WHY FACULTY SUPPORT MATTERS

Also Inside: Nursing Simulation—By the Numbers
FIVE years ago, I was named dean. This marks my 10th Virginia Legacy message. Five years in, it seems a prudent time to sit back and reflect.

And what years they have been. New buildings. Multi-million-dollar renovations. Interprofessional education a reality, not a buzzword. Meetings that begin with “appreciative check-ins.” Concerted efforts to teach compassion to students—and to find ways to bolster the resilience of professionals with compassion fatigue.

We have amplified our research strengths in domestic violence prevention and established best practices for rural youngsters beset with addiction, for Alzheimer’s patients and their caregivers, and for those battling lung cancer. We’ve created nurse-driven solutions to health problems plaguing rural areas and developing countries. With a $5 million transformational gift this spring, we will double the size of our Clinical Nurse Leader master’s program, helping to meet society’s growing demand for nurses.

And we continue to pave the way with bold, bright ideas, attracting students with the mettle, conviction, and drive to be exceptional caregivers, researchers, and professors.

The waters haven’t always been calm. But even on the most difficult routes, we have pushed forward.

Leading a top school of nursing is, every day, a joy and a challenge. In UVA President Teresa Sullivan’s words, “We are a great university seeking to be even greater.” These words ring true in the School of Nursing as well.

In this issue, we focus on the work of our new Roberts Scholars. These four assistant professors aren’t simply replacement hires for our legions of retiring faculty; they’re part of our strategic effort to attract a diversity of scholars, collaborate across schools, and teach and mentor nursing students who expect the best.

I’m thrilled to have fresh faces on board, but this is just the first step. Over the last two years, a quarter of our faculty has retired, and the University will lose a third of its professors by 2020. As chair of the University-wide task force on faculty recruitment, development, and retention, I see our School forging a new model across Grounds.

We are all in continual recruitment mode, but we must do more to tell our story: that the University of Virginia is a warm, collaborative, respectful, and stimulating environment—and a magnificent place to work. At the School of Nursing we must build ties beyond medicine—with the College of Arts & Sciences, Engineering, Architecture, and others—as every discipline touches health care in some way.

There is steady progress. We are indeed sailing our ship to new destinations.

I hope you will continue to give me your guidance as we navigate the next five years and beyond. Please know that I am grateful for the time, energy, and resources you pour into this great ship we’re sailing together.

Warmly,

Dorrie Fontaine, RN, PhD, FAAN
Sadie Heath Cabaniss Professor of Nursing and Dean

“A ship in harbor is safe, but that is not what ships are built for.”

—WILLIAM G.T. SHEDD, 19TH-CENTURY THEOLOGIAN
On the cover: Roberts Scholars Myra Clark, Joel Anderson, Camille Burnett, and Pam DeGuzman bring new and diverse strengths to the School. They also show why faculty support matters more than ever. Photograph by Jackson Smith.

At right: Klara Luisa Franco is one of the 350 nursing students who pass through the Mary Morton Parsons Clinical Simulation Learning Center each semester.
In Person or By Phone?
Assessing What’s Best for Pregnant Teens

Do pregnant teens who receive weekly in-person visits from community outreach workers become better parents, experience less stress, get more education, and have healthier babies than those who receive telephone support at the same intervals?

That’s what Linda Bullock, Jeanette Lancaster Alumni Professor of Nursing and associate dean for research, is trying to find out. With a $223,142 grant from the Virginia Department of Health, Bullock is evaluating a long-running state program meant to bolster the health, educational, and economic outcomes of pregnant teens and their babies.

“The home visitor may not be a ‘mother,’ but they are a critical source of support,” says Bullock. “Teens may think the phone is just as good a vehicle for checking in, but on the other hand, these are pregnant girls and they may want more hands-on support than just the emotional support a phone call can give.”

Teens have difficulty navigating community programs and often need guidance to successfully transition from adolescence to parenthood, Bullock says, but today’s teens are also technologically savvy and may respond to a more modern approach. The outcome of Bullock’s study—which draws participants from two areas in Virginia: one in rural Richmond County and one in bustling Fairfax County—may ultimately inform the way the state structures and funds its social services programs for pregnant teens.
Nursing Students Share Bedside Experiences

WHAT’S it like to tend to your first terminally ill patient? To care for children living with incurable diseases? How do you manage the euphoria and tension of helping a woman give birth? And when someone dies, how do you grieve?

Ask a nursing student.

With a $3,000 grant from the University of Virginia Project in the Arts, the School of Nursing BSN Class of 2013 has compiled a book of essays, poems, and journal entries that offers a snapshot of nursing students’ experiences during their third- and fourth-year clinicals—the most challenging years.

Fourth-year nursing student Monika Criman edited This Journal Belongs to a Nursing Student, and Alexa Vasiliadis, an English and studio art major, sketched the illustrations. More than three dozen nursing students contributed.

Born of discussions with her faculty advisor Jeanne Erickson, a nursing professor who oversees the School’s annual writing contest and teaches Nursing Care for Chronically Ill Adults, the book often brought Criman to tears as she reviewed, compiled, and edited submissions.

“I have learned the value of reflection and the need for more opportunities for nurses and other health care providers to reflect on experiences with patient care,” says Criman. “It’s given me a fuller sense of being a nursing student, but more than that, it has given me a fuller sense of what it means to be a nurse. These emotions and lessons are learned continually in the health care setting, no matter how long you have been in it.”

Throughout the essays, the student writers note how they are changed by all those they meet, those they care for, those who get better—and those who do not.

The book is available for a suggested donation of $12 (includes shipping) to the BSN 2013 class fund. Send checks, made out to BSN Class of 2013, to Christine Kueter, UVA School of Nursing, PO Box 800826, Charlottesville, VA, 22903. For more information, e-mail cek4k@virginia.edu or call (434) 982-3312.

Welcome to Our New Chairs

THE spring semester brought some fresh faces to the School as two new endowed chairs joined the faculty.

Susan Bauer-Wu, Tussi and John Kluge Professor in Contemplative End-of-Life Care, focuses her scholarship and research on the effect of chronic stress and the use of contemplative approaches to bolster stress resilience and a sense of well-being. Her work has garnered $7 million in federal and major foundation funding and led to thoughtful interventions for those living with cancer and other life-limiting illnesses, as well as for family and professional caregivers.

Mary Faith Marshall, Emily Davie and Joseph S. Kornfeld Professor of Biomedical Ethics, directs the biomedical ethics program in UVA’s Center for Biomedical Ethics and Humanities and serves as professor of public health sciences in the Schools of Nursing and Medicine. A member of UVA Medical Center’s ethics committee and consult service, Marshall’s expertise includes clinical and research ethics.

Janie Heath, associate dean for academic programs, was also recently named the Thomas A. Saunders III Family Endowed Professor of Nursing, while Pamela Kulbok, chair of the Department of Family, Community and Mental Health Systems, was named the Theresa A. Thomas Professor of Nursing.
Worth Noting

Diabetes 101, Middle Eastern Style

When most people think of diabetes, says UVA doctoral student and longtime nurse practitioner Susan Renda (BSN ’80), they picture overweight Americans grown plump on processed food. But, in fact, it’s the Middle East that is bearing an increasingly dramatic burden of the disease. Five of the top nine countries where diabetes is most common in the world lie in the Middle East, according to the BBC. Roughly 24 percent of Kuwaitis suffer from type 2 diabetes—making it third in the world in incidence of the disease.

