University of Colorado in 1965. Her development of the model grew from her early work as a pediatric public health nurse and her belief that with advanced training and education in both clinical care and research, nurses could significantly improve the quality, accessibility and affordability of health care. Today there are more than 140,000 nurse practitioners across the country. From 1972 to 1985, Ford served as dean of the School of Nursing, where she implemented the unification model of education, practice, and research, and was beloved for her fair, open, highly-principled leadership style. "I can't tell you how much I appreciate all of the love and support that I've received all of these years in Rochester," said Ford at the event. "I am so touched to see so many wonderful faces today. It feels like I'm home."

Ford will be recognized again for her achievements when she is inducted into the Colorado Women's Hall of Fame on March 8, 2012. She will also be presented with the 2012 Nursing Spectrum/Gannett Foundation Lectureship Award at the American Association of Colleges of Nursing (AACN) annual meeting March 24-25, 2012 in Washington, D.C.



Clockwise from above right:

Ford in 1972, in the University of Rochester Whipple Auditorium

Ford chats with Associate Dean for Research Emily J. Hauenstein, PhD, LCP, MSN, RN, and Hauenstein's daughter Kathryn Darling.

Ford enjoys the reception with her husband, Bill, University President Joel Seligman, and Interim Dean Kathy H. Rideout, EdD, PNP-BC, FNAP.

Ford at the National Women's Hall of Fame with fellow 2011 inductees, from left, Kathrine Switzer, Sylvie Meyers (who accepted for Dorothy Harrison Eustis), Senator Barbara A. Mikulski, Donna E. Shalala, Helen Murray Free, and Sr. Patricia Suchalski (who accepted for Saint Katharine Drexel)





School Welcomes Three Senior Researchers

In the fall, the School announced the addition of three senior researchers to its faculty: **Emily J. Hauenstein, PhD, LCP, MSN, RN**; **Karen F. Stein, PhD, RN, FAAN**; and **Ding-Geng (Din) Chen, PhD**.

Hauenstein is the School's new associate dean for research and the director of the Center for Research and Evidence-Based Practice. A nurse, clinical psychologist and professor, she is a nationally recognized researcher who comes to Rochester from the University of Virginia School of Nursing, where her ongoing National Institutes of Health (NIH) funded research, numerous publications, and presentations, have focused on health services and intervention. Specifically, she designs intervention programs to address the mental health needs of women in rural, impoverished communities.

Hauenstein is currently mid-way through a three-year NIH-funded project titled, "Changing Narratives in Women of the Rural South," through which she is evaluating the power of storytelling as a means for women to express their feelings, develop coping mechanisms and alleviate severe depressive symptoms related to negative and traumatic life experiences. In contrast to more conventional talk therapy, study participants are encouraged to tell autobiographical accounts of their life struggles that consider how they can connect to more optimistic futures.

"Women who have suffered emotional traumas often have trouble with identity loss and are unable to recall key memories that might help them understand their situations," said Hauenstein. "By having them share their personal accounts this way, my goal is to help them moderate painful memories and repair the holes in their life stories. In doing so, they may come to see that life has many more dimensions to it than the sadness and confusion they feel."

Hauenstein plans to build on her results with further studies and believes her research will inform a growing body of literature demonstrating the use of storytelling as an effective mental health approach across a variety of populations. She is especially interested in the



Emily J. Hauenstein, PhD, LCP, MSN, RN

opportunity to collaborate with faculty at the School of Nursing, and across the Medical Center, and in exploring the potential of the School of Nursing's newly constructed bio-behavioral laboratory to support bio-marker identification and field research.

A native of Niagara Falls, N.Y., Hauenstein received her bachelor's degree from the University of Rochester, a master's degree in nursing from the University of Wisconsin-Madison, and her doctorate in clinical psychology from the University of Virginia.

Stein is a leading nurse researcher in the area of child and adolescent psychology, and joined the School as a Brody endowed professor. Most



Karen F. Stein, PhD, RN, FAAN

recently having served as professor of nursing at the University of Michigan School of Nursing, and associate professor of psychiatry in the Medical School's Department of Psychiatry, she brings significant contributions to the School of Nursing's research, teaching and service missions.

