Values That Lead Us Forward

I write to you from the beginning of my next five-year term as dean. I am honored to serve our beloved School, and appreciate the support of alumni, faculty, students, and colleagues at UVA. Time may have sped by, but this juncture offers a prudent time to pause and reflect on what I've learned—and what we've accomplished together.

I realize that the core values of our School are truly built on the Jeffersonian traditions of integrity and excellence—values that are intentional and visible in everything we do. Since 2008, our healthy work environment initiative has forged a path toward establishing respectful places where all can flourish: students, faculty, and staff. New faculty (we have recruited 10) consistently acknowledge that this emphasis makes UVA unique and that it's a major reason for their choosing to join us in our teaching, research, and practice missions. Everyone works hard. Why not create meaningful work in a place that openly celebrates students and each other?

I have come to understand that a focus on compassion and kindness wins in the end. The Compassionate Care Initiative, featured in this issue’s cover story, provides a central link between our interprofessional work, our creative teaching and research, and our innovative spirit. Over the past four years, I’ve watched the Initiative grow into an all-volunteer army of clinicians, educators, students, and community members focused on caring for both patients and practitioners. Under Kluge Professor Susan Bauer-Wu’s new leadership, it is poised to make a major impact on our healthcare system. As you read the piece, I hope you’ll feel its power, as so many others already do.

Collaborations have transformed the School: new centers for interprofessional education and rural and global health; a completed multi million-dollar renovation of the Mary Morton Parsons Clinical Learning and Simulation Center; the opportunity to expand graduate programs, thanks to a $5 million gift from Bill and Joanne Conway; meeting society’s need for a safer, more highly skilled nursing workforce by doubling our RN to BSN program; completing a successful University campaign last June with more than $55 million in investments from the School’s alumni and friends. The power of philanthropy makes so many things possible.

And over the next five years, we will do more. A new financial model will encourage our creativity and entrepreneurial spirit—and we in the School of Nursing are ready. We’re also ready to create an even more exceptional undergraduate experience, grow opportunities for research and scholarship, establish nursing partnerships here and abroad, and nimbly equip future nurse leaders with the agility, skills, and capacity to transform themselves and the world. These will be our focus areas as we actively recruit new faculty to join our healthy work environment.

Be well. Be happy. You have our gratitude and share in our every accomplishment.

Warmly,

Dorrie Fontaine, RN, PhD, FAAN
Sadie Heath Cabaniss Professor of Nursing and Dean
As a nurse practitioner at Vanderbilt Children’s Hospital, alumna Carey Floyd McDonald works across disciplines to support children and families facing life-threatening illnesses.

Cover: Allie Tran (BSN ’10) by Tom Cogill. Art direction by Wendy Repass.
A New Path to Professional Growth

Program Guarantees BSN Admission to Community College-Educated RNs

WHAT is the quickest way to raise the skill level of nurses in the national workplace? One way is to guarantee baccalaureate degree access to registered nurses (RNs) who already have a community college education. That’s the agreement that UVA School of Nursing has struck with 21 Virginia community colleges. By offering these nurses an opportunity to further their skills through UVA’s RN to BSN program, the School contributes to improved patient care nationally.

“The hope,” says Dean Dorrie Fontaine, “is to incrementally increase our RN to BSN enrollment by drawing from the highly qualified students who emerge from Virginia’s community college system’s nursing schools. This also fortifies our commitment to the Institute of Medicine’s mandate that 80 percent of nurses be baccalaureate trained by the year 2020. And it’s a chance to expand the enrollment of nurses at UVA Medical Center, who have provided early support and enthusiasm for the degree by heading back to school themselves.”

Nurses with BSN degrees enjoy a greater degree of professional mobility that often leads to higher salaries, and many opt to pursue graduate degrees to take their careers to the next step. More importantly, landmark reports from the Institute of Medicine (2010) and the Carnegie Foundation for the Advancement of Teaching (2009) illustrate the clear correlation between nursing education levels and safe, quality patient care. Indicators like infection rates, failure to rescue and
mortality rates in hospitals are all lower with baccalaureate-prepared nurses.

UVA’s RN to BSN program offers a part-time, 21-month program for full-time working nurses who already possess practical professional experience. Classes are held on Grounds once a week, with a clinical practicum in the second year that allows students to apply what they have learned to a clinical setting.

“Worth Noting”

“Worth Noting”

It is undeniable that nurses increasingly occupy a central role in safe, compassionate, quality patient care.” —KATHY HAUGH

“I couldn’t even begin to tell you how different I am than a year ago,” said Vicki Jenkins, RN to BSN student, who earned her first degree at Germanna Community College. “You hear about politics, government affairs—topics that touch nursing from all angles. This kind of learning is why you choose UVA. It makes you well rounded. I had no idea what I didn’t know.”

“It is undeniable that nurses increasingly occupy a central role in safe, compassionate, quality patient care,” said nursing professor Kathy Haugh (BSN ’70), coordinator of the RN to BSN program. “Offering a route for RNs with associate degrees to further their education—by expanding one’s worldview of nursing and opening up new ways of thinking in a variety of practice settings—will only make that care stronger.”

Recognized for Excellence in Education

PERSONALLY invested in her students. A creative and gifted educator. Someone who challenges, mentors, and—through her teaching, coaching, and advising—ensures that students become the best nurses they can be. These are some of the phrases that colleagues use to describe associate professor Emily Drake (BSN ’85, MSN ’93) This past summer, the American Association of Women’s Health, Obstetrics and Neonatal Nurses (AWHONN) honored Drake with its annual Award of Excellence in Education.

“Emily is a bright ray of sunshine in the classroom, where I believe she truly inspires students and others,” notes Dean Dorrie Fontaine, who also calls Drake a “natural leader.” “She leads others without taking charge,” says Fontaine. “Others frequently follow her because she is headed in the right direction and her way is so clear.”

“She is known for her creative teaching, mentorship, and lively class discussions,” wrote Theresa Carroll, senior associate dean, in Drake’s nomination letter. “I always try to hang around her classroom on the day each semester when she dresses up like ‘Polly Postpartum,’ and arrives for class in a bathrobe, curlers, and slippers, with a baby tucked in her arms. The ‘Camp OB’ she developed for third-years is legendary too.”

Drake teaches undergraduate and graduate courses on maternal child health in the School and has held a clinical position in labor and delivery at UVA Medical Center, specializing in high-risk pregnancies, infant development, breastfeeding, and technology. She has served on the national board of AWHONN and is an active member of Sigma Theta Tau International and the International Lactation Consultants Association. During her UVA tenure, Drake twice received both the School of Nursing Alumni Association’s Excellence in Teaching award and the Margaret G. Tyson Innovative Teaching award. She is currently conducting research on postpartum depression.

In Brief

SIGMA THETA TAU INTERNATIONAL Honor Society of Nursing has selected Essentials of Critical Care Nursing, co-authored by Dean Dorrie Fontaine and Patricia Morton, dean, University of Utah, for its 2013 Capstone International Nursing Book Award. The society called the book “an excellent reflection of the nursing profession.”