Some of that has to do with the wealth created by oil, explains Renda, and some of it has to do with poor nutritional choices, a sedentary lifestyle, and the fact that fresh fruits and vegetables must be imported.

“Every country has a big problem with diabetes—it’s not just the US,” says Renda, a seasoned diabetes educator. “But in Kuwait, a real knowledge deficit exists for patients in terms of diabetes and diabetes self-management. So the question becomes: can nurses be trained to deliver diabetes education?”

Given the health and financial burden of accommodating a growing population of diabetics, Renda, along with UVA nursing colleagues, Johns Hopkins Hospital, and Kuwait’s Ministry of Health, aim to battle the disease at its source. They plan to educate diabetics through simple-to-use materials—brochures on foot care and understanding the deadly onset of diabetic ketoacidosis, for example—and create diabetes education programs for the Kuwaiti nurses and physicians who tend these patients.

Impressed by the people’s warmth and the Kuwaiti nurses’ capacity and eagerness to learn, Renda is now making plans for a series of materials and diabetes curriculum for Kuwaiti patients and their caregivers. The work—which will ultimately be her doctoral capstone project at UVA—will better position Kuwait’s hospitals to face the disease head-on.

“I’m hoping to impact patients, yes, but I’m also looking at developing change and capacity in the nurses there,” says Renda.

Keeling Books Garner Praise, Awards

The American Journal of Nursing has named Rooted in the Mountains, Reaching to the World: Stories of Nursing and Midwifery at Kentucky’s Frontier School, 1939–1989, by Arlene Keeling (BSN ’74, MSN ’87, PhD ’92), the Book of the Year in the category of public interest and creative works. Keeling, Centennial Distinguished Professor of Nursing, directs UVA’s Eleanor Crowder Bjoring Center for Nursing Historical Inquiry. The book is coauthored by Anne Cockerham (BSN ’90, PhD ’09), a center associate.

Keeling was also honored recently by the American Association for the History of Nursing for her book Nurses on the Front Lines: When Disaster Strikes, 1878–2010. The association presented her, along with co-editor Barbra Mann Wall, with its inaugural Mary M. Roberts Award for Exemplary Historical Research and Writing. Nurses on the Front Lines describes actions to take when disasters strike, drawing on historical examples ranging from the 1878 yellow fever epidemic in Mississippi to Hurricane Katrina in 2005.

In addition to Keeling, Audrey Snyder (BSN ’89, MSN ’91, ACNP ’98, PhD ’07), assistant professor of nursing, and John Kirchgessner (MSN ’88, PhD ’06), assistant director of the Bjoring Center, contributed chapters to Nurses on the Front Lines as well.
Gift to Double CNL Program

A $5 MILLION commitment from Washington-area financier Bill Conway and his wife, Joanne, will transform UVA's Clinical Nurse Leader (CNL) master’s degree program and open new opportunities for students. The gift will fund need-based scholarships for students in the program, while adding faculty support and a second clinical site. Supported by the Conways’ gift, the CNL program will grow from 48 to 96 students.

“We are very grateful for this generous gift that will enable us to create more 21st-century nurses who can provide superior care to patients and families,” says Dean Dorrie Fontaine.

“My wife and I believe that, with the high demand for nurses, people who have these degrees will always be able to get secure, well-paying jobs,” adds Bill Conway. “We are glad to make this investment at the University of Virginia, which will help create more new nurses and remove some of the financial barriers to entering the profession.”

UVA's Clinical Nurse Leader program is the only master’s entry program in Virginia that enables students with a bachelor’s degree in another field to enter the nursing profession through an accelerated, 24-month program.

Staying Home Longer

THE UVA Health System, together with the Jefferson Area Board for Aging and Riverside Health System, have broken ground on a new facility for the Blue Ridge Program of All-Inclusive Care for the Elderly, or PACE. Designed to improve patients’ quality of life while providing care in a more cost-effective manner, PACE provides options for seniors who qualify for nursing home care but hope to remain in their own homes with a bit of help. This group will be able to access coordinated medical care at the PACE center, along with meals, field trips, and other social activities. PACE will also provide transportation to and from the center.

“Blue Ridge PACE will focus on meeting the needs of seniors, so they can remain in their homes and live comfortably for as long as possible,” said Dorrie Fontaine, dean of the UVA School of Nursing and chair of Blue Ridge PACE’s board of directors.

The Blue Ridge PACE Center will care for approximately 175 seniors in Charlottesville and the counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson. Blue Ridge PACE will join five other PACE centers in Virginia operated by Riverside Health.

Comments Welcome!

THIS fall, the School of Nursing is hosting the Commission on Collegiate Nursing Education for a reaccreditation site visit for our BSN, MSN, and DNP programs. You are invited to submit, in writing, confidential comments that relate to accreditation standards. Please send written and signed comments before September 30, 2013, by mail or e-mail to: Catherine Sneed, Accreditation Coordinator Commission on Collegiate Nursing Education One Dupont Circle NW, Suite 530 Washington, DC 20036 csneed@aacn.nche.edu
REPORTS of severe flooding and uncontrollable fires sounded over an FDNY podcast feed: Hurricane Sandy was taking her toll on the tight-knit neighborhood of Rockaway Beach in Queens, N.Y.

In the midst of a semester in Charlottesville, third-year BSN student Kathryn Edwards was hours from home and unable to reach her family by phone. She clung to the fire department’s reports.

Over the course of the storm, Sandy devastated the Queens neighborhood. More than 1,000 homes were destroyed and four residents lost their lives. In the days that followed, images of Edwards’ shaken community began to emerge online.

“It was just heartbreaking,” she recalls. “You could see tons of debris everywhere you looked. There was insulation, washers, dryers, cars floating everywhere.”

Although not physically in New York, Edwards was determined to do all she could to be there for her ailing hometown.

“At first I wondered if people in Charlottesville would care about this. But then I remembered that I go to a nursing school—everyone cares; everyone wants to help.”

So she started with an e-mail to School of Nursing faculty, staff, and students, sharing video of the devastation of Rockaway Beach and asking for support in the form of donations and prayers.

“UVA is a really important community to me, and I wanted that community to help my other community at home,” she explains. Her UVA community stepped up to the challenge.

What Edwards thought would be a quiet, small-scale fundraiser caught the attention of UVA’s Z Society, which pledged to match all funds raised up to $3,371.

More than the money, Edwards saw one of her homes—the Nursing School, and the University as a whole—rally around her other home.

“It made me proud of where we come from and the people I go to school with … that was unbelievable.”

