Beyster Institute for Nursing Research, Advanced Practice, and Simulation

RECOGNIZING USD’S NURSING LEADERSHIP AND SERVICE
The Betty and Bob Beyster Institute for Nursing Research, Advanced Practice, and Simulation at the University of San Diego is the first facility of its kind in the United States. The institute more than doubles the research and teaching facilities at the Hahn School of Nursing and Health Science. The University of San Diego offers its sincerest appreciation to the Beysters for the generous gift that will further expand the role of research and advanced practice nursing as it continues to emerge in the healthcare landscape. *The sky's the limit!*

“I am so grateful to Mrs. Beyster and the whole Beyster family. They understand the importance of nursing research and advanced practice for the future of healthcare for San Diego, for all of California and for the country.”

*Sally Brosz Hardin, PhD, RN, FAAN  
Dean, Hahn School of Nursing and Health Science*
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Gift Launches
the Betty and Bob Beyster Institute for Nursing Research, Advanced Practice, and Simulation at the University of San Diego

In April 2012 University of San Diego Nursing Dean Sally Brosz Hardin announced a gift of $7 million from the Beyster family of San Diego to build the Betty and Bob Beyster Institute for Nursing Research, Advanced Practice, and Simulation. The three-story building, which will rise adjacent to the existing School of Nursing, will support the school’s strong commitment to research in concert with clinical practice. It will increase substantially current research capacity and provide facilities and technology to produce the next generation of nurse scientists and healthcare leaders. A new doctoral research library and study space, classrooms, seminar and presentation rooms, faculty offices, and an expanded Simulation and Standardized Patient Nursing Laboratory will further enable the school to...
A new facility is critical for developing the innovation and expertise of clinicians and nurse scientists who guide and shape health care practice and policy at the local, national, and global level.

better serve its students and Southern California civilian and military healthcare communities.

Dean Hardin has called the Beyster’s gift transformative for the school.

“There is no other institute for nursing research of its kind in the United States. I am so grateful to Mrs. Beyster and the whole Beyster family. They understand the importance of nursing research and advanced practice for the future of healthcare for San Diego, for all of California and for the country.”

Bob and Betty Beyster are San Diego residents who have focused their philanthropic giving on education in the sciences, and have given to USD Nursing since 2007. Their commitment to the Beyster Institute for Nursing Research is the culmination of several years of conversations with Dean Hardin about the school’s importance in San Diego County and beyond. An innovator in nursing education, USD Nursing is the source of over 40% of nurse faculty across the schools of nursing in San Diego County. It is an incubator of nursing leaders and a driver of best practices and health policy in Southern California.

Dr. Cynthia D. Connelly, Professor and Director of Nursing Research, spoke to the need:

“During the past several years we have greatly expanded our research portfolio; however there is no dedicated research space at the school. Research faculty and students work in off-campus sites, which compromises productivity and collaboration, and increases expenses. A new facility is critical for developing the innovation and expertise of clinicians and nurse scientists who guide and shape health care practice and policy at the local, national, and global level.”

The school’s current building opened in 1978 to serve approximately 100 students and faculty. In 2011-12, the equivalent of 465 students and 46 faculty, along with 14 administrative and support staff used the building, plus a laboratory annex half a mile from the main campus. The need is urgent for a physical facility that can support its research mission.

The Betty and Bob Beyster Institute for Nursing Research, Advanced Practice, and Simulation is that facility. The family’s lead gift of $7 million covers nearly half the cost of the building. It enables the school to take the first steps toward making the project a reality: commissioning the architectural plans and putting the project out for construction bids. By the terms of the Beyster’s gift, the building’s full cost of $15 million must be fully secured and construction started by 2017.

The new building will be built to the LEED Gold Standard for environmentally sound design. Its façade will be continuous with the existing School of Nursing building, and the two buildings will be connected by a bridge, patios, and colonnades. The building design focuses on adaptability to accommodate potential changes in health care education for future generations. It also will take full advantage of San Diego’s climate by utilizing internal and external spaces; its entrance connects to a Healing Garden and lighted, landscaped courtyard. The area will be a gathering place for students and also can serve as an event space.
The first floor will house the Simulation and Standardized Patient Nursing Laboratory (Sim Lab), the keystone of the school’s clinical teaching facilities, and a national model for nursing education. The Sim Lab will double from its current size and include primary care exam rooms, acute care hospital rooms, and a home care room, all with two-way mirrors and observation spaces, and will be wired for audio and video observation. The data management system that supports teaching and research will allow faculty to record and retrieve data related to students’ clinical reasoning and judgment, and clinical and interpersonal skills. There will be debriefing rooms in which students and faculty can discuss their experience.

Professor Karen McAuley, Director of Innovative Learning who runs the existing Sim Lab, sees the new Beyster Institute for Nursing Research as a significant gain for practice-relevant learning. It will enhance learning for the more than 300 students a week who currently are educated in the Sim Lab and permit students in all programs to spend a greater percentage of their education in hands-on activity. It also will allow for greater use of the Sim Lab by San Diego area healthcare facilities who use it for assessment and continuing education for their nursing staffs.

The Doctoral Research Library on the second floor provides faculty, doctoral students and alumni access to biomedical and nursing literature and a dedicated space for the School of Nursing research librarian. Online access to international research databases and dissertation collections will be readily available, and individual and group study areas will provide a relaxing and scholarly environment before and after classes. The second floor plan also includes seminar rooms and classrooms with moveable walls that allow spaces to be combined as needed.

Expandable classrooms and conference rooms will provide space for research conferences and presentations and mentoring the next generation of nurse scientists. A reception area and interview spaces on this floor will facilitate contact with research subjects, and a rooftop terrace will be available to all users of the building.

The third floor of the Beyster Institute will be the Research Center, the heart of the school’s research efforts. This is where the Director of Nursing Research and senior research faculty will have their offices, and where they will work with graduate students and on their own research. Faculty offices on all three floors will accommodate an additional 27 faculty and three staff.

The Beysters’ gift opens a new era of growth for the school, and an expansion of its contribution to healthcare, locally and nationally. Their gift is a beginning, and for its potential to be fulfilled, much more must be accomplished. The focus now will be on raising the balance of the building’s cost, $8 million, to bring to life the promise of the Betty and Bob Beyster Institute for Nursing Research, Practice, and Simulation.
n a sunny day in April, Betty Beyster sat in her garden and talked about the gift that she and her husband made to USD’s School of Nursing. She is a gracious woman who wears her 80 years lightly. Her hair is a crisp gray, cut short, and she is casually dressed in gray silk blouse, trousers, and comfortable flats. Their house, where they’ve lived for 55 years, is comfortable and unpretentious. Her caring touch is especially apparent in the small garden areas surrounding the house. She seems less interested in things, much more in the good she can do. About giving, she says, “It makes you feel good.” She smiles broadly. “It makes you feel good to know you’re helping people.”

Dr. J. Robert Beyster is a physicist and the founder of Science Applications International Corporation (SAIC). Since its inception in 1969, SAIC has grown to the largest employee owned research and engineering company in the US, a Fortune 500® company, that has over 41,000 employees worldwide. While Dr. Beyster was growing the company, Mrs. Beyster was fully occupied raising their two sons and a daughter, supporting her husband’s efforts, serving on a number of museum boards, and refining her skills at sizing up organizations and their effectiveness. A graduate of the University of Texas, she reveals a lively intelligence in her conversation, with no effort to flaunt it.

By the time their children were grown, the Beysters found themselves in a position that neither had ever imagined when they were growing up: they had substantial income and were in a position to make large charitable gifts.

During the 1990’s, they established the Beyster Family Foundation, which is now a Donor Advised Fund managed by the San Diego Foundation. They have given generously to organizations in the fields of arts and culture, education, employee ownership, the environment and health and human services. They focused on finding institutions that were well run and highly effective in their mission. Mrs. Beyster credits the San Diego Foundation staff for helping them identify such organizations, among them, USD’s School of Nursing and Health Science.

Mrs. Beyster had long been concerned about the shortage of nurses and saw scholarships for graduate education in nursing as a means to address the problem. Through the San Diego Foundation and the Achievement Rewards for College Scientists (ARCS), an organization of women philanthropists supporting students in science and biomedical research, they have given scholarships for USD nursing graduate students. The Beysters met each year with the students whose scholarships they supported and were most impressed with their scholarly achievement and vision of nursing and nursing science.

Mrs. Beyster’s eyes lit up when she remembered a visit to the school and a tour of USD’s Simulation and Standardized Patient Nursing Lab. She appreciated the educational value of hands-on learning, and the school’s commitment to state-of-the-art teaching methods. She saw the limitations imposed by the Lab’s lack of space and its distance from the campus and the Hahn building. After that visit, the Beysters and Dean Hardin talked about a larger gift; and in subsequent meetings agreements on the scope of their gift and its support of the Beyster Institute for Nursing Research, Advanced Practice, and Simulation were worked out.

Mrs. Beyster is clear about her hopes for the new building. She’d like to see “USD’s continued production of top notch nurses, so that when nurses anywhere in the country say they graduated from the University of San Diego, it means they’ve had the very best education.”

With their generous gift to the School of Nursing, Mrs. Beyster’s hope is well on its way to becoming a reality.