THE NURSE FACULTY LOAN PROGRAM, funded by the Health Resources and Services Administration of the US Department of Health and Human Services and directed by Clay Hysell, has been awarded $45,641 for 2014. The program offers low-interest loans and other benefits to graduate nursing students, particularly those who graduate to become full-time faculty. The School of Nursing Alumni Association provided the required funding match, made possible through the Nursing Annual Fund.
ASSOCIATE professors Marianne Baernholdt and Karen Rose (PhD ’06) are the latest of the School of Nursing’s faculty to be initiated as Fellows of the American Academy of Nursing. Baernholdt teaches, oversees the School of Nursing’s Rural and Global Health Care Center, and directs the School’s global initiatives and study-abroad programs. Rose, who teaches and directs the School’s BSN program, conducts research related to patients with dementia and their caregivers.

The nation’s 2,068 American Academy of Nursing Fellows—chosen from among the 3.2 million nurses in the United States—include nursing leaders in education, management, practice, and research. The distinction, among the highest honors a nurse may receive, is awarded annually to a select few who are invited to receive academy recognition. Baernholdt and Rose become the 21st and 22nd Fellows within the School.

STUDENT IN FOCUS: ZAKLINA CETIC (CNL ’14)

Seeking a Calling, Answering a Challenge

WHEN Zaklina Cetic calls the Clinical Nurse Leader program “exciting” and “challenging,” you can believe her. She has seen plenty of both. Cetic grew up in Bosnia in the midst of a civil war. As a 12-year-old child, she broke her leg and ended up in the hospital. Despite the harshest of conditions, a nurse there managed to set Cetic’s broken leg with a pink cast that smelled of strawberries. That simple act created a fond memory and ignited Cetic’s interest in healthcare.

Thirteen years later, Cetic and her family came to America as refugees, and, two years after that, Cetic enlisted in the US Army. She served seven years in active duty, in combat, and as a chaplain’s assistant in Baghdad’s Green Zone. Afterward, she earned a degree in mathematics.

“But math wasn’t a ‘calling,’” says Cetic. “I wanted to work with people.” As a student in UVA’s master’s level Clinical Nurse Leader (CNL) program, Cetic is doing just that. The 24-month CNL program allows students with bachelor’s degrees in other fields to earn a degree quickly and graduate with leadership skills. Cetic also receives scholarship support though the Conway Scholars Program, made possible by a gift from Bill and Joanne Conway.

“The Conway support will affect what I am able to do after I graduate,” says Cetic. “I will be able to choose the work I want to do and where I do it more freely, with fewer loans to pay off. I can go where I will be the most useful, not where I will get paid the most.”

For Cetic, the CNL program is a perfect fit.

“It’s an exciting time in healthcare, and I want to be part of it,” she stresses. “In my program, we have an amazing group of people from all different backgrounds. Why not put us all together and see what we can do?”

I can go where I will be the most useful, not where I will get paid the most.”
New Faces of UVA Nursing

This fall, new nursing faculty continue to fill the School’s classrooms. Some are stepping into recently vacated positions. Others now occupy new positions created to expand burgeoning advanced degree programs. All bring their own brand of skills, expertise, and energy to the School.

Christine Kennedy, Madeline Higginbotham Sly Professor of Nursing, is an internationally known expert in pediatric nursing and children’s behavioral health. (See Kennedy’s profile, below.) Three additional hires—Jessica Keim-Malpass (CNL ’08, PhD ’11), Richard Westphal (PhD ’04), and Ken White (ACNP ’13)—are all part of an overall expansion of the Clinical Nurse Leader (CNL) program made possible by a gift from Bill and Joanne Conway.

Keim-Malpass, assistant professor, studies young women’s experiences with cancer. In recent research, she used a unique qualitative approach—an Internet illness blog—to describe life disrupted by cancer. Her aim was to understand the positive and negative forces affecting access to healthcare services during and after treatment. She has served as a postdoctoral fellow at Wake Forest University and as a staff nurse in pediatric hematology-oncology and bone marrow transplant. Keim-Malpass, who taught briefly at UVA prior to her postdoctoral training, teaches Care of Adults and Older Adults in UVA’s CNL program.

Professor Westphal, a retired captain of the US Navy Nurse Corps, is an advanced practice mental health nurse whose clinical work has centered on end-of-life care, clinical staff support, and traumatic stress, loss, and grief. His research has focused on caregiver stress and issues of healthcare access, mental illness stigma, and chronic conditions. Westphal has received numerous military honors and awards, including the Legion of Merit Medal for designing and implementing the psychological health and traumatic brain injury program for the US Navy and Marine Corps. In UVA’s CNL program, he teaches Care of Persons with Psychiatric Illness.

White holds the UVA Medical Center Professorship and joins the faculty as associate dean for strategic partnerships and innovation. In this newly created role, he will develop partnerships locally and globally, foster entrepreneurial activity to grow the School’s capacity to advance nursing practice, and increase the School’s innovation in teaching, research, and care. He holds joint appointments in the UVA Medical Center, the McIntire School of Commerce, and Darden School of Business, and is an affiliate of the Batten School of Public Policy and Leadership. White’s diverse interests include palliative care and healthcare administration, specifically the preparation of nurse executives. He has more than 35 years of experience in healthcare organizations in clinical, administrative, governance, and consulting capabilities and is an award-winning author, teacher, and leader. White is a Fellow of both the American Academy of Nursing and the American College of Healthcare Executives. He teaches Care Environment Management in the CNL program.

Christine Kennedy
Madeline Higginbotham Sly Professor of Nursing
Director, School of Nursing PhD Program

Expertise: Pediatric nursing and children’s behavioral health, currently researching the use of mobile phones to reduce health disparities
Impact: Changing how young children develop health habits
Honors and Awards: Chairs the American Academy of Nursing’s expert panel on health behavior, Mentor of the Year, Distinction in Teaching Award, Distinguished Faculty Award, and Health Literacy Research Award from the Institute of Health Care Advancement; American Academy of Nursing Fellow since 2005
Mother and Daughter Travel to Rural Clinics in Malawi

“"At first, I wasn’t sure if I’d survive it,” admits Amanda Jenkins, a third-year nursing student. “I’d never seen places like that.”

Jenkins was thinking back to the 10 days she spent in Malawi with eight other UVA students and professors providing nursing care in rural areas. Jenkins and her mother, Vicki Jenkins, an RN to BSN student, were part of a team that joined the UVA Villages in Partnership group in tending to more than 2,000 patients during three daylong clinics. The majority of the patients were HIV positive. Many suffered from malaria and tuberculosis and had wildly infected sores, untended diabetes, intestinal worms, and diarrhea. The trip, and the people, left an indelible impression on both women.

“People in the US talk about poverty,” says Amanda. “There are a lot of big conversations about it, but to really join those conversations, you have to see it.”

Malawi is the world’s fourth-poorest nation. Average life expectancy is 39, and roughly 12 percent of the African nation’s nearly 15 million citizens are HIV positive. The average yearly income is about $600, and the economy relies largely on agriculture.

For the Jenkins, the trip was an eye opener. It was also a chance to compare American healthcare to that of a developing nation.

“In our classes, we learn about the Affordable Care Act and implications of changes to patient care,” says Vicki. “A trip like this brings you back to community and public health in a very real way. I got to see our professor, Lucy Goeke, at work and be amazed by her care, never leaving until everyone had been seen. She assessed patients in ways we don’t do anymore: by listening and touching. I watched that, and did it myself. It just felt so good to make a difference.”