History Takes the Stage

Early 200 people gathered to hear nursing pioneer Nancy Milio (right) recount the challenges she faced as a public health nurse in the 1960s. Her experiences resonate today with nursing professionals who provide health care to the underserved, vulnerable, and impoverished. The panel discussion was cosponsored by the School of Nursing, the Darden School of Business, UVA’s Women’s Center, and the Bjoring Center for Nursing Historical Inquiry.
TODAY’S nursing students learn and practice a multitude of skills in a space designed to closely mimic a clinical setting, complete with more than a half dozen realistic, high-fidelity “patients” that breathe, speak, and can be programmed to suffer from a host of maladies. With a full renovation now complete, the newly christened Mary Morton Parsons Clinical Simulation Learning Center offers even more valuable opportunities for nursing students to hone their skills. Here’s a snapshot of the learning center—by the numbers.

$3 million
invested in upgrades and renovations

9,200
square feet of learning space

$500,000
from the Virginia Equipment Trust Fund

$1 million
donated by the Mary Morton Parsons Foundation

$500,000
from the Virginia Equipment Trust Fund

9,200
square feet of learning space

350
nursing students pass through the center each semester

21
high-tech beds, including one birthing bed that allows students to experience the labor and delivery process

20
simulated births each semester involve 40 to 60 students

25
“point of learning” stations

7
high-fidelity simulator patients, including infant, adult, and birthing simulators

6
simulation units, including women’s, children’s, ICU management, and more

$3 million
invested in upgrades and renovations

1
dedicated isolation room to help students learn procedures to manage infections

1.5
full-time positions to manage center operations, Reba Moyer Childress (BSN ’79, MSN ’91, FNP ’92), coordinator, and Linda Peffley-Firer (MSN ’93), assistant coordinator

50
students pass through the center daily

7
high-fidelity simulator patients, including infant, adult, and birthing simulators

“Students emerge from our simulated learning environments well equipped to think on their feet. To practice without consequence, to make mistakes without impact, to receive immediate feedback on performance, that’s priceless. The old Chinese proverb, ‘I hear, I forget; I see, I remember; I do, I understand,’ is a highly effective teaching strategy versus just reading or lecturing about patient care.’”

—JANIE HEATH, ASSOCIATE DEAN OF ACADEMIC PROGRAMS

Worth Noting
PAYING IT FORWARD: WHY FACULTY SUPPORT MATTERS

BY CHRISTINE PHELAN KUETER

THERE ARE A LOT OF "SUPPOSED-TO'S" IN ACADEMIA.

You’re "supposed to" study a topic guided by a mentor’s interests. “Supposed to” leave after graduation to get perspective on different terrain. “Supposed to” earn degrees in a field, or related fields, rather than fuse seemingly disparate subject matters.

Those are the usual trajectories. And Pam DeGuzman, newly appointed assistant professor of nursing, followed none of them.

DeGuzman—who is also a fellow in the School of Architecture’s Center for Design and Health—has earned, in all, five degrees from the University of Virginia. She sees UVa as her home base and plans to stay. Breaking a few academic “supposed-to’s,” she says, has served her well.

“So many people in the School of Nursing have categorically had my back as I blazed this new trail,” says DeGuzman, who lectures on health care management and researches the health impact of built environments on vulnerable populations. “It’s the most supportive place I’ve ever been. I don’t know if you’d find what we have here anyplace else.”

DeGuzman is one of four newly appointed nursing faculty members named as Roberts Scholars. Along with fellow scholars Joel Anderson, Camille Burnett, and Myra Clark, DeGuzman enjoys a small annual stipend for her first two years at UVa, along with a lighter teaching load that allows for more time to establish research, pursue a specific study, or travel to professional conferences. Roberts Scholar Awards, named in honor of longtime nursing supporter Jim Roberts, serve to entice highly sought faculty to UVa and get them off to a productive start. They are one way that the School is working to attract and support faculty.

PAM DEGUZMAN, ROBERTS SCHOLAR

Research Focus: Environmental Effects on Health

IN HER OWN WORDS: “I’m a quinta ‘Hoo. [She has a BA in English, MBA from Darden, and a BSN, master’s, and PhD in nursing—all from UVa.] I loved UVA the first time I came down from Boston for my undergraduate degree in nursing. I felt like a part of this place since I stepped over the threshold.”
IN DEMAND

These are heady days to be a nurse academic. Young, tenure-track nurses are sought after like never before.

Since its groundbreaking report in 2010, the Institute of Medicine has called for 80 percent of American nurses to be baccalaureate-trained by 2020. This is essential, concludes the report, to prepare nurses to face the growing complexities in health care. The directive translates to an even greater urgency for schools to recruit teaching faculty in touch with current health issues.

“It’s an honor that our work is valued and respected,” says Burnett, who came to UVa from Western University in Canada with a background in public health and administration and political science. “There is also a lot of responsibility that comes with that level of expectation. People expect quality output and high levels of achievement. To me, that’s a call to action. Yes, we are in demand—and we need to live up to it.”

Nationally, the shortage of nursing faculty has prevented thousands of students from earning a spot in a nursing school. In 2012, some 75,000 qualified nursing applicants were denied admission due to inadequate nursing faculty and facilities. Add to that a tidal wave of retirements among nursing professors—who nationally average age 55, and higher than that at UVa—and you have a perfect storm.

For School of Nursing Dean Dorrie Fontaine, those odds make it even more important to focus on recruiting and retaining faculty.

“Exceptional faculty makes the difference between a fantastic student experience and a lackluster one,” explains Fontaine, who recently began a $2.5 million drive to bolster faculty support.

“You hear it over and over again: students love it here because of the professors, their mentors, and they enter the field inspired. Every gesture that supports faculty also amplifies the student experience. They’re that interconnected.”

Every new faculty hire is also someone who is on the radar of the nation’s other leading nursing schools, many with more deeply lined pockets. The recruitment process is involved and intense, and every new hire also marks the beginning of a concerted effort to keep that faculty member happy, and productive, at UVa.

And beyond simply filling the faculty slots, Fontaine explains, it’s a challenge to find just the right individuals for the job.

“New blood and new energy means that our students leave here with the enthusiasm and skillset to make them fierce competitors for 21st-century health care jobs,” says Fontaine.

She also encourages every nursing student to consider teaching as a profession, in addition to, or in lieu of, work at the bedside. That’s enhanced by their exposure to research as part of the nursing curriculum. In addition, young faces like Anderson’s, Burnett’s, Clark’s, and DeGuzman’s allow students to more easily picture themselves in a future teaching role.

“Strong leaders like our nursing professors beget the next generation, and they, in turn, pay it forward to their students, who themselves may opt for academia. That means, in one way, we start the cycle here when we grow a lot of our own professors.”

JOEL ANDERSON, ROBERTS SCHOLAR

Research Focus: Integrative Therapies for Caregivers

IN HIS OWN WORDS: “I was managing a cancer research lab—trying to come up with new therapies for brain tumors—knowing that it could take decades to get new treatments to the people who needed them. That’s when I became interested in research of complementary therapies. I became a Healing Touch practitioner and found that was just as much a part of my passion as science. I wanted to find a way to bring both of these things together.”
GETTING TO YES

In the battle to swell its faculty ranks, UVA has a lot going for it. The Roberts Scholar Awards help, as do Dean Fontaine’s regular efforts to offer opportunities, both large and small, for faculty recognition and celebration.

