Nurses Leading at the Point of Care

Also Inside: Using the Past to Inform the Future
History, Quality, and Our Future

The University of Virginia. Thomas Jefferson. History. They all fit together. And though it might not seem intuitive, given our profound dedication to clinical care and research, it’s also why our 20-year-old history center—now, newly christened the Eleanor Crowder Bjoring Center for Nursing Historical Inquiry—fits so beautifully on Grounds.

Our nursing students and faculty are exposed to nursing’s historical context through some of the finest written original material—handwritten journals, photographs, and newspaper articles, among other items—from nurses around the world. These help us to understand the practices of the past and to better prepare for the future. Why is history relevant? To ground our practice in pride as we reclaim the heart of health care.

My own clinical nurse leader students were surprised to learn in class recently that Florence Nightingale was a master statistician. Nightingale employed statistics to better understand the harm suffered by soldiers in the Crimean War, using it to stop needless deaths from infection and ultimately becoming a hero to many. In this issue, you will read about the remarkable way we tell and use stories from nursing’s history that excites both our students and faculty. For first-years and doctoral students alike, digging through our past offers fascinating perspectives. Our world-class history center is a treasure, and we feel deep gratitude for its many supporters.

Our cover story on ensuring quality care in our health system highlights my partnership with a dear friend and colleague, Lorna Facteau, the chief nursing executive at University of Virginia Medical Center. Ours is a powerful association, one that binds us from the ground up, as we make rounds together in the ER and in our pediatrics and intensive care units. And the strength of our work together is not lost on the nurses, students, and physicians around us, as well as the patients and families we meet. Our academic and clinical missions are united: developing thoughtful, exquisite, and safe care while creating the 21st-century nurse.

With Lorna’s help, I am committed to doubling the number of RN to BSN students to meet the demands for ever higher quality patient care and to providing opportunities to strengthen the nursing workforce. It’s what has been mandated by the Institute of Medicine’s report, The Future of Nursing: Leading Change, Advancing Health, and it’s what is called for as nurses become even more central to the delivery of prompt, exceptional, compassionate care. When we write the history of great partnerships that bring education and service together, I know that ours will be a story of quality patient outcomes and stellar student accomplishments.

The backdrop of my work here is grounded in promoting healthy work environments, diversity, and interprofessional education. And, when I recently joined the Dalai Lama for a panel on “Compassionate Care in the 21st Century,” I saw so much of this come together.

The power of nurses. The strength and quality of our caring, set against the history of health care, and the University of Virginia. Your University of Virginia. We’re so proud of what’s going on here.

Warmly,

Dorrie Fontaine, RN, PhD, FAAN
Sadie Heath Cabaniss Professor of Nursing and Dean
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Collaboration at the bedside, on the units, and in the classroom is changing the way patient care is delivered. In the process, Dorrie Fontaine, dean of the School of Nursing, and Lorna Facteau, chief nursing officer of UVA Medical Center, are empowering nurses, inspiring students, and creating new models of care and clinical research.

11  Using the Past to Inform the Future
Leaders in the Eleanor Crowder Bjoring Center for Nursing Historical Inquiry don’t see the past as a repository for dusty artifacts. Instead, they focus on a living history of nursing pioneers whose ideas have relevance today. Learn how looking at the past helps to shape 21st-century nursing practice.

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On the cover: “We’re nurses’ nurses,” agree Dean Dorrie Fontaine and Lorna Facteau, chief of nursing at UVA Medical Center. The duo’s friendship provides the basis for their singular collaboration, one that’s affecting change for nurses, physicians, academics, and students alike.

At right: Tori Tucker (BSN ’12) shared her story with alumni at June Reunions. (See page 22 for more about reunions.)
The idea is not to teach people how to harden to sad things,” says Dean Fontaine. “It’s to learn to manage dealing with them.”

With a long and rich history of research in complementary and alternative therapies, the School’s newest collaboration will compel the field forward.

Contemplative Sciences Center Promotes Resilience

For many nurses, stress is a constant backdrop to the job—one that can lead to health issues and even burnout. Could access to regular yoga and meditation assuage some of this stress, while ultimately improving patient care and nurses’ personal and professional lives? That’s the thrust of a new effort at UVA that aims to promote mindfulness and contemplation across a host of disciplines. The new Contemplative Sciences Center—established with a $12 million gift from Sonia and Paul Jones of Greenwich, Conn.—will focus on research aimed at making contemplative traditions more accessible across the University and measuring their impact on life experience and work. The center will also support the study of alternative and complementary therapies—such as qigong, yoga, and meditation—as solutions for trauma, stress, depression, and illness among patients in health care settings.

For Dean Dorrie Fontaine, the Contemplative Sciences Center will also be a way to further the work of the Compassionate Care Initiative, part of every nurse’s training, which teaches nursing students, faculty, and professionals how to remain resilient.

“Of course, none of this is easy,” notes Fontaine. “But with practice, we learn how to tend to the dying and to ourselves. Being a nurse, there is no way around illness and death, but we tell students that with practice in being quiet and being present—of not rushing away, of offering a quiet touch, a cup of tea, or a box of tissues, even of displaying emotion themselves—hard things become more manageable.

“The idea is not to teach people how to harden to sad things,” she adds. “It’s to learn to manage dealing with them.”

Dean Dorrie Fontaine, along with David Germano from religious studies and Kim Penberthy from medicine, represent key partners in UVA’s Contemplative Sciences Center.
Nursing Researchers Receive Outstanding NIH Support

UVA nursing faculty research is attracting the nation’s attention—and receiving some critical federal funding. This past summer, the National Institutes of Health (NIH) awarded research funding to UVA nursing faculty totaling more than $6 million, an unprecedented amount for the School.

The largest grant will support Linda Bullock, Jeanette Lancaster Alumni Professor, associate dean for research, and director of the School’s doctoral program. Bullock received a five-year, $4 million NIH grant to determine whether answering personal questions on a tablet computer, rather than face to face, might lead more pregnant women to reveal that they’re victims of domestic violence. (See full story on page 15.) The study’s results could lead to new and better resources for abused women and the nurses who care for them.

A second NIH grant, totaling around $2 million, will support Patricia Hollen (BSN ’67, PNP ’71), Malvina Yuille Boyd Professor of Oncology Nursing. The primary aim of Hollen’s three-year grant will be to test the premise that using a decision aid to enhance informed, shared decision making, coupled with health-related quality of life assessment, in patients with advanced lung cancer receiving first- or second-line therapy will lead to a reduction in two major contributors of cost—number of chemotherapy cycles administered and the number of advanced imaging studies related to treatment decisions. Read more about this research in our spring issue. Both Bullock’s and Hollen’s grants will be shared with partner universities.

A third grant of $428,000 supports Karen Rose (PhD ’06), associate professor, who is researching the link between Alzheimer’s disease and incontinence. (See related story on page 16.)

“These peer-reviewed NIH grants represent a significant achievement for the School and the University,” says Bullock. “They demonstrate the strength of UVA faculty being leaders in nursing research, and the outcomes of these studies will definitely impact nursing care and the health of future patients.”

RAM Report

At this year’s RAM (Remote Access Medical) Clinic in Wise, Va., 17 nursing students and 15 medical students, along with faculty and staff from both schools, saw 1,224 patients during the annual clinic, which provides health care to underserved patients in rural southwest Virginia. Audrey Snyder (BSN ’89, MSN ’91, ACNP ’98, PhD ’07), assistant professor, and Scott Syverud, School of Medicine professor, provided training for the students, touching on everything from treatment guidelines for diabetes to asthma and psychiatric

UVA Nursing International

UVA nursing faculty and students continue their involvement in global programs of service, education, and research, including the following:

• Karen Rose in Australia for the International Dementia Scholars Collaborative
• Anita Thompson-Heisterman in South Africa working with students on a water and health project
• Marianne Baernholdt and Cathy Campbell in South Africa with a multidisciplinary delegation to plan projects with the University of Venda
• PhD student Jamela Martin in St. Kitts studying primary and preventative care through community health centers
• Audrey Snyder in St. Kitts researching the community history of training nurses as midwives
• Elizabeth Friberg in Sweden to expand a virtual teaching partnership
UVA Nursing Online

Since 2003, the School of Nursing has offered more than 30 courses partly or completely online, with the goal of increasing the number of highly qualified nurses and providing access to information that can improve patient care and the health of populations. Online courses cater largely to a graduate audience, individuals who are often bound by place and have multiple roles as practicing nurses, spouses or significant others, and parents.