Campaign Transforms Space, Programs

In 2004, when the UVA School of Nursing launched the biggest fundraising campaign in its history, the Claude Moore Nursing Education Building was only an architect’s sketch. Today, natural light streams in through the building’s large windows as students and faculty move in and out of its busy classrooms and offices. Funds from the recently concluded “Campaign for Health”—part of the University’s overall $3 billion campaign—supported the construction of the School’s new home. In addition, UVA nursing donors contributed to renovate McLeod Hall, create nine new scholarships and a new professorship, and strengthen numerous programs and initiatives. Raising a total of $55.4 million, the philanthropic campaign transformed the School’s physical spaces and created powerful new opportunities for students and faculty alike.

“We have so much to show as a result of this generosity,” says Dean Dorrie Fontaine. “Even in times of significant economic challenges, our alumni and friends stepped forward to support the School of Nursing and our faculty and students. We are deeply grateful for how far we have come, and we continue to look forward to continuing to make an important impact on nursing education and the nursing profession.”
Walk through the Claude Moore Nursing Education Building or McLeod Hall, and you can feel the energy that comes from more than 750 students, all working toward various degrees, all focused on their future plans in nursing. Today’s UVA nursing students come from diverse backgrounds, and have diverse goals. Almost half are pursuing advanced degrees, a statistic that reflects the changing time and needs in the nursing profession.

**ANATOMY OF THE NURSING STUDENT BODY 2013 BY THE NUMBERS**

**755** total students

**359** advanced degree students

**62** men

**1919** average SAT scores of incoming BSNs (out of 2400)

**23** hail from other countries, including New Zealand, Korea, Denmark, and China

**396** BSN students

**2073** essays reviewed by the BSN admissions team

**3** personal essays submitted by every BSN applicant

**10:1** ratio of applications to number of spots available for incoming BSN class 2013

**83%** graduated in the top 10% of their class

“In my junior year of high school, my anatomy class took a field trip to observe an open-heart surgery. I sat still for nearly three hours, watching the surgeons at their work, utterly enthralled. ... It is in the midst of suffering that our humanity is the clearest. It doesn’t matter what a person looks like, sounds like, or acts like: when they come to the hospital in pain and in need of help, it’s clear that we are all brothers and sisters, we are all human.”

—excerpt from an admissions essay by Grace Broderick, first-year BSN student, class of 2017
Reflective writing, deep listening, meditation, yoga, and even physical exercise make for happier, stronger, more centered healthcare practitioners. And a growing body of evidence suggests that resilient caregivers offer safer, more compassionate care.

The Architecture of Compassion

In the beginning, “The Pause” was less a call to action than a move away from it.

After the frenzy of chest compressions. After the monitors are no longer useful. After the valiant efforts of a collaborative team have been unable to save a life.

“When people die, after a traumatic instance, after a code situation, often I’d see surgeons, ER docs and nurses walk away with frustration, throw their gloves off,” says Jonathan Bartels, an ER nurse at UVA Medical Center and among the founding members of the School of Nursing’s Compassionate Care Initiative. “You’d see a defeatist sort of attitude.”

It was no way to care—and no way to heal. So Bartels began “The Pause”—a 45-second to two-minute moment of silence—as a way to honor the human and offer the caregivers a moment to recalibrate and reflect.

It began with one person deciding to make a difference. Today, the practice has spread to the hospital’s nurses, physicians, and family members, who participate with bowed heads, folded hands, and closed eyes. The ceremony brings tears and sighs. Its silence is reflective—and it’s keeping many in healthcare resilient, says Bartels—including himself.

“I’ve noticed a real shift in how (my colleagues) are able to function, day-to-day, how they’re able to see difficult situations, and overcome them, and support one another,” he says. “The shift I’ve noticed in myself is the capacity to go through difficult situations with more stability and calmness and growth.”

“We just recognize and acknowledge and honor patients in our own way, in silence,” he says. “Everyone can do that.”

Compassion 101

But are compassion and resilience teachable?

It’s a tricky question, particularly in a time of seismic change in healthcare, when advances in technology—from electronic medical records to touch screen tablets—tend to erode human connection rather than fortify it.
Enter the School’s four-year-old Compassionate Care Initiative—an effort to bring together professionals from across the healthcare spectrum in pursuit of resiliency, meaning, and connectedness. What began with a focus on end-of-life activities like Bartels’ “Pause” has lately morphed into something much bigger in scope.

Today, there’s a burgeoning understanding that resilient practices—like reflective writing, deep listening, meditation, yoga, even physical exercise—make for happier, stronger, more centered healthcare practitioners. A growing body of evidence supports that fact. And there’s mounting evidence of the link between practitioners’ personal resilience and well-being and the quality and safety of the care they give.

Stressed-out nurses and physicians give lackluster care. But tend the caregiver, explains UVA nursing professor Susan Bauer-Wu, and you’ll tend the patient, too.

“Resilient and compassionate nurses are taught, not born,” says Bauer-Wu, the Tussi and John Kluge Professor of Contemplative End-of-Life Care, who arrived at the School last January and directs the School’s Compassionate Care Initiative. “We posit that resilient nurses provide better care, and they’re less likely to be burned out. And learning how to buoy your own spirit in times of difficulty and stress is often the first step in offering the best care to your patients.”

And the need has never been greater. Nurses make up the largest segment of the healthcare workforce in the United States, more than three million strong, and the Bureau of Labor Statistics estimates that the nation’s need for new nurses will grow by nearly a third over the next decade.

But attrition plagues the profession. According to the 2011 US Hospital Nursing Labor Costs Study, about 14 percent of RNs leave the field altogether. Other statistics reveal that 13 percent of new RNs change principal jobs after 12 months and 37 percent—more than a third—are ready to leave their jobs after only a year.

More difficult to quantify are the number of “working wounded”—those who trudge through their work despite emotional exhaustion, and apathy, lacking fresh perspective and attention to detail. This group is at extraordinarily high risk of making costly and potentially fatal errors, providing depersonalized care, and lowering workplace morale. A 2012 study found that hospitals with more stressed-out nurses had dramatically higher infection rates. But even a 30 percent reduction in nurse burnout...
resulted in some 6,000 fewer hospital infections at one medical center—a dramatic turnaround by any measure.

Nowhere are people paying closer attention to this fact than at UVA Medical Center, where courses on mindfulness, yoga, and meditation are routinely offered to clinicians and staff. Investments in mindfulness, the leadership acknowledges, are investments in patients. It’s a route to preventing turnover, and a way to offer professional development. It’s a way to be a better workplace.

“Our old approach to work-life balance helped us begin to think about this, but the burden of a stressful workplace followed us home, so in contemporary parlance, this Compassionate Care Initiative tries to address the underlying cause,” explains Lorna Facteau, chief nursing officer at UVA Medical Center. “So we’re not taking the baggage home, or taking it to work, but rather are dealing with the stress of what it’s like to be a nurse in today’s environment.”

“A resilient workforce is a stable workforce,” Facteau adds. “They come to work every day, put all their heart and soul into their patients’ care, and leave refreshed, as opposed to downtrodden. And I get to keep a healthy, whole nursing staff, which hopefully causes a decline in turnover for me, which is among the most costly things that happen.”

What’s becoming clear, says Bauer-Wu, is that bolstering nurses’ resilience and promoting retention is essential to the functioning and fiscal health of our nation’s hospitals where thriving staff treat each person with high-quality, safe, compassionate care.