For Burnett, who has been teaching health policy since her arrival in fall 2012 and is already knee-deep in research on a domestic violence home visitation intervention funded by the National Institutes of Health and a UVA Cancer Center Cancer Without Walls project, UVA offers the right mix of scholarship, mentorship, and warmth.

“When I heard what people said about the School and University when the dean and associate deans were not present, I realized that it was the right fit,” says Burnett. “There’s a spirit of excellence here—it’s quite a visionary and creative place to be.”

That reputation is getting around Grounds. Fontaine was recently tapped by UVA President Teresa Sullivan to chair the University’s strategic planning committee for faculty recruitment, retention, and development.

“In an environment where tenure-track academics and researchers can choose to go anywhere, how do we show our edge?” Fontaine asks. “Strong programs and state-of-the-art facilities are big, but at the end of the day, if we’re able to offer small perks—seed money for a novel research initiative, funding for a new undergraduate class, a promise to cover moving expenses, an international program for traveling scholars, whatever it is—that can make a critical difference.”

“It's often the small gestures and relationships that make the difference in getting new professors to say 'yes,'” she adds. “Small things are often the glue that creates feelings of allegiance.”

“I knew I needed to be at a school that had a genuine commitment to my success,” echoes Burnett. “That was expressed in the Robert Scholars Award, a demonstrated act of commitment—to me.”

YOUNG BLOOD

For nursing faculty today, the job description reflects the complexities of health care and the diversity of the patient population. Today’s nursing faculty members are creative and multifaceted. Their curricular focus is more complicated and reflects a matrix of clinical, academic, and research skills: the stuff that’s required to practice, conduct research, and teach as 21st-century nurses.

DeGuzman is a case in point. Armed with a business degree, a PhD, and a fellowship in the School of Architecture, DeGuzman looks at how the built environment—sidewalks, green spaces, and accessibility to healthy, fresh food—impacts public health and well-being. DeGuzman teaches research, public health, and health care management courses.

Fellow Roberts Scholar and assistant professor Myra Clark came to academia after beginning her career as a family nurse practitioner and diabetes educator working with Georgia’s

CAMILLE BURNETT, ROBERTS SCHOLAR

Research Focus: Health Policy and Outcomes

IN HER OWN WORDS: “In picking UVA, I had to make sure there was a good opportunity for scholarship, mentorship, and collaboration. Dr. Bullock is a wonderful mentor. She’s involved in intimate partner violence research. That’s our common research thread, although my focus is on the policy and how policies impact and shape services for abused women. It’s important to be mentored by a senior researcher, someone to teach you the ins and outs of getting grants, going through the approval process with ethics boards, and someone who understands your research and is able to steer and guide you.”
underserved, rural populations. She earned her PhD from UVA last December. Her degree was her ticket to almost anywhere—but she decided to stay at UVA.

“There’s so much potential for growth,” says Clark. “Looking to the future, I see this as an environment that’s changing. The potential is here. The collaboration is here. I could be a nurse practitioner, or develop my research at another institution, but being here is a passion. It’s my way to give back.”

CRISSCROSSING DISCIPLINES

The School’s determination to attract new blood is yielding dividends. It’s also bringing together people from disparate fields that offer perspective beyond nursing—and revolutionizing the way the field is taught.

Joel Anderson, assistant professor and Roberts Scholar, is one of those individuals. With a degree in biology, experience managing a major cancer lab, a PhD in nutrition, and a keen interest in integrative medicine, Anderson teaches statistics to nursing PhD and DNP students, lectures about nutritional interventions, and is currently studying complementary therapies to support caregivers of persons with dementia.

“I’m probably not on the radar like someone who has an RN after their name,” admits Anderson, “but because of the faculty shortage in nursing, and because there’s a new wave of folks coming in and an emphasis on interprofessional education, it’s a real opportunity for me to continue to become part of the fabric of nursing research at the School and bring my skills into the fold.”

And those skills are myriad. As a postdoctoral research fellow in UVA’s Center for the Study of Complementary and Alternative Therapies, Anderson studied how dietary supplements may impact cancer. He is also a Healing Touch practitioner (a practice akin to Reiki). He lectures on such topics as health care disparities among gay and lesbian populations and the importance of support for caregivers of dementia patients. He teaches statistics to nurses transitioning to academia, offering guest lectures on proposal writing and the research process.

The effect? It’s widening the scope of how nurses are educated. Also, the range of skills these new professors bring to the table, says Fontaine, goes hand in hand with the School’s emphasis on diversity.

“If we have a strong mix of people from varied backgrounds, we go a long way toward endowing our students with the variety of skills they’ll need to become 21st-century nurses,” she explains. “My goal—and our mission—is to innovate and energize our curriculum and students by bringing in energetic innovators—and doing our best to keep them here.”

MORE ONLINE:
Hear Dean Fontaine address the importance of faculty support at nursing.virginia.edu/facultysupport
Philanthropy

Faculty Support—
A Gift That Keeps on Giving

WHEN Harvard Birdsong decided to fund a faculty endowment in the School of Nursing, he had two goals in mind—he wanted to honor his mother’s lifelong love of nursing, and he wanted to make an investment that would grow and keep making a difference.

Before he invested, Birdsong did his share of reading and listening. As a new member of the School of Nursing Advisory Board, the parent of a UVA nursing graduate (Suzanne Birdsong, BSN ’04), and an experienced businessman, he wanted to learn as much about nursing and nursing education as he could.

“I learned that we have many aspiring nursing students,” says Birdsong, “and that there is a national shortage of nursing faculty to teach them. I think of it as a long channel. On one side, you have individuals who want to become nurses. At the other end, you have a population of aging and sick people who need nursing care. In between, you have a bottleneck because you are constrained by the shortage of faculty.

“That’s when I realized where I could make a difference. By supporting an endowment for nursing faculty, I can increase the number of students who can get a nursing degree. Then, young people get jobs, and older people get the care they need. Those students go on to their careers, and new students follow. Some of them become professors themselves. They all go out into the world and make a difference. And, in that way, I can make a difference. That’s why I feel so good about this gift.”

The gift from Birdsong, his wife Joan, and the Birdsong Corporation creates the Charlotte Spain Birdsong Fund in honor of Birdsong’s mother, Charlotte Spain Birdsong (BSN ’38). The fund is part of the School’s goal to raise $1 million for a Nursing Faculty Legacy Endowment to support faculty recruitment, retention, and start-up packages.

“Having a permanent source of faculty support is critical for the School to provide nursing education, research, and scholarship at the highest level,” says Dean Dorrie Fontaine. “With this generous gift honoring one of our own, we also kick off a $1 million campaign for faculty endowment that will help us compete for the most talented nurse leaders in the nation.”

In addition to this endowment, the Birdsong Conference Room in the Claude Moore Nursing Education Building, made possible by previous gifts from Harvard Birdsong and his two brothers, is named in honor of Charlotte Birdsong. Charlotte made lasting friendships at UVA, where she also met her future husband, McLemore Birdsong (Med ’37). McLemore Birdsong went on to become chair of UVA’s Department of Pediatrics, while Charlotte practiced as a pediatric nurse at UVA, until leaving to raise her three sons. Well into her seventies, Charlotte still volunteered as a nursing aide, taking water to patients and giving words of encouragement. Five of her grandchildren graduated from UVA, and two (Harvard’s daughters) are pursuing careers in nursing.