With more than $1.8 million in funding since 2003 from the federal government’s Health Resources and Services Administration, UVA has been able to reach out to nurses from rural Virginia and beyond, offering programs online—including master’s-level Public Health Nursing Leadership and Health Systems Management—that increase the knowledge base and clinical skills of these advanced specialty nurses. Nurses and nursing students are able to access online programs via podcasts or webinars, or interact with their peers live, in real-time, in classrooms specially outfitted to broadcast in both directions. Using Blackboard Collaborate or Skype, UVA nursing faculty bridge the distances by conducting advisory meetings with students who are hundreds, if not thousands, of miles away.

Post-master’s students in the psychiatric-mental health nurse practitioner programs can also complete their courses remotely. With courses conducted “live” each Thursday in the Claude Moore Nursing Education Building, students can log in and participate with their on-Grounds peers.

“The School of Nursing, with federal support, has increased its capacity to provide quality online courses and to meet the needs of distant students and those from rural areas who will continue to practice in their home communities,” says Pam Kulbok, professor. “In addition to specialty courses in public health nursing leadership, health systems management, and psychiatric-mental health, many more students in other graduate specialty tracks have benefited by choosing to take one or more of the master’s core courses online—epidemiology, health policy, theory, or research.”

Online programs are included within the general program course listings at www.nursing.virginia.edu/programs/.

Faculty Achievements

INDA BULLOCK, Jeanette Lancaster Alumni Professor and director of the School’s doctoral program, has been named the associate dean for research. Bullock takes over the reins from Beth Merwin, professor, who left UVA to become the first executive vice dean of the Duke University School of Nursing.

Theresa Carroll, assistant dean for academic and student services, was recognized for her exceptional work with students when she received UVA’s Henry St. George Tucker Award. The award, named for the driving force behind UVA’s 170-year-old Honor System, goes to a faculty member “who has made an outstanding commitment to the community of trust.”

Dorrie Fontaine was chosen to participate as part of the first cohort of nursing academic leaders to attend the American Association of Colleges of Nursing’s Wharton Executive Leadership Program in its inaugural year. The world-class enrichment program, which included some 37 top administrators from the nation’s best nursing

Enrollment Snapshot 2012–13

363 UNDERGRADUATE STUDENTS
First-year students 68
Second-year students 78
Third-year students 88
Fourth-year students 87
RN to BSN students 42

363 GRADUATE STUDENTS
MSN (including CNL) 245
Post MSN 33
DNP 40
PhD 45

As of September 1, 2012
schools, was sponsored in part by the Jonas Center for Nursing Excellence.

“Although leadership programs abound, none are focused on the particular needs of nursing deans,” says Jane Kirschling, AACN president. “AACN is hopeful that this innovative program will help to amplify nursing’s voice in national conversations about health care reform and enhancing patient care.”

Fontaine also received the distinguished alumni award from her alma mater, the University of Maryland, in recognition of her distinguished career as “a clinician, scholar, researcher, educator, and nurse leader.”

Elizabeth Friberg (DNP ’10), assistant professor, was recognized by the Virginia Nurses Association for her work with the Center to Champion Nursing in America by the American Nursing Association, Robert Wood Johnson Foundation, and the AARP.

Janie Heath, associate dean for academic programs since 2011, has been appointed the Thomas A. Saunders III Family Endowed Professor in Nursing. Heath came to UVA last October.

Clay Hysell, assistant dean for admissions and financial aid, received $63,000 in funding from the U.S. Department of Health and Human Services Health Resources and Services Administration to buttress the School’s loan programs for students planning to become nursing faculty.

Catherine Kane, associate professor, was awarded the Hildegard Peplau Award by the American Nursing Association for significant contributions to nursing practice over a lifetime of scholarly activities, clinical practice, and policy development.

Pamela Kulbok, the Theresa A. Thomas Endowed Professor in Primary Care Nursing, has been named one of 20 Executive Nurse Fellows by the Robert Wood Johnson Foundation.

Ishan Williams, assistant professor, received a $40,000 grant from VCU Alzheimer’s and Related Diseases Research Award Fund to study vascular risk and cognition in African-Americans. Carol Manning, clinical associate professor, will serve as co-investigator.

STUDENT IN FOCUS

Learning Lessons in Real Life

After spending six years working in labor and delivery, where she cared for teenage mothers and women who’d received little or no prenatal care, Laura Simpson (BSN ’03) decided there were some deeper issues she wanted to address. In 2009, Simpson returned to the School of Nursing in the Public Health Nurse Leadership/Family Nurse Practitioner MSN program. She also moved to the Rockbridge Area Free Clinic to work with women in the community.

The School’s impact has been profound, she says. “The education I got there gave me the awareness of the larger questions and the skills to seek answers,” she explains. “The faculty also helped me develop confidence as a leader by pushing me beyond my comfort zone.”

The master’s program has also given her the chance to apply what she’s learned to real life and to bring academic resources to the underserved in her own community.

Last year, for example, when the clinic received a planning grant to assess the feasibility of transitioning to a federally qualified health center, Simpson applied lessons she’d learned from a School assessment project to the public health planning process she is now leading for the clinic.

“I was prepared to manage the project much more effectively because of the groundwork I had already done through my courses,” Simpson says. “It made the learning that much more valid for me.”

The experience has inspired Simpson to reach even farther. She’s now in the midst of plans to pursue her doctorate in nursing. “I realize now that I’ve only begun to scratch the surface of the work that needs to be done to integrate public health with primary care,” she says.

Student Achievements

Julie Schexnayder, a doctor of nursing practice student, has been named a Pfizer International Scholar and awarded a $16,000 grant from the Pfizer Initiative in International Health for her research in South Africa. Schexnayder, right, is studying a nurse-run clinic that has integrated HIV/AIDS care into their regular primary care clinic. She is the first nursing student to receive this award for her research, which originated as part of her Capstone Project.

Third-year students Brittany Jackson and Shannon Woodson—together with other nursing students and members of the Alpha Kappa Alpha sorority—organized a program at a local church for kids and parents involved with area Head Start and Early Head Start programs. Joined by nursing professor Mary O’Laughlen (PhD ’06), the students used the event to share insights and boost awareness of issues surrounding childhood asthma.
NURSES LEADING at the Point of Care

BY CHRISTINE PHELAN KUETER
Sometimes, Life Has a Way of Coming Full Circle.

Dorrie Fontaine and Lorna Facteau, dean of UVA’s School of Nursing and chief nursing officer of UVA’s Medical Center, respectively, know that firsthand.

Former friends in graduate school, today they’re at the helm of two of the country’s top nursing jobs; one, as leader of a nursing school ranked among the nation’s best, and the other in charge of hundreds of nursing staff at a highly respected hospital that sees some of the area’s sickest, most vulnerable patients.

Despite the intensity of their work, Fontaine and Facteau regularly connect. They discuss patient care together and share ideas about nurse education. When they can, they do rounds together.

“It’s truly a cooperative endeavor,” says Facteau, “and here, we have a unique partnership. The fact that we have a founding friendship, and similar philosophies, puts us in a place to truly collaborate.”

It’s a far cry from typical hospital culture, which tends to keep professors and practitioners in distinct orbits. At UVA Medical Center, not only are nursing professors moving back and forth down hospital corridors—meeting with medical and nursing students in and out of the classroom, consulting with physicians and nurses alike—they’re also having a dramatic effect on the way patient care is delivered.

“I travel virtually every day of the week and get to see some of the best examples of partnership—and sometimes the not so best,” says Melissa Fitzpatrick, chief clinical officer for Hill-Rom, a $2 billion medical technology company. “Dorrie and Lorna are bridging the gap between academia and service. There’s synergy between those who are preparing nurses and those who are employing them, and that’s so incredibly important for clinical outcomes. They’re a model for what that synergy, that bridge, can be.”

Today, with more Americans poised to have insurance access, fewer primary care physicians to tend them, and a populace that lives longer but suffers from a host of chronic illnesses, nurses are central to keeping people healthy. As the Institute of Medicine has recommended, fortifying the academic and clinical prowess of those nurses should be priority number one.
That’s already happening for nurses at UVA.

“When I first started in nursing 30 years ago, the physicians were the primary decision makers, and everyone deferred to them,” says Tina Kniceley (BSN ’10), who completed UVa’s RN to BSN program and is now a peri-anesthesia nurse at UVa Medical Center and president of the Professional Nursing Staff Organization. “That’s changing. Rather than a hierarchy, we now have something more horizontal. We all bring unique qualities and knowledge and expertise to give patients what they need. No one profession can rule that.”

“We are nurses’ nurses,” adds Facteau. “We put practice, and the profession, first.”