“Really Top Notch Nurses”

Betty Beyster in her garden
USD Nurse Leadership and Community Services

Community Service

1. Camp Pendleton – Primary Care
   Student Research: DASH Diet Instruction in Military Primary Care Setting

2. Naval Hospital, Camp Pendleton
   Student Research: Preventing Artery Blockage in Low-Risk Military Setting

3. Welcome Home – Re-entry Services for Female Inmates Released from Jail
   Student-Provided Health and Well-Being Education Programs

4. Las Villas De Carlsbad – Senior Assisted Living Center
   Student-Provided Health Screenings, Safety Checks, Exercise Classes

5. Arch Health Partners
   Student/Professor Identification/Treatment of Somatoform Disorders

6. Elizabeth Hospice
   Student-Provided End-of-Life Pain Management

7. St. Leo’s Mission Medical Clinic
   Professor and Student Provided Health Screenings

8. UCSD Perlman Clinic
   Low Income Screening, Referral, Treatment for Maternal Depression

9. Camp Wana Kura – Teen Diabetic Day Camp
   Student-Provided Health Screenings

10. Mesa College
    Student Research: Routine HIV Screening in College Students

11. La Maestra Community Health Center, El Cajon
    Low Income Screening, Referral, Treatment for Maternal Depression

12. Linda Vista Obesity Prevention Program for Parents
    Professors’ Evaluation of WE CAN! to Enhance Child Nutrition/Exercise

13. Bayside Community Center
    Student-Provided Health Screenings, Professor/Student Dementia Study

14. UCSD Hillcrest Medical Offices S.
    Low Income Screening, Referral, Treatment for Maternal Depression

15. San Diego Hospice – End of Life Care
    Faculty Research on the Role of Spirituality at End of Life

16. IMA Management
    Student Research: Chemo Video Instruction to Oncology Patients

17. Cardiac Rehab, Scripps Mercy Hillcrest
    Student-Provided Post-Surgical Health Screenings

18. Scripps Mercy Hospital
    Student Research: Screening for Early Diagnosis of Diabetes

19. Nativity Prep Academy
    Student-Provided “Ask-A-Nurse” Sessions, “Rock To Your Health” Event

20. Clinica De La Mora
    Low Income Screening, Referral, Treatment for Maternal Depression

21. San Diego Family Care, Mid-City Community Clinic
    Low Income Screening, Referral, Treatment for Maternal Depression

22. La Maestra Community Health Center, City Heights
    Low Income Screening, Referral, Treatment for Maternal Depression

23. Comprehensive Health Center Ocean View
    Low Income Screening, Referral, Treatment for Maternal Depression

24. San Diego Rescue Mission
    Student-Provided Health and Psychiatric Assessments/Family Sessions

25. Naval Medical Center, San Diego
    Student Research: Acute Pain Management After Breast Cancer Surgery

26. CRASH - Substance Abuse Counseling
    Student-Provided Health Screening, Healthy Behavior Exercises

27. Rachel's Center – Women's Homeless Shelter
    Student-Provided Health Education: Medication Chart, Breast Exams

28. City of Refuge – International Church
    Students Assist in Providing Food, Tutoring, Clothing, Health Screenings

29. Hacienda House – Affordable Housing
    Student-Provided CPR Classes

30. Park Villas – Affordable Housing
    Student-Provided CPR, Cyber-Safety, Nutrition Classes

31. Sharp Chula Vista
    PhD Student Diabetes Research Program

32. Otay Family Health Center
    Low Income Screening, Referral, Treatment for Maternal Depression

33. Maternal and Child Health Center
    Low Income Screening, Referral, Treatment for Maternal Depression

Alumni Nurse Leaders

A. Naval Medical Center San Diego, Angelica Almonte, Head, Nursing Research & Analysis
B. Naval Medical Center San Diego, Kriste Grau, Director for Nursing Services
C. Palomar Health Center for Nursing Excellence, Brenda Fischer, Director
D. Rady Children's Hospital, Janisse Baclig, Manager, Clinical Education and Magnet Program
E. Scripps La Jolla, Cynthia Steckel, Vice President and Chief Nursing and Operations Executive
F. Scripps Mercy, Lori Burnell, Chief Nursing Officer
G. Sharp Chula Vista, Pablo Velez, Senior Vice President and CEO
H. Sharp Grossmont Hospital, Caroline Etland, Chief Nursing Officer
I. Sharp Grossmont Hospital, Anne Marie Gallo, Director, Nursing Education, Research and Professional Development
J. Sharp HealthCare, Laurie Ercoff, Director of Research, Education and Professional Practice
K. Sharp HealthCare, Dan Gross, Executive Vice President, Hospital Organizations
L. Sharp Mary Birch, Carmen Colombo, Chief Nursing Officer
M. Sharp Memorial Hospital, Susan Stone, Chief Nursing Officer
N. VA San Diego Healthcare System, Carole Hair, Associate Chief Nursing Service/Education
O. VA San Diego Healthcare System, Sandra Solem, Associate Director, Patient Care Services/ Nurse Executive

Agencies

P. Richard M. Donovan Correctional Facility, Regina Izu, Receiver's Nurse Executive
Q. Richard M. Donovan Correctional Facility, Mary Ann Simanello, Correctional Health Care Services
R. San Diego Hospice & The Institute for Palliative Medicine, Roger Strong, Education Programs Coordinator
S. California State University San Marcos School of Nursing, Denise Boren, Interim Director
T. Grossmont College, Debbie Yaddow, Dean of Allied Health and Nursing
U. Miramar College, Lezlie Davenport-Allen, Student Health Services Nursing Center Supervisor
V. Palomar College School of Nursing, Judy Eckhart, Department Chair
W. Point Loma Nazarene School of Nursing, Barbara J. Taylor, Dean

Academia
Dr. Brenda Fischer (Left), Palomar Health, and Dean Sally Brosz Hardin announce historic clinical partnership
Partnership for Research and Advanced Practice with Palomar Health

Dean Sally Brosz Hardin has announced the formation of a historic partnership between USD Nursing and Palomar Health that will integrate nursing research and training for Advanced Practice Registered Nurses (APRNs) across Palomar’s five-hospital system and its community clinics. The partnership between California’s largest Magnet-recognized public health district and one of the top graduate nursing schools in the country will integrate nursing research at a system-wide level at all Palomar Health facilities and provide quality training for a greatly increased number of PhD nurse scientists and Master’s and Doctorally-prepared Advanced Practice Registered Nurses (APRNs).

Designed to be sustainable over the long term, this unique partnership aims to offer a national model for other health systems. Another important outcome will be the integration of many more APRN’s into primary care.

Dr. Cynthia D. Connelly, Director of Nursing Research, and Dr. Shelley Yerger Hawkins, Director of the DNP program, are the faculty who will be directly involved initially; Dean Hardin will serve as a consultant to the program. With access to Palomar Health facilities and populations, other USD faculty will conduct their own research, and many more doctoral and APRN students will conduct their dissertation and evidence-based projects in the Palomar system.

Dean Hardin praised Palomar Health’s understanding of the importance of nursing research and APRNs in delivering high quality health care. “This partnership highlights the excellence and commitment to innovation in both institutions,” she said.

Dr. Lorie K. Shoemaker, Palomar Health’s Chief Nurse Executive, agreed: “The strength of this academic-service partnership will build new knowledge, innovation, and improve outcomes as well as smooth the transition into practice for primary care APRN’s.”

At Palomar, the collaboration was initiated by Brenda Fischer (PhD ’08), Director of Palomar’s Center for Nursing Excellence.

The Palomar public health district serves a diverse population of more than 500,000 residents, both urban and rural, including two Indian reservations, across more than 800 square miles in Northern San Diego County. Its facilities include two acute care hospitals, two skilled nursing facilities and an extensive home health service. The new Palomar Medical Center in west Escondido, which opened in August, is one of the largest hospital projects in the country, and is already being hailed as one of the most innovative.

USD Provost Dr. Julie Sullivan said, “I’m delighted about the joint collaboration on research activities and innovations in clinical teaching and program development, especially in light of Palomar Health’s new Palomar Medical Center, and USD’s future Beyster Institute for Nursing Research, Advanced Practice, and Simulation.”
Brenda Fischer (PhD ’08) likes big projects. Last fall she and Dean Hardin began talking about a partnership between Palomar Health and USD Nursing to support nursing research and also to train Advanced Practice Registered Nurses (APRNs). USD had doctoral students who needed clinical facilities where they could conduct their research, and advanced practice nurses who needed clinical mentors and patient care settings where they could refine their skills. Fischer, who directs Palomar Health’s Center for Nursing Excellence, understands the importance of nursing research and advanced practice nurses, and the benefit to a health system that supports both. She and Hardin developed a model, and collaborated with principal players from both institutions to work out the details. In May 2012, the two institutions announced an historic partnership that enables Hahn doctoral students to conduct their research, and APRN students to serve clinical residencies at all of Palomar Health’s facilities. Both groups of students gain essential clinical access, and Palomar gains state-of-the-art research and practice.

The partnership reflects Fischer’s commitment to collaboration, and alliances with other institutions. Her work style helps those processes flourish. She works comfortably across disciplines and up and down management hierarchies. Other organizations trust her, she says, because she keeps her promises.

