

PITT Nurse



THIS ISSUE **NURSING RESEARCH**

ALSO INSIDE ALUMNI DAY 2003 | CAMEOS OF CARING PREVIEW



ABOUT THE COVER: NATIONALLY RECOGNIZED AS A LEADER IN NURSING RESEARCH, LESLIE HOFFMAN, PHD, RN, FAAN, IS STUDYING FACTORS THAT PROMOTE WEANING PROGRESSION AND WEANING SUCCESS FOR PATIENTS DEPENDENT ON MECHANICAL VENTILATION FOR LONG PERIODS OF TIME.

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By Mark Soroka

An explosion of nursing knowledge has driven many innovative advances in patient care, and some of the most exciting nursing research is taking place at the University of Pittsburgh School of Nursing.



RESEARCH UNDERSTUDIES 14

By Stephanie Wentworth

A growing number of the nation's most prestigious nursing researchers prepared for their careers by studying at Pitt, where doctoral and master's students can find diverse programs on the cutting edge of nursing science.

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DEAN'S MESSAGE



TODAY, SCHOOLS OF NURSING have multiple objectives, particularly those situated in academic health centers, such as the University of Pittsburgh. Our goals include the preparation of nurses for direct care delivery and for academic positions in a rapidly changing environment. Increasingly, this environment is demanding that practice should be based upon evidence. Therefore, we also have the goal of developing and disseminating the advancement of the science that underlies our practice. In regard to this latter goal, we have an obligation and a mandate to conduct research that will keep practice current and based upon sound knowledge. Our practice is directed to a breadth of populations in a wide variety of settings, covering a broad range of illness/wellness scenarios.

The research at the School of Nursing reflects that diversity. Our studies address adults, children, and elders, and encompass chronic illness, acute care, and health promotion. Furthermore, our studies are conducted in hospitals and in community settings. And just as we practice in multidisciplinary teams, the research conducted at the School of Nursing mirrors the interdisciplinary approach seen in practice. Our collaborations are extensive and serve to enrich what we do.

But the work doesn't stop with the conduct of research itself. We have an obligation to transmit that new knowledge to our students, as we prepare them for practice or education in the future health care

environment. Our graduate students have an active involvement in research programs. And our undergraduate students are the recipients of the knowledge generated by this research.

In this issue of *Pitt Nurse*, we are pleased to present a glimpse into the research portfolio of the School of Nursing. The faculty and graduate students you will meet as you peruse this issue are on the leading edge of the science that supports practice innovation. These individuals are also active teachers of our students, bringing science into the classroom. We look forward to continuing to play an active role in exciting innovations taking place in nursing research.

Sincerely,

A handwritten signature in blue ink that reads "Jacqueline Dunbar-Jacob". The signature is written in a cursive, flowing style.

JACQUELINE DUNBAR-JACOB, PHD, RN, FAAN
DEAN, UNIVERSITY OF PITTSBURGH
SCHOOL OF NURSING

WE WANT TO HEAR FROM YOU!

If you would like to comment about an article that appeared in Pitt Nurse or have a suggestion for a future story, send your letters to our new "Reader's Mailbag." We will publish letters from our readers in each issue. Please send letters to: Pitt Nurse, Reader's Mailbag, University of Pittsburgh School of Nursing, Room 218, 3500 Victoria Street, Pittsburgh, PA 15261. You can also e-mail Mark Soroka, Pitt Nurse editor, at mso100@pitt.edu. Letters are subject to editing for style and space limitations.



HELEN BURNS APPOINTED ASSOCIATE DEAN

The School of Nursing expanded its leadership team by appointing **Helen Burns** as associate dean for clinical education. Burns (PhD '93, MN '81) previously worked as a clinician, nurse educator, and administrator, before becoming deputy secretary for health planning and assessment at the Pennsylvania Department of Health in April 2000. In that role, Burns coordinated health planning, epidemiology, laboratories, community health systems, and emergency medical services for the Commonwealth of Pennsylvania. Burns will oversee the undergraduate and master's programs, and will focus on the development of new initiatives for nursing education for the School of Nursing.



RETIRING FACULTY HONORED

Two popular members of the School of Nursing's faculty were honored at a retirement ceremony on May 19 and presented with rocking chairs for their outstanding service. **Patricia Bohachick, PhD, RN**, a faculty member at the School of Nursing since 1970, recently served as interim associate dean for clinical education and as an associate professor. Before retiring, Bohachick was conferred with associate professor emeritus status. **Barbara Spier, PhD, RN**, taught at the School from 1970 through 1971, then returned again in 1973. Her most recent position was assistant professor in the Department of Health and Community Systems. Well known in the field of gerontology, Spier received a Chancellor's Distinguished Public Service Award, which recognized her work to improve the quality of life for the elderly. The School of Nursing wishes Pat and Barb a long, healthy, and happy retirement.



PATRICIA BOHACHICK (LEFT) TAUGHT AT THE SCHOOL OF NURSING FOR 33 YEARS AND BARBARA SPIER (RIGHT) SERVED ON THE SCHOOL'S FACULTY FOR 31 YEARS.