With procedures for battling cancer more complex than ever, nurses today monitor patients’ organ function, hydration levels, body acidity, and urine pH. What once was an “administration of medicine” is today a “procedure,” says DeGennaro.

“It takes a lot of knowledge to monitor all these signs, and our nurses have to be especially attentive,” she explains. “It’s all about quality and safety.”

Nurses of all stripes and tenure benefit from DeGennaro’s teaching, many of whom spend afternoons with DeGennaro in the Simulation Lab for an assessment skills refresher. There they talk about everything from heart murmurs to EKGs to therapies that cause arrhythmias. They review cases and discuss treatments.

“It’s a safe place to ask questions,” DeGennaro explains. “We bring them here to improve, to boost their own practice.”

It’s the kind of thing that buoys both skills and confidence. It also ups their readiness to collaborate.

“Things are changing on the ground,” says DeGennaro. “Today, medical schools and nursing schools are teaching a new group of health care professionals to work together as a team at the point of care. They have respect for what the other knows, and all of this is very much about advocacy for the patient.”

Collaborative Insights

TOGETHER WITH SOME OF HER COLLEAGUES, Lucy Goekes (MSN ’10), clinical instructor in acute and specialty care, helped bring the Schwartz Center Rounds to UVA. Part of a national program that offers a model for interdisciplinary discussion, these bimonthly rounds offer nursing and medical students, along with a host of other clinicians, a chance to examine compelling cases.

The idea, says Goekes, is to talk about a case from the past that was “difficult and evoked emotion on the floor, and to learn from it.”

These cases involve extraordinary stories. A little girl from a dysfunctional family who, because of an infection, suffered a triple amputation. A young man paralyzed in a snowboarding accident, made ferocious by his inability to walk. A nurse offering one-to-one care for a beloved, brain-dead patient whose organs were kept alive so they might be transplanted.

After panelists share perspectives, the topic is opened to the floor. Students ask questions, pose theories, and come to understand the tidal waves of emotion that are present in so many cases.

“The idea isn’t to Monday morning quarterback, to respond to questions of, ‘Well, why didn’t you do this?’” explains Goekes. “It’s to get perspective. To think about the emotional toll we all face. To foster open communication among all the groups.”

Honing Complex Skills

IN THE CANCER UNIT, oncology nurses have extensive knowledge about chemotherapy. Knowledge at that level must be cultivated through coursework and certifications as well as professional experience and shadowing.

“Most newly graduated oncology nurses are eager to learn how to administer chemo,” says Gina DeGennaro (MSN ’00, DNP ’11), an oncology clinical nurse specialist who teaches professional development and cancer care to a wide swath of Virginia nurses, among many others. “Once they learn, however, they feel a bit more reticent. In this area, there is no room for error.”

To strengthen skills, DeGennaro teaches a chemotherapy and biotherapy course several times a year to a group of 10 to 15 oncology nurses from around Virginia and across the mid-Atlantic. The course is required by the Oncology Nursing Society for all nurses who will be administering chemotherapy.

In the acute cancer unit, Gina DeGennaro (right) collaborates regularly with colleagues Tanya Thomas (center), lead oncology clinician, and Darlene Probert, nurse manager, on issues of patient care and new nurse training.
Respect in the Workplace

IN A COLLABORATIVE WORKPLACE like a busy hospital unit, communication is critical. And when communication falls apart, disaster looms.

Dean Dorrie Fontaine, a longtime advocate of healthy work environments, was recently tapped to address problems in a hospital unit where nurses and physicians felt unappreciated and disrespected. Resentments among age groups had led to bickering, and nurse-physician relations were icy.

“There were a lot of unhappy people,” says Fontaine. “Younger nurses said of older, ‘They watch you drown and do not help.’ Older nurses complained of younger nurses’ incompetence. Others felt belittled and excluded by physicians.”

“The message I get,” one nurse told Fontaine, “is that I am not wanted here anymore.”

Backed by her own research and experience, Fontaine knew that without ways to forge positive, respectful relationships, nurses and physicians give up and give out. Resentments and insecurities grow. And ultimately, the toxic brew means patients suffer.

Two American Association of Critical-Care Nurses reports, Silence Kills and The Silent Treatment, issued in the years following Fontaine’s presidency of the organization, found that multiple errors are caused by communication mistakes. The reports also found that health care workers regularly see their colleagues make mistakes, but choose not to correct them. The studies urge health care workers to speak up anytime they see something that may not be right.

It often comes down, says Fontaine, to interactions among colleagues.

“How can the interplay among your colleagues not affect the level of care you give?” asks Fontaine. “It’s absolutely interconnected. When there isn’t a healthy workplace, when staff members don’t feel valued and respected, people don’t communicate, people don’t collaborate, and there is a price to pay. That price, unfortunately, is exacted on the patient. We have to do better for our patients.”

When Fontaine met with the group to share what she had observed, she was met with nods, gasps, and even tears. The outpouring was immense, she recalls. Now, having kick-started the conversation, staff are working to recover, and they show immense courage in acknowledging and tackling the problem. All agree that for the best in patient care, they will figure out how to move forward as a team.

Expanding Possibilities

WHEN LEADERS COLLABORATE, new opportunities arise. Seeing professors and peers on the front lines of care creates a burgeoning confidence and savvy in nursing students. It enables them to ask big questions and to think beyond current routines and conventional wisdom to make things better and safer for patients. They learn to speak up.

It’s how leaders are born. And UVA’s nursing students are taking up that mantle.

Recent graduates Blen Afework (MSN ’12) and Amy Lee (MSN ’12) (see pages 16–17 for more about them) studied the effect of a “pain script” on patients’ satisfaction with pain management during their hospital stays. Those scripts—simple sentences that query patients about their pain on five measures—remain affixed to the nurses’ mobile stations today and offer a template for further discussion, says Nancy Eksterowicz, an advanced practice nurse who oversees pain management at UVA Medical Center.

Another graduate, Erica Lewis (PhD ’12), found herself knee-deep in a hospital’s qualitative data—the words, sentences, and paragraphs that offered open-ended commentary from staffers completing annual quality and safety surveys.
Building Strength by Degrees

The Institute of Medicine’s (IOM) 2010 report, *The Future of Nursing*, recommended swelling the ranks of the nation’s highly educated nurses so they might practice “to the fullest extent of their training.” The so-called “80 by 20” initiative aims to boost the percentage of nurses with at least bachelor’s degrees to 80 percent by the year 2020.

When nurses are better educated, patient care improves. Studies have repeatedly found that higher proportions of baccalaureate-trained nurses decreases patient mortality.

The IOM’s is a tall order. Of the nation’s three million nurses, about half have a four-year degree. UVA Medical Center is stepping ahead of the curve. Administrators there are working with the School of Nursing to provide money to expand its robust RN to BSN program. It’s an effort that Chief Nursing Officer Facteau says is already yielding dividends.

“There is a huge benefit to getting a four-year degree,” says Facteau. “And what the School offers here is much more flexible and open to the needs of a working nurse. I’m not saying it’s easy, but it’s doable.”

About 60 percent of Facteau’s nursing staff is already baccalaureate trained, almost 10 percent higher than the national average. She hopes to seize the opportunities offered by UVA’s growing RN to BSN program to swell the ranks of her BSN-trained staff to 80 percent in another few years, well ahead of the national goal.

“To have the opportunity to grow this program will have a huge and direct impact on the strength and soundness of patient care,” say Dean Fontaine. “We are part of the solution, with the Medical Center’s help, and our alliance is truly a national model. They’re backing us all the way.” The newly revised RN to BSN program will include nine credits of master’s-level course work, helping busy clinicians realize their dreams for advanced practice as they continue their education.

“Erica Lewis turned qualitative data into measurable feedback that a hospital can use to make patient care improvements.”

Hospitals often loathe this data, which is difficult to organize and even harder to analyze, unlike quantitative data, which is far easier to use.

Lewis sensed an opportunity. Wading through thousands of surveys, she charted out themes from the hundreds of narratives, imposing order on chaos. Around nine themes, she mapped “codes”—the smallest component of meaning—“with the object of assessing quality and safety issues, so you can make improvements.”

Her work provided the hospital with opportunities for change. “This qualitative data can be directive about making improvements,” Lewis explains. “There’s a lot to be learned.”

It’s the kind of patient-centered, forward thinking that happens every day at UVA, says Dean Fontaine. And here, nurses are central to these discussions.

“Everyone wants the same thing,” says Fontaine. “By bringing it all together, we are making things better for patients. Things will only get better.”
ASHANDA BROWN was never a history buff. As a UVA doctoral student in nursing, however, she couldn’t avoid GNUR 800: Historical Inquiry in Nursing, a course required for all doctoral students.