Stein's broad scope of funded research and lead-authored publications specifically focus on the etiology of eating disorders and other at-risk behaviors, including alcohol abuse, in young adults. Her active research explores the role of self-cognition in the development of anorexia and bulimia nervosa, and how self-cognition interventions may promote recovery and well-being in eating-disordered patients. She also has experience with ecological momentary assessment methodology to measure health behaviors. She is currently R01 funded for her work to determine the role of self-cognition in the development of disordered eating, alcohol and tobacco use in Mexican-American women.

Stein earned her bachelor's degree in nursing from the University of Connecticut, her master's degree from Boston University and her PhD from the University of Michigan. She serves as editor for the *Journal of the American Psychiatric Nurses Association*, as well as a reviewer for more than a dozen professional journals.

Chen is a noted biostatistician, professor, research consultant, and collaborator with vast experience in biostatistical research and clinical trial development and methodology. He has



The School of Nursing held a luncheon in November to celebrate the appointment of Karen F. Stein as Brody endowed professor. The occasion was an opportunity for the Brody family to learn about Stein's research career and future plans. Pictured are School of Nursing Interim Dean Kathy H. Rideout, EdD, PNP-BC, FNAP, Rachel Brody Bandyck, Sarah Brody Epstein, and Karen F. Stein, PhD, RN, FAAN.



Ding-Geng (Din) Chen, PhD

an additional appointment as professor in the Department of Biostatistics and Computational Biology at the School of Medicine and Dentistry.

He has authored and co-authored more than 70 journal publications in biostatistical methodologies and applications in biomedical trials and gene microarray. Most recently, he co-authored two books, "Clinical Trial Methodology," and "Clinical Trial Data Analysis Using R," published by Chapman & Hall/CRC. He is a member of the American Statistical Association and Chair-elect for STAT section of the American Public Health Association. He is associate editor of the Journal of Statistical Computation and Simulation, and serves on the editorial board for several other journals.

Prior to coming to Rochester, Chen served as the Karl E. Peace endowed eminent scholar chair in biostatistics and professor of biostatistics at the Jiann-Ping Hsu College of Public Health at Georgia Southern University. He held previous faculty appointments at South Dakota State University and the University of South Dakota Stanford School of Medicine.

53rd Annual Clare Dennison Lecture

One of the highlights of the School of Nursing reunion during Meliora Weekend October 20-23, 2012, was the 53rd annual Clare Dennison lecture presented by **Patricia W. Stone, '97N, PhD, RN, FAAN**. Stone, who began her academic career at the University of Rochester, is professor of nursing and director of the Center for Health Policy and PhD program at Columbia University School of Nursing. She gave a thought-provoking presentation on the Institute of Medicine (IOM) 2010 *Future of Nursing* report and its implications. While describing why, and how, nurses will be essential to improving the affordability, accessibility and quality of health care, she emphasized the need for all health care professionals, together with payers, consumers, and businesses, to approach reform collaboratively. As policies begin to shift to allow more nurse practitioners across the country to practice to the full extent of their education, nursing schools must respond by supporting seamless educational progression, she stated. "The main goal of reform is high quality, patient- and family-centered care for all," said Stone, who also received the School of Nursing Distinguished Alumna Award at the Dean's Diamond Circle Dinner in September. "Health care reform is a societal issue, and as nurses we have an opportunity to be a major part of the solution." For more information on the IOM *Future of Nursing* report, visit thefutureofnursing.org.



University President Joel Seligman and Patricia W. Stone, PhD, RN, FAAN



Interim Dean Kathy H. Rideout, EdD, PNP-BC, FNAP, presents Stone with the Distinguished Alumna Award

March of Dimes Honors Eight Nurses from Strong and School of Nursing

In October, the March of Dimes of the Genesee Valley/Finger Lakes Division recognized eight nurses from Strong Memorial Hospital and the School of Nursing at its first annual Nurse of the Year Awards Gala. The recipients were nominated by colleagues, peers, patients, and family members. The event raised nearly \$50,000 to support the March of Dimes.