**Attention, Please**

In nursing school, resilience actually begins with a simple step: learning to pay close attention—the “rarest and purest form of generosity,” wrote philosopher Simone Weil—and giving equal weight to students’ understanding of resilient practices and the clinical skills they amass over four years. To this end, UVA nursing students attend self-care retreats, learn how to be more present, and practice yoga and mindfulness meditation.

Every fall, BSN and CNL master’s students attend day long workshops at UVA’s Morven Farm, a 7,379-acre estate well away from the on-Grounds bustle. During these sessions, initiated by Maria Tussi Kluge and originally held at Featheridge Farm in North Garden, students are led on nature walks and taught yoga and the importance of deep breathing as a calming, centering skill. For nursing students, it’s a welcome shift—and the beginning of a set of skills cultivated to last a lifetime.

Throughout each semester, nursing professor Audrey Snyder brings together small groups of students to practice Therapeutic Touch (a type of energy therapy to reduce pain and anxiety) on one another in the comfort and warmth of Dean Dorrie Fontaine’s historic home on the Lawn, Pavilion IX. Several mornings and evenings each week, meditation and yoga are offered in the School’s resilience room on McLeod’s second floor—a space that’s outfitted with mats, blankets, and pillows, low lighting, and away from the din of building activity—a space students are also encouraged to use to take a breather, sit in quiet, and reflect. The School also has a newly renovated classroom in McLeod that is equipped with meditation cushions to accommodate larger groups, such as the new Introduction to Mindfulness elective course offered to all UVA students.

And it’s not just for students. UVA Medical Center professionals fold in mindfulness activities through courses, workshops, and retreats, many of which are organized by nursing professors and affiliated faculty, and some of which they receive credit for. The Medical Center’s reading, writing, and meditation groups have flourished. And many faculty and staff meetings at the Health System (which includes the Schools of Medicine and Nursing, the Medical Center, and the Health Sciences Library) begin with appreciations from those present: words of thanks and praise for colleagues—before launching into the tasks at hand.

“A healthy work environment has become, and should be, part of the very fabric of our day-to-day lives,” says Dean Fontaine. “Although it began with it, the initiative has become so much more than “The Pause.””

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**NIH Support Grows**

Support from the National Institutes of Health is a leading indicator of how important specific research is perceived. Since 2001, the NIH has quadrupled the number of research projects it supports that are related to yoga, mindfulness, and meditation, with more than five times the funding.
Science Shows Results

But how do we know if being more mindful actually improves clinicians’ lives—and the patients they treat?

“We focus on mindfulness and other contemplative approaches not only because they are personally satisfying but because these practices are shown to be helpful in positive, measurable ways,” explains Bauer-Wu, who has studied stress and ways to better manage its ill effects over a lengthy and accomplished academic career. “And the links between contemplative practices, health and well-being, and stress-resilience,” she adds, “continue to grow.”

Between 2000 and 2012, the number of peer-reviewed journal articles written on mindfulness, meditation, and yoga rose by nearly 2,300 percent, from 21 to 477 (D.S. Black 2013, Mindfulness Research Guide, www.mindfulexperience.org). And these topics are increasingly backed by dollars. Funding from the National Institutes of Health for mindfulness-, meditation-, and yoga-related research has skyrocketed over the last dozen years, from just over $9 million in 2001 to more than $48 million in 2012.

Training in both mindfulness and compassion, research is showing, yields dividends. Brain imaging of long-term meditators (those with 10,000 to 54,000 hours of meditation experience) reveal brains that show less distraction, more focus, less emotional reactivity, and a better ability to shrug off distress (Brefczynski-Lewis, et al. 2007). What is more important, research is showing that even those brand new to meditation can benefit. Another study found that mindfulness practices introduced over eight weeks to a high-stress work environment enabled employees to stay on task longer, switch tasks less often, and experience less negative emotion and improved recall (Levy et al. 2012).

In another study, those who were taught to practice an hour of meditation each day over eight weeks were twice as likely to exhibit compassion, another study found (DeSteno et al. 2013).

Bauer-Wu also points out that a practitioner’s affect and demeanor often are passed on to patients. So-called “mirror-neuron systems”—the way the brain perceives the intentional actions of others that then link to motor systems in the brain to engage the same actions—are one aspect of understanding interpersonal attunement where two people align, resonate, and create a sense of safety between one another.

Mindfulness activities appear to promote patient health, too. One UVA study found that yoga eased depressed patients’ symptoms. Another found that Qigong—an ancient practice of slow, purposeful movements and breathing akin to Tai Chi—reduced the frequency and severity of seizures in people with epilepsy, and appeared to have a positive impact on veterans with post-traumatic stress disorder.

One of Bauer-Wu’s own studies, done in collaboration with colleagues from Emory University, found similar patterns of brain activation between cancer patients and experienced meditators—links not seen in control subjects. The suggestion, says Bauer-Wu, is that meditators are more adept at imagining the cancer patients’ experience, and therefore more empathic.

“If you regularly engage in practices to help you to attend to present-moment experiences and to connect with others,

IN HER OWN WORDS
Susan Bauer-Wu
Tussi and John Kluge Professor of Contemplative End-of-Life Care

“I was drawn to nursing based on its holistic perspective. I began my career as an oncology nurse and later mental health and hospice, impacted by my mother having had advanced breast cancer. An inquisitive mind led me to pursue a research doctorate and focus on the psycho-social-spiritual aspects of having cancer and how brain, behavior, and bodily functions are interrelated and ultimately affect health and well-being.

Since graduate school, I have maintained a regular mindfulness and compassion meditation practice for my own self-care and have woven it into my work. I teach and research these contemplative practices and witness time and time again how present-moment awareness and openheartedness help us to be more calm, kind, and mentally clear. This is a core part of our efforts with the School of Nursing’s Compassionate Care Initiative. My ultimate goal is to cultivate a thriving healthcare workforce, locally and nationally, where every person providing care is happy, healthy, and empathic.”

Bauer-Wu was recently named a Robert Wood Johnson Foundation Executive Nurse Fellow for 2013. She joins 20 nurse leaders from across the country chosen for this world-class program that is designed to enhance the participants’ effectiveness in improving the US healthcare system.
The Melton D. & Muriel Haney Interprofessional Conference
Compassionate Care at the End of Life

UVA School of Nursing
McLeod Hall, Charlottesville, VA
Saturday, November 9, 2013
8:45 a.m.—5:30 p.m.
Register online at cmevillage.com. For more information, contact Tricia Wilson,
Office of Continuing Medical Education, 434-924-1657 or tricia_wilson@virginia.edu
A collaboration of UVA School of Nursing’s Compassionate Care Initiative, UVA School
of Medicine’s Center for Biomedical Ethics and Humanities, Hospice of the Piedmont, and
Martha Jefferson Hospital
Sponsored by the Office of Continuing Medical Education of the University of Virginia School
of Medicine

you strengthen those circuits in your brain and in turn, weaken
other less useful and more habitual circuits,” she explains. “Just as
e xercise and weight training benefits your muscles, your brain’s
neuroplasticity—its ability to be malleable and flexible—can
actually be strengthened to boost one’s propensity for paying
attention and being compassionate.”

“So anyone can benefit from this type of mental training. You
can teach an old dog new tricks,” adds Bauer-Wu, “but only if the
old dog wants to learn new tricks.”

Putting Money Where
Your Heart Is

UVA researchers plan to study whether nurses and other
professionals who practice yoga and mindfulness techniques fare
better in stressful situations. Studies like these shed light on how
resilient practices make a real difference—and help UVA widen
the scope of how nursing is taught.