Today, Brown is more than glad she took the class taught by Arlene Keeling (BSN ’74, MSN ’87, PhD ’92), Centennial Distinguished Professor of Nursing and director of the School’s Eleanor Crowder Bjoring Center for Nursing Historical Inquiry. Brown was so excited by what she learned that she changed her dissertation to focus on the historical roots of health care disparities.

“Understanding the foundation of my practice and how the nursing profession has evolved over the years gave me a whole new appreciation for the challenges I face as a nurse today,” says Brown. “Having that exposure turned me on to something I never thought to look at in that way before.”
Bjoring Gift Caps 20th Anniversary

This year marks the 20th anniversary of UVA’s Center for Nursing Historical Inquiry. Thanks to the generosity of longtime supporter Eleanor Crowder Bjoring, the center can look forward to many more.

“Eleanor wants to make sure that we can continue to sustain nursing history into the future,” says Arlene Keeling (BSN ’74, MSN ’87, PhD ’92), center director. “She has committed significant resources to support our endowment, which we have been building for 20 years. She has taken it to a new level—about $1.2 million.”

In recognition of this generous support, the center has been renamed the Eleanor Crowder Bjoring Center for Nursing Historical Inquiry.

“The recognition of historical research as a valid academic pursuit for nurses has been long in coming,” says Bjoring. “As a very early nurse historian who struggled for such support, I felt committed to do what I could to promote the center and will continue to do so.”

BRINGING NURSING STORIES TO LIGHT

Barbara Brodie, founder and director of UVA’s Center for Nursing Historical Inquiry for 11 years, understands the importance of those stories. In the 1980s when Brodie was the professor teaching the doctoral history course, she went looking for these accounts. There were few to be found.

“People never kept the papers of nurses,” says Brodie, who, since retiring in 2003, serves as associate director of the center. “There were medical archives, but many times the nurses’ notes were thrown out. We could trace nursing leaders and nursing education and nursing institutions like the Red Cross. But what did nurses do on a daily basis? You had to extrapolate from what medicine was doing to figure out the nursing care.”

That’s when Brodie started to think there needed be a way to preserve, protect, and trace the history of nursing by creating an historical archive and a center where nurse historians could research the past and make this information accessible to the profession. In 1992, with the help of Keeling and Sylvia Rinker, both graduate students at the time, she created UVA’s Center for Nursing Historical Inquiry.

Still one of only a few of such centers in the country, the center celebrates its twentieth anniversary this year. Over those two decades, it has developed an international reputation as one of the preeminent repositories of nursing historical archives, serving as a nucleus for nursing historical scholarship. In the meantime, others have stepped forward to ensure the future of this critical resource. Eleanor Crowder Bjoring, herself a nurse historian and former nursing faculty member, recently made a generous gift toward the center’s endowment.

NEW MEANING TO MODERN CARE

For contemporary nurses, it’s often a surprise just how relevant stories from the past can be to modern practice—and how close they can hit to home. “There are lots of subtleties that we might not see unless we delve into a subject on a deeper historical level,” says Mary Gibson (BSN ’75, MSN ’86), assistant center director.

As an example, Gibson cites the work of current doctoral student Michael Swanberg, who studied infant mortality in Charlottesville’s African-American community of Vinegar Hill.
This community still has the highest infant mortality in the area. When he looked into historic aspects of health care access for this cohort, he documented that, prior to the 1960s, black members of the community who came to UVA Hospital for care were segregated to the basement, where they were housed in open, windowless areas with plumbing pipes running along the low ceiling.

“Is it any wonder that African-American mothers won’t come to us for early prenatal care?” Gibson asks rhetorically. “They don’t trust us.”

Such revelatory stories are the center’s stock in trade. Among its most recent acquisitions are the personal records of Nancy Milio, who, as a young nurse in the 1960s, started the Mom and Tots Center, a nurse-run clinic in an African-American neighborhood in Detroit. The center, which included active community participation and staff from the neighborhood, was such a success that community members kept it safe throughout the race riots of 1967.

The Milio Collection presents a pivotal moment in American history and an account of a successful nurse-run clinic in an underserved neighborhood where access to care was a major problem. For Pam DeGuzman (BSN ’96, MSN ’00, PhD ’12), assistant professor, these records were indispensable in her research on cultural and geographic barriers to care for women in low-income neighborhoods.

“We’re still dealing with health care disparities today,” DeGuzman says. “We have the same cultural barriers and the same financial barriers. The Milio Collection shows something that worked. Here’s something we can learn from.”

SCHOLARSHIP IN NURSING

While the Bjoring Center displays artifacts that illustrate the stories from the past, Keeling stresses that the center is not a museum. “We are here to support meaningful historical scholarship in nursing,” she says.

The center provides this support through multiple vehicles, including the Barbara Brodie Nursing History Fellowship, which provides post-doctoral funding for nurses engaged in historical research on the nursing profession. In the spring, the center will host the second Agnes Dillon Randolph International History Conference. The center also offers history forums, which John Kirchgessner (MSN ’88, PhD ’06), assistant director of the center and a faculty member at St. John Fisher University, shares with his students via the Internet.

Most of all, the center encourages nurses at all levels to look at their own practice and question why things are the way they are and, especially in this time of change in the health care system, what we can learn from our past to improve the future.

“Understanding what worked, and what did not work, in the past,” says Keeling, “can provide insight that has the potential to shape health care policy today.”

The Second Agnes Dillon Randolph International Nursing History Conference
University of Virginia | Charlottesville, Virginia
MARCH 15–16, 2013

Hosted by
UVA School of Nursing
Eleanor Crowder Bjoring Center for Nursing Historical Inquiry
and
Beta Kappa Chapter Sigma Theta Tau
Keynote speaker: Barbara Brodie, PhD, RN, FAAN

For information, please see the conference website:
www.nursing.virginia.edu/research/cnhi/events/randolph-2013/
RESEARCH AT THE PATIENT BEDSIDE

The Suzi Burns Clinical Nursing Research Fund

How do you honor a nursing professor who has touched the lives of thousands of patients and mentored almost as many students—and who spent the final years of her career building a model nursing research program at UVA Medical Center? One way is to create a fund that will continue that legacy.

The Suzi Burns Clinical Research Fund will honor nursing professor Suzanne “Suzi” Burns (BSN ’85, MSN ’88, ACNP ’96) by ensuring that her work continues, even now that Burns has retired. Tom Johnson and Ann Taylor (BSN ’63), both longtime nursing supporters, led the effort to establish the Fund, which will support bedside research projects conducted by UVA Health System nurses.

“I’ve known Suzi Burns for 18 years,” says Johnson, who has also contributed to several nursing scholarships, including one named for Burns. “Suzi is an amazing nurse and person. I would do whatever is needed to support her interests in the School of Nursing and to recognize her passion for the profession.”

“From this fund, I hope to see the continuation of rigorous research from our clinicians with outcomes that improve care for the patients and families we serve,” says Ann Taylor, Betty Norman Norris Professor of Nursing at UVA. “Because Suzi embraced a patient-focused approach in her teaching and research, she was able to view clinical issues and problems in a manner to uncover connections that might have otherwise been missed. I hope that we are able to bring along others to help us to continue the important work that Suzi did.”

For the last decade of her career, Burns devoted herself to advancing nursing practice and professionalism by training and mentoring nurse researchers in the centers and units of the UVA Medical Center. From 2004–11, she served as the director of the Professional Nursing Staff Organization (PNSO) Research Program, mentoring nurses who are conducting their own research or implementing research conducted by others with the goal of improving patient outcomes. Research projects conducted through the PNSO Research Program have a direct impact on quality of care as measured by factors like increased patient satisfaction and decreased length of stay or reports of complications. Over 70 studies have been conducted to date. The studies are far ranging, such as finding better ways to manage pain for spinal surgery patients and learning to distinguish when patient delirium may be caused by oversedation.

“Burns’ work raised the profile of nursing research by challenging the assumption that bedside clinicians are not equipped to conduct research studies,” says Dean Dorrie Fontaine. “Instead, she demonstrated that nurses, in particular, are perfectly positioned to both ask and answer the questions that emerge from bedside practice.”

A glance at Burns’ career reveals a well-respected nursing teacher and scholar: She is a fellow in three professional academies, a former director of the American Association of Critical-Care Nurses, and a distinguished researcher with numerous publications in the areas of ventilation and weaning, including the American Journal of Nursing 2006 Book of the Year.