Hospice and Palliative Care Award

Marcia Buckley, RN, MS, OCNS, ACNP, BC-PCM

Nurse Practitioner, Palliative Care Unit, Strong Memorial Hospital

Behavioral Health Award

Carole Farley-Toombs, RN, MSN, NEA-BC

Associate Director of Nursing Practice/ Psychiatric Mental Health Nursing

Research/Nurse Author Award

Gail Ingersoll, EdD, RN, FAAN, FNAP

Director, Clinical Nursing Research Center, School of Nursing, Loretta C. Ford Professor of Nursing, School of Nursing

Legend of Nursing Award

Harriet Kitzman, PhD, RN, FAAN

Senior Associate Dean for Research, School of Nursing



Harriet Kitzman, PhD, RN, FAAN

Pediatrics Award

Marcy Noble, RN, BSN, CPEN

Nurse Leader/Nurse Educator, Pediatric Emergency Department

Leadership Award

Deborah Phillips, RNC-OB, MS

Associate Director, Obstetrics/Gynecology Nursing, Strong Memorial Hospital

Margaret D. Sovie Award for Advanced Practice

Kathy Rideout, EdD, PNP-BC, NEA-BC

Interim Dean, School of Nursing

Performance Management, Quality and Improvement Award

Donna Vogt-Barrows, RN, IBCLC

Pediatric Lactation Consultant, Neonatal Intensive Care Unit (NICU), Golisano Children's Hospital

School Hosts Chinese Visitors

In August, the School of Nursing hosted faculty members from the West China School of Nursing at Sichuan University, and a director of a Chinese community health center, on a week-long visit to learn more about the community practice nursing model. The group toured the School and learned about the role of advanced practice nurses within Strong Memorial Hospital, Visiting Nurse Service, Hillside Family of Agencies, the Office of Mental Health, the Center for Community Health, Strong Internal Medicine, and other organizations. The exchange will help the West China School of Nursing develop a pilot community nursing model in Chengdu, Sichuan Province. It was coordinated by Senior Dean for Research Harriet Kitzman, PhD, RN, FAAN, as part of a larger initiative led by China Medical Board (CMB) Chief Nursing Advisor Linda H. Aiken, PhD, aimed at advancing nursing education in China and improving the quality of care in underserved areas of



the country. The CMB provides funds to help Chinese schools partner with U.S. nursing schools that have experience in establishing community-based practices where nurses have central roles. Attending the visit were Jiang Xiaolin, professor and associate director for international affairs, research, and discipline

development, West China University; Liu Suzhen, associate professor, West China School of Nursing; and Zeng Ling, director of Hong Pailou Community Health Care Center. Feng (Vankee) Lin, PhD, RN, a research associate at the School of Nursing, served as translator.

Welcome New Program Director and Full-Time Clinical Faculty



Susan Ciurzynski, PhD, RN



Susan Blaakman, PhD, RN, NPP-BC



Sharon Stone, MS, ANP, RN, right, instructs an APNN student

This fall, the School of Nursing welcomed a new program director and two full-time clinical faculty members, all three of whom are alumni of the School.

Susan Ciurzynski, PhD, RN, brings more than 20 years of University experience to her new role as program director for the Center for Lifelong Learning (CLL), which provides continuing professional education and nursing school prerequisites for nurses and other health care professionals. The CLL provides more than 30 credit-bearing and non-credit courses to students all over the world.

A 2011 graduate of the School's PhD program in health practice research, Ciurzynski is also a senior clinical nurse specialist at Golisano Children's Hospital, and recently served as interim assistant director of the Clinical Nursing Research Center at Strong. At the School, she is also an assistant professor of clinical nursing who teaches students in the School's accelerated program for non-nurses (APNN). An American Nurses Credentialing Center (ANCC) nurse planner, she works closely with nurse educators and colleagues to design, implement, and evaluate high quality continuing educational activities. She has extensive experience in curriculum development and a strong interest in the creation of innovative teaching strategies, such as online and learner-directed instruction.

"People learn in so many different ways and I'm passionate about staying attuned to the

personal and professional needs of adult learners, and to the emerging trends and renewed interests in varied health care careers," said Ciurzynski, who earned her bachelor's degree in nursing from Alfred University, and her master's degree in the care of children and families from the University of Rochester. "As a lifelong learner myself, I'm committed to continually evolving the CLL and tailoring its courses to meet what our customers need and want."

Susan Blaakman, PhD, RN, NPP-BC, who is also a 2011 graduate of the School's PhD program in health practice research, has been named to the full-time faculty as an associate professor of clinical nursing. She is also specialty co-director of the family psychiatric mental health nurse practitioner program. Additionally, she works as a research project nurse in the Department of General Pediatrics and is a co-investigator for the American Psychiatric Nurses Tobacco Dependence Council, for which she serves as co-chair.