The Center for Nursing Excellence has responsibility for quality, research, academics, informatics, technology evaluation, evidence-based practice, and innovative program and grant development. Fischer describes the Center as “a think tank and action center,” where future needs are anticipated, and long range plans mapped out. She describes herself as a “thought leader” and a transformer, and adds, “that’s what my experience at USD was: a transformational experience. The students are treated so well; they’re nurtured and mentored. They teach us to go out and make the world a better place.”

Since graduating in 2008, Dr. Fischer has worked to make Palomar a better place for employees and patients. She and Chief Nursing Officer Lorie Shoemaker actively have supported their nurses’ pursuing advanced degrees and to date, 82 Palomar Health nurses have earned Masters or Doctoral degrees from USD Nursing.

When Palomar Health nurses needed training in end-of-life care, Fischer’s solution was large scale, inclusive, and collaborative. She asked ELNEC, the End of Life Nursing Education Consortium, to present all of its training modules simultaneously, and she proposed to Dean Hardin that USD Nursing host an ELNEC Summit, open to all palliative care practitioners. The answer was “yes,” and in 2011 USD hosted its pioneering ELNEC Summit to an international audience of over 300 health care providers.

Fischer came to Palomar Health as Magnet Program Director, tasked with earning Magnet designation for the entire system: two acute care hospitals, two skilled nursing facilities and a home health service. The effort involved a massive application—total documentation was over 3,500 pages—site visits to all five facilities, and assessment across 190 standards of nursing care. In 2009, Palomar Health was unanimously awarded Magnet status system-wide, the first California healthcare system to earn this honor.

Fischer’s current tasks are to bring aboard more than 3,000 nurses for the system’s newest hospital, Palomar Medical Center, which opened in the summer, and to implement USD’s research and clinical residency partnership. She has what she loves: big projects and room for collaboration.
Saving Lives in the Back Country

In the disastrous fires that swept San Diego County in 2007, Carolyn Gerber (PhD student) served on Scripps Health’s disaster response team. For six days the nurse worked in the medical tents in Rancho Bernardo, breathing smoke and caring for casualties. The work was hard; the stories, heartbreaking. She loved it. Before her BSN she’d been an EMT, and later had worked as an ICU nurse. Gerber liked the intense action, and the knowledge that she was making a difference in people’s lives at a critical time.

A reserve deputy who’d been in the medical tent with Gerber introduced himself as the Commander of the San Diego County Sheriff’s Department “Search and Rescue” Team, a 165 member all-volunteer unit. His name was Chris Van Gorder, President and CEO of Scripps Health, and he invited her to volunteer for “Search and Rescue.” She said she’d think about it. She did for a year.

At Scripps, Gerber worked as an Education Program Coordinator, planning and implementing system-wide educational projects. Although she liked her work, she missed the urgency of direct critical care. In 2009 she decided to join “Search and Rescue.” The next year she started USD’s BSN-to-PhD program. Her life became very full.

Search and Rescue requires a six month, 51-hour training course, two nights a week and alternate weekends. It ends with an overnight survival drill: trainees are left in mountain wilderness without a tent or a sleeping bag. Gerber passed the test! She bought her own uniforms and gear, and has committed to 100 hours a year of service on missions; her phone is always on. She served initially as a “ground pounder,” the walk-the-terrain unit that does the hard work of searches in back country.

She works now with the mobile command center that directs operations at search sites, doing triage and assessment of injuries, and advising when to call for evacuation. She assists with all medical decisions, including the health and safety of searchers. When heavy rains fell during a recent search, hypothermia became a risk for the volunteers. Gerber directed that searchers who had not brought a change of dry clothes should be sent home.

“I do a lot of education on dehydration and hypothermia,” she said. “They’re the biggest hazards for our people.”

She completed her MSN this year, with a specialization in Executive Nurse Leadership. Now she’s honing in on her dissertation topic. Gerber concedes that balancing her job, her search and rescue commitments, and her academics is demanding. What makes it worthwhile is the knowledge that she’s giving back to her community.

“As a nurse in direct care, you take care of one or two people on a shift. A doctorate will give me the credibility to reach so many more people.”
For CNO Susan Stone, All the Details Matter

Susan Stone (PhD ’08), Chief Nurse Officer and Vice President, Patient Care Services at Sharp Memorial Hospital, is showing the writer the hospital’s newest building. In the lobby, where she’s stopped to explain the patient-centered thinking in its design, a young woman in shorts and tank top and an anxious expression approaches her. “Are you doing the tour?”

Dr. Stone learns that the young woman had signed up online for a hospital tour but the rest of her group isn’t here, and there’s no one here to lead it. Stone talks to the people at the concierge desk; they’ve been making calls, but no one knows anything about this tour. Stone pulls out her cell phone and calls the assistant manager of concierge services. She arranges for someone to come to the lobby and give the young woman a tour.

For Stone, no aspect of patients’ and consumers’ experience is insignificant. Her approach has transformed the culture of care at Sharp, and has made it a national model.

Two years ago, Stone and her emergency department team took a close look at the emergency room from the patient’s perspective. They developed a flow map of treatment in the ER, from the time a patient walked in the door until he or she was discharged or admitted. They studied every transaction and event, from a receptionist setting up a case, to initial triage and history, diagnostic procedures, transport, medication and other interventions, and disposition and communication with the patient. For every step they examined the value for the patient. They found gaps in staff communication, long wait times between procedures, and an average visit length of five hours. Unsurprisingly, they also found high levels of patient dissatisfaction.

They set an ambitious goal: lower the average time for an ER visit, arrival to discharge, to three hours. They started a patient-centered program focused on incremental improvements. Work stations and patient rooms were standardized, the same tools and resources available in every room. Admission procedures changed; ER patients now are admitted directly to a treatment room, and registration and triage is done at bedside. Patients give their information once, to the team, and don’t have to repeat it to each new provider. Radiology transport practices, pharmaceutical oversight, medication availability, and laboratory functions all have been improved, and turnaround time sharply reduced. At the top of every hour all treatment team members
gather for a quick informational huddle: a check-in and status review of every patient, with disposition plan and anticipated time.

Average visit time has dropped to just over three hours. Patient satisfaction has climbed from 50% to 90%. Staff like it too. They report greater autonomy in their work, and greater satisfaction.

The ER project reflects the work that Stone has been doing for 25 years—leading and collaborating to significantly improve patients’ health care experience. She oversees patient care services for one of the largest health care organizations in San Diego, and the changes she’s brought about have dramatically improved patients’ experience in every part of the system. She credits Sharp management for supporting her efforts, and she credits her Master’s and PhD studies at the School of Nursing with giving her the tools to do her job.

“When you talk research, data, and outcomes, people listen differently.”

After her MSN, she was tasked with developing a strategic plan for women’s and children’s services across all of Sharp HealthCare and Sharp Mary Birch Hospital for Women. “That was a defining moment,” she said. “I loved the process, loved getting people together to create a vision. I found I was good at it.”

At Sharp Coronado, where she previously was CNO and Chief Operating Officer, the hospital was struggling with low census and a less than stellar community image. She and her team embarked on a turnaround plan using the Planetree Model, a comprehensive reworking of hospital practices and culture to make it a patient-centered facility. Implementing non-restrictive visiting hours, family involvement, integrative therapies, and open medical charts required a major cultural change, and commitment from every group of stakeholders, including physicians, nurses, and physical plant. Stone’s efforts resulted in a major transformation in staff’s relationships with patients, and in the hospital’s relationship with the community.

The Planetree organization recognized the transformation at Sharp Coronado by designating it one of the first Patient-Centered Hospitals in the nation. The hospital also won five Spirit of Planetree Program Awards, including the Evidence-Based Program Award for Dr. Stone’s research.

“I have a research focus every day,” Stone says. “I look to identify gaps in programs and services, and how we can solve those gaps.”

The project closest to Stone’s heart is Sharp’s Center of Nursing Excellence. She’s led the development of a 15-year strategic plan for the system’s 5,000 nurses. The highest priority is supporting nurses’ education at all degree levels. This year the Center will award $150,000 in scholarships to nurse employees pursuing formal nursing education. They’re also tracking membership in professional organizations, and publications and presentations, with a goal of annual increases in all of these. They’ve begun to share their experience with other health care organizations. A mentoring process already has begun with Sharp HealthCare sharing their knowledge and lessons learned with local Veterans Administration’s patient-centered care coordinators.

Whether transforming an E.R., or a hospital, Dr. Stone reflects a commitment to high standards and the fundamentals of patient care. It’s benefited not only Sharp HealthCare, but the San Diego and national nursing communities, through her numerous publications on implementing patient centered care.

Recently she’s created an endowment for research and education at Sharp focused on implementing patient centered care using the Planetree model. Stone is grateful for what she’s been able to accomplish, and mindful of the tools that have helped her. She said, “Once I had my doctorate, the door was really open for me to change healthcare.”

Tammy Doolittle (left), current BSN-PhD student, manager of the Medical Acute Care Unit at Sharp HealthCare, and Dr. Susan Stone (PhD’08) (right)
Nursing Informatics: Leading a Revolution in Healthcare

Jonathan Mack is revolutionizing healthcare. Mack, an APRN and retired army engineer who earned his PhD from USD Nursing in 2010, creates and tests technology to transform clinical practice. Mack started with an iPhone app for data entry and information display for a wireless fetal monitoring device that was part of his postdoctoral fellowship at West Health Institute, a San Diego research institute committed to lowering healthcare costs through innovative technology.
Mack, who coordinates USD Nursing's Health Care Informatics program, demonstrates the handsome, easy-to-use display, with a running commentary on health care informatics, the rising demand for nurse informaticists, and the global reach of USD Nursing research.