In addition to their gifts for nursing, the Birdsong family has supported clinic space in the Battle Building at UVA Children’s Hospital.

To make a gift or for more information on the Nursing Faculty Legacy Endowment, please contact Amy Karr, assistant vice president for nursing development, at (434) 924-0138 or askarr@virginia.edu.

“...they all go out into the world and make a difference. And, in that way, I can make a difference.”

—HARVARD BIRDSONG
His Holiness the Dalai Lama leads a panel discussion on compassion in health care with five UVA Health System clinicians, including School of Nursing Dean Dorrie Fontaine.
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.

Undergraduates Tackle Big Questions—and Challenge Clinical Assumptions

Caitlin Vande Pol (BSN ’14) knows a thing or two about earplugs.

She prefers the squishy orange kind that collapse when pinched, filling the outer ear with sound-dampening foam. The other types don’t cut it, says Vande Pol, who works with a team of nursing researchers to examine ways Critical Care Unit (CCU) patients—a hospital’s sickest, most severely ill patients—can get more shut-eye so their bodies can heal.

Sometimes in nursing, says Vande Pol, the simplest solution packs the most punch. As nurses increasingly determine and deliver best practice guidelines, Vande Pol’s delighted to find herself immersed in research that will establish standards of care using the irrefutability of data as a guide.

“We have to figure out what needs to be changed, based on the evidence—not based on tradition or what’s always been done,” explains Vande Pol. “We need to ask, ‘I wonder if this would be a better option?’”

For CCU patients in particular, many factors detract from a good night’s rest, not the least of which are the hourly mental status checks, regular finger sticks, and overall four-hour assessments. Add to this the machinery beeps at all hours, and the best rest for these patients may be had with eye masks and earplugs.

“These patients are acutely ill and need rest to heal and get better,” says Vande Pol, who is comparing the sleep satisfaction between CCU patients given the interventions and those not.

“Given that part of their care wakes them up, we should make sure that little things like noise and light are minimized.”

Research Shaping Care

Vande Pol is one of a half dozen undergraduate nursing students conducting research that will directly impact patient care at UVA Medical Center. As a two-semester course taught by Beth Quatrara (MSN ’97, DNP ’10), the students partner with practicing clinicians to ask questions about practice and care—and ultimately usher in changes based on facts.

Another of these studies-in-progress focuses on women who deliver their babies via C-section. When the newborn infant is immediately placed on the mother’s chest, the study asks, what is the impact on bonding, breastfeeding, and rooming-in time (keeping the baby in the room with the mother)?

Elizabeth Mathews (BSN ’13) and Sarah Campbell (BSN ’13) aim to find out. The two,
working alongside UVA Medical Center labor and delivery nurses, agree that immediate skin-to-skin contact between mothers and babies makes good sense, but they plan to gather the facts and data to tell them for sure.

“We also think that rooming-in increases breastfeeding rates and bonding,” says Mathews. “But knowing what’s best practice and proving it are two very separate things.”

“With nursing research, it’s not that you have x and y, and you have to figure out how they interact,” Mathews explains. “We’re working with people, so other variables make asking big questions harder, but definitely more important.”

Asking Why

Overall, these student researchers say their projects give them perspective about asking big questions and affecting real change. Quatrara says her research course—currently an elective but soon a likely requirement for undergraduate nursing students—enables them to actively participate in projects asking very real, on-the-ground questions about patient experiences, standards of care, and hospital culture.

“We don’t teach them how to suction a trach or insert a catheter by reading a book,” says Quatrara. “We teach them to be clinicians in a clinical setting. I’m hopeful that they’ll better understand the concepts and the process of research, and be able to readily see the benefit to patients.”

I’m hopeful that they’ll better understand the concepts and the process of research, and be able to readily see the benefit to patients.”

It has also emboldened her students to question why and how things are done.

“We do a lot of things in nursing just because it’s what we do—but I like knowing the research that’s behind it,” says Mathews. “It has made me question why we do things a certain way and what there is to back it up. Doing research makes you want to do more.”

“I think research should be integrated even more,” adds Vande Pol. “It’s empowering for nurses to feel like they’re controlling and improving practice, getting into the mindset of trying new things.”

“When you’re part of a research project from its inception—from the literature review through the IRB [Institutional Review Board] approvals to the data collection itself—it’s a rich experience that strengthens your understanding of what’s needed to assess standards of care—and to improve them,” says Linda Bullock, associate dean for research. “Many programs offer research experiences to gifted undergrads, or to graduate populations alone, but the growing complexities of patient care demands more from all of us. Our goal now is to give every undergraduate a real nuts-and-bolts understanding of how to conduct research, as well as the ability to step back from an everyday situation to ask big questions about how to improve patient care and standards of practice.

“There is no way around it,” adds Dean Dorrie Fontaine. “All of our students must become adept researchers and clinicians. At UVA, they get the full package.”

Undergraduates Elizabeth Mathews, center, and Sarah Campbell, right, conduct research with new mothers on the importance of early skin-to-skin contact on bonding and breastfeeding.
Clinical Trial Aims to Enhance Lung Cancer Care

More women and men die of lung cancer each year than of any other cancer. Nearly $10 billion is spent each year to battle its effects. Despite its prevalence, however, treatment decisions remain highly complex, particularly given the difficulty of determining when enough treatment is appropriate and assuring that patients receiving chemotherapy or radiation are neither over- nor under-treated.

A new $2 million study funded by the National Institutes of Health and the National Cancer Institute—headed by UVA nursing professor Patricia Hollen (BSN ’67, PNP ’71) and Dr. Richard Gralla of the Albert Einstein College of Medicine in Bronx, NY—aims to individualize and “right-size” treatment by improving communication between patients and their treatment team. Together, Hollen and Gralla created a validated decision aid for patients to share with their oncology professionals, and a quality of life evaluation to monitor symptoms and health-related quality of life. By utilizing these practical aids periodically during treatment, the investigators expect to glean additional information on whether or not patients are benefitting from treatment. With the results of these measures available during chemotherapy, the randomized study will determine if treating oncologists can reduce the need for as many imaging tests, decrease the amount of chemotherapy given, and bolster the impact of patient-reported outcomes. Initially, the research is focused on non-small cell lung cancers, the most common type of lung cancer.

“Clinical decision making for patients with lung cancer cannot be taken for granted,” says Hollen, the Malvina Yuille Boyd Professor of Oncology Nursing. “It is our hypothesis that patients who receive our intervention will be treated more appropriately and with greater treatment satisfaction for both patients and their supporters. Giving more appropriate treatment will result in less potential toxicity with fewer cycles, less radiation exposure, lower costs, less conflict over treatment decisions, and less patient and family regret overall—while still preserving the benefits of treatment.”

The new study—A Decision Aid with Health-Related Quality of Life Assessment to Reduce Costs in the Treatment of Non-Small Cell Lung Cancer—will enhance patient care through the use of a decision aid coupled with quality of life data and patient-reported outcomes. The trial will be conducted among outpatients at three cancer centers in three states and will include nearly 200 patients with advanced non-small cell lung cancer and their chosen supporter.