GATHERING TO HOST THE FIRST ANNUAL BLACK HISTORY LUNCHEON IN FEBRUARY AT THE HOLIDAY INN SELECT - UNIVERSITY CENTER WERE MEMBERS OF THE SCHOOL OF NURSING'S KAPPA BETA CHAPTER OF CHI ETA PHI SORORITY, INC. SEATED IN FRONT ROW (L TO R): **GLORIA BROCK, CHAVONNE NEWMAN, TANNEIL DAVIS, MONIQUE MCCLINTON**; STANDING IN BACK ROW (L TO R): **JEWEL MCKINNON, JEANINE ANDREWS, LOREN PULLIAM '92 (SPONSOR), NIEATRA MORANT, ALISHA GORDON.**

BETHANY FRANCIS INDUCTED INTO BLUE AND GOLD SOCIETY

Bethany Francis, a junior at the School of Nursing, was recently invited to become a member of the Blue and Gold Society, an honorary organization that recruits student leaders to serve as liaisons to the University's alumni association. The recruiting process for the Blue and Gold Society is extremely selective. Candidates are chosen on the basis of motivation, leadership, scholarship, and Panther pride. Francis also represents the School of Nursing as a student recruiter.

UNIVERSITY OF PITTSBURGH CHANCELLOR MARK NORDENBERG WELCOMED BETHANY FRANCIS TO THE BLUE AND GOLD SOCIETY DURING AN INDUCTION CEREMONY ON APRIL 4, 2003



SCHOOL OF NURSING ADDS NEW PROGRAMS

The School of Nursing is now offering post-master's certificates for the Adult Health, Adult Acute Care, Adult Psychiatric Mental Health, Pediatric, and Women's Health Care Certified Registered Nurse Practitioner (CRNP) programs and is adding a minor in Genetics for master's students. These certificate programs will enable practicing nurses with graduate degrees to add another specialty to their original master's degree, while the new minor will give MSN students an opportunity to broaden the focus of their degree programs. In addition, the School of Nursing is now offering post-baccalaureate programs in Healthcare Administration and Genetics. All of these programs are an efficient way to meet the needs of nursing graduates. **For more information about any of these programs, please call Student Services at 1 (888) 747-0794.**



U.S. NEWS & WORLD REPORT RANKS SCHOOL OF NURSING IN TOP 10



The University of Pittsburgh School of Nursing joined elite company when it was ranked in the top tier in several categories of U.S. News & World Report's 2004 "America's Best Graduate Schools." Overall, the School of Nursing was tied for tenth among the nation's top schools of nursing. In various nursing specialties, Pitt was tied for sixth in Nursing — Anesthesia, tied for ninth in Psychiatric/Mental Health (Nursing), and tenth in Nurse Practitioner — Adult.

"The dedication and hard work of our faculty, staff, and students have enabled the School of Nursing to grow into a world-class institution, continually achieving new heights," said Dean Jacqueline Dunbar-Jacob. "We are honored that our peers have recognized our School through the U.S. News & World Report rankings."

FACULTY NEWS

Susan A. Albrecht, PhD, RN, FAAN, associate dean, Student and Alumni Services and Development, received the Leadership Achievement Award from Sigma Theta Tau International, Eta.

Denise Charron-Prochownik, PhD, RN, assistant professor, Department of Health Promotion and Development, received tenure with promotion to associate professor.

Susan Cohen, DSN, APRN, associate professor, Department of Health Promotion and Development, was elected secretary of the National Organization of Nurse Practitioner Faculties.

Yvette Conley, PhD, assistant professor, Department of Health Promotion and Development, received an award from the Advisory Council on Instructional Excellence for her study, "Pilot and Feasibility Study to Develop and Implement Clinical Application Lectures to Enhance Introductory Genetics Course Using Tegrity and Out of Classroom on Demand Viewing."

Rose Constantino, PhD, JD, RN, FAAN, associate professor, Department of Health and Community Systems, received an award from the Advisory Council on Instructional Excellence for her study, "Reducing Health Care Disparities by Teaching Culturally Competent Nursing Care Through Web-Based Video Tutorials."

Mary Cothran, PhD, CRNP, assistant professor, Department of Health Promotion and Development, was named a co-recipient of the 2003 Dean's Distinguished Teaching Award.

Bettina Dixon, MSN, CRNA, instructor, Nurse Anesthesia Program, was named a co-recipient of the 2003 Dean's Distinguished Teaching Award.

Willa Doswell, PhD, RN, assistant professor, Department of Health Promotion and Development, received tenure with promotion to associate professor.

Peter Draus, EdD, assistant professor, Department of Health and Community Systems, was a recipient of the "2003 Nursing's Excellence in Planning and Teaching with the University Network Environment (NEPTUNE) Award" from the School of Nursing.

Mary Beth Happ, PhD, RN, assistant professor, Department of Acute and Tertiary Care, received the Sigma Theta Tau Eta Chapter Research Award.

Jacqueline Dunbar-Jacob, PhD, RN, FAAN, dean, University of Pittsburgh School of Nursing, was accepted as a fellow into the Robert Wood Johnson Executive Nurse Fellows program.