The Informatics Master’s program, whose first student graduated this year, teaches the application of computer science and knowledge management. Open both to nurses and non-nurses, it is the only program in California that allows nurses to sit for Nursing Informatics Certification, and one of a very few in the country to include a residency and capstone project. “The informatics program is another example of the school’s providing leadership,” Mack says. “We’re really ahead of the curve, and we owe a lot to Dean Hardin’s vision and her support.”

The program aims to ground students in basic concepts of informatics, so that they can move into a variety of areas, including medical device development, application of informatics to pharmacological research, public health initiatives, and electronic medical records systems. Large electronic medical records systems need clinical input because the medical record’s structure and data shape health care procedures and workflow. Nurse informaticists can help engineers build systems that support best practices and reduce opportunities for medical errors. Mack is already fielding calls from companies who are looking for clinical informaticists, and he expects demand will increase.

“When you have nurse informaticists on the design team, it accelerates the design process and you get a better product.”

Mack’s postdoctoral research was part of a partnership with Mexico’s Carlos Slim Institute to design a portable fetal monitoring kit for use in the Yucatan where Mayan women with high-risk pregnancies cannot travel to a hospital for twice weekly monitoring. Mack worked with software and electrical engineers to design a portable device and a tablet display that packs into an easily carried attaché case. Local clinic workers can monitor a woman, enter data, and transmit it wirelessly to a hospital-based obstetrician.

Mack’s nursing perspective guided the engineers’ work, assuring that the device design, its workflow, and data entry supported the clinical process. Nurse informaticists possess both clinical and health care informatics experience that allows them to translate the realities of clinical work to device engineers, medical database designers, and researchers. The portable monitor with Mack’s tablet app will be deployed in the Yucatan, and other remote areas of Mexico. Mack and West Health are currently in talks with other research partners about using it in Africa. Innovative technology holds the promise of greatly increasing access to care while lowering the cost, and USD Nursing’s clinical informaticists are preparing to join the next revolution in care.
Roger Strong (PhD ’08) believes in education so much that he uses his vacation time to teach. A senior APRN at San Diego Hospice, he teaches the End of Life Nursing Education Consortium (ELNEC)’s core training program, a national initiative to improve palliative care.

He’s taught for seven years, and now teaches the trainers, the people who will go back to teach in their own organizations. He’s presented at national conferences, and more recently has taught ELNEC trainers in China, Peru, and most extensively in Mexico, where a 2010 federal law requiring advanced directives greatly expanded interest in palliative care. He’ll fly to Singapore and the Philippines this fall to teach more ELNEC trainers.

“Teaching is what keeps me going,” he says. “It’s the energy, especially from people just getting into the field.”

Strong came late to his own education. He’d worked for 15 years as an OR orderly and a surgical tech before he started nursing school. His first job after school was at San Diego Hospice, and he’s been there ever since. By his own description he’s a hands-on clinician, more at home in direct care than in theory. He credits three influential women with his going to graduate school. Dr Laurel Herbst, then medical director at San Diego Hospice, and Professor Patricia Roth, who knew him through her service on the Hospice’s ethics committee, both urged him to apply to USD Nursing’s doctoral program. He’d put them off, but his mother, who was then on the Hospice’s inpatient unit, weighed in. “She told me, ‘Don’t use me as an excuse not to go to school.’ That was it.”

He feels that his doctoral studies helped him find the links between theory and practice, and the ways that a solid knowledge of theory can improve the quality of hands-on care.

“I learned that there was more than one way to look at things, and that looking at a problem through a different lens can help me see things I’d missed.”

This year the formerly-reluctant student is pursuing post-doctoral studies at UC San Francisco, where he’s writing a grant proposal to study the efficacy of alternative, non-pharmacologic methods of symptom management for hospice patients with dyspnea.

In 2009, Dr. Strong was honored as one of the first Fellows of Palliative Care Nursing by the Hospice and Palliative Nurse Association. Teaching, a post-doc, and a full time job make a demanding schedule, but Strong knows what matters:

“The most important thing is to give back what you’ve learned.”
To Make It Better, Get Everyone Involved
— Be Culturally Sensitive

Pablo Velez (PhD ’06), CEO and senior vice president for administration for Sharp Chula Vista, has worked for 16 years to improve health care in San Diego’s South Bay. Since he came to the 343 bed facility as a manager for telemetry, he’s employed a simple management philosophy: “In every unit I’ve ever worked, I’ve always wanted to find what was broken, and get people involved in fixing it. Taking ownership. And always doing what was right for the patient.”

It’s essential, he says, to create a sense of urgency about a problem, so that everyone involved will understand why they need to fix it. Managers can set goals, but the front line people—Velez calls them “the doers”—are critical to success. He learned these lessons early, in Puerto Rico, where he lived and went to nursing school, and in Boston, where he worked for 10 years in the VA system.

A visit to San Diego convinced him that he could live without Boston winters; a year later he moved here. Fluent in Spanish and bicultural, he was a natural fit for Sharp Chula Vista, where the South Bay population is 40% Hispanic. He’s managed the ICU, served as Director of Critical Care, then as Chief Nursing Officer. As his positions moved farther from the front line, he stayed focused on how to get the doers to take ownership of problems and work for change. He saw doctoral studies as a way to learn more about managing.

“USD is a tough school, but you learn a lot,” he says. “You learn to look at issues from a more global perspective. They truly train leaders there.”

His dissertation was a study of organizational trust, and its effect on nurse managers. He urges his nurses to pursue more education, and many Sharp Chula Vista nurses have earned MSN’s and PhD’s at USD Nursing.

Velez has focused on improving patients’ experience. As the South Bay population exploded in the 90’s, traffic at the hospital’s 21-bed Emergency Department (ED) soared to as many as 150 patients in a day. Velez spearheaded a $12 million expansion of the ED to 48 beds. Its culturally sensitive design included a substantially larger waiting area, in recognition of Hispanic families’ practice of numerous family members accompanying the patient to the hospital.

As diabetes became more prevalent, the ED saw repeat visits from people whose glucose was out of control. The ED could stabilize patients, but if they couldn’t buy their medications or follow an appropriate diet, they’d return to the ED. Velez supported a dedicated group of APRNs expert in diabetes management. The APRNs met patients when they came to the ED or were admitted, then followed them through their outpatient care, providing educational groups on medication, diet management, and exercise. ED visits have decreased, and a high risk population is staying healthier.

Velez does research on making things better. With a cardiologist colleague, he’s conducting a study on access to care for Hispanic women with heart disease, comparing their clinical outcomes with those of Hispanic men, and with other ethnic groups. He continues to be interested in organizational trust, and has just published an article in the Journal of Organization Development on the impact of nurse managers’ trust of senior management on patient satisfaction and managers’ job satisfaction.
Future Beyster Institute for Nursing Research Projected Research Areas

Doctoral Research Study

Research Entry

Interview Lounge
USD Nursing Research Targets

Research: Perinatal Mental and Physical Health

Research: Older Adult Cognition

Research: Healthy Eating, Exercise and Childhood Obesity

Research: Veteran’s Physical and Mental Health
Top Researcher Awarded Additional $2.5 Million Grant!
Dr. Cynthia Connelly Assesses and Treats Perinatal Depression
Depression in pregnant women and new mothers poses substantial health risks for both the mother and infant, increasing the risk for birth complications, and causing long term effects on the child’s development.

If the mother is minority and low income, both incidence and risk increase. Add substance abuse or domestic violence; they jump again. Primary care providers feel they don’t have the skills or the time to assess for depression, nor to respond appropriately.

None of this is news.

The very hopeful news from Dr. Cynthia Connelly, Professor and Director of Nursing Research at the School, is that she and her team (Drs. Baker-Ericzen and Hazen at Child and Adolescent Services Research Center, Rady Children’s Hospital San Diego), have developed low cost, low-tech, highly effective interventions for this vulnerable population. Connelly is Principal Investigator for the Perinatal Health Study, a five-year, 3.5 million dollar randomized clinical trial funded by National Institute for Mental Health to study depression in women during pregnancy and through their infants’ first year. Her team has screened approximately 2,000 poor, educationally, racially, and ethnically diverse pregnant women receiving perinatal care in 10 community based obstetric clinics around San Diego County.

Of these 2,000 screened women, they’ve enrolled close to 500 who met criteria for depression, about 85% of whom are Latina. Connelly was impressed with the high incidence of depression in their screening population, about 25%. Thirteen percent of depressed women also met criteria for substance abuse, and 15% were exposed to physical abuse, either as direct victims of abuse, or by living arrangements in which someone else was abused. Forty-four percent had significant sleep problems.

Connelly and her colleagues already are translating what they’ve learned into improved care for women and their babies. Here are some of their findings.

Highly successful recruitment: At an NIMH meeting last year for funded researchers in perinatal depression, Connelly said, “our study was held in awe. We were much more successful in recruitment and enrollment than any other group.”