UVA is also making a significant investment. The opening of
the Contemplative Sciences Center—created with a $12 million
transformative gift from Sonia and Paul Tudor Jones in
2012—provided a central source for the education and study of
contemplative practices like yoga and meditation for students in
different disciplines across Grounds. Dean Fontaine’s trip to Bhutan
with Contemplative Sciences faculty and leadership last August also
seeded the School’s efforts, bringing new and ancient perspectives
from the places where mindfulness and meditation were founded.

And with possible future support, says Bauer-Wu, the School
of Nursing has the chance to become a powerful centralized
force to bring resilience, stress-resistance, and mindfulness into
healthcare in Charlottesville and beyond.

Bauer-Wu has an ambitious vision for expanding the
Compassionate Care Initiative across the UVA Health System and
beyond. She envisions opportunities to expand course offerings, to
focus on clinical units that tend to suffer the high stress rates and
burnout, to bring resiliency training to those in other healthcare
roles, like CNAs, and “train the trainers” at other institutions.
Private philanthropy created the Initiative at UVA, and the School will
continue to seek further philanthropic support to realize this vision.

The idea, says Bauer-Wu, is to nurture resilient practice
among the School’s faculty, staff, and students, alongside UVA
Medical Center clinicians, and create a common movement
toward healthy self-care. Such a move would benefit both
caregivers and patients, and what is more important, create a
powerful model for broader change.

“We practice and teach mindfulness not because it’s popular
or just a nice thing to do, but because we see that it makes a
difference, yielding less stressed, more centered and empathic
healthcare professionals,” says Bauer-Wu. “We believe there is a
trickle-down effect, too, which filters into patient care that’s safer,
and of higher quality. These days, in the high-stress and high-tech
clinical environments, there is no substitute for it, particularly as
our understanding of the science behind it grows more robust.”

Compassionate Care Video
Find out more about the UVA School of Nursing Compassionate Care Initiative at
nursing.virginia.edu/compassion, where you can also watch a powerful video on teaching compassion.
A Scholarship with Compassion: The Bells Help Students Through Trying Times

As an undergraduate student in the UVA School of Nursing, current School of Nursing Advisory Board member Jennifer Cirenza Bell (BSN ’89) was faced with unfathomable loss. A car accident after her third year took the life of her mother and left her brother in the surgical ICU hours away in Pennsylvania.

After the accident, weekends for Bell meant flights back to University of Pennsylvania Hospital to spend time at her brother’s side. Her world was filled with worry, and was only compounded by coursework piling up.

After experiencing such trauma and loss as a student, Bell, along with her husband Ed, last year made the choice to fund a scholarship designed to reach out to students who find themselves facing similar trauma or loss.

The Bells’ gift creates the Virginia Marie Cirenza Scholarship in memory of Jennifer Bell’s mother. The scholarship provides help for an individual student undergoing some kind of loss or trauma, providing funding during the difficult period to ease their financial concerns.

“It is okay to ask for help and it is okay to let people know what you are going through.” —Jennifer Bell

“We are not necessarily going to have a student who comes into the School who has lost a parent,” Bell explains, “but there are plenty of instances when someone’s life is just filled with stress and worry. This gift is so that a student does not feel like they are coping with difficulty on their own.”

In addition to providing financial backing, Bell hopes that the scholarship’s availability will let students know that there is support and help available at the School of Nursing.

“Personally, I was very quiet about what I had been through,” she recalls of her time at UVA after the accident. “I didn’t ask for help and wasn’t offered help.”

Bell hopes that the support she lacked as an undergraduate student will be offered to students through the availability of this fund.

“My hope is that students will feel comfortable and realize that it is okay to ask for help and it is okay to let people know what you are going through.”

Now the parents of current CNL student Virginia Marie Bell, the Bells are delighted to have the chance to make an impact on the School.

“We are just so thrilled to be able to do this,” she notes.

“Who goes through life without coming in contact with a nurse? You want that nurse to be caring, intelligent, hardworking. You want someone who is completely capable and competent to take care of you. We really feel that giving to the School of Nursing is a great thing for us to do.”
Theresa Carroll, senior assistant dean for academic and student services, welcomes students back for the new academic year.
Impact: Nursing Research

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

When a Child’s in Pain, Can Distraction Help?

You might say that the idea for Andrea King’s research project originated nearly two decades ago, on her fifth birthday. That was the day she was viciously attacked by a dog, while her family was busy preparing her party. King’s injuries required an emergency trip to a nearby hospital, where, hurt and scared, she screamed while her mother held her down so the doctors could treat her.

It’s still a potent memory. And, while King is fully recovered now, she is committed to lessening the pain for other hospitalized kids—and to changing protocols for treating children in need of painful medical procedures.

One of a handful of fourth-year undergraduates invited to conduct original research as part of a Distinguished Majors Program project, King is examining how introducing elements of cognitive distraction might reduce or alleviate a child’s perception of pain during medical procedures.

King’s project will engage children intellectually through the use of novel “distraction cards”—a pair of handheld cards with two similar pictures with slight differences not easy to detect without concentration—shown to the child while the unpleasant procedure is done. Afterward, King will ask the kids to self-report their pain using a traditional pain rating scale. The study will focus on children age five to 11, using both a control and experimental group.

King suspects that this novel distraction—one that engages the brain with an activity, rather than just visual elements or physical comfort—will lessen kids’ perception of pain. She also believes it may one day create new nursing protocols for treating juveniles. She’s certain that it will affect the way she treats her own young patients one day, when she becomes a family nurse practitioner.

“Knowing a little about growth and development and being able to cognitively stimulate a child may make a difference,” says King. “As an FNP, I’m sure there will be other things I’ll want to study. I definitely see myself as someone who will publish articles and opinion papers while being a clinician.”
For Katie Patton, the STAR program led to a study that measures the effect of exercise on cancer patients' sleep patterns.

STAR Program Creates Stellar Opportunities for Student Research

SOMEWHERE between learning about central line infections and 2 percent chlorhexidine baths, a plan clicked for BSN student Katie Patton.

It was an “ah-ha” moment that had its origin much earlier in the School’s STAR (Scholars to Advance Research) program. The program pairs undergraduate groups with graduate student mentors to tackle research projects based on real-life issues facing UVA Medical Center patients and staff and—in the process—gives nursing students their first real glimpse into nursing research and science.

“The STAR program was such a positive experience,” explains Patton, “that I wanted to see what else I could do."

In the midst of an oncology elective, the idea came to her. She designed her Distinguished Majors Program project to measure the effect of exercise on cancer patients’ sleeping patterns and, to a lesser extent, its effect on their ability to focus beyond their illness. Patton knew from her oncology elective that fatigue posed a major hurdle to cancer patients, but that exhaustion from chemotherapy, radiation, and stress didn’t necessarily spur sleep.

“Patients have minimal energy, but they still are unable to get quality sleep,” Patton says. “It’s difficult for patients to participate in physical therapy with debilitating side effects of cancer treatment such as insomnia, nausea, depression, and pain. It’s challenging to think of it all on a personal level until you see what patients endure. You see their struggle, appreciate it, and want to do anything to help.”

Knowing that most cancer patients already engage in physical therapy, Patton will create a list of physical tasks—from activities of daily living to walking and eventually to higher intensity routines for stronger patients. Over the eight-week study, she’ll survey patients about their energy level, mood, sleep quality, and wakefulness, relying on self-reporting from their journals to fill in the gaps.