Lynette Jack, PhD, RN, associate professor, Department of Health and Community Systems, took office in April 2003, as president of the International Society of Psychiatric/Mental Health Nursing.

Yookyung Kim, PhD, assistant professor, Department of Health and Community Systems, received an award from The Central Research Development Fund for her study, "Modeling of Health-Related Quality of Life after SAH."

Jacqueline Lever, MSN, RN, instructor, Department of Acute and Tertiary Care, received an award from the Health Resources and Services Administration for her proposal, "Professional Nurse Traineeship."



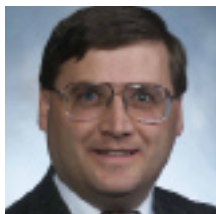
Ann Mitchell, PhD, RN, assistant professor, Department of Health and Community Systems, was selected as one of 18 worldwide participants to attend the First Psychosocial Suicide Research Training Workshop, sponsored by the American Foundation for Suicide Prevention (AFSP) and the National Institute of Mental Health (NIMH), held in New York, NY in November 2002. She also participated in a Survivors of Suicide Research Workshop, sponsored by NIMH and AFSP, held in Washington, D.C. in May 2003.



Donna G. Nativio, PhD, RN, associate professor, Department of Health Promotion and Development, was named a recipient of the ECELS (Early Childhood Education Linkage System) Achievement Award from the Pennsylvania Chapter of the American Academy of Pediatrics.



John O'Donnell, MSN, RN, CRNA, director of the Nurse Anesthesia Program, was featured as an "Outstanding Nurse" in the May 2003 issue of Nursing Spectrum. He also received an award from the Health Resources & Services Administration for his study, "Nurse Anesthetist Traineeship."



Ellen Olshansky, DNSc, RNC, professor and chair, Department of Health and Community Systems, will be inducted as a fellow in the American Academy of Nursing in San Diego in November 2003.



Thelma Patrick, PhD, RN, assistant professor, Department of Health Promotion and Development, served as co-chair of an NINR workshop entitled, "Optimizing Pregnancy Outcomes in Minority Populations," in March 2003.



Teresa Sakraida, DNS, RN, assistant professor, Department of Health and Community Systems, was a recipient of the "2003 Nursing's Excellence in Planning and Teaching with the University Network Environment (NEPTUNE) Award" from the School of Nursing. She was also selected to participate in the Provost's Faculty Diversity Seminar, held in May 2003.

Carol Stitley, PhD, RN, research assistant professor, Department of Health and Community Systems, received the Distinguished Alumni Award for Excellence in Nursing Research from the Columbia University-Presbyterian Hospital School of Nursing Alumni Association.

IN A RECENT RANKING OF THE NATIONAL INSTITUTES OF HEALTH (NIH) RESEARCH SUPPORT TO THE NATION'S SCHOOLS AND COLLEGES OF NURSING, THE UNIVERSITY OF PITTSBURGH SCHOOL OF NURSING WAS RANKED SIXTH.

THREE FACULTY FROM THE SCHOOL OF NURSING WERE RECENTLY ELECTED TO PROMINENT POSITIONS IN NATIONAL ORGANIZATIONS. (FROM LEFT TO RIGHT) **KATHRYN PUSKAR, DRPH, RN**, ASSOCIATE PROFESSOR, IS PRESIDENT OF THE AMERICAN PSYCHIATRIC NURSES ASSOCIATION; **ELLEN OLSHANSKY, DNSC, RNC**, PROFESSOR AND CHAIR, DEPARTMENT OF HEALTH AND COMMUNITY SYSTEMS, IS TREASURER OF THE AMERICAN ORTHOPSYCHIATRIC ASSOCIATION; AND **LYNETTE JACK, PHD, RN**, ASSOCIATE PROFESSOR, IS PRESIDENT OF THE INTERNATIONAL SOCIETY OF PSYCHIATRIC NURSES.



STUDENT NEWS

All 27 graduates from the School of Nursing's Nurse Anesthesia Program Class of 2002 passed the National Certification Examination on their first attempt. The certification examination is a nationally-administered, computer-adaptive examination available to all graduates who have met the required clinical and didactic requirements of the American Association on Nurse Anesthetists Council on Certification. Congratulations to the Class of '02!

Bashira Charles, a student in the Pediatric Nurse Practitioner Program, was selected as a fellow for the 2003 JHF/Coro Pittsburgh Health Sciences Fellowship.

Heather Hall, a junior, received a \$1,500 AACN Scholarship, sponsored by the American Association of Critical Care Nurses.

Valerie Hess, a senior, was named a 2003 recipient of the J.W. Saxe Memorial Prize for Public Service. Saxe Prize winners receive \$1,500 awards to assist them in taking a no-pay or low-pay job during the summer or another term. Hess used her award to be part of a medical team involved in HIV/AIDS work at the Nyakahanga Hospital in Karagwe, Tanzania.

Mary Kay Mortimer-Stephens, a doctoral student, had her abstract selected as a Meritorious Student Paper for the 2003 Society for Behavioral Medicine's (SBM) Annual Meeting & Scientific Sessions. Her abstract was entitled, "The Relationship of Memory and Medication Adherence in Community Dwelling Elderly."