Blaakman began her career as a psychiatric therapy aide at the Oswego Mental Health Center in 1988, and along the way has worked as staff nurse, health project coordinator, research assistant, nurse educator, mental health consultant, principal investigator, and nurse practitioner. She has been on the School's clinical faculty as a part-time instructor, assistant professor and senior associate since 1999.

She earned her bachelor's in nursing in 1993, her master's in psychiatric-mental health nursing

in 1996, and her psychiatric nurse practitioner post-master's certificate in 2000, all from the University of Rochester. The co-author of numerous publications, her research interests include the study of tobacco dependence and smoking cessation interventions for people with mental illness, and on behalf of children with asthma.

Sharon Stone, MS, ANP, RN, joins the School as a full-time associate professor of clinical nursing, bringing more than 25 years of progressive experience as a staff nurse, clinical nurse specialist, and nurse practitioner at health care settings in Rochester and Boston, Mass. After earning her bachelor's degree in nursing from the University of Rochester in 1985, she began her career as a staff nurse in the medical/surgical unit of Beth Israel Hospital in Boston. She later earned her master's in nursing from Boston College School of Nursing and completed the post-master's nurse practitioner program at the MGH Institute of Health Care Professions in Boston.

In August 2003, Stone returned to Rochester to work as a staff nurse in the cardiac intensive care unit at Strong, and subsequently, as a staff nurse in the high-risk labor and delivery unit at Strong. She also worked as a per diem staff nurse in the cardiac unit at Rochester General Hospital. From September 2007 to August 2011, she was an assistant professor of nursing at the St. John Fisher Wegmans School of Nursing,

1950s

Thirteen members of the Class of '59N met for lunch at the Esperanza Mansion overlooking Keuka Lake on September 23, 2011. In 2005, the close-knit group of classmates helped establish the Class of '59

Nursing Endowed Fund, which provides financial assistance to qualified School of Nursing students.

Since its inception, the fund has tripled in size, and today provides both a monetary award and a scholarship for one or more students each year.



1980s

Kathryn "Katy" Votava, MS '83, PhD '87, president and founder of the Rochester-based health care consulting firm GOODCARE.com, was featured in the October 31, 2011, edition of *The Wall Street Journal* in the personal



finance section. A nurse practitioner and health-care economist, she was one of the experts featured in the article, "Numbers That May Make You Sick," which focused on health-care

costs as a primary concern among retirees and baby boomers. "Only 5 to 10 percent of people in Medicare are getting the most for their money," Votava noted. "The rest are overspending. The good news is that you really can plan for health care costs." Through GOODCARE.com, Votava and her team work to help clients across the United States save money on health-care expenses and plan for health-care costs in retirement. Her firm has offices in Pittsford, N.Y., and Washington, D.C.

2000s

Marcy Holmes, BSN, MSN '01, a women's health nurse practitioner and menopause clinician at Vineyard Medical Services on Martha's Vineyard, Mass., and the Women to Women Health Care Center in Yarmouth, Maine, was a guest on Fox's *Dr. Oz Show* that aired November 4, 2011. Holmes shared her expertise about the heightened rage and emotional imbalances experienced by some women caused by hormonal fluctuations and perimenopause. "The *Dr. Oz Show* took very

good care of me," Holmes said. "They really believe, even behind the scenes, in all of the healthy things that Dr. [Mehmet] Oz promotes. There was no junk food. In the green room, there was hummus and carrots for a snack." Holmes' appearance can be viewed at www.doctoroz.com. She is also a regular contributor to the Web site www.womentowomen.com.

Jason A. Tranquill, BSN '04, MS, a captain and nurse anesthetist in the United States Air Force Nursing Corps, returned in October from a tour in Afghanistan, where he served with the 7th and 3rd special forces group on a counterinsurgency mission. While there, his surgical team managed more than 500 traumas and performed more than 350 surgeries. Ninety percent of the patients were local nationals and 10 percent were United States service members. During his tour, Tranquill trained several Afghani nurses and assisted in procuring equipment for an Afghani hospital. He is currently stationed at Nellis Air Force Base in Las Vegas, Nev., with the 99th Medical Group.