A very mobile population: One of the surprises in the study, Connelly said, was “the exceptional mobility of our women They moved from their parents’ houses to their own places, or moved in with a new husband or a boyfriend, or across the border.”

Cell phones to keep in touch: Most women had phones, and although they might not make it to their clinic visit, they had their phones, and they wanted to talk. The study provided free cell phones to women who did not have one.

An expandable model: Connelly and her team found that phone intervention is feasible and acceptable to depressed, low income, minority women; it fosters linkages to a range of appropriate community services and it reduces symptoms. She hopes to implement the model in well-baby and well-child clinics in the future.

User-friendly interventions: Enrolled women were offered the opportunity to speak by phone with a “health advisor.” Although Latina culture severely stigmatizes mental health problems, study participants made active use of the health advisors for education about depression, emotional support, referrals, and discussion of treatment options. The advisors, who were nurses, psychologists, and marriage and family therapists, all had several characteristics that increased the likelihood of engaging the women:

- All advisors were bilingual and bicultural;
- Rather than mental health advisors, they introduced themselves as maternal health advisors;
- Advisors worked full time, and consistently were available to mothers.

Connelly and her team have published two papers and a third has been accepted for publication. She and her colleagues at Stanford University have received an additional $2.5 million grant to further investigate sleeplessness and depression in pregnant women.
Walk the halls of Bayside Community Center and you’ll hear Spanish, Tagalog, Vietnamese, Laotian, and Sudanese. Music from a hula class floats from the rec hall, and an orchestra workshop tunes up. A lively group of seniors is eating lunch and talking, catching up with one another’s lives. There’s Brain Fitness and ESL instruction, after school tutoring, and counseling about personal finance.

The 80 year-old settlement house, about five minutes from the University of San Diego, serves the ethnically diverse neighborhood of Linda Vista.

Since 2010, Bayside also has been home to two studies by USD Nursing faculty who practice a model of community-based research that builds collaboration and reciprocity between researchers and participants. Professors Ann Mayo (DNSc ’98) and Karen Skerrett, PhD, have shared their findings with study participants and Bayside staff. This benefits not only participants, but also the Center’s program planning by providing greater understanding of their clients’ health status, and its implications. In her initial meeting with Jorge Riquelme, Bayside’s Director, Mayo told him she wanted both the Center and study participants to benefit from their involvement.

At the heart of the Bayside collaboration is USD Nursing professor Connie Curran (MSN ’96) who worked at Bayside, and encouraged Mayo to consider it as a research site. Mayo was eager to study whether screening older adults for cognitive impairment could work in a community setting. Bayside’s ethnically diverse population was particularly attractive to both, because social aspects of aging have been less studied in minority populations, and many questions remain unanswered.

Dr. Mayo studies decision-making, cognitive impairment, Alzheimer’s disease and the related dementias in older adults. Like most research in this area, her previous studies were based in academic medical centers, and done largely with middle-class white seniors. For seniors of other ethnic groups, many of them immigrants of modest education and income, a medical center can be a daunting place,
and persuading study participants to travel to a medical center a challenge. Working with the Bayside population made recruitment much easier. Mayo expected it would take six months to recruit and assess 100 study participants; she had her sample in two months.

Mayo wanted to assess Bayside seniors’ cognitive status, self-maintenance capacities such as management of finances, ability to prepare balanced meals, negotiate transportation, and degree of social integration or isolation. Working at Bayside enabled her to address her own questions about research design: is it feasible to do screening for cognitive impairment in a community setting? Does understanding the relationship between functional status, cognition, and social integration derived from middle-class white seniors generalize to an ethnically diverse population?

Mayo explained that staff’s knowledge of their population’s strengths and needs helped her refine her research design.

“I’m indebted to Bayside staff,” she said, especially the Center’s director, Jorge Riquelme, and Curran who also are co-investigators.

Prior to recruiting participants, Mayo met with several groups of seniors at the Center to describe her research, and committed to share the findings with them. She stressed that some causes of cognitive impairment are highly responsive to treatment; e.g. anemia, thyroid insufficiency, and vitamin deficiencies. Screening for cognitive impairments could identify such treatable problems, enabling seniors to improve their lives and live independently.

She’s since presented her findings at the Gerontological Society of America 64th Annual Scientific Meeting, and at two meetings at Bayside, to which study participants and the community at large were invited. Her conference research poster hangs prominently at the center.

Payoffs from working in a community setting occurred at every stage of the research:

- Research design: Center staff discussed their most pressing concerns about their older members with the researchers. Both Mayo and Skerrett feel that Bayside staff’s in-depth knowledge of their population improved and focused their research designs.
- Access to study participants: Bayside is a hub of many seniors’ social lives; they trust the Center and its staff. Bayside’s support provided a stamp of approval and Connie Curran’s decades of involvement and relationships at the Center made her a highly effective recruiter. Interviewing and assessments were done at the Center, a comfortable setting for participants.
- Participants’ investment in the studies: Participants understood that findings would be shared with them, and also would help Bayside’s staff develop programs that addressed their needs. They welcomed the opportunity to benefit their Center and their community.
- Bayside as a supporter of research: The Center has been able to present its involvement in the research as an asset to other potential granting agencies.
- Opportunity to give back: In addition to discussing her study findings with staff, Mayo invited study participants and the community at large to a discussion of findings and implications for seniors’ health. Skerrett plans to share her findings with staff and participants later this year. Skerrett said, “Research should be a two way street. Researchers and participants learn from each other.” She and Mayo, together with the staff and clients of Bayside Community Center, have made that ideal a reality.
Helping Mothers Fight Childhood Obesity

Dr. Kathy James (DNSc ‘91) is doing a 100-woman study at three weight loss clinics in northern San Diego county. What she learns will improve her interventions in the clinics, but the effects also will reach much farther. Findings will shape the future practice of the APRNs she teaches at USD Nursing. Moreover, through her consulting in San Diego city schools and systems around the county, her findings will affect thousands of preschoolers and their families in San Diego and contribute to the national effort to reduce childhood obesity.
James wanted to test a hunch about reducing childhood obesity. In most families, mothers make the decisions about food: what to buy, what to serve at meals, what’s around for snacks. Mothers also serve as models for eating and nutrition. Mothers who have difficulty managing their own weight aren’t aware of how much their behaviors around food influence their children. If they understood better how they influence their children’s eating behaviors, and if they had simple, effective tools, James believed, they would make changes that would benefit their children.

James, an associate professor, is a both a clinician with a specialty in weight management and a committed researcher. She’s certified as an APRN and completed a post-doctoral fellowship at UCSF with a focus on weight management. She has concentrated on childhood weight issues since 2000, and her research has helped raise national awareness about obesity. This fall she will be inducted as a Fellow into the prestigious American Academy of Nursing.

Her current study asks clinic patients who are mothers about the eating habits, sleep patterns, weight, physical activity, time in front of TV or computer, and general health of their children and spouses or significant others. As mothers answer questions in this area, they tend to think more about their family’s habits. They were given a handout about recommended practices for eating, promoting physical activity, and regulating screen time. They then complete follow-up surveys at three months and six months. Study participants already are telling her about changes they’ve made in how they’re feeding their families; and they’ve asked for advice about sleep and snacks, exercise, and screen time. Conducted by busy practitioners in a busy clinic, the study is the kind of frontline research that has strong credibility with providers in similar practice settings.

Dr. Kathy James exemplifies the hands-on clinician researcher whose questions arise from her practice, and whose research enriches not only her own work, but that of her colleagues, and improves the health of her community, locally, regionally, and nationally.
USD’s Graduate Students’ Research Day
with 115 Nursing Presentations

MEPNs Sarah O’Leary, Toni McClain, Amanda Parade, Brooke Sullivan

Dr. Mary Jo Clark, Mark Gohl (DNP’12)

MEPN Student Derrick Duarte

PhD candidate Lee Ann Hawkins

Maria - Luisa Ramira (DNP’12)
Portland, OR April 18-21, 2012
Western Institute of Nursing
Research Conference with 35 Hahn Presentations

Dr. Karen Macauley, Director of Innovative Learning
PhD Student Melissa Rouse

PhD Candidate Katherine Tong

(L-R) Lucy Van Otterloo (PhDc), Dean Sally Brosz Hardin, and Dr. Peggy Kalowes (PhD’07)
Hahn School of Nursing’s First International Partnership with Chiba University Graduate Nursing Research Institute

Chiba Visits USD

(L-R) Takayo Maeda, Miwa Watanabe, Dr. Akemi Okamoto, Dr. Aiko Noji, Dr. Tadashi Kitaike, Dr. Tomoko Majima, Akiko Ota, Dr. Yasuko Ogata.

USD Visits Chiba

(Front row L-R) Deputy Dr. Niikura, Dean Sally Brosz Hardin, Dr. Tom Hardin, (back row L-R) Director Gomita, Dr. Tadashi Kitaike, Dr. Aiko Noji, Dr. Chung, Miwa Watanabe
USD Nurse Leaders
Go To Washington

Dean Hardin “Joining Forces” with First Lady Michelle Obama, Dr. Jill Biden, nursing school deans, and executive officers to promote veterans’ health

Dean Hardin and Deputy Assistant Secretary of Defense Warren Lockette, M.D.