Geroge Rodway, a doctoral student, received a National Research Service Award from the National Institutes of Health for his dissertation, "Intermittent Hypoxia: CV Impact and Biologic Markers" and American Lung Association funding for his grant, "Intermittent Hypoxia: Impact on Cardiovascular Parameters and Oxidative Stress."

Beth Windsor, a student in the Pediatric Nurse Practitioner Program, was named a recipient of the Corinne Barnes Award from Sigma Theta Tau.

NEW FACULTY

The University of Pittsburgh School of Nursing is pleased to welcome the following new faculty:

FULL-TIME

Annette DeVito Dabbs, PhD ('03, University of Pittsburgh), **RN**, assistant professor, Department of Acute and Tertiary Care

Heidi S. Donovan, PhD ('03 University of Wisconsin, Madison), **RN**, assistant professor, Department of Acute and Tertiary Care

Linda Garand, PhD ('00, University of Iowa), **RN**, assistant professor, Department of Health and Community Systems

Tasha Hall, MS ('96 Rush University), **RN, OCN**, clinical instructor, Department of Health and Community Systems

Donna Levitt, PhD ('01, Berne University), **CRNP**, assistant professor, Department of Acute and Tertiary Care

Janet L. Stewart, PhD ('03, University of North Carolina), **RN**, assistant professor, Department of Health Promotion and Development

Louise Waszak, PhD ('87, University of Pittsburgh), **CRNP**, assistant professor, Department of Health Promotion and Development

Scott Weber, EdD ('86, Boston University), **RN**, assistant professor, Department of Health and Community Systems

PART-TIME

Josephine Dungan, MSN ('95, Creighton University) **RN**, instructor, Department of Acute and Tertiary Care

Patricia Gordon, MSN ('93, LaRoche College), **RN**, instructor, Department of Acute and Tertiary Care

Yolanda Lang, DrPH ('92, University of Pittsburgh), **RN**, assistant professor, Department of Acute and Tertiary Care

Susan Miller, BSN ('84, University of Pittsburgh), **RN**, assistant instructor, Department of Acute and Tertiary Care

Karen Morahan, MS ('98, University of Maryland at Baltimore), **RN**, instructor, Department of Acute and Tertiary Care



AS A RESEARCHER, THELMA PATRICK IS HELPING WOMEN WHO DEVELOP PREGNANCY-SPECIFIC DISORDERS.

“Practice and education benefit from research.”

RESEARCH PROVIDES an opportunity to satisfy questions I asked myself while working in clinical practice. I can explore how an intervention helps to improve health, and at the same time, I can learn something about the process of a disease or condition.

My clinical practice was in the specialty of high-risk perinatal nursing. I also spent time working in critical care. In both settings, I helped provide care for women who developed preeclampsia, a pregnancy-specific disorder that is evidenced by high blood pressure, proteinuria, and generalized edema. In critical care, we often treated women who had developed seizures or multi-system failure. There was no doubt about the unexpected and seemingly unpredictable onset, severity, and long-term implications of this disorder. When considering advanced research training after completing my doctorate, I approached Dr. James M. Roberts, an internationally-renowned scientist in the study of preeclampsia. Having an opportunity to work at the Magee-Women's Research Institute with Dr. Roberts (and his colleagues, who represented diverse disciplines) helped me to better understand pathogenesis, biomarkers, risk factors, and testable interventions.

This post-doctoral training was the beginning of a new world for me. I learned to communicate with

scientists from many fields and gained an appreciation of how laboratory science (especially using cellular and animal model studies) could advance our understanding of health and disease. My belief that nursing could make a contribution to the unraveling of this disorder was verified and expanded. Learning about biochemical processes and measurement complemented my clinical experiences and skills. Through my research, I can provide care for women on a completely different level.

In addition to expanding the interventions that can be utilized in health promotion and disease prevention, nurses provide a unique focus to the community of scientists who study health problems. The insights we have gained in our practice, particularly those addressing the human response to health and illness, are meaningful contributions to biobehavioral research endeavors, especially as work in the laboratory is translated into clinical practice.

Without question, practice and education benefit from research. Nurse researchers remind us of important questions we should ask about our practice: “What pre-operative interventions are most effective in preventing post-operative complications? How can we improve the patient's compliance with treatments and medications? How can we improve common procedures to achieve the maximal effect? What interventions alleviate symptoms or prevent disease?” By asking these types of questions, we help to improve practice. And as we improve our ability to answer questions, such as “Why or how does this work?,” we build a basis for advancing the next generation of practice.

THELMA PATRICK, RN, RECEIVED A PHD DEGREE FROM THE SCHOOL OF NURSING IN 1991. SHE SERVES AS AN ASSISTANT PROFESSOR IN THE DEPARTMENT OF HEALTH PROMOTION AND DEVELOPMENT AND IS CONDUCTING A STUDY TO DETERMINE IF AN EXERCISE INTERVENTION MAY HELP TO REDUCE RECURRENT PREECLAMPSIA.