2010s

Amber J. Jimerson, BSN '08, MSN '11, and **Todd J. Smith, BSN '08**, who met as students at the School of Nursing, were married on July 23, 2011, at Edison Hill Manor in Stowe, Vt. In the photo at left, they are pictured at the top of Mount Washington in New Hampshire en route to their honeymoon in Maine, with their dogs, Teo, Sublime, and Buddy.

Amber and Todd began dating after graduation, upon discovering their common interests in exercise, the outdoors, travel, dogs, and nursing (and not necessarily in that order!). Amber currently works as a family nurse practitioner at an urgent care center in South Burlington, and Todd works in the surgical intensive care unit (SICU) at Fletcher Allen Hospital in Burlington. They reside in Charlotte, Vt. An interesting side note is that they were married by fellow School of Nursing alumna **Sarah Davis, BSN '08**, who now lives in Waterbury, Vt., and works at Central Vermont Hospital in Barre, Vt.



Amber J. Jimerson, BSN '08, MSN '11, and Todd J. Smith, BSN '08



In Memoriam

The School of Nursing expresses sympathy to the loved ones of our deceased alumni.

- Evans, Betty (Bostwick)**, '43, '44N, May 14, 2008, Derry, NH
Ferrell, Dorothy (Quigley), '46, '47N, August 1, 2011, Hawley, PA
Dennison, Margaret (Yewdall), '35N, September 22, 2011, Oxford, ME
Payne, Anne G. (Gartland), '42N, July 7, 2011, Seattle, WA
Hoff, A. Geraldine (Dewan), '43N, July 15, 2011, Rochester, NY
VanBuren, Betty (Jolles), '44N, May 25, 2009, Lake Mary, FL
Frederick, Elizabeth (Haller), '48N, January 16, 2009, Teresa, NY
Hill, Lois F. (Ferguson), '49N, July 5, 2011, Edgewater, NJ
Johannessen, Stella (Sapharas), '50N, July 26, 2011, Las Vegas, NV
Stento, Barbara A. (Silvernail), '53N, October 5, 2011, Binghamton, NY
Cochrane, Margaret (Dunfee), '55N, October 2, 2011, Avon, NY
Lander, Joan M., '63N, March 8, 2005, Lockport, NY
Wilbert, Sharon Marie, '81N, August 19, 2011, Webster, NY
Meagher, Alison E., '89N (MS), November 2, 2011, Huntingtown, MD
Penry, Mallie, '82N (FLW), December 25, 2010, Reedville, VA

Correction:

In the Summer 2011 issue of *NURSING*, Joyce Sandra Saxton, '71N, was inaccurately included in the In Memoriam section.



Jason A. Tranquill, RN, MS, Captain, USAF, NC, far right, with members of his surgical team and the Afghani nurses they trained during their tour

JULY 1, 2010 - JUNE 30, 2011

REPORT ON GIVING

School of Nursing Donor Report
JULY 1, 2010 – JUNE 30, 2011

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This report lists gifts from July 1, 2010 – June 30, 2011.

We apologize for any omissions or errors in the names of any participating contributors.

* Denotes deceased.

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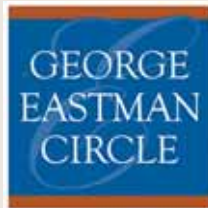
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Cathy Stein, '76N, Reflects on Her Rewarding Journey

Cathy Stein, '76N, MS, CS, has a valuable piece of advice for new nursing graduates that has served her well throughout her successful 35-year career.

"I'm a big believer in creating opportunities," said Stein, chief of inpatient services at Sagamore Children's Psychiatric Center, an Office of Mental Health (OMH) facility that serves Nassau and Suffolk counties on Long Island, N.Y. "Don't wait until somebody asks you to do something. Know yourself, know your strengths and talents, and look for ways you can be useful and do something better than it's been done before."

Stein's journey has been anything but a straight line, and she wouldn't have it any other way.

"I love the transitions, the twists and turns, and surprises the nursing profession has brought me," she said. "I love knowing there is always something new around the corner."

Stein grew up in the village of Cedarhurst, on the South Shore of Long Island. A bright student, she initially wanted to be a teacher before deciding upon nursing. Her mother, Beatrice, steered her toward the University of Rochester, where she ambitiously earned a BA in psychology and a BS in nursing within five years.

At her first job in the neonatal intensive care unit (NICU) of Cleveland's Rainbow Babies & Children's Hospital, she quickly learned the value of a University of Rochester education.