To make a gift or for more information on the Suzi Burns Clinical Nursing Research Fund, please contact Angie Dempsey, Director of Development, (434)924-2627, or angiedempsey@virginia.edu.
Impact:
Nursing Research

Nursing research affects prevention measures, practice protocols, and policy—at the individual and institutional levels and throughout the nation’s health care system. University of Virginia nurses are leading the way in research that has a direct impact on patient care today and in the future.

Using Tablet Computers to Aid Abused Women

Are pregnant women more likely to reveal they’re victims of domestic violence to a computer than to a querying human? If so, could a tablet computer offer a better route for abused women to get the help they need?

Linda Bullock aims to find out. Bullock—Jeanette Lancaster Alumni Professor, the School’s associate dean for research and director of the PhD program—has received a five-year, $4 million National Institutes of Health (NIH) grant to determine whether the anonymity of a computer, rather than pointed questions from a visiting nurse, compels more women to reveal abuse. Study results will offer data on whether the $1.5 billion in federal funding received annually for visiting home nurse programs is providing the best screening tools to help abused women, who are likelier to have complicated pregnancies, births, and other health problems.

Distributing tablet computers (iPads or Android devices) to dozens of state-funded visiting home nurse programs, Bullock and her Johns Hopkins colleague Phyllis Sharps will screen about 1,600 women in Virginia, Missouri, and Maryland for domestic violence. Half will be asked about abuse via tablet computer, handed to them by a visiting nurse. The other half will be assessed the old-fashioned way: asked out loud by a visiting nurse following a paper questionnaire.

The hunch, says Bullock, is that dramatically more women will disclose abuse to the anonymity of a screen. If this is the case, delivering appropriate interventions for these abused women—information about shelters, protective orders, safety plans, etc.—may be better streamlined using the new technology.

Visiting nurse programs, popular since the 1940s, have proven beneficial for a host of reasons. When it comes to determining abuse or other sensitive issues such as drug abuse and depression, however, there may be room to improve, says Bullock.

“If you don’t address the violence,” says Bullock, “you’re leaving the elephant in the room.”
There is also evidence, she explains, that many home visiting nurses skip questions related to abuse altogether. That portends disaster for pregnant women and their children suffering abuse at the hands of a husband, boyfriend, or partner, who are far likelier to continue being abused, and perhaps fatally assaulted, once the baby is born.

“If you don’t address the violence, you’re leaving the elephant in the room,” says Bullock.

Tracing the Link between Alzheimer’s and Incontinence

For caregivers of a family member with Alzheimer’s, nighttime incontinence often proves the tipping point for institutionalization. But the link between nighttime agitation, sleep, and urinary incontinence—problems that plague the majority of Alzheimer’s patients—isn’t clear, says Karen Rose (PhD ’06), associate professor.

Rose received a $428,000 NIH grant to study some 50 local Alzheimer’s patients and their nighttime rhythms to see whether their incontinence issues might be better, more thoughtfully managed.

“People assume that incontinence is part of the disease, but that may not, in fact, be true,” explains Rose, who will lead the two-year study. “The answer isn’t necessarily just putting a diaper on someone.”

Rose, with assistance from UVA’s engineering school, will study patients being treated at UVA’s Memory and Aging Care Clinic. Those in the study will wear a wrist actigraph (a device that measures physical movement and agitation) at night, be recorded for verbal agitation, and sleep on beds with wetness sensors. Data will be collected and tabulated to see whether physical and verbal agitation precedes bedwetting and whether there are timing issues to consider—if a person is incontinent early in the evening or in the morning, for example—that might help families better keep ahead of the problem.

The study could ultimately inform the way families manage incontinence by offering a template for home study of Alzheimer’s patients and their continence patterns, says Rose. Enabling more people with this disease to be cared for by their families will, she adds, help to lessen the strain on the already overtaxed federal Medicare program, which currently spends some $200 billion a year on managing the disease. That figure is projected to rise to more than $1.1 trillion by 2050.

“From a financial perspective, this disease is set to break the bank for Medicare, so figuring out how to keep people at home longer helps all around,” says Rose. “And most importantly, people want to stay home and be cared for by their families.”

Her study will also bring a difficult topic to light.

“There’s a stigma attached to the disease, the incontinence, the burden on families,” says Rose. “But we still don’t know whether some very basic things are linked. Are they agitated because they’re incontinent? Are there things we can do to ease that?”

A Script for Pain

Some call pain the fifth vital sign, but few studies have looked at how nurses can best determine its severity. Knowing that nurses tend to be gatekeepers of pain medication, recent master’s graduates Blen Afework (CNL ’12) and Amy Lee (CNL ’12) conceived a series of questions—whittled down and affixed in an obvious place to nurses’ mobile computer carts—to study whether scripting questions about pain made a difference in a patient’s overall satisfaction with pain management. The project was part of a Capstone Project, overseen by Gina DeGennaro, assistant professor, and advanced practice nurse Nancy Eksterowicz, who specializes in and oversees pain management at UVA Medical Center.

The script queried patients on specific measures: had their pain impacted their mobility? Had their disposition darkened since their arrival? Were they happy with the approach to pain management? Had they attempted any non-pharmacologic approaches—walking, music, meditation, massage, among other tactics—to lessen their pain’s severity?

Afework and Lee found that providing nurses with a set series of questions—a “pain script,” so to speak—appeared to have an impact. Of the 29 patients selected for the project, the half who received the script ranked their satisfaction with pain management
Making Breastfeeding an Easier Choice

It stands to reason that more mothers will breastfeed their babies if they’re encouraged. But what sort of support makes a difference? And how might you measure it?

These were questions asked by Sharon Corriveau (DNP ’12), who recently studied the effect of introducing a breastfeeding-friendly protocol in a Virginia pediatric clinic. Her goal was to study patients’ determination to exclusively breastfeed and for how long. Her research received UVA Nursing’s Outstanding Capstone Award.

U.S. and international health organizations universally recommend exclusive breastfeeding until babies are six months old. Breastfed babies suffer less diarrhea and pneumonia, have fewer ear infections, and are less likely to develop asthma, become obese, or die of Sudden Infant Death Syndrome (SIDS). Women who breastfeed are less likely to be diagnosed with breast and ovarian cancers. And breastfeeding saves money—as much as $1,200 to $1,500 on formula during the first year alone.

“Formula is food,” Corriveau says, “but breast milk is a cellular organism that provides immunity protection, sets up the pH of the gut, and, when the baby is born, it ups good bacteria and suppresses the bad. It’s so much more than food.”

So, if 75 percent of babies are breastfed at birth, why are just 13 percent still exclusively breastfed when they reach six months old?

The answer, says Corriveau, appears to reside with the kind of encouragement and support they receive.

“It’s not until moms are discharged from the hospital that the problems start,” says Corriveau, a nurse practitioner with an interest in pediatrics and nutrition. “They leave quickly, and it’s very easy to get started on formula and give up on breastfeeding, unless they have people there to support them.”

Using a clinical protocol from the Academy of Breastfeeding Medicine, Corriveau formed a team of three nurse practitioners and one registered nurse to train their nursing colleagues to encourage exclusive breastfeeding for a set of new mothers. The protocol also provided a board-certified lactation nurse.

Eighty percent of women who were supported by trained staff and lactation teachers chose to exclusively breastfeed their babies, compared to 59 percent of women who received no such support. A majority in the supported group were still breastfeeding exclusively by the time their babies were six months old.

Given these results with nursing moms in her own practice, Corriveau plans to expand the breastfeeding protocol to other offices. She’s also inviting area mothers who aren’t patients at her clinic to come in for breastfeeding help with the clinic’s lactation nurse.

Recently, Corriveau presented her findings at the US Breastfeeding Committee meeting.

“We missed a whole generation of moms breastfeeding, but it’s starting to come back,” Corriveau says. “But it won’t unless they have the support. There’s a lot more we can do.”

The consequences of untreated pain—increased length of stay, decreased ability to heal, psychological issues—are huge.”
From the President

My first year as president of the Alumni Association has been full of many wonderful events and opportunities to engage with alumni, students, and faculty. Having had many conversations during the year, I am reminded that UVA nurses share a common heritage. Although we may use our nursing in different specialties or fields, we are bound together by compassion, excellence, generosity, leadership, and resilience—strengths that enable us to transform nursing and the health care environment.