The STAR program was funded, in part, by the UVA Parents Committee.

“The STAR program was such a positive experience, that I wanted to see what else I could do.”

—KATIE PATTON
Intern Studies the Grocery Aisle
Research Results Could Foster Healthy Food Choices

For UVA nursing students, STAR and the Distinguished Majors Program aren’t the only paths into research. Some students, like Kathryn Giglio (BSN ’14), take another route. Last summer, Giglio worked as an intern in the Office for Nursing Research. Each year, the Office selects eight undergraduates for its summer internship program to work alongside nursing professors involved in active research programs. Last summer’s interns—chosen from among 27 applicants—did everything from conducting literature reviews to interacting with human subjects, tackling data entry, taking blood samples, filing, and processing payments. Giglio surveyed the offerings in area supermarkets in economically disadvantaged areas for doctoral student Esther Thatcher’s dissertation on food “deserts” in rural Appalachia.

Thatcher’s study aims to document the food offerings of retail outlets available to low-income rural Appalachian residents. It will also examine the foods rural Virginians purchase, the prices they pay, what products are marketed to them, and various stores’ accessibility. With obesity and diabetes at epic proportions—particularly in rural, impoverished regions—Thatcher and Giglio’s report helps identify various “food factors” that public health professionals, nurses, and others can potentially use to combat chronic health problems.

“We provide these opportunities to help them grow as nurse scientists,” explains Tami Fischer-White (PhD ’16), who, along with Linda Bullock, associate dean for research, oversees the interns. “We get them thinking, reading, looking at scientific journals, and learning to conduct a literature review or understand what to do if they have a question on their unit. We’re trying to give them a taste of what’s out there—and to whet their appetite for more.”

All of this, says Bullock, aims to fortify future clinicians and nurse scientists with a nuts-and-bolts understanding of what goes into conducting a research project, start to finish—and implementing change based on quantifiable results.

“Research is no longer a nice add-on to nursing education, something that we can elect to do, or not,” says Bullock. “It’s a critical part of what we do, and necessary to nurturing 21st-century clinicians ready to face the challenges today’s healthcare settings pose. Our mission here is to give everyone the chance to get their feet wet in nursing science—and ultimately to enable them to understand how to translate that science onto their units, into their practices and classrooms.”

“My students often tell me, ‘I thought I’d be photocopying, and instead I’m doing real research,’” adds Fischer-White. “And that’s the whole idea.”
Dear Nursing Alumni and Friends,

During the Alumni Luncheon on Saturday of Reunions 2013, Nursing Student Council President Maddie Graham (BSN ’14) spoke about the needs of her dying patient. Maddie’s words were inspiring, funny, and compassionate, and brought a tear to many of our eyes. Nursing at UVA is thriving. Although many things are different from when many of us were students, it is encouraging to witness the development of strong, resilient, and compassionate nurse leaders. Maddie is just one example of a UVA nurse who will transform the healthcare system and provide high-quality nursing care.

As a result of last year’s strategic planning initiative, the Alumni Council created two new task forces aimed at engaging and reaching more alumni to ensure that we produce targeted programs and communications. Allie Tran (BSN ’10), alumni engagement coordinator, will lead a group of young alumni providing greater awareness and knowledge about the specific needs of individuals who have recently completed their nursing education. Christa Hartch (BSN ’97), communications coordinator, is working with a diverse group of alumni to examine and make recommendations about the best methods to communicate with alumni, including the possibility of adding new technologies.

In June 2014 at the Nursing Alumni Association Annual meeting, the revised bylaws reflecting the changes that are needed to sustain our organizational evolution will be presented for a vote.

Your support of the Nursing Alumni Association through your volunteer time or philanthropic donations enables us to continue providing scholarship support for nursing students, recognizing faculty leaders for their innovative teaching, and supporting new mentor programs like STAR (Scholars to Advance Research, see p. 17). Making a difference, changing lives, and giving back are core to nursing.

I welcome your involvement in the Alumni Association and look forward to hearing from you. Please send me an e-mail at sharoncumbyfay@yahoo.com or complete a volunteer form on the webpage nursing.virginia.edu/alumni/get-involved/volunteer.

I hope to see many of you this fall at Homecomings and the annual Zula Mae Baber Bice Memorial Lecture.

Sharon Cumby Fay (BSN ’76, MSN ’80)
Annandale, Virginia

Bylaws Update

At their fall meeting, Alumni Council members reviewed current bylaws and proposed changes. The proposed changes will be published to the School of Nursing website and shared with all members before the annual meeting, held during June Reunions. At the annual meeting, the membership will vote on the proposed changes. Members who are not in attendance may vote electronically.

For more information, contact the Alumni & Development Office at (434) 924-0138 or nursing-alumni@virginia.edu.
And the Winners Are ...  

2013 Faculty Recognition Awards

The Nursing Alumni Association recognized three outstanding School of Nursing faculty members at the fall undergraduate recognition ceremony during Family Weekend.

**Excellence in Teaching Award**

Anita Thompson-Heisterman (BSN ’84, MSN ’90, FNP ’00, PNP ’06), assistant professor, joined the faculty in 1998 as a clinical instructor. Fifteen years later, Thompson-Heisterman impacts nursing students at all levels: teaching psychiatric-mental health and community health clinicals to undergraduate and MSN-CNL students, pharmacology breakouts to nurse practitioner students, and communication skills to second-year students. Thompson-Heisterman is a natural choice for this award, created to recognize excellence in undergraduate, first professional degree programs, and clinical teaching.

Last summer, as chair of the International Committee, Thompson-Heisterman led a team of ten students to Limpopo, South Africa. The interprofessional team of undergraduate and graduate nursing students, as well as students from engineering and biology, joined five students from the University of Venda to help provide clean drinking water for a village in rural Africa.

Thompson-Heisterman spent countless hours preparing the students for their journey and guiding them on their arrival. According to one of her student nominators, Thompson-Heisterman “fosters her students to be innovative, imaginative, driven, and to critically think with clarity even amidst an emergent or complex clinical environment.”

**Faculty Leadership Award**

The Faculty Leadership Award recognizes School of Nursing faculty who have distinguished themselves as leaders in the nursing profession, as evidenced by outstanding contributions to the profession through research, leadership positions, legislative influence, clinical service, or scholarly work. Karen Rose (PhD ’06), associate professor, has directed the baccalaureate program since 2011 and recently guided curriculum transformation consistent with the Institute of Medicine’s *Future of Nursing* report and the Carnegie Foundation report *Educating Nurses: A Call for Radical Transformation*.

Rose was a recipient of the Jeanette Lancaster Award for Faculty Development in 2010 and 2011 and the School of Nursing’s Faculty Publication Award in 2012. Her NIH-funded research in care of older adults with dementia and related sleep disorders and urinary incontinence is recognized nationally.

According to her nominator, Rose has the respect of her peers as a leader, scholar, and researcher. She “provides clear vision and crisp leadership to future nurses, emerging advanced practice nurses, and future researchers, always with a sense of humor and possibility.”

**Distinguished Professor Award**

Linda Bullock joined the faculty in 2009 as a Talbott Visiting Professor from the University of Missouri. She quickly established herself as a dynamic leader at the School of Nursing and a worthy recipient of the Distinguished Professor Award, which recognizes superior accomplishments in teaching, research, and service with emphasis on outstanding teaching and contributions to the School and University as a whole.