"I remember being very nervous the first week or so in my white uniform, white shoes and cap," she recalled. "I had an excellent foundation in the sciences, but had never worked in neonatal care. Many of the nurses there had better hands-on, practical skills. What I soon figured out is that hands-on skills can be acquired fairly quickly, but the foundation of critical thinking, research, leadership, and problem-solving skills I gained through the University gave me a tremendous advantage."

For example, medications administered to the infants in the hospital's NICU had to be mathematically proportioned to their size and weight.

"My math skills, which improved so much while I was in nursing school, were very valuable," Stein said. "Soon I was teaching other nurses how to compute dosages." Stein worked for three years in Cleveland before moving to Long Island with her husband, Howie, '75, an

attorney. She worked in pediatric cardiology at St. Francis Hospital in Roslyn, N.Y., and later, as a part-time teacher at an LPN school through the births of her children, Jeffrey and Nicole.

A year or so later, she enrolled at Stony Brook University to pursue her master's degree in adult psychiatric mental health, earning extra income on weekends as a pediatric in-home nurse. By the



"Know yourself, know your strengths and talents, and look for ways you can be useful and do something better than it's been done before."

time her third child, Corey, was born in 1988, she had her degree and was working at a private counseling center.

A short while later she was excited to learn that the OMH was seeking master's-prepared nurses—nurses who could teach and function with a high degree of autonomy—for Nurse III positions in its facilities. In September 1990, she was hired by Kings Park Psychiatric Center in Kings Park, N.Y., as a Nurse III.

"They hired me to do exactly what I had always dreamed about doing—patient and staff education," she said. "I had the freedom to do work in areas like anger management, eating disorders, safer sexual practices. Everyone was open to new knowledge."

At King's Park, Stein created an educational and support forum for nurses to discuss clinical issues and share best practices. After just two years, she was named employee of the year. When Kings Park closed in 1997, she moved to Pilgrim State Psychiatric Center and held a

similar role until 2000, when she was hired as a Nurse III at the 69-bed Sagamore Children's Psychiatric Center.

At Sagamore, Stein's initiatives to teach staff and clients about the effects of sexual abuse broke new ground. In particular, she created the Sunflower Club, a group for girls who had been sexually abused, and taught nurses how to run similar groups.

"I began to take on more administrative duties because I could see where I could bring something new to the table," she said. "It felt very natural for me."

So natural, in fact, that she took an OMH exam to qualify for a director of nursing role, and did well. In 2005, she was hired as director of nursing at the 84-bed Queens Psychiatric Hospital, in Bellerose, N.Y., where she led a large department of nurses and therapy aides.

"At Queens, I learned a whole lot very fast," she said of the cabinet-level position. "But there was also great sharing of knowledge and a ton of support at the local and state level."

In May 2010, Stein returned to Sagamore as chief of inpatient services, where she now oversees treatment services, performance improvement projects, and educational and recreational services. Working closely with the director of nursing and other cabinet members, staff education is a key priority. She is currently helping staff adopt a "trauma-informed" method of care focused on the specialized needs of traumatized children.

She is the first nurse at Sagamore to hold the position traditionally held by psychologists or social workers. "I was hesitant to leave nursing for a non-nursing position, but I know I bring an important perspective and I've received such powerful support," she said.

Even though the complex mental health issues of the children can be daunting, she is inspired by "a staff truly dedicated to helping young people achieve greater stability and brighter futures." And, by the children they care for.

"My greatest pleasure is to listen to the girls and boys and let them know what they have to say is very important to shaping their care," she said. "Working with youngsters who have emotional illness is very challenging on a daily basis. My goal is to be a resource to the staff and make sure they have the best tools possible to do their work."

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Epsilon Xi Chapter Earns Three Awards

The University of Rochester Epsilon Xi Chapter of Sigma Theta Tau recently received three regional excellence awards in the following categories: Enhancing Knowledge, Resources and Networks; Creating a Welcoming Environment; and Creating a Legacy of Leadership. The awards were acknowledged at the Sigma Theta Tau Biennial Conference in Grapevine, Texas on Oct. 29 and Nov. 1, 2011.



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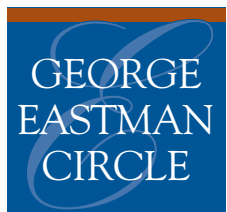
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Patricia Anne Witzel,
'75N, '84S (MBA)

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