Washington DC (L-R) Andy Hite, CDR Diane Hite (MSN’08), Dr. Ann Schuckert Morrison (BSN’80), RADM Kathleen Martin (MSN’92), Dean Sally Brosz Hardin, LTCDR Jason McGuire (PhD’10) and Mari McGuire
Major Linda Stanley

Storms the Hill!

Major Linda Stanley USAF retired, and 2012 inaugural graduate of USD’s APRN Psychiatric Mental Health Nursing program, joined 25 other veterans of the Iraq and Afghanistan wars in their “Storm Capitol Hill” mission this past March.

She and her fellow veterans met with Department of Defense representatives, senators, and congressional leaders, and White House senior staff to advocate for legislation to improve employment opportunities and medical and psychiatric care for veterans.

Storm the Hill is the leadership and advocacy program of Iraq Afghanistan Veterans of America (IAVA), an annual five day intensive encounter in which a competitively selected group of veterans educate congressional leaders and administration officials about veterans’ needs and, in the process, learn firsthand lessons about policy and advocacy.

An IAVA member since she was on active duty, Stanley had known about the Hill mission, but while she was active military, she was unable to engage in policy advocacy. This year, as retired military, she was free to do it; she hurried to turn in her application. She and her cohort were selected for the mission from more than 400 veterans who applied.

The 26 veterans who were selected prepared for their Washington encounters. They attended online policy seminars and received advice about what to wear and how to advocate with legislators and staff. Stanley
researched the voting records and policy positions of California’s senators and representatives. She developed an “elevator speech,” a 30-second statement about herself, her service and her mission. She refined her talking points for media interviews.

In Washington, the veterans spent a full day in briefings with IAVA staff, and they participated in a press conference in which IAVA presented findings from its most recent member survey. Unemployment and jobs, mental health care, and the VA’s backlog on disability claims and health care were veterans’ top priorities. The next day the group fanned out in teams to visit offices on the Hill. Each night they returned for dinner and debriefing with IAVA, and received their next day’s assignments.

Stanley’s team led the congressional briefing in which Senate Veterans Affairs Chairman Patty Murray, D-WA, Sen. Daniel Akaka, D-HI, and Sen. Mark Begich, D-AK, introduced the GI benefit watchdog bill to staff and the media. She also met with Representatives Jeff Flake, R-AZ, of the Appropriations Committee, Gus Bilirakis, R-FL, who serves on House Veterans Affairs, Susan Davis, D-CA, Armed Services, and Senators Rand Paul, R-KY, and John Thune, R-SD.

The group met with White House staff in the Roosevelt Room, next to the Oval Office. Stanley shared her story with Michelle Obama’s chief of staff, and the Senior Director for Defense Policy, the Deputy Assistant to the President, the White House Task Force on Veterans Affairs, and also the Military Families Director and Policy Strategist.

She also was interviewed by MSNBC. About the week, she said, “I left feeling renewed with our government, that they truly want to know what is going on with veterans of Iraq and Afghanistan and what they can do to help with this generation of veterans.” She has good reason to want to do this work.

Stanley served in the Air Force for 20 years, including a tour at the military’s chief medical air staging facility in Balad, Iraq, in the heart of the Sunni Triangle, where the worst casualties, including all the head injuries, were stabilized before they were flown out. Violence in Iraq was at its peak then. The hospital tents sat just inside the blast wall, with mortar shells exploding around them every day. Her hospital saw over 330 trauma admissions in a month. Every night the choppers would land, sometimes bringing as many as 20 stretchers. Stanley liked the work; she felt intensely challenged and needed.

It was on her next tour, at a quiet clinic in South Korea, that her PTSD symptoms surfaced. She sought psychotherapy, an unusual step for active duty military. As her symptoms resolved, she knew she had something to contribute to other military. She understood the barriers that prevent service members from seeking psychiatric treatment.

She researched the neurobiology of trauma, and using her research, her photos from Balad, and her own experience, she created a video about PTSD. This video now has become widely used in the military and the VA. This project and all that has flowed from it led her to rethink her professional goals, and to apply to USD’s APRN Psychiatric Mental Health program.

Although Stanley remains committed to clinical work, her involvement with IAVA and especially her Storm the Hill experience, have led Stanley to expand her goals. “I look forward to being an APRN and becoming more active in health care policy,” she said. “I am passionate about research, mental health clinical practice, and health policies that support veterans’ health care. IAVA allowed me to be a part of the political process that brings about change in our country’s health care system for our veterans and their families. I believe we can find solutions to many of the mental health conditions facing our society today—including PTSD—and I will continue to speak out for my fellow veterans.”
Honoring Our Military Nurse Leaders

Veteran’s Day Celebration

(L-R) Martha Suarez (MSN’12), Linda Stanley (MSN’12), Dean Sally Brosz Hardin, Shelly Burdette-Taylor (PhD’11)
University of San Diego Brings California Nurse Leaders Together

California Doctoral Conference at USD, March, 2012

Dean Emerita Janet Rodgers with Keynote Speaker Dr. Polly Bednash, American Association of Colleges of Nursing Executive Director

California Doctoral Conference Panel L-R: Dr. Ann Mayo (DNSc'98), Dr. Peggy Kalowes (PhD'07), Dr. Kathryn Lee, Dr. Cynthia Connelly, USD Director of Nursing Research
In 2009, Captain Rychnovsky was awarded the prestigious Inouye Health Policy Fellowship and assisted Senator Inouye in drafting sections of the 2010 Affordable Care Act that expands the role of APRNs and includes $50 million in competitive grants for nurse-managed community clinics, and up to $250 million to support five hospital-based clinical training residencies for APRNs.
SUBMIT NOMINATIONS NOW FOR NURSING’S 2013 AUTHOR E. HUGHES CAREER ACHIEVEMENT AWARD

Nomination form:

Print Nominee’s Name

Credentials

Current Position

E-mail Address Phone

Address

*Attach nominee’s recent professional vita
*Attach nominee’s three-page summary statement of professional career
*Submit digital copy of nominee’s professional photo

Name of Person Submitting Nomination (can be nominated by self or others):

Nominator’s E-mail Address Phone

Nominator’s Address

Return to: Dean Sally Brosz Hardin USD Hahn School of Nursing and Health Science 5998 Alcalá Park San Diego, CA 92110
OUR FACULTY STARS

SHELLEY Y. HAWKINS, DSN, APRN-BC, FAANP, who directs our Master’s NP and DNP programs, came to USD after serving as an Associate Professor at Yale School of Nursing. Dr. Hawkins received her BSN, MSN, and DSN, with honors, from the University of Alabama; her post-Master’s Certificates as an FNP from the University of Virginia, and a GNP from the University of Texas, Galveston. Dr. Hawkins completed a Post-Doctoral fellowship at the University of North Carolina, Chapel Hill. Her area of research is Telemedicine for older adults’ self-management of chronic conditions. Dr. Hawkins was inducted into the American Academy of Nurse Practitioners in 2007.

DR. PATRICIA ROTH, Director of our PhD Program, received the distinct honor of being named a “University Professor” for her many contributions to USD, our School of Nursing, and the San Diego community. Since 2010, Dr. Roth has secured over $4,000,000 in federally funded program grants to prepare nurse educators. In addition, she has served as a member of the Board of Directors and the Medical Advisory Committee of the Glenner Alzheimer’s Family Centers, the Internal Review Board of San Diego Hospice, the Ethics Committee of Sharp Memorial Hospital, and the Community Advisory Board of the Veteran’s Administration Geriatric Psychiatry Department. Dr. Roth also has participated in several panels for the San Diego Coalition to Improve Care at the End of Life. Her research focuses on ethical conflicts and transitions of families experiencing chronic illness, loss, and end of life.

USD’S FIRST NURSE VALEDICTORIAN

EMILIE BONNIE ROSE

In 1990, ten years after she entered nursing, Lt. Cmdr Emilie “Bonnie” Rose completed her BSN with a perfect 4.0 average. The university selected a single valedictorian for undergraduates of all majors and all schools, and Lt. Cmdr Rose earned the highest academic average among graduating seniors. She enjoyed the additional distinction of being the first university valedictorian in the School of Nursing’s sixteen-year history. She had been stationed at the Naval Regional Medical Center San Diego, and after graduating she returned to duty there.
MIRIAM BENDER (PhD candidate)
Proposed Dissertation: Understanding the Clinical Nurse Leader Role in Practice: An Interpretive Synthesis of Existing Evidence
Chair: Dr. Cynthia Connelly

HEATHER KING (PhD candidate)
Proposed Dissertation: Acupuncture for Sleep Disturbance in OEF/OIF Veterans with PTSD
Chair: Dr. Cynthia Connelly

SHERYL LEARY (PhD candidate)
Proposed Dissertation: Relationship of Internet-Delivered Mantram Repitition and Health Care Worker Burnout
Chair: Dr. Jane Georges

ALHAM ABUATIQ (PhD candidate)
Proposed Dissertation: Patient and Health Care Provider Perception of CCU Stressors
Chair: Dr. Joseph Burkard
Professor Kathy Marsh (MSN ’90 and current PhD student) believes that volunteer work brings rich professional and personal learning. She has volunteered all of her professional life, and as a nursing clinical placement coordinator at USD, she creates volunteer opportunities that expand her students’ education.

The community-based placements and volunteer opportunities she has made possible have improved the lives of hundreds of people she and her students have touched from San Diego County to Haiti.