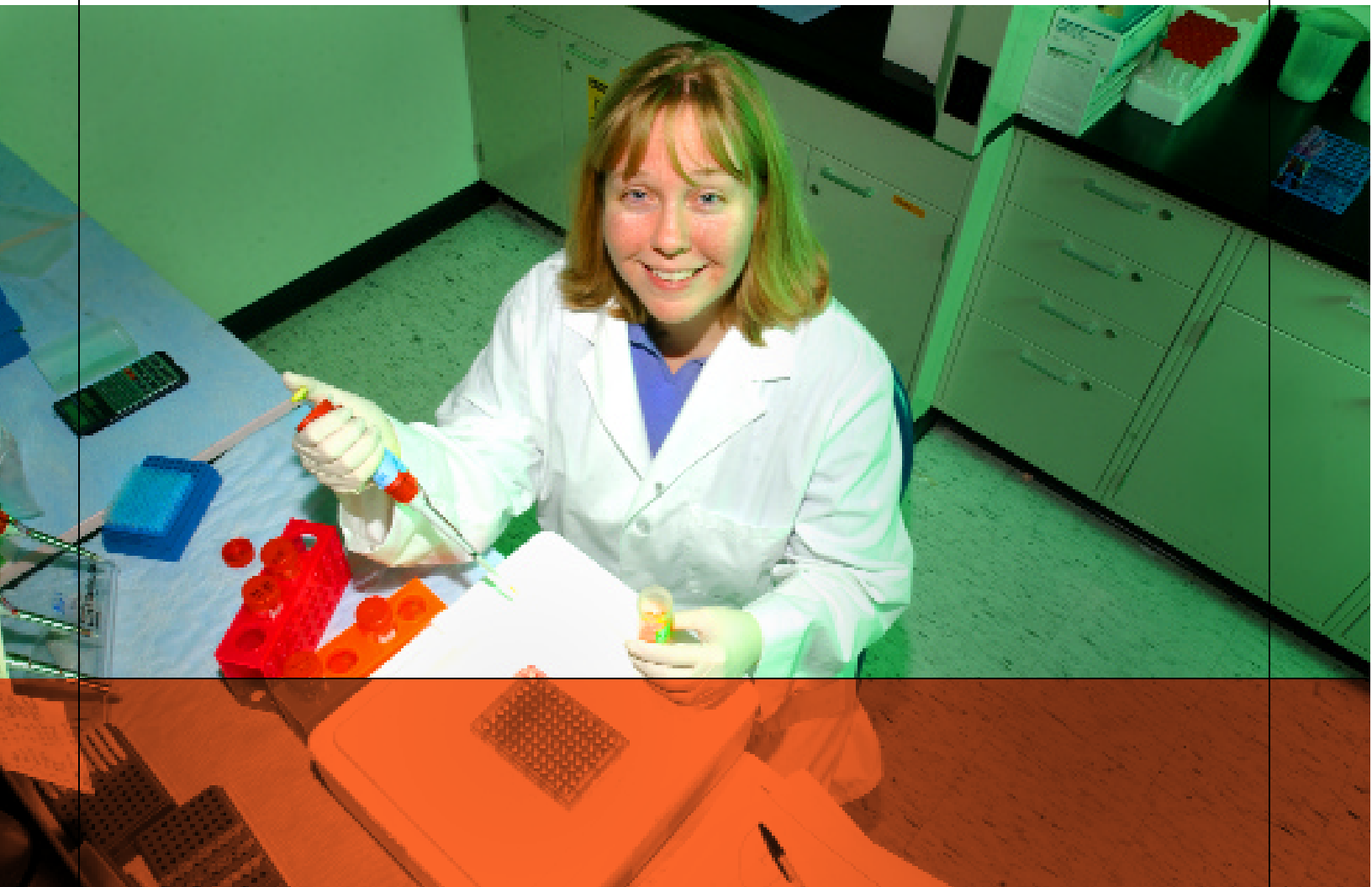
NURSING RESEARCH

It was on the battlefields of Crimea that nursing became a science. While tending to wounded British troops in the crowded and dirty medical tents, Florence Nightingale began to speculate how unnecessary suffering and mortality might be averted. Her meticulous records proved that unsanitary conditions contributed to high death rates among wounded soldiers. Nightingale introduced improvements in sanitation and her research led to groundbreaking health care reforms, which ultimately helped save numerous lives. She has been recognized as the first person in an English-speaking country to apply statistics to public health and originated the use of the pie chart to present this data. Since Nightingale's pioneering efforts in the 19th century, nursing research has driven many additional advances in patient care.

Nursing research fits a unique niche in biomedical and behavioral science. Whereas medical researchers are looking for cures, nurse researchers are intent on improving the quality of life for patients and their families and reducing the burdens of illness and disability. Nurse researchers focus on managing symptoms for patients who have chronic or terminal illnesses. In addition, nurse researchers conduct studies to discover better ways of preventing health problems from occurring, as well as managing treatment regimens to improve health outcomes. And researchers are looking for ways to further improve the quality of nursing practice.

Exciting nursing research is taking place at the University of Pittsburgh School of Nursing. In recent years, the School of Nursing has consistently ranked in NIH's top 10 list of research support to the nation's schools and colleges of nursing. And in the years ahead, the School is poised to make an even greater impact in nursing research. This special report of Pitt Nurse features the many research innovations of the School's faculty, staff, and students.