Examining our past and anticipating our future has been the catalyst for the Alumni Council to launch a Strategic Planning Task Force. The following alumni, students, and faculty members who have agreed to serve on the Task Force represent various subgroups within the alumni community such as BSN, RN-BSN, MSN, PhD, DNP, CNL, and NP programs:

- Cindi Colyer Allen (BSN ’75)
- Judy Etheridge Bilicki (BSN ’81)
- Sarah Farrell (BSN ’81, MSN ’83)
- Cindy Gibson (RN to BSN ’09)
- Rebecca Harmon (PhD ’03)
- Elyta Koh, Associate Dean for Administration, UVA Nursing
- Siu Ma (BSN ’11)
- Gerald “Joe” Montoya (MSN ’94, FNP ’96, DNP ’09)
- Katelyn Overstreet (BSN ’11)
- Amy West (MSN-CNL student)

The goal is to discover new and innovative ways to connect with alumni and to find activities that reach more alumni. Each Task Force member will be contacting selected alumni to gather information. I encourage you to give us your honest feedback if you are called to participate in our surveys. Understanding the differences among our various alumni subgroups allows us to be more effective in setting goals and to be a better steward of financial and volunteer resources.

Thank you to all the alumni who participated in the McLeod Campaign that was successfully completed this past March and in the Nursing Annual Fund. Your generosity is greatly appreciated and makes a difference! There are many ways to participate in the Alumni Association. Don’t be shy—fill in a volunteer form at www.nursing.virginia.edu/alumni/update, or send me an e-mail at sharoncumbyfay@yahoo.com. Please let us know how you would like to become involved.

I am looking forward to seeing many of you at Homecomings.

Sharon Cumby Fay (BSN, ’76, MSN, ’80)
Annandale, Virginia
2012 Alumni Award Winners

At the June Reunions luncheon, the School of Nursing Alumni Association announced the winner of the Decade Award. This award recognizes a practicing nurse who received an entry level UVA nursing degree (BSN or MSN-CNL program) within the last 10 years and who has been practicing less than 10 years.

This year’s recipient, Lieutenant Lindsay M. Touchette, USMC (BSN ’05), was stationed at the Naval Medical Center San Diego (NMCSD) immediately after graduation, where she worked as a medical-surgical nurse and in the PACU. In honor of her accomplishments at NMCSD, Touchette received a Navy and Marine Corps Achievement Medal.

During her time in San Diego, Touchette was deployed with the Marine Corps to Iraq. She served as a nurse with the Surgical Shock Trauma Platoon at Al Taqqatum base in Al Anbar Province and gained further trauma experience in the OR and ICU in Balad, Iraq. While deployed in Iraq, Touchette earned a Fleet Marine Force officer pin, which involved additional training and qualifications to perform duties in support of the Marine Corps.

In June 2009, Touchette was transferred to Bethesda Naval Hospital, now the Walter Reed National Military Medical Center. Following the devastating earthquake in Haiti, Touchette was deployed on the USNS Comfort, working in an environment with limited resources and supplies without compromising patient care. Last year, Touchette was deployed again to Afghanistan, returning home in March 2012.

Touchette received the Decade Award in front of her family, including mom Bonnie Touchette (CERTI ’00), but without her sister, Leigh Anne Touchette Viemeister (BSN ’02, MSN ’06), who was in the hospital giving birth to twins. Four days later, Touchette was deployed to Okinawa, Japan, for two years to serve on the flight surgery/ICU team.

The Distinguished Alumni Award honors an individual who has made outstanding contributions in nursing teaching and scholarship, clinical practice, leadership, or research. This year’s recipient, Ann Mabe Newman (DIPLO ’62), celebrated her 50th reunion in May 2012 and accepted the award in front of her classmates and friends. (See Newman’s full profile on page 25.)

2013 Alumni Award nominations received by March 15 will be considered for next spring. Additional information may be found at www.nursing.virginia.edu/alumni/resources/awards.
2012 Faculty Awards

Each year, the School of Nursing Alumni Association sponsors awards to recognize faculty members for superior accomplishments in teaching, research, and service. Honorees receive cash awards to go toward professional development and are recognized in front of their colleagues and students at a fall recognition ceremony.

Excellence in Teaching Award
Mary Gibson (BSN ’75, MSN ’86)

The Excellence in Teaching Award recognizes superior teaching at the undergraduate level and/or clinical teaching at any level. Mary Gibson, this year’s recipient, received glowing nominations from both sides with strong letters from a current BSN student and a recent DNP graduate.

As a clinical instructor, Gibson works diligently to organize and expose her students to the best learning opportunities in the hospital. She challenges her students to develop critical thinking skills and encourages them to reach their greatest potential. Gibson is recognized for “having the heart to guide future nurses to follow their dreams and motivate them to consider pursuing paths they may not have considered before.”

Emily Drake, assistant professor, supported the nomination by sharing that her decade of experience working alongside Gibson has been one of extraordinary cooperation, commitment, and camaraderie.

Faculty Leadership Award
Carol Lynn Maxwell-Thompson (MSN ’84)

The Faculty Leadership Award honors faculty who have distinguished themselves as leaders in the nursing profession demonstrated by outstanding contributions through research, leadership positions, legislative influence, clinical service, or scholarly work. As evidenced by the multiple letters of support from her colleagues, a statement signed by

’Hoos Coming to Dinner 2012

Thank you to our hosts in the following cities:

- Charlottesville, VA (young alumni): Allie Tran (BSN ’10), Katelyn Overstreet (BSN ’11), and Siu Ma (BSN ’11)
- Charlottesville, VA (graduate alumni and students): Martha Coupe Schneider (BSN ’04, MSN ’08, DNP student) and Joe Montoya (MSN ’94, DNP ’08)
- Charlottesville, VA: Carolyn Jones DuVal (BSN ’69)
- Charlottesville, VA: Sharon Cumby Fay (BSN ’76, MSN ’80)
- Dublin, VA: Mary Catherine Stout (BSN ’66)
- Fairfax, VA (at Inova Fairfax Hospital): Fran White Vasaly (BSN ’69)
- Arlington, VA: Judy Etheridge Bilicki (BSN ’81)
- Bowling Green, VA: Susan Gallier White (BSN ’68)
- Vienna, VA (BSN Class of ’81): Mary Ellen Zator Estes (BSN ’81, MSN ’83, FNP ’00)
- Charlotte, NC: Lisa Kelley (BSN ’99)
- Wilmington, NC: Casey Weissenborn Finn (BSN ’76)
- Harvest, AL: Mary McGowan Wheeler (BSN ’78)
- Charleston, SC: Karen Michael Slagle (BSN ’76) and Debi Adams Cassidy (BSN ’76)
- Atlanta, GA: Alyssa Nolan Carlson (BSN ’06)
- St. Louis, MO: Bridget Breen Whitson (BSN ’70) and Emily Michaels Gunn (BSN ’84)

The Nursing Alumni Council voted to take a break from organizing ’Hoos Coming to Dinner in 2013. Stay tuned for more information about upcoming alumni events!
Carol Lynn Maxwell-Thompson stands out as a leader at the School of Nursing and in the Commonwealth.

Maxwell-Thompson is not only a leader, she also creates numerous opportunities for UVA nursing students to develop their leadership skills. Maxwell-Thompson developed an undergraduate leadership course that quickly became one of the most popular electives at the School. She has served as advisor for the UVA chapter of the Student Nurses Association of Virginia (SNAV) since 2002 and hosted hundreds of nursing students for the state SNAV convention in 2012.

Maxwell-Thompson is a legislative board member with the Virginia Council for Nurse Practitioners, and is the Virginia Nurses Association’s representative to the Legislative Coalition of Virginia Nurses. Every year, she takes her students to Legislative Day at the Virginia State Capitol as another way to involve students in leadership and advocacy.

Nominations for the alumni and faculty awards are accepted throughout the year. Find nomination guidelines at www.nursing.virginia.edu/alumni/resources/awards.

Margaret G. Tyson Innovative Teaching Awards: 2012 Recipients

Every year, the Nursing Alumni Council Awards Committee selects projects or course development activities that result in excellent, innovative, and cost-effective teaching methods. The BSN Class of 1960 endowed these awards in their 50th-reunion year in honor of their beloved dean, Margaret G. Tyson. Here are the 2012–13 recipients:

- Improving Acute Care Nurse Practitioners’ Competence Level through Simulation
  Audrey Snyder (BSN ’89, MSN ’91, ACNP ’98, PhD ’07), Reba Moyer Childress (BSN ’79, MSN ’91, FNP ’92), Mary Deivert (MSN ’93), Barb Maling (MSN ’93, PhD ’10)

- Spirometry in Primary Care: Why Now?
  Mary O’Laughlen (PhD ’06)

- Preparing Community Health Educators
  Vickie Southall (MSN ’85)
NURSING alumni came together to celebrate reunions this past spring at the School of Nursing. The Diploma and BSN Classes of 1962 were inducted into the Thomas Jefferson Society at their 50th reunion in May. Ann Mabe Newman (DIPLO ’62) received the Nursing Alumni Association’s Distinguished Alumni Award in front of her classmates and friends (see page 25).