Students have been camp counselors at Wana Kura Day Camp in Santee, the American Diabetes Association’s summer camp for children with Type I Diabetes. They’ve assisted with health screenings at Project Homeless Connect, the annual day of health and social services in downtown San Diego for homeless people. They’ve done school nursing at Nativity Prep, a college preparatory middle school for low income children. In January, Marsh led a group of Master’s Entry Program in Nursing (MEPN) students to the Hôpital Sacré Coeur in Milot, Haiti, where students took over the duties of hospital nurses for a week, so that the nurses could attend classes to expand their skills.

Community settings enlarge students’ understanding of their patients’ lives and enable them to see their patients as total human beings. About the diabetic camp, Marsh says,
“The students could see children with serious chronic illness in a normal camp environment instead of a hospital; they loved it.” In Haiti, even before they went to the hospital, Marsh led a hike that enabled students to see the tin roofed huts where their patients lived.

Clinical placements have a way of expanding into volunteer commitments. In summer 2011, a group of MEPN students started a placement at Nativity Prep. They establish an “Ask a Nurse” program, and staffed the school clinic. After their placement ended, several of the students continued working at the school as volunteers. The MEPN class in “Diverse Families in Communities” organized a “Rock to Your Health” Fair on USD’s campus for Nativity Prep’s 70-plus students. MEPN student, Liz Cianci (MSN ’12), learned that Nativity’s track team had no coach, so she stepped up. This spring, Cianci served as track coach. She said, “It needed to be done, and I could do it.”

This year a clinical placement led to a research opportunity. In January, six MEPN students at Rady Children’s Hospital Diabetes Clinic were paired as one-to-one buddies with six adolescent patients whose medication adherence was poor. MEPN students accompanied the adolescents to clinic visits, talked with them about good self care, and texted them three times a week, reminding them to check their sugar levels. The adolescents loved having a caring ally. Clinic nurses and physicians were glad the USD nursing students were on board, and have pleaded with Marsh for more students. Students say their experiences in community settings have enlarged their understanding of nursing, and set a lifelong model for learning and service.

Marsh searched the literature and found that no one had ever used pre-licensure students in this way. She’s written a grant proposal to enlarge the program, and to evaluate outcomes for psychosocial functioning, self-care, and blood sugar levels.
Mario Cendan (MSN ’12) entered the Master’s Entry Program in Nursing (MEPN) with strong convictions about community health already in his backpack. In Miami, Florida, where he’d worked six years as an EMT, he’d seen the consequences of diseases such as diabetes, hypertension, heart disease, and stroke.

Cendan, who also has a Master’s in Public Health, believes in education and prevention. He strongly believed that people needed to know how they could help themselves with diet and exercise. Cendan loves sports. He loves rock music. He wanted to bring all his passions together and put on a health fair.

His opportunity came through the MEPN students’ volunteer work last summer at Nativity Prep Academy, a college preparatory middle school for low income students in Southeast San Diego. Here was a population ripe for education, at an age when prevention can be life-changing.

With the school’s blessing and
financial support from Dean Hardin’s discretionary funds, Cendan recruited fellow MEPN student Liz Cianci as his collaborator, and the MEPN class in “Diverse Families in Communities” as the workforce for the “Rock to Your Health” Fair.

“I couldn’t have done it without Liz,” he said. “I’m a big, grandiose dreamer. She did logistics and made things work.”

On a Saturday in October, more than 70 Nativity Prep students stepped on the Nursing School’s lawn to the sounds of live music by MmmBueno ARTS and Rock Stars, teenage bands from the ARTS (A Reason to Survive) program.

“Music gets you energized,” says Cendan.

Every student got a Rock to Your Health t-shirt. MEPN students measured their body mass and a dentist examined their teeth. They visited the Ask-a-Nurse Desk, where they could ask anything they wanted. Questions about diet came up a lot, and questions about family members’ illnesses. They wanted to know about jobs in healthcare.

Booths from the San Diego Dental Association, the American Lung Association, the Institute for Health Improvement/American Health Association, the Red Cross, Juvenile Diabetes Research Association, California Women, Infants and Children Program, and Mid-Cities Youth offered health information and swag.

The students hula hooped, ran, and threw footballs, and winners took home prizes. Two students, a boy and a girl, won mountain bikes in a drawing. They ate a healthy lunch. Everyone got to hang out on a college campus, and widen their vision of their future. Cendan was thrilled with the day. He thanked everyone who helped, and called the fair “the coolest thing I’ve ever done.”
USD Board of Trustees (BOT) Enters Nursing Boot Camp!

New BOT “Entry Class” prepares for clinical exam

Professors Spalding and Marsh commend BOT members Herbert and McCarthy, President Lyons, and Dean Boyd’s Rx plans!

Trustee James McCarthy (left) with Board Chair Ron Fowler
President Emeritus, Dr. Author and Mrs. Marjorie Hughes

Dr. Sweeney instructs BOT member Herb Tasker on correct stethoscope placement

Board members celebrate nursing
**HONORS AND AWARDS**

[FACULTY]

**Dr. Jane Georges** and Dr. Lori Montross, Assistant Director of Palliative Care Psychiatry Research at San Diego Hospice, were awarded the highly competitive MAPI Research Trust 2011 Catherine Pouget Research Award for their study on compassion fatigue and satisfaction in hospice health care practitioners.

**Dr. Kathy James** has been invited into the prestigious American Academy of Nursing and will be inducted in Washington, DC in October 2012.

**Dr. Ann Mayo** was the recipient of the 2011 Best Practice-Excellence in Nursing Research Award from the Association of California Nurse Leaders, in recognition of her nursing leadership, advancement of clinical practice, and significant contributions to the nursing profession. She also received the American Nurses Association/California 2011 Jo Anne Powell Award for her contributions to nursing research.

**Dr. Patricia Roth** was selected as a USD “University Professor” for 2011-2012.

**Dr. Michael Terry** was selected as the first recipient of the American Psychiatric Nurses Association Innovation Award. Dr. Terry and USD also were featured in a *New York Times* article on technology in psychotherapy, “When Your Therapist is Only a Click Away”.

[ALUMNI AND STUDENTS]

**Aymen Alnems**, (PhD, 2012), received a Palmer Research Award to study Oncology Nurses’ Cultural Competence, Knowledge, and Attitudes toward Cancer Pain.

**Crisamar Anunciado**, (PhD, 2012), received the Sanofi-Aventis Research Funding Award of $105,000 to conduct inpatient diabetes research at Sharp Health Care, and also received a Sharp Health Care Scholarship.

**Melinda Bender**, (PhD, 2012), was awarded a Post-Doctoral Fellowship at the University of California San Francisco in Family Health Care Nursing; she also was a Dean’s Research Scholar, Elizabeth Mottet Endowed Scholar, and an Achievement Reward for College Scientist (ARCS) Scholar.

**Brenda Boone**, (PhD, 2012), received a Dean’s Research Scholar Award.

**Lynsie Burg**, (MSN, 2012), was awarded a Kaiser Permanente Delores Jones RN Scholarship.

**Candace Chagala**, (MSN, 2012), was awarded a Kaiser Permanente Delores Jones RN Scholarship.

**Jacqueline Close**, (PhD, 2012), was inducted as a Fellow into the National Gerontological Nursing Association, and also was an Irene Palmer Research Scholar.

**Phyllis Cooper**, (DNP, 2012), received the CNS Foundation 2012 Student Poster Award for her poster, “Evaluation of Health Promotion and Disease Prevention Knowledge and Behaviors Among Emergency Department Patients and Families.”

**Leslie Dela Cruz-Torio**, (PhD Student), was awarded the first Sharp Center for Nursing Excellence System-Wide Scholarship.

**Capt. Cynthia Gantt**, Nurse Corps, United States Navy (PhD, 2002), was the 2011 recipient of the American Academy of Nurse Practitioners Award for Excellence (Pacific U.S. Territory and State) in recognition of her contributions to improve health care delivery in Guam through exemplary vision, transformative leadership, and the application of research and excellence in advanced practice nursing.

**Lee Ann Hawkins**, (PhD Student, 2012), won the prestigious Heart Failure Society of American Nursing Research Award Competition for her research on cognitive impairment and medication adherence in outpatients with heart failure. She also received the nurse Investigator of the Year Award for her podium presentation.
“Does Cognitive Impairment Affect Medication Adherence in Veterans with Heart Failure?” at the 15th Annual Scientific Session of the Heart Failure Society of America, Boston, MA.

**Evangeline Howard**, (PhD Student), was selected as a 2012-2014 Jonas Veterans Healthcare Scholar by the National Jonas Center for Nursing Excellence.

**Kristina James** and **Amber Zimmermann**, (MSN), were awarded a $5,000 Center for Peace and Commerce grant for their project to support a Dominican Republic Women’s Cooperative to provide a nutritional supplement for preventing malnutrition.

**Julie Jarl**, (DNP, 2012), received a first place award in Navy Medicine West-Academic Research Competition for her poster, “Translating Evidence into Practice: Primary Care Teaching of a DASH Diet in a Military Treatment Facility.”

**Sheryl Leary**, (PhD Student), was awarded the prized Isabel Hampton Robb Scholarship by the Nurses Educational Fund in New York.