PIONEERS



YVETTE CONLEY IS OVERSEEING A GROWING GENETICS RESEARCH PROGRAM AT THE SCHOOL OF NURSING.



OF SCIENCE

SCHOOL OF NURSING RESEARCHERS BUILDING A
BASE FOR BETTER HEALTH CARE

BY MARK SOROKA

FOR A RESEARCHER who worked with some very sick patients, there couldn't have been a more uplifting sight than this one. Joan McDowell, PhD, RN, associate professor emeritus and an investigator in the field of incontinence, recalls working with a particular patient who, as she put it, 'would have given the Energizer bunny a run for his money.'

"That woman was over 90 years old and had been previously in and out of the hospital with heart failure, a fractured hip, and numerous other problems," says McDowell. "Yet she was still going strong and responded wonderfully to our training program. It was exciting and gratifying to see how our intervention for

CONTINUED ON PAGE 10



A NINR-DESIGNATED RESEARCH-INTENSIVE ENVIRONMENT, THE SCHOOL OF NURSING IS ON THE CUTTING-EDGE OF 21ST CENTURY SCIENCE.

urinary incontinence was making a difference in that woman's life."

Whether they are helping patients manage urinary incontinence, handle complex medication regimens, stop smoking, or deal with a variety of other health care problems, researchers at the School of Nursing are advancing the breadth of scientific knowledge. And ultimately, these researchers are helping to improve the quality of life for patients and members of their families. That very spirit of scientific inquisitiveness has been the driving force behind the emergence of the School of Nursing as one of the nation's top nursing research centers. Ranked sixth in the amount of funding received from the National Institutes of Health (NIH) and a National Institute of Nursing Research (NINR)-designated research-intensive environment, the School of Nursing is very much on the cutting-edge of 21st century science.

"Scientific study is a core component of our mission as an academic health science center," says Jacqueline Dunbar-Jacob, PhD, RN, FAAN, dean of the School of Nursing and a key member of its research team since the mid '80s. "Nursing needs to be a full contributor to the advancement of health care practices as well as to the cutting-edge education of future practicing nurses. We can only do this if the School itself is advancing the science underlying that practice."

Like many other schools of nursing, Pitt started out with a modest research program. Over half a century ago, most nursing researchers were focusing on nursing education, nursing practice, hospital environments, and nursing shortages. Research at the School of Nursing was launched in the 1950s, when the Sarah Mellon Foundation funded three separate studies that sought answers about how to provide adequate nursing



“Scientific study is a core component of our mission as an academic health center.”

— Dean Jacqueline Dunbar-Jacob

services. When the W.W. Kellogg Foundation provided \$6,500 for a follow-up field study, the School of Nursing saw an opportunity to improve the quality of nursing care given to patients in hospitals in the area served by the School. During the next several years, a Hospital Scientific Management Project evolved and developed into several additional studies. A time-and-motion study helped to introduce new procedures for operating rooms, while another study suggested better ways of performing nursing procedures in medical center hospitals.

For the next two decades, no significant faculty research was conducted at the School of Nursing, with the exception of theses and dissertations written by graduate students. In 1981, research was rejuvenated, when the School of Nursing appointed Dr. June Abbey as director of nursing research. Abbey assisted faculty in developing pilot studies and was instrumental in obtaining a multi-faceted research grant from the Department of Health and Human Services' Division of Nursing Administration from the School of Nursing soon developed three methods of support for faculty research, including reimbursement for library searches, financial support for faculty presentations at national research meetings, and seed money for exploratory or pilot studies. These efforts soon paid off when Dr. Leslie Hoffman was funded for her “Nasal Cannula and Transtracheal Delivery of Oxygen” study – the first R01 to be awarded to a School of Nursing researcher.

1987 turned out to be a pivotal year for nursing research at Pitt. To facilitate its commitment for research, the School established a Center for Nursing Research (CNR) and hired Dr. Jacqueline Dunbar-Jacob as the Center's first director. In 1989, the School of Nursing received one of the first two Exploratory Center Grants (P20) from the National Institute of Nursing Research to build research infrastructures in the School. Nine pilot studies were supported, which preceded the expansion of the number of R01 grants in the School. Staffed with statisticians, grants administrators, and clerical personnel, the CNR has a full complement of bio-medical and data laboratories stocked with state-of-the-art equipment.

“Through the Center for Nursing Research, our researchers are investigating some of the most challenging issues facing today's health care practitioners,” says Dunbar-Jacob. “Investigators are focusing their research on adolescent health, critical care, chronic disorders, and health care outcomes.”

In 1994, the School of Nursing created a Center for Research in Chronic Disorders (CRCD). Established with a five-year, \$1.3 million grant from the National Institute for Nursing Research (which also provided core grants to four

other centers), CRCD has supported and developed a center of excellence in multidisciplinary outcomes-based research in chronic disorders. According to Dunbar-Jacob, numerous factors, including less healthy lifestyles, advances in medical care, and the aging population, have led to an increase in the prevalence of chronic disorders. Today, six of the 10 leading causes of death in the United States are chronic in nature. In addition, patients with chronic disorders often experience a burden of disease that negatively impacts their functional ability, independence, and overall quality of life.