More than 100 alumni and friends returned to McLeod Hall on June 2 for the traditional School of Nursing luncheon during June Reunions Weekend. Dean Fontaine hosted an Open House in Pavilion IX and gave a talk, “Health Care Reform: Opportunities for Nurses and Physicians to Work Together in New Ways,” with Jonathon Truwit, UVA’s chief medical officer and senior associate dean for clinical affairs.

JOIN us in 2013!

Welcoming the Diploma and BSN graduates of 1963 into the society and honoring all current Thomas Jefferson Society members.

Undergraduate Class Reunions June 6–9, 2013

Visit www.virginiareunions.com for registration and complete weekend details on the UVA Alumni Association website.
Class Notes & News

1940s
‘45 DIPLO Rea Armstrong Ayers, Alison Dovel Crews, and Ruby Ellen DeHart White celebrated their 67th graduation anniversary at the Thomas Jefferson Society luncheon hosted by the School of Nursing. The group hopes that more classmates will join them May 13–15, 2013, at the Thomas Jefferson Society Reunion.

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1960s
‘60 DIPLO Mercedes (Dede) Winkler Yecko of Atkinson, NC, is retired and enjoys being a church volunteer, traveling, and spending time with her eight grandchildren.

‘60 DIPLO Mercedes (Dede) Winkler Yecko of Atkinson, NC, is retired and enjoys being a church volunteer, traveling, and spending time with her eight grandchildren.

1970s
‘72 BSN Susan (Susie) K. Schaederle of Evan, GA, was stationed in North Carolina, Korea, Texas, and Oklahoma after basic training at Fort Sam Houston for the Army Nurse Corps. In 1981, she left active duty to marry and raise a family. Susie’s husband continued on active duty and the family moved to several locations in the United States and lived in Germany. She retired from the Army Reserves in 1996 with 26 years of total service. The couple has two beautiful daughters and one son-in-law as well as three fabulous grandsons. Her husband retired from the Army in 1998 and has continued working for their Medical Department as a civilian.

‘75 BSN Lyndele Balderson Bernard of Chester, MD, is a tenured professor of nursing at Anne Arundel Community College (Lecture and Clinical Critical Care), a licensed massage therapist, and NCLEX review teacher for ATI. Though living away since 1979, Lyndele admits that she’s still a Virginia girl at heart.

‘76 BSN Casey Weissenborn Finn retired to Leland, a suburb of Wilmington, NC. Casey enjoys golfing, traveling, and her new home.

‘78 BSN Mary McGowan Wheeler of Harvest, AL, is an international associate faculty with the Institute of Palliative Medicine at San Diego Hospice. Mary recently traveled to Cyprus and Turkey teaching hospice and palliative care.

1980s
‘80 BSN Renee Rinaldi Cole of Clinton, MS, received the Outstanding Faculty Award from the December 2011 Mississippi College School of Nursing graduating class.

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‘81 BSN, ’09 MSN, ’12 DNP Karen Ruth Dawn of Vienna, VA, is a nursing professor at George Mason University. Karen is currently working toward the completion of her doctorate of nursing practice degree at the University of Virginia School of Nursing.

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DEA MAHANES: Leader, Mentor, and Compassionate Care Provider

Dea Mahanes (BSN ’94, MSN ’03) has been named a Leonard W. Sandridge Outstanding Contributor award winner at UVA Medical Center. Mahanes is credited with being a leader and a stabilizing force in the Nerancy Neuro Intensive Care Unit (NNICU), helping the unit win the first “Pride in Practice” nursing award in late 2011 for sustained excellence in patient outcomes and patient satisfaction.

“Dea consistently goes above and beyond daily expectations to ensure that patients, families, team members, and community partners are supported,” wrote fellow nurse Jennifer Hall, in nominating Mahanes.

Outside the NNICU, Mahanes has been involved in UVA Health System-wide initiatives to improve care for patients and professional development for her fellow nurses. She serves on the Health System’s ethics committee, helped develop the Medical Emergency Team, and has been an active member of the Professional Nursing Staff Organization.
'81 BSN, '83 MSN, '00 FNP Mary Ellen Zator Estes of Vienna, VA, was invited to present her poster at the 2012 National Conference at the American Academy of Nurse Practitioners in Orlando, FL. Her poster is entitled, “The Nurse Practitioner’s Role in Establishing a Community Based AED Program.”

'81 BSN Celestine Ross Jones of McLean, VA, is a family nurse practitioner at George Mason University Student Health Services.

At the 2012 commencement ceremonies, 270 BSN and graduate students joined the nursing alumni ranks. Tori Tucker was named the nursing student who contributed the most to UVA.

1990s

'91 MSN Elaine Miller Bruner returned to Virginia last year and married Anthony Bruner on May 18, 2012. The couple lives in Portsmouth, VA, where Elaine is the nurse case manager for the Traumatic Brain Injury Clinic at Naval Medical Center Portsmouth. Elaine recently co-authored the Nursing Case Management Review and Resource Manual for the American Nurses Credentialing Commission (ANCC) and continues to be a faculty for the ANCC Case Management Review Products. In June 2012, she presented a concurrent session at the Case Management Society of America conference titled “Healthy People 2020: The Legend for the Case Management Roadmap.”

'92 BSN Karen Ann DeMuth of Decatur, GA, received her MD in 1999 and MPH in May 2012. Karen is a pediatric allergist on faculty at Emory University. She has a number of peer-reviewed publications.

'92 BSN Karen Chase Thiele of Blue Bell, PA, received her MSN in Primary Care Pediatric Nurse Practitioner from the University of Pennsylvania School of Nursing in 2011.

2000s

'03 BSN Melanie Carlene Denny of Charlottesville, VA, completed the Pediatric Nurse Practitioner program at Duke University in 2010 and recently returned to UVA, where she is enrolled in the Family Nurse Practitioner Certificate and the Doctor of Nursing Practice programs.

'03 BSN Po Ning Soo-Hoo of Arlington, VA, is a nurse practitioner at Herndon Family Medicine and a labor and delivery nurse at Virginia Hospital Center. Po volunteers at A-SPAN Homeless Shelter and is a preceptor for Georgetown University, Family Nurse Practitioner Program.

'08 BSN Meg Macneill Wiese of McLean, VA, received the 2012 Leadership in Clinical Practice Award from the Inova Fairfax Hospital. Her colleagues describe her as an outstanding critical care nurse, adding that it is a very special honor to be recognized at such large hospital after only three years as a nurse.

'09 BSN Alicia Marie McCarthy of Bryn Mawr, PA, is working toward her MSN degree in the acute care pediatric nurse practitioner program at the University of Pennsylvania, planning to graduate in August 2013. Alicia’s husband recently graduated from a residency program in pediatrics at Duke University Hospital and will be employed as a primary care pediatrician at Drexel Hill Pediatrics in Drexel Hill, PA. The couple married July 28, 2012.
ALUMNI IN ACTION

Ann Mabe Newman (DIPLO ‘62)
A Nurse for Life

WHATEVER Ann Mabe Newman has been in her 71 years—a nursing professor, a candidate for state congress, a wife and mother, an arthritis educator, and a mental health professional—she’s always known she’d be a nurse.

She was the child who’d nurse sick pets back to health, the one with a gift for listening, the child her mother termed “the calm one.” One of five, her father affectionately called her “willful”—a compliment, Newman says—and a lifelong characteristic that has translated into something like pluck.

And pluck is what it took to be a nurse in the 1960s. Though she recalls being expected to stand up and “relinquish whatever charts we were working on” when a physician entered the room at UVA Hospital, she remembers, too, those who urged her along the way.

Among those was Roy Beazley, who directed UVAs nursing school from 1946 to 1952. Beasley ran the school with an iron fist, but she also knew when young, newly married Newman was short on cash for groceries. She wrote Newman a personal check, a tender favor that Newman never forgot.

After earning her UVA nursing diploma, Newman worked as a mental health nurse before earning her BSN from UNC Charlotte. From there, she earned her master’s and, ultimately, her doctorate from the University of Alabama. A lauded educator, she received the Bank of America Award and the North Carolina Board of Governor’s Award for Teaching Excellence. She was named the North Carolina Nurses Association Nurse Educator of the Year and proclaimed a “Nurse Hero” by the Mecklenburg Council of Nursing. In 2010 Newman was named “One of the 50 most influential women in Charlotte.”