The Lung Cancer Symptom Scale (LCSS), developed by Hollen and Gralla, is designed to assess quality of life outcomes for lung cancer patients. Formatted for handheld computer-assisted PDA devices that health care professionals often use, the questionnaire gives physicians and nurses an insight into patients’ state of mind and pulls data that’s sensitive enough to inform treatment decisions. The scale asks questions related to patients’ appetite, pain, fatigue, and other physical symptoms, as well as their overall symptom distress, ability to function in day-to-day activities, and perceived quality of life. The computer-assisted device assesses patient reported outcomes at the present clinic visit as well as trends over several visits.

In a prior study of 148 patients who were administered the LCSS, nine in ten physicians found that the instrument helped them identify earlier those who were benefiting—or not—from chemotherapy. The current trial will test those findings prospectively, and will integrate the use of a decision aid.

The second part of Hollen and Gralla’s intervention involves a decision aid—called DecisionKEYS for Balancing Choices—that prepares patients and families to participate in making difficult choices among options. Meant to facilitate communication while clarifying options and preferences, the decision aid also helps guide treatment decisions.

“If patients and their supporters feel less regret with the decisions made, they can move forward with other palliative care and end-of-life issues at appropriate times,” says Hollen.

Decisional conflict during treatment for lung cancer is prevalent. Patients and family members differ in their expectations, many of which are often unrealistic. Physicians must use their best judgment in advising further treatment, but due to their close involvement, often have difficulty communicating the rationale for stopping therapy.

“The goal is for the nurse to help communication between the physician and patient by providing time for the patient and supporter to process the information and ask questions to help in arriving at a shared decision and easing any conflict,” explains Hollen.
Dear UVA School of Nursing Community,

Whether nurses are promoting health, preventing disease, or caring for the sick and disabled, our role is center stage in the rapidly changing health care arena. The October 2010 Institute of Medicine Report, “The Future of Nursing: Leading Change, Advancing Health” has generated much discussion about nursing since its release. The Patient Protection and Affordable Care Act was signed into law in March 2010 and requires the health care industry to provide affordable care for all Americans. That mandate, in turn, will increase the efficiency and quality of care, improve public health, and reduce instances of chronic disease. UVA nurses are and will continue to be leading these changes.

Recognizing the responsibility of being a mentor and leader is critical as the community looks to nurses to be an example of “good” health. Knowing what to do is part of the equation. Taking action to make needed lifestyle behavior changes requires determination, encouragement, and resilience. Finding healthy ways to release stress and tension will be even more important as the health care system rapidly evolves over the next five to ten years. As nurses, we must take care of ourselves first so that we can, in turn, take care of others.

The Strategic Planning Initiative launched in 2012 has helped us learn about what is important to alumni. Reflecting on the theme of my presidency—creating community through caring and serving by engaging alumni, faculty, and students—I realize that understanding what is important to each of us often changes over time. The Task Force Survey results reinforced that we have many subgroups of nursing alumni with diverse backgrounds and interests, which means we will need varied actions to engage them. The Alumni Council (the leadership group) of the Nursing Alumni Association has prioritized these actions and established specific goals and objectives for the next two to three years. (See page 21.)

I hope that you will consider becoming involved in the Alumni Association and using your leadership skills to leave a legacy and make a difference. Send me an e-mail at sharoncumbyfay@yahoo.com, or complete a volunteer form on the webpage www.nursing.virginia.edu/alumni/update.

I am looking forward to seeing many of you at Reunions in June.

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

“ As nurses, we must take care of ourselves first so that we can, in turn, take care of others.”
Alumni Council Transitions

Christa Janowski Hartch (BSN ’97) was elected to join the Alumni Council at its annual winter retreat. Hartch also steps into the role of communications coordinator, following Joe Montoya (MSN ’94, FNP ’96, DNP ’09), who served in this capacity for one term.

“During his time on the Council, Joe thoughtfully represented graduate alumni and contributed greatly to alumni communications,” notes Sharon Fay, Association president. “We are grateful to Joe for his service and welcome Christa to this important role.”

Grier Medical Assistance Fund

The Tabitha S. Grier Medical Assistance Fund provides valuable financial assistance to nursing alumni facing medical expenses not covered by insurance, Medicare, or Medicaid. Funding is distributed annually by the Nursing Alumni Association and may be used toward personal medical expenses including medications, physician or nursing care, in-home or nursing home expenses, medical supplies, equipment, or hospitalization. Applications are due August 1. Full details and application forms are online at www.nursing.virginia.edu/alumni/grier. For more information, contact the Alumni & Development Office at (434) 924-0138 or nursing-alumni@virginia.edu.

Alumni Scholarship Applications Due June 1

Any UVA nursing alumna/us returning for an additional nursing degree or certificate at any institution is eligible to apply for the Nursing Alumni Association’s annual $3,000 scholarship. Funding for this scholarship is made possible by generous gifts from alumni and friends to the Nursing Annual Fund. Applications for this scholarship are due June 1. Find more information at www.nursing.virginia.edu/alumni/resources/scholarships or call the Alumni & Development Office at (434) 924-0138.

“we wish to establish ... a University on a plan so broad & liberal & modern, as to be worth patronizing with the public support.”

—Thomas Jefferson, 1800

Join the 1,168 individuals who supported the Nursing Annual Fund last year. This support helps us continue to stay ahead of the curve and provide our students with an exceptional education.

DONATE ONLINE AT WWW.CAMPAIN.VIRGINIA.EDU/SUPPORTNURSING
Association Sets Goals for Alumni Engagement

At their annual retreat, the Nursing Alumni Council outlined key goals for the Alumni Association over the next two years. The Alumni Council will work to engage all alumni and support the School of Nursing through:

• Targeted programs and communications,
• Utilizing new technologies, and
• Synergizing with existing engagement programs at UVA.

The Alumni Council constructed these objectives using information gathered by the Strategic Planning Task Force between July and December 2012. Many thanks to the task force members (listed below) for their valuable contributions to the goal-setting process, and to all of the alumni who participated in the survey on alumni engagement.

Sharon Cumby Fay (BSN ’76, MSN ’80)
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
Siu Ma (BSN ’11)
Gerald “Joe” Montoya (MSN ’94, FNP ’96, DNP ’09)
Katelyn Overstreet (BSN ’11)
Amy West (MSN-CNL student)

If you have questions or feedback, please contact the Alumni & Development Office at nursing-alumni@virginia.edu.

“The whole experience broadened my world. It really gave me a good look into some of the health care needs of the people in Vietnam, and what we could do for them. I’m thankful for the opportunity, and now I’m just counting down the days until I can go back.”

—ALLIE TRAN, FROM 2012 VIETNAM TRIP

New Alumni Service Trip to Vietnam—September 1, 2013

UVA Cavalier Travels and the Nursing Alumni Association have partnered again to provide much-needed basic medical services to orphans in Vietnam. Nursing alumni will travel to Quang Tri Province and rural Khe Sanh to offer checkups and vaccinations to hundreds of children.