“As nurses, our primary focus is on the long-term management of chronic disorders,” says Dunbar-Jacob. “As a result, much of the research within the CRCD focuses on maintaining function, enhancing quality of life, and assisting patients with the management of their treatment.”

CRCD researchers focus on a wide range of chronic disorders, such as AIDS, cancer, depression, incontinence, cardiovascular risk factors, rheumatologic disorders, and diabetes, to name a few. Although each of these diseases is unique in terms of its cause, treatment, and outcome, researchers within the CRCD have tailored their investigations to contribute to a broader canvas of chronic disease research. CRCD investigators have incorporated a “global” investigative approach that leads not only to disease-specific interventions, but also to a growing body of knowledge about underlying mechanisms and outcomes across chronic disorders.

“These efforts not only encourage collaborative and interdisciplinary research, but also provide a comprehensive chronic disease data base that cuts across disease categories,” Dunbar-Jacob explains.



AS PART OF HER RESEARCH, LESLIE HOFFMAN IS DEVELOPING AND EVALUATING TECHNOLOGICAL APPROACHES TO SUPPORT LIFE.

“Common objectives, such as improving medication adherence, may ultimately lead to broad-based advances in helping patients with a variety of chronic disorders cope with their illnesses and enhance the quality of their lives.”

Researchers at the School of Nursing are also developing interventions that minimize complications and hasten recovery in patients who are often at the greatest risk for significant morbidity or premature death. The School’s critical care research group maintains a strong interest in developing and evaluating technological approaches to support life. Leslie Hoffman, PhD, RN, has been studying innovative approaches to oxygen delivery, such as transtracheal oxygenation and tracheal gas insufflation in patients with pulmonary conditions.

“Nursing research optimally involves working with a multidisciplinary team,” says Hoffman, whose co-investigators include specialists in pulmonary and critical care medicine, and surgery. “Nursing brings a unique perspective to research because of our focus on patient and family issues and interest in optimizing functional ability. I remember one patient who was truly remarkable. With a transtracheal oxygen delivery device, he added years and quality to his life. He eventually felt good enough to get a motorized wheelchair and go grocery shopping.”

Dunbar-Jacob agrees that School of Nursing researchers have been extremely successful in increasing collaborations with other disciplines. Interdisciplinary collaborators and mentors are readily available through active research relations with other schools at the University of Pittsburgh and with various centers and hospitals in the Pittsburgh area. In particular, close working relationships between the School

of Nursing and the directors of nursing research at UPMC Health System facilities provide nurse investigators access to a variety of clinical problems and patient populations. “One of the measures of this success is that we are not always asking others to participate in our research; investigators from other disciplines are also coming to us,” Dunbar-Jacob points out. “Because nurses bring a holistic approach to patient care, we help round out the scope of many studies.”

There is growing national interest in several of these interdisciplinary collaborations. Researchers from the School of Nursing are partnering with human services and technology experts from Carnegie Mellon University to develop technology that helps elderly adults with impaired mobility and reduced cognitive function to remain independent longer. Researchers are developing a personal robotic assistant that will provide elderly persons with reminders for daily activities, such as meals, appointments, and medication schedules. Pitt/CMU researchers are also developing a robotic walker that will help cognitively impaired older adults to reduce falls and avoid environmental hazards as they walk through their residences. In addition, School of Nursing researchers are collaborating with researchers from the University of Pittsburgh School of Medicine on a study searching for the genes involved in age-related macular degeneration. What’s more, partnerships have been established with the Center for Biomedical Informatics and numerous other centers within the University of Pittsburgh.

As the health care industry searches for ways to cut costs without compromising quality, availability, or accessibility of care, nursing researchers will play a prominent role in shaping the way nursing is practiced. Nursing researchers will continue to explore strategies addressing the needs of patients across the life span that receive care in traditional health care sites, as well as in community and home settings. Nursing researchers will also look for ways to reduce the risk of disease and disability, promote healthy lifestyles, and provide support for family caregivers.

“As we look to the future, research will continue to play an increasingly significant role in the advancement of health care and education of students,” says Dunbar-Jacob. “We have an opportunity to play a key role in improving the quality of nursing care, patient outcomes, and the health care system. This is an exciting time to be a scientist at the School of Nursing.”



RESEARCH FUNDING SOURCES

Researchers at the School of Nursing receive sponsored funding from a wide array of sources. This diversity not only contributes to a more stable funding pool, but also reflects the broad-based significance of the work within the School.