**Lisa Lyons**, (MSN, 2012), was awarded a Kaiser Permanente Delores Jones RN Scholarship.

**Catherina Madani** (PhD Student), received the Doris A. Howell Foundation for Women’s Health Research Scholarship to study Pulmonary Arterial Hypertension.

**Kathy Marsh**, (PhD Student), has been appointed as a Commissioner of the California Healthcare Workforce Policy Commission, which adopts standards to determine funding under the Song-Brown Act and establishes criteria for the Office of Statewide Health Planning and Development to execute contracts with training institutions.

**Kevin Maxwell**, (DNP Student), received the Dr. Marguerite Jackson Scholarship.

**Dianne McCafferty**, (MSN, 2012,) received a Philippine Nurses Association of San Diego scholarship.

**Sally Morgan**, (DNP, 2012), received the New Researcher Award from Sigma Theta Tau International, Zeta Mu Chapter.

**Maria Luisa Ramira**, (DNP, 2012), was awarded a Kaiser Permanente Delores Jones RN Scholarship and a Philippine Nurses Association of San Diego scholarship.

**Melissa Rouse**, (PhD student), received Sigma Theta Tau International Zeta Mu Chapter’s New Researcher Award.

**Elaine Rutkowski**, (PhD, 2008), received the Daisy Teaching Award at Cal State Fullerton.

**Lourdes Salandanan**, (PhD, 2012), and her team received the Second Place Innovation Award for their Poster, “CVHP Charge Nurse Leadership Academy,” at the 2011 Sigma Theta Tau International Nursing Odyssey Conference.

**Linda Schaffer**, (PhD, 2012), received the Doris A. Howell Foundation for Women’s Health Research Scholarship to study sleep quality in mothers of pre-term infants, and also received a National Healthcare Career Network Scholarship.

**Bridget Sellars**, (PhD, 2012), received the 2012 Association of California Nurse Leaders Barbara Brantley Memorial Scholarship.

**Amy Stuck**, (PhD, 2012), was a Dean’s Research Scholar and received the Scripps’ Health Care President’s and Clinical Scholarships.

**Rydell Dale Todicheeney**, (PhD Student), was selected as a Jonas Scholar and received the 2nd Place Foster Research award at the 2011 STTI Odyssey Conference, as well as the 2011 National Alaskan Native American Indian Nurses Association Merit Award.

**Jennifer Tustison**, (MSN, 2012), was awarded the Kaiser Permanente Delores Jones RN Scholarship.

**Lucy Van Otterloo**, (PhD Student), received a Doris A. Howell Foundation for Women’s Health Research Scholarship to study “Risk Appropriate Maternal Care: Identifying Risk Factors that Effect Maternal Outcome.”

**Heather Warlan**, (PhD Student), was awarded a Kaiser Permanente Delores Jones RN Scholarship.

**Marla Weiss**, (DNP Student), was selected as a 2012-2014 Jonas Veterans Healthcare Scholar by the National Jonas Center for Nursing Excellence.

**Sophia Yu**, (Master’s Student), received a Philippine Nurses Association of San Diego scholarship.
GRANTS


Burkard, J. F. (2011-2012). Perioperative Outcomes. School of Nursing Faculty Research Incentive Grant for $4,000.


Ciaccio, E. (PhD Student). (2011-2012). Grounded Theory of Parental Caring for Well- Controlled Type-I Diabetic School Age Children as Evidenced by HgA1c. Irene S. Palmer Research Grant for $1,695.


Gonzales, L. (2011). Palliative Care Research. School of Nursing Faculty Research Incentive Grant for $5,000.


James, C., & Bonnell, S. (2012). Nutrifort for Malnourished Haitian Women. USD Research Special Project Award for $5,000.


Reavis, K. (PhD Student). (2012). Jonas Center for Nursing Excellence, Jonas Military Merit Scholar Funded for $10,000.

Roth, P. (2011-2012). Nurse Faculty Doctoral Forgivable Loan Grant. HRSA, funded for $1,111,111.

Roth, P. (2012-2013). Nurse Faculty Doctoral Forgivable Loan Grant. HRSA, funded for $1,000,000.


Sarter, B. (2012-2013). Age and Sex Differences in Blood Essential Fatty Acids in Long-Term Vegans. Nutritional Research Project of the National Health Association for $25,000.

Sarter, B. (2011-2012). Homeopathic Nutritional Supplements for Support of Bone Density in Women with Osteopenia. School of Nursing Faculty Research Incentive Grant for $15,000.


Skerrett, K., & Mayo, A. (2011-2012). Optimal Development Across the Life Span. School of Nursing Faculty Research Incentive Grant for $15,000.


Stuck, A. (PhD Student). (2012). Relationship between Delirium and Night Time Interruptions in ICU. Dean’s Research Scholar Grant for $5,000.


**PHD DISSERTATIONS**


DNP EVIDENCE BASED CLINICAL PROJECTS


Savage, A. (2012). Impact of the Patient-centered Medical Home Model on Selected Patient Outcomes and Staff Satisfaction in a Primary Care Clinic in a Military Treatment Facility. (Unpublished DNP evidence based clinical project). University of San Diego, CA.


INTERNATIONAL AND KEYNOTE PRESENTATIONS

Clark, M. J. (2012, January). Advanced practice nursing in the United States; and Problem-based learning. Podium presentations at the Faculty Training Conference, University of Hong Kong, Hong Kong.


Clark, M. J. (2012, June). Promoting critical thinking in clinical practice. Symposium presentation at the Central Taiwan Nursing Faculty Symposium, Hung Kung University, Taichung, Taiwan.


Toole, B., Ecoff, L., Stichler, J., & Kath, L. (2012, August). A randomized controlled trial to test the differences in educational methods used to enhance nurses’ knowledge, attitudes, and practice of evidence-based practice. Podium presentation at the Sigma Theta Tau International Research Congress, Brisbane, Australia.


NATIONAL AND REGIONAL PRESENTATIONS

Bender, M. (2012, September). Clinical nurse leader impact on microsystem care quality. Accepted for a Podium presentation at the 2012 State of the Science Congress on Nursing Research, Washington, DC.


Boone, B. (2011, October). Developing a cardiac CTA program utilizing Evidence-Based Practice methods. Podium presentation at the Association of Radiologic and Imaging Nurses Convention, San Francisco, CA.


Brasier, K. M., & James, K. (2012, April). We can! Be a healthy family-a childhood obesity prevention pilot program. Poster presentation at the Western Institute for Nursing 45th Annual
Burkard, J. (2012, March). Evidence-Based Practice: I Know What It Is, But How Do I Do It? Workshop presentation at the 9th Annual Oncology Providers Symposium, San Diego, CA.

Carreon, C. L., & Instone, S. (2012, April). An intervention to decrease the prescription of antibiotics for viral pharyngitis. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.


Failla, K., & Eckoff, L. (2012, July). Blogging: An innovative tool to promote reflective practice for new graduate nurses. Podium presentation at the National Nursing Staff Development Organization Convention, Boston, MA.


Graham, D. J., & Instone, S. (2012, April). Improving the management of asthma in pediatric patients 12 to 17 years of age. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.


with obstructive sleep apnea. Podium presentation at the AANA State of the Science Conference, San Francisco, CA.


**Marsh, K.** (2012, April). Undiagnosed hypertension among Haitian Adults. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.


**Rouse, M., & Shoukry, C.** (2012, April). Elevated non-fasting blood glucose levels in the emergency department: Missed opportunity for referral and treatment. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.


**Savage, A. I., & Burkard, J.F.** (2012, April). Impact of the patient-centered medical home on selected patient outcomes. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.


**Sellars, B. B., & Urden, L.** (2012, April). Nurse manager transformational leadership practices and patient outcomes. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.


**Stuck, A.** (2012, April). Relationship between Delirium and nighttime interruptions. Poster presentation at the 45th Annual Communicating Nursing Research Conference, Portland, OR.
Research Conference, Portland, OR.


**Terry, M.** (2011, September). *Leading the change to integrate behavioral health services into primary care settings*. Doctors of Nursing Practice National Conference, New Orleans, LA.

**Terry, M.** (2011, October). *Primary care behavioral health consultation services - What it is & How to make it happen in your organization*. American Psychiatric Nurses Association California Chapter Annual Conference, San Carlos, CA.


**Van Otterloo, L. R.** (2012, April). *Risk factors that effect maternal delivery outcome*. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.

**Weiss, H. K. G., & James, K.** (2012, April). *We can! Improve family health habits*. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.

**Xandre, P. E., & James, K.** (2012, April). *Reducing unnecessary pap smears in a community clinic*. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.

**Zandre, P.** (2012, July). *Decreasing unnecessary pap smears in a community clinic*. Poster presentation at the National Nurse Practitioner Symposium, Copper Mountain, CO.

**Ziegler, L., & Clark, M. J.** (2012, April). *Patient outcomes using individualized asthma action plans*. Poster presentation at the Western Institute for Nursing 45th Annual Communicating Nursing Research Conference, Portland, OR.
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5 Isabel Hampton Robb established the American Nurses Association
6 Virginia Henderson distinguished the practice of nursing from the practice of medicine
7 Dr. Hildegard Peplau defined the nurse-patient relationship and nurse psychotherapy
Building Site
Views of Future Beyster Institute for Nursing Research

View Looking West

Entry

Healing Garden