A clinical instructor and associate professor since 1980, Newman credits her tenure at UVA as giving her the foundation not only for practice, but for life.

“This deep conviction I have—it came from my education at Virginia,” she says.

Now as her former students greet her on the UNC Charlotte campus, she realizes that she’s come full circle.

“I’ve always thought that you don’t have to scare a student to death for her to learn,” says Newman, who recently retired. “One of the nicest compliments a former student has given me was, ‘I don’t really remember everything you taught me, but I remember you made me feel as though I could do anything.’”

It’s the same thing she felt at UVA, she says.

Newman has lived fully, without limiting herself—a skill she credits to a family of strong women and to her education.

In the 1960s, Newman, as a UVA nursing student, was interviewed for the Charlottesville Daily Progress. “She’s a nurse because it’s exactly what she has always wanted to do,” the story concludes. “And you know what’s amazing?” Newman quips from her Charlotte home, “I can still say that.”

In Memoriam

‘40 DIPLO Dorothy Burruss Anthony, of Danbury, CT, died May 31, 2012.
‘44 DIPLO, ‘45 BSN Constance Ferebee of Norfolk, VA, died on May 28, 2012.
‘46 DIPLO Eleanor Epperson Hamrick of Tampa, FL, died on March 16, 2012.
‘49 BSNED Mary Lybrook Sonner of Martinsville, VA, died on July 31, 2012.
‘53 DIPLO Jeannette B. Litz of Leesburg, FL, died on August 15, 2012.
‘55 DIPLO Peggy A. Winter-Zemene of Hagerstown, MD, died on March 7, 2012.
‘56 BSN Sally Rexrode Hiner of Norfolk, VA, died on April 16, 2012.
‘58 BSN Virginia R. Clayborne of Falls Church, VA, died on July 12, 2012.
‘67 BSN Patricia Forsyth Giles of Franklin, TN, died on August 12, 2012.
‘68 BSN, ‘74 MSN Christina A. Santry of Columbus, GA, died on August 4, 2012.
‘83 MSN Lucy H. Orr of Yorktown, VA, died on May 29, 2012.
‘86 MSN, ‘87 CERTI Anne Skewes of Charlottesville, VA, died on April 30, 2012.

Barbara Ann Graham (BSN ’70, PNP ’75, EdD ’81), associate professor emerita, passed away on August 19, 2012. Graham joined the School of Nursing faculty in 1971 and taught until her retirement in 1994. She cherished her years working with nursing students and faculty colleagues. Graham had an infinite interest in home health and women’s health, particularly in the prevention of osteoporosis in women. She was so inspired by the impact of the RN to BSN program on her life that she wanted to make the same opportunity available to others. Graham joined nine other program graduates to create the RN-BSN Leaders Scholarship, which has provided scholarships to more than 30 students.
"Nurses value not only the other individuals of the community, but the trust and relationships built over time—the belief in a common enterprise and shared values and the desire to build for posterity. It is like we all drink from wells that others dug. I know that I have been sustained by many wells. So, I value digging wells for my profession and for the posterity in nursing practice. When I do this I realize why it is indeed more blessed to give than to receive.”

—CONNIE LEE, ASSOCIATE PROFESSOR OF NURSING

Giving by the Numbers

- The BSN Class of 1967 had the highest giving participation in the Nursing Annual Fund this year with a 38% participation rate.

- 76% of the traditional BSN Class of 2012 pledged a gift to the School of Nursing before graduation, shattering previous student participation records.

- 1,330 alumni, donors, parents, and friends made donations to the Nursing Annual Fund totaling $357,344, an 8% increase over fiscal year 2011.

- 182 parents invested in nursing education at UVA with a gift to the School of Nursing this year.

How To Give

- Return your contribution in the envelope provided in this magazine

- Contact the School’s Alumni & Development office at (434) 924-0318

- Donate immediately and securely online at www.campaign.virginia.edu/supportuvaschoolofnursing

All gifts are tax deductible!
“With increasingly limited public funding for higher education, the need for private support from alumni has never been greater. I provide an annual gift to say thank you for the formative education I received at the School of Nursing. In 2011, I returned to celebrate my 30th reunion. I appreciated the opportunity to tour the new facilities and to learn more about the renovation of McLeod Hall, as well as plans for the growth of interdisciplinary education. It was deeply gratifying to see that current nursing students are being educated in state-of-the-art classrooms and laboratories.”

—STEWART BOND (BSN ’81)
School of Nursing Dean’s Circle

MEMBERSHIP in the UVA School of Nursing Dean’s Circle signifies an unwavering commitment to excellence in nursing education at UVA. Alumni, parents, faculty, and friends become members of the Dean’s Circle giving society by making unrestricted donations of $1,000 or more to the Nursing Annual Fund each fiscal year.

Dean’s Circle members provide generous support for student scholarships, faculty research, fellowships, and other priority School needs. All current students and undergraduate alumni who graduated in the last 10 years may join the Dean’s Circle for $250 a year.

How to Join
Consider the following options for your gift to the Nursing Annual Fund at the Dean’s Circle level:

- Send your check to UVA School of Nursing Alumni & Development Office, P.O. Box 801015, Charlottesville, VA 22908.
- Make gifts online at www.campaign.virginia.edu/nursingdeanscircle.
- Give automatically through monthly credit card gifts or electronic funds transfer.
- Make gifts of securities.
- Request a matching gift from your employer or your spouse’s employer. To find out if your company matches donations, visit www.campaign.virginia.edu (and choose “types of gifts,” then “payment options”).

For questions about any of these options, please contact the School of Nursing Alumni & Development Office at (434) 924-0138 or (800) 297-0102.

“I am glad to be able to support the School of Nursing as an alumna. I feel that I got so much out of my time at UVA, particularly the nursing school. I want to help ensure the best experiences possible for future generations of students. Attending the nursing reception at my reunion in June allowed me to reconnect with former classmates and faculty. It was also inspiring to see all of the progress that the School has made in the last decade.” —CHRISSY BEVERAGE (BSN ’02)
IN 1930S MISSISSIPPI, public health nurse Caroline Benoist (above, right) conceived and had built a “baby box” designed to create a protective environment for premature infants. Her invention of this simple incubator demonstrates how nurses may often be in the best position to recognize health care needs and develop innovative solutions.

Until recently, Benoist’s notes and drawings have only been available to scholars at the Eleanor Crowder Bjoring Center for Nursing Historical Inquiry. Now, thanks to a fellowship from UVA’s Sciences, Humanities and Arts Network of Technological Initiatives, Mary Gibson (BSN ’75, MSN ’86), assistant center director, is making these materials accessible through the Internet.

“The collection is indexed to be searchable and interactive,” says Gibson. “You can click on a picture and get the story.”

This year, Gibson received a Jefferson Trust Grant of more than $20,000 to digitize the recently acquired Nancy Milio collection. Going forward, plans call for making more of these historical materials available electronically so they can be broadly accessed.
Calendar of Events

OCTOBER
26-28  UVA Family Weekend
27    School of Nursing Undergraduate Recognition Ceremony

NOVEMBER
6     Doctoral Program Information Session (DNP, PhD)
7     Zula Mae Baber Bice Memorial Lecture: Theresa Brown, RN, author of Critical Care: A New Nurse Faces Death, Life, and Everything in Between and monthly columnist for the New York Times
10    Admissions Information Session (BSN, MSN)
13    Nursing History Forum: Adventure and Service in Khaki and White: Frontier Nursing Service Couriers, 1928-2010

DECEMBER
4     Doctoral Program Information Session (DNP, PhD)
18    End of Examinations, Fall Semester

JANUARY 2013
14    Spring 2013 Semester Begins

FEBRUARY
2     Alumni Council Winter Meeting

MARCH
9-17  SPRING BREAK
15    The Second Agnes Dillon Randolph International Nursing History Conference: Barbara Brodie, PhD, RN, FAAN, Keynote Speaker and Randolph Award Recipient

APRIL
TBD   Catherine Strader McGehee Memorial Lecture

MAY
10    End of examinations, Spring semester
13-15 Thomas Jefferson Society Reunions: Classes of 1963 and earlier
15    Thomas Jefferson Society School of Nursing Luncheon
18    Pinning and Hooding Ceremonies, School of Nursing
19    FINAL EXERCISES

JUNE

For details on Bjoring Center for Nursing Historical Inquiry events, please call (434) 924-0083. For details on Admissions Information Sessions, call (888) 283-8703. For all other events, please contact the School of Nursing Alumni & Development Office at (434) 924-0138. For a full list of School of Nursing events, please visit www.nursing.virginia.edu/calendar.