To sign up or learn more about pre- or post-trip opportunities, please visit www.virginia.edu/cavaliertravels/2013/vietnam, or contact UVA Cavalier Travels at (866) 765-2646 or cavaliertravels@virginia.edu.

Supporting Students: At a recent luncheon celebrating the School’s scholarship recipients, Sharon Cumby Fay, Alumni Association president, and Fran Vasaly, past scholarship chair, joined 8 of the 16 students who received Alumni Scholarship support.
Reunions 2013 SCHOOL OF NURSING EVENTS

May 13–15, 2013 Thomas Jefferson Society Reunion
Celebrating the Class of 1963

Tuesday, May 14 Pavilion IX Open House with Dean Dorrie Fontaine
3:30–4:30 p.m. Pavilion IX, West Lawn
Join Dorrie Fontaine, dean of the School of Nursing, for this open house and reception in her Pavilion on the Lawn.

Wednesday, May 15 School of Nursing Luncheon
Noon–1:45 p.m. Boar’s Head Inn (Pavilion)
Dean Dorrie Fontaine and Sharon Cumby Fay (BSN ’76, MSN ’80), president of the Nursing Alumni Association will welcome the Class of 1963 into the Thomas Jefferson Society.

For more information on nursing alumni events, please contact Karol Kozak, Director of Alumni Affairs and Donor Relations, at (434) 924-1589 or kkozak@virginia.edu.

June 6–9, 2013 Undergraduate Class Reunions

Friday, June 7 Pavilion IX Open House with Dean Dorrie Fontaine
3:00–4:30 p.m. Pavilion IX, West Lawn
Nursing alumni are invited to join Dean Fontaine for this open house and reception in her home.

Saturday, June 8 School of Nursing Alumni Luncheon
12:30–2:30 p.m. McLeod Hall Patio
All School of Nursing alumni are invited to gather at McLeod Hall to visit classmates, hear from Dean Dorrie Fontaine and Nursing Alumni Association President Sharon Cumby Fay (BSN ’76, MSN ’80), and congratulate Alumni Award winners.

A small fee will be charged to all attendees over the age of 12. To register for the School of Nursing luncheon, tours, or other Reunion events, please contact the UVA Alumni Association at (434) 243-9000 or visit www.virginiareunions.com.

To register for the Thomas Jefferson Society Reunion events (including the ones above), please contact Cate Brown at cate@virginia.edu or (434) 243-1886.

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

AT BOTH REUNIONS

School of Nursing Building Tours
McKim Hall, Claude Moore Nursing Education Building, and McLeod Hall, including recent renovations in the Mary Morton Parsons Clinical Simulation Learning Center and the Eleanor Crowder Bjoring Center for Nursing Historical Inquiry

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 staff at nursinghxc@virginia.edu or (434) 924-0083.
Class Notes & News

1960s

BSN '68 Eloise (“Ellie”) Talley Clark retired in 2006 after teaching with Head Start. She worked at the National Institutes of Health for seven years after graduation before raising her children full time. Eldest son James S. Clark IV will be married in October 2013, and younger son Steven is married and lives in Burke, VA. Ellie is an active Oneness Trainer who teaches aerobic exercise and recently returned from training at Oneness University in India.

BSN '69 Deborah Sherman Ring serves on the Pulaski County Extension Leadership Council and as an adjunct faculty member at Radford University School of Nursing.

1970s

'71 BSN, '81 MSN Diane Downing retired from the Arlington Health Department in Arlington, VA, and now serves as an assistant professor of public health nursing at Georgetown University School of Nursing and Health Studies. Diane continues to be active in the American Public Health Association, where she serves as a member of the executive board and with Community-Campus Partnerships for Health (CCPH). She represents CCPH on the Council on Linkages between Academia and Public Health Practice.

BSN '71 Rosalie Day Emerick Lewis earned a master’s in human resource management from Golden Gate University in 1991 and graduated from Shenandoah University in 2012 with a master’s in nursing. She currently resides in Winchester, VA, and is an assistant professor and clinical site coordinator at Shenandoah University.

BSN '75 Leah Stuart Feyh received her doctorate in nurse anesthesia practice in August 2012 from Virginia Commonwealth University. Leah is a clinical assistant professor in the nurse anesthesia program in the College of Nursing at East Carolina University in Greenville, NC.

BSN '76, MSN ’80 Sharon Cumby Fay and her husband, Kevin, returned to Annandale, VA, after living in Keswick for more than five years. Sharon accepted a position as administrator of Health Connect IPA, a large, multipractice primary care physician network in Northern Virginia. Sharon was inducted into Sigma Theta Tau, Beta Kappa Chapter last fall. Their oldest daughter and UVA alumna Courtney accepted a position at Qatar Academy and moved to Doha, Qatar. Middle daughter Lindsey completed her bachelor’s at JMU and started a master’s at UVA’s McIntire School of Commerce. Youngest daughter Emily is studying at JMU and spent last fall in Florence, Italy.

1980s

BSN ’83 Mary Carter Pettit Dabney received the Bob Rader Award for Juvenile Detention Service Worker of the Year for her work as the lead nurse at the Henrico County Juvenile Detention Center in Richmond, VA.

GNUR '86 Linda J. Swallow works with the Serving In Mission/Mission to the World

School Mourns Death of Wade Lancaster

Wade Lancaster, beloved husband of dean and professor emerita Jeanette Lancaster, died on February 3 of natural causes while traveling in Shanghai on UVA’s Semester at Sea spring voyage. Lancaster was a highly regarded member of the School of Nursing community and a gracious host at Pavilion II. Memorial contributions may be made to the James Howard Miller Nursing Scholarship, which he created to honor Dean Lancaster’s father, at www.campaign.virginia.edu/supportnursing.
“If, at the end of the day, I was able to positively impact someone’s life, all the hard work will be worth it.”

ALUMNI IN ACTION
HERSHAW DAVIS JR. (MSN ’12)

WHAT does it mean to be a nurse in America? That’s the question Hershaw Davis was asked when he was featured in The American Nurses Project.

The collection, which celebrates nurses at work by capturing their personal stories through photography and film, gave the Baltimore native a chance to think about his career so far. In the book, Davis recalls sitting with the family of a drug dealer who had been just killed.

“The experience taught me that it was not our job to judge the person. It was our job to care for them, in life and in death,” Davis remembers.

It was a powerful lesson for someone who almost didn’t enter the profession. “I had considered nursing in college while pursuing another degree,” he says now, “but I wasn’t sure if it was appropriate. I didn’t know any male nurses.”

But once the choice was made, he pursued his education with dedication. At UVA, Davis was exposed to the complexities of rural health care and encouraged to pursue his own nursing research. It was an invaluable experience.

“There was a commitment to service throughout the School of Nursing that appealed to me. I was constantly presented with new challenges and provided opportunities to develop leadership skills,” he says.

Davis puts those clinical leadership skills to use every day in his role as emergency registered nurse at Johns Hopkins Hospital. “My training at UVA gave me the skills to step back and look at larger, systemic problems that should be addressed,” he says. “It gave me the confidence to find better solutions.”

Davis will return to the School this fall to pursue his PhD with a research focus on health disparities, especially in rural areas, working toward his goal of becoming a professor—perhaps one day at UVA.