In 2010, Bullock was named the first Jeanette Lancaster Alumni Professor of Nursing and the director of the PhD program. Now, as associate dean for research, Bullock plays a key role in developing the next generation of nurse researchers.

Bullock has a national reputation as a researcher in the area of maternal-child health whose work has made a profound impact on women around the country. Her “Baby BEEP” study evaluated the effect of individualized nursing support to help reduce smoking for poor, rural, pregnant women. Her national “DOVE” intervention offered abused women concrete information about domestic violence and steps to take to keep women and children safe when trapped in an abusive relationship.

One of her advisees shares that Bullock “inspires the people around her to bring their best to the endeavors at hand and does not seem to miss any opportunity to equip those around her for leadership and success here and in the future.”
Hollen Honored as Distinguished Alumna

At the June Reunions luncheon, the School of Nursing Alumni Association presented the Distinguished Alumni Award to nursing alumna and faculty member Patricia Hollen (BSN ’67, PNP ’71). This award honors an individual who has made outstanding contributions in nursing teaching and scholarship, clinical practice, leadership, or research. Hollen is the Malvina Yuille Boyd Professor of Oncology Nursing and holds a joint appointment in the Department of Pediatrics at the UVA School of Medicine.

Hollen’s research interest lies in understanding the effect of intervention on quality of life for different high-risk populations. She is currently heading a $2 million study funded by the National Institutes of Health and the National Cancer Institute with Dr. Richard Gralla of the Albert Einstein College of Medicine. The trial is aimed at individualizing treatment by improving communications between patients and their treatment teams.

Hollen has been a member of numerous nursing and nursing-related organizations, including the American Academy of Nursing, American Nurses Association, Virginia Nurses Association, National League for Nursing, and American Public Health Association. She has also been a force in international groups, including the International Scientific Committee for the 12th World Conference on Lung Cancer and the International Consensus Panel on Improving Cancer Therapy Outcomes and Patient Quality of Life.

The annual deadline for Alumni Award nominations is March 15. Guidelines for the Distinguished Alumni, Young Alumni, and Alumni Achievement awards can be found on the School of Nursing website at nursing.virginia.edu/alumni/resources/awards.

Vietnam, Take Two

In September, six nursing alumni, staff, and friends traveled to Vietnam for a second service trip to offer checkups and vaccinations to orphans in Quang Tri Province and rural Khe Sanh. The trip was sponsored by the Nursing Alumni Association and UVA Cavalier Travels. Participants, pictured with their partnering Vietnamese nurses and translators, provided much-needed basic medical services to hundreds of children.

Margaret G. Tyson Innovative Teaching Awards

The Margaret G. Tyson Innovative Teaching Awards, funded by the Class of 1960 in honor of their 50th class reunion, support projects or course development activities that result in excellent, innovative, or cost-effective teaching methods.

The 2013–14 Margaret G. Tyson Award went to Kimberly Elgin (MSN ’11) and Kathleen Rea (BSN ’93, MSN ’02) for their project, Direct Care RNs as Clinical Scholars to Enhance Undergraduate Nursing Student Clinical Education.
Reunions 2014
SCHOOL OF NURSING EVENTS

MAY 12-14, 2014 Thomas Jefferson Society Reunions
Celebrating the Diploma and BSN graduates of 1964 and honoring all current Thomas Jefferson Society members

JUNE 5-8, 2014 Undergraduate Class Reunions
All School of Nursing alumni are welcome to attend nursing events!

Visit virginiareunions.com for registration and complete weekend details on the UVA Alumni Association website.

DO YOU HAVE photographs, letters, or other memorabilia from your time as a UVA nursing student or from the early days of your nursing career? Consider donating these items to the Eleanor Crowder Bjoring Center for Nursing Historical Inquiry to add to your reunion experience and to help preserve nursing history. Contact the Center’s staff at nursinghxc@virginia.edu or (434) 924-0083.
BSN ’69, MSN ’81 Dr. Linda Norman has been named dean of the Vanderbilt University School of Nursing. She was inducted as a Fellow into the American Academy of Nursing in 2004 and currently serves as director of evaluation at the Robert Wood Johnson Foundation/Northwest Health Foundations Partners in Nursing Initiative. Dr. Norman has authored numerous peer-reviewed articles, books, and book chapters. A popular presenter, she delivers speeches and academic presentations on far-ranging topics within the field of nursing across the country and around the globe.

Practice registered nurse in cardiothoracic and vascular surgery. Jeanne earned her master’s degree in critical and acute care from the Medical College of Georgia in 2004.

BSN ’86 Jeanne E. (Schellenberg) Hulse of Aiken, SC, retired from the Army Nurse Corps in 2012 as a lieutenant colonel. She is now a clinical nurse specialist and advanced practice registered nurse in cardiothoracic and vascular surgery. Jeanne earned her master’s degree in critical and acute care from the Medical College of Georgia in 2004.

BSN ’03, MSN ’06, DNP ’13 Reagan Thompson works full-time at UVA Family Medicine as a nurse practitioner and also offers care for refugee and migrant populations around Charlottesville, VA. Last year, she and her husband, Ben, also welcomed a new baby, Elena.
ALUMNI IN ACTION

Carey Floyd McDonald (BSN ’05)
Nurse Practitioner, Vanderbilt Children’s Hospital

How do we deal with gaps in care for critically ill patients and their families?

In the marathon of caring for a seriously ill child, pediatric palliative care providers like Carey Floyd McDonald work across disciplines to support children and families facing life-limiting or life-threatening illnesses.

“We provide an extra layer of support to patients and families,” McDonald explains of her two-person team at Vanderbilt Children’s Hospital.

“We are not the kidney doctor or the heart doctor or the lung doctor, but we really do try to treat the whole person and the whole family.”

Typifying interprofessional collaboration in healthcare, palliative care teams advocate for the patient and family in situations with an abundance of specialists and treatments.

McDonald and her social worker counterpart see patients within the oncology and perinatal populations at Vanderbilt. Working with children and their families who suffer, physically and emotionally, at all stages of life-limiting conditions, their daily tasks call for both compassion and resilience.

“Compassion is a huge part of what we do every day,” she notes. “I think that is one of the most important skills to have in palliative care—to be able to put yourself in the patient and the family’s shoes and to see things through their eyes.”

Ultimately, the nurse practitioner aims to help families navigate complex healthcare systems, all while improving patients’ quality of life.

“Quality of life can mean so many different things, whether that is symptom management or autonomy in medical decision making. “In each situation, we help in different ways. Our main goal is to work on maximizing their quality of life—not just the patient, but the entire family.”

IN MEMORIAM

DIPLO ’43 Norma Roberts Romm, of Moyock, NC, died August 9, 2013.

DIPLO ’45 Jacqueline Friel Capaldini of Barboursville, WV, died July 24, 2013.

DIPLO ’46 Ellen Stout of Falmouth, VA, died July 17, 2013.

DIPLO ’49 Mary Burnett Adams of Waynesboro, VA, died August 8, 2013.

DIPLO ’50 Constance C. Dixon of Dallas, TX, died September 1, 2013.

DIPLO ’50 Doris Holmes Garfield of Kingsport, TN, died February 19, 2013.

DIPLO ’54 Tosca G. Minichan of Roanoke, VA, died August 14, 2013.