“Teaching will give me the chance to give back to the profession that has already given me so much,” he says. “If, at the end of the day, I was able to positively impact someone’s life, all the hard work will be worth it.”

Meet Hershaw Davis.
Visit http://tiny.cc/6s6rww to see Hershaw’s video entry for The American Nurses Project.

AIDS Care and Treatment project in the slums of Addis Ababa, Ethiopia, providing care to 350 AIDS-affected families.

1990s
’91 BSN Karen Wickersham, PhD, a postdoctoral fellow at the University of Maryland School of Nursing, recently defended her dissertation, A Study of Medication-Taking for Patients with Non-Small Cell Lung Cancer Receiving Oral Targeted Therapy.

’97 BSN Tracey Pietron Perry and her husband, Matthew, welcomed their third child and first daughter, Caroline Faith, on October 24, 2011. Caroline joins two brothers, Charlie and Nathan. The family resides in Frisco, TX.

RN to BSN ’99 Elizabeth Rochin is a third-year PhD student at East Carolina University. She serves on the Board of Directors for the National Association of Bariatric Nurses and was published in Bariatric Nursing and Surgical Patient Care. Elizabeth was named one of the Great 100 Nurses of North Carolina in 2008.

’99 RN to BSN, ’05 MSN Amanda Ray Thaller has returned to nursing education after six wonderful years at home with her three children. She is currently a faculty member at the University of Maine, Augusta. Amanda and her family reside in Manchester, ME.

2000s
’00 BSN Sarah Mies and her husband, Michael Jansen, joyfully announce the birth of their son, Thomas Edward Mies Jansen, on October 28, 2012.

’07 BSN Lyndsay Wilson Anderson and her husband, Steven, welcomed their first child, Thomas Bradley, on June 4, 2012. The Andersons reside in Washington, DC, where Steven is chief financial officer at the Institute for Justice and Lyndsay is a nurse practitioner at Georgetown University Hospital.

’07 RN to BSN Malinda Whitlow received the UVA Health System’s Pamela F. Cipriano
Nursing Research Award. This award was established in 2010 in honor of Dr. Pamela Cipriano, whose contributions as chief nursing officer at UVA Health System stimulated the innovation of evidence-based nursing practices and contributed to the existing body of nursing knowledge.

‘10 RN to BSN Tina Knicely received the Transformational Leader Award from UVA Health System’s Professional Nursing Staff Organization. Award recipients are chosen based on demonstrated clinical knowledge and expertise in professional nursing practice, as well as the ability to positively influence change, adopt new and collaborative approaches to problem-solving, articulate strategies in day-to-day operations, support staff and patients, and promote an environment of staff empowerment and ownership.

40 Years for Beta Kappa

IN 1972, when Beta Kappa was launched—the UVA Chapter of the nursing honor society Sigma Theta Tau, International—women at UVA could only enroll in nursing and education programs. McKim Hall was still a dorm. The “old hospital”—now the West Complex at UVA Medical Center—was the central point of patient care and not that old.

Today, Beta Kappa has nearly 521 active members, including 53 new inductees from the Class of 2013.

A recent celebration to mark the occasion brought together seasoned nurses and recent graduates. Organizer and Beta Kappa’s faculty advisor Mary Gibson noted changes over time, but stressed the School’s abiding core values.

“We still cultivate compassionate caregivers, empathic nursing leaders who go on to lead illustrious careers as nurse researchers, nursing academics, practitioners, and policymakers,” says Gibson. “UVA nurses are still the best of the best.”

Above left, Mary Gibson, Beta Kappa faculty advisor, stresses the School’s abiding values. Right, Lucie Kelly and Barbara Brodie are both longtime members of Sigma Theta Tau. Kelly is a former president.
Publication Highlights and Scholarship from 2012

UVA nursing research directly affects the nation’s health care through improved clinical practice, while also offering new insights on prevention and policy. The following highlights are part of a larger, more robust list of faculty research and publications available online at www.nursing.virginia.edu/faculty-publications.


“*No study has compared older people in rural and urban areas on the separate dimensions of quality of life... it’s important to determine whether these [various measures] differ between the elderly in rural and urban communities to predict health and social needs for older adults.*”

—M. Baernholdt in “Quality of life in rural and urban adults 65 years and older: Findings from NHANES”
“Because of their consistent presence in the unit and at the bedside, nurses can play a central role in preventive ethics. No other profession has the depth of knowledge of unit function, capability, and potential as the nursing staff. Identifying unit-level triggers as well as interventions to improve them, to change unit protocol, or to use resources in a different way requires this kind of intricate knowledge.”

—E. G. Epstein, in “Preventive ethics in the ICU”


HOMECOMINGS 2012

HOMECOMING FUN
Last fall, during Homecoming Weekend, some 100 nursing alumni gathered at Pavilion IX on the Lawn before the UVA-Maryland football game. Nursing graduates of all ages made time to catch up with each other and with the latest changes on Grounds. Stay tuned to see what’s planned for this year!

Above (l to r): Siu Ma (BSN ’11), Lisa Harrison (RN to BSN ’10), Allie Tran (BSN ’11).
Below (l to r): Martha Schneider (BSN ’04, MSN ’08), Brittney Keating (BSN ’11)
Forty-Five Years of Pioneering Nursing Research

When Phyllis Verhonick, PhD, (above) came to the UVA School of Nursing in 1968, she found a thriving clinical program. Inspired, Verhonick set about adding a whole new dimension to the curriculum, believing that nursing practice should be complemented by solid, demonstrable research. As a researcher and an educator, Verhonick set about teaching UVA graduate and undergraduate nursing students those principles.

At a time when women were not yet admitted to the University at large, the female students in Verhonick’s classes were given the opportunity to study with a pioneering nursing researcher known nationally and internationally for her work. Many of Verhonick’s students went on to become productive nursing researchers in their own right.

As the School’s first director of research, Verhonick also helped lay the groundwork for the School’s strong research program today. Forty-five years later, that program is thriving, and UVA nursing researchers are helping to shape the future of health care.

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

MAY
6-12 National Nurses Week
10 End of examinations, Spring semester
13-15 Thomas Jefferson Society Reunions: Classes of 1963 and earlier
14 Thomas Jefferson Society Nursing Alumni Pavilion IX Open House with Dean Dorrie Fontaine
15 Thomas Jefferson Society School of Nursing Luncheon and Building Tours
18 Pinning & Hooding Ceremonies, School of Nursing
19 Final Exercises

JUNE
1 Deadline for applying for Nursing Alumni Association Alumni Scholarship
7 June Reunions Nursing Alumni Pavilion IX Open House with Dean Dorrie Fontaine
8 School of Nursing Reunions Luncheon, Alumni Association Annual Meeting, and Building Tours

AUGUST
27 Fall Semester begins

SEPTEMBER
13-14 School of Nursing Advisory Board, Advisory Board Emeritus, and Alumni Council Meetings

OCTOBER
26 Homecomings

NOVEMBER
TBD Zula Mae Baber Bice Memorial Lecture

DECEMBER
17 End of Examinations, Fall Semester

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.

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