BSN ’59 Shelby F. Shires of Maysville, KY, died March 5, 2013.


BSN ’63 Mary Anne W. Orisck of Detroit, MI, died March 16, 2013.

BSN ’73 Janice Salamon Mooney of Roanoke, VA, died September 1, 2013.

MSN ’81 Georgia Miller, of Marion, VA, died July 10, 2013.

BSN ’82 Cary K. Mitchener of Roanoke, VA, died April 15, 2013.

MSN ’85 Maxcine C. Maxfield of Petersburg, VA, died February 28, 2013.


The Power of Community

**During** their practicum at a senior citizens’ home in Scottsville, VA, Samantha Hudgins (BSN ’13) and Eliza Peak (BSN ’13), along with their fellow students, saw a need. The recent closure of a pharmacy in the small town had created a difficult situation in the community, especially for seniors who weren’t able to drive to other towns to get their medications.

The students, along with their instructor, Trish Higgins (BSN ’75, MSN ’96), and the Jefferson Area Board for Aging rallied support for a new pharmacy. The solution came when fourth-year nursing student Katie Bachman spoke to her mother, Ann Thomas Yonce (BSN ’85), who helped persuade her husband, Dane Yonce, to open a new branch of his existing pharmacy for the Scottsville community.

Davis Receives National Nursing Scholarship

_UVA_ doctoral nursing student Hershaw Davis Jr. (MSN ’12) has been awarded the Johnson & Johnson’s Campaign for Nursing’s Future AACN Minority Nurse Faculty Scholarship. The scholarship—worth about $18,000 a year—covers tuition for three years of Davis’s study, and pays for him to attend nurse faculty development conferences each year. Nearly 90 doctoral nursing students applied for the Johnson & Johnson scholarship; Davis was one of five students selected.

“Hershaw embodies already what we so often want to teach, model, and nurture in our students,” said Dean Dorrie Fontaine. “He is already well-versed in the practice of compassionate care, is an empathic leader, and exhibits a brand of determination and adherence to excellence that so many appreciate and admire. He will be an exceptional nursing professor—and is such an exceptional nurse already.”

“I am humbled to receive such a prestigious honor,” said Davis. “This scholarship will be instrumental in my development as a nurse scientist as well as fulfilling my aspiration of becoming a professor of nursing.”

The program—developed by Johnson & Johnson and the American Association of Colleges of Nursing—supports graduate nursing students from minority backgrounds who plan to teach after graduation. With a documented national shortage of nursing professors, the scholarship aims to diversify nursing faculty in the US.
These charts and graphs provide a snapshot of donors and dollars for fiscal year 2012–13, which ran from July 1 to June 30. These donors are making a powerful impact across the School of Nursing in the form of student scholarships, leading programs, capital renovations, and an overall environment of excellence and innovation. Thank you for your support!

“We have been excited to support the School of Nursing because we believe in the values the School embraces: respect and honor, relationships and collaboration, recognition and celebration, and excellence. The School promotes health and quality of healthcare, which we believe are critical in the education and training of the nursing students. Giving financially to the School is an easy decision; we support excellence, we support our daughter, and we value her education.”

—MARIE AND STEVE MACADAM, PARENTS OF THIRD-YEAR BSN STUDENT MILLY

Giving by the Numbers

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REVENUES $15.2 MILLION

EXPENDITURES $13.6 MILLION
How To Give

● Return your contribution in the enclosed envelope

● Contact the School's Alumni & Development office at (434) 924-0138

● Donate immediately and securely online at giving.virginia.edu/supportnursing

All gifts are tax deductible!

“The UVA School of Nursing was integral to my development as a leader, professional, and nurse. I want to enable future generations of UVA nurses to have the same (if not better) caliber of opportunities to succeed. I believe in the ideals and values that the Jeffersonian education expounds. I will always bleed orange and blue, and therefore, will always support the UVA School of Nursing. Wahoowa!” —ANNE MARIE N. CHARTRAND (BSN '08)
On the last weekend in September, students, families, and faculty came together to celebrate the new academic year. Dean Dorrie Fontaine delivered the keynote address at Fall Convocation, and eight third-year nursing students in the top 20 percent of their class received intermediate honors. The School of Nursing also held an undergraduate recognition and pinning ceremony, and Anita Thompson-Heisterman, Karen Rose, and Linda Bullock received Nursing Alumni Association faculty and teaching awards. An open house for students and families followed at Dean Fontaine’s Pavilion IX. Later, Sigma Theta Tau Beta Kappa Chapter held its induction ceremony at McLeod Hall.
A History of Compassionate Caring

Nursing has never been simply about taking temperatures, changing bandages, and handing out medications. Here, in the mid-1940s, student nurses spent time in the UVA pediatrics ward sharing in a tea party with young patients.

Photo courtesy of the Eleanor Crowder Bjoring Center for Nursing Historical Inquiry. Learn more at www.nursing.virginia.edu.

Photo Mystery Solved!

At her 45th reunion, Di Wickliff (Diploma ’68, BSN ’70) revealed a surprise—she is the previously unidentified student in the photo with Dr. Phyllis Verhonick that appeared in the fall 2010 issue of Virginia Legacy. That same photo was also displayed in Dean Fontaine’s Pavilion IX foyer, where Wickliff was attending a Reunions Open House. On learning the identity of the mystery student, Dean Fontaine spontaneously removed the framed piece from her wall and presented it to Wickliff, making for a wonderfully updated “Virginia Moment!”
Calendar of Events

INSIDE:
The Architecture of Compassion, page 8

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 nursing.virginia.edu/calendar.

NOVEMBER
2 More Than The Score: Waking Up to Wisdom and Well-Being, Dean Dorrie Fontaine, Susan Bauer-Wu (Professor, Nursing), David Germano (Professor, Religious Studies), David Mick (Professor, Marketing)
2 Admissions Information Session: BSN, MSN
5 Nursing History Forum: Practicing Nursing Knowledge: The East Harlem Nursing and Health Service in the Interwar Years, Patricia D’Antonio, PhD, RN, FAAN
5 Doctoral Program Information Session (DNP, PhD)
9 Melton D. & Muriel Haney Interprofessional Conference: Compassionate Care at the End of Life
13 Zula Mae Baber Bice Memorial Lecture: Victoria Sweet, MD, author of God’s Hotel: A Doctor, A Hospital, and a Pilgrimage to the Heart of Medicine

DECEMBER
3 Doctoral Program Information Session (DNP, PhD)
17 End of Examinations, Fall Semester

JANUARY 2014
13 Spring 2014 Semester Begins

FEBRUARY
1 Alumni Council Winter Meeting

MARCH
8–16 Spring Break
18 Agnes Dillon Randolph International Nursing History Lecture: Cynthia A. Connolly, PhD, RN, PNP, FAAN, associate professor of nursing, University of Pennsylvania School of Nursing

APRIL
4–5 School of Nursing Advisory Board Meeting
5 Spring Alumni Council Meeting
TBD Catherine Strader McGehee Memorial Lecture

MAY
10 End of examinations, Spring semester
12–14 Thomas Jefferson Society Reunions: Classes of 1964 and earlier
13 Thomas Jefferson Society School of Nursing Open House
14 Thomas Jefferson Society School of Nursing Luncheon
17 Pinning & Hooding Ceremonies, School of Nursing
18 Final Exercises

JUNE

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