NON-FEDERAL EXTERNAL SUPPORT

Alzheimer's Association
American Association of Critical Care Nurses
American Cancer Society
American Diabetes Association
American Nurses Foundation
Emergency Nursing Association
Hartford Foundation
Oncology Nursing Society
Organon
Nursing Foundation of Pennsylvania
Pennsylvania Department of Health
Schering-Plough
Sigma Theta Tau
Staunton Farm Foundation

FEDERAL SUPPORT

Department of Defense
Health Resources & Service Administration
National Cancer Institute
National Institute of Child Health & Human Development
National Institute of Diabetes & Digestive & Kidney Diseases
National Institute of Mental Health
National Institute of Nursing Research
National Science Foundation

SUBCONTRACTS

Children's Hospital of Pittsburgh
Magee-Women's Hospital Research Corporation
Penn State University
University of Kentucky Research Foundation

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RESEARCH UNDERSTUDIES :

NURTURING THE INVESTIGATORS OF TOMORROW

BY STEPHANIE WENTWORTH

“WE’RE TRYING TO MAKE CLONES,” says Judith Erlen, PhD, RN, FAAN, professor and coordinator of the University of Pittsburgh School of Nursing’s doctoral program. She pauses for a moment, then a playful smile spreads across her face. “No, we aren’t making duplicates of sheep or human beings. We’re trying to shape the research skills of our students to reflect the competencies of our faculty. We want our students to become stellar researchers in their own right.”

A lofty goal indeed, but the School of Nursing is making good on that promise. A “Who’s Who” list of the nation’s most prestigious nursing researchers includes investigators who prepared for their careers by studying at Pitt. These researchers are providing answers to some of the most perplexing questions facing today’s

health care providers. Erlen says it isn’t difficult to pinpoint why so many exceptional nursing researchers come from Pitt.

“We have designed flexible programs that keep pace with the changing demands of health care systems and which meet the unique needs of each student,” Erlen explains. “Under the careful mentorship of a faculty researcher, our doctoral and master’s students are developing critical thinking and independent decision-making skills that are applicable in virtually any setting. Once they graduate from Pitt, our students are prepared to make an important contribution to the advancement of nursing science.”

The School of Nursing’s master’s program provides a good entry point for students who want a career in nursing research. Mary Ann Sevick, ScD, RN, associate professor and program coordinator for the master’s specialty in nursing research, says the School of Nursing strives to prepare nurses who conduct and coordinate clinical research. “There is a dire need for master’s-prepared nurses with training in clinical research who will serve as study coordinators, data collectors, research compliance auditors, and human subjects review staff,” Sevick says. “Pitt is among only a few schools of nursing in the United States that offers a master’s concentration in research.”



Students entering the master's specialty in nursing research take a 40-credit program comprised of the core courses for all master's students, along with research cognates and electives. The core serves as the basis for increasing students' knowledge of nursing theory, use of technology, and health care outcomes. Research cognates include coursework in statistics, research computing, coordinating clinical trials, and professional communication. Electives are chosen to enhance students' scientific base in their area of research interest. Students also have research practicum experiences in which they are paired with established researchers to learn the processes and skills for conducting clinical research. Curriculum requirements can be met through a variety of courses offered through the University of Pittsburgh School of Nursing, the School of Medicine, the Graduate School of Public Health, or other schools of the Health Sciences.

Sevick points out that master's students are exposed to the entire research process. "Students are involved in literature reviews, data collection, instrument development, data entry and analysis, development of presentations, the IRB process, and research audits," she says. "Some students even implement research ideas of their own, conducting their own independent research project under the guidance of an experienced researcher."

Lisa Carozza, BSN, BS, RN, a second-year MSN student, finds it invaluable to learn from experts in their respective fields. "What's most appealing about this program is that classes are taught by instructors who are actively involved in research," says Carozza, who eventually wants to become a principal investigator for studies that involve clinical interventions for patients throughout the lifespan. "The faculty offers real-life applications of the principles being taught."

Some master's students become so enthralled with nursing research that they decide to take their studies to an even higher level. "Once master's students get a taste of research, they often aspire to conduct their own studies," says Sevick. "They soon recognize that the best way to further their research career is to get a doctoral degree."

For doctoral students, the School of Nursing stands out as one of the nation's most intensive research



JUDITH ERLÉN, COORDINATOR OF THE PHD PROGRAM (LEFT), MENTORING JULIE (EUNSEOK) CHA, A SECOND-YEAR DOCTORAL STUDENT (RIGHT).

environments – an ideal setting in which to develop a solid foundation in empirical research and theory. “The School of Nursing offers a nurturing environment for the pursuit of research excellence, whether you are collaborating with other academic units or preparing your work primarily within the School of Nursing,” says George Rodway, MSN, CRNP, who is slated to graduate with a PhD degree in 2004. “I decided to come to Pitt because it is on the cutting edge of a new generation of knowledge.”

Doctoral students take intensive coursework that directly relates to their research interests and select a focal field of cognates outside the School of Nursing. “We encourage students to take advantage of all the programs offered by the School of Nursing and other schools and departments at the University of Pittsburgh,” says Erlen. “Taking coursework from across various disciplines will help students to increase their

knowledge about their selected field. That will also strengthen their research competence by developing an understanding of essential knowledge from related fields applicable to a focused area of study in nursing.”

Early in the program, doctoral students select an area of research interest that matches the research emphasis of a particular member of the faculty. Students can choose from adolescent health, chronic disorders, and critical care areas of emphasis. “Mentored opportunities are built into the PhD curriculum to help students learn research from funded, experienced researchers,” Erlen says. “Finding a match for a student and faculty member is crucial, because it guides the type of research and coursework a student undertakes. This provides opportunities for the doctoral student to work alongside a faculty mentor. As a result, students can apply their understanding of the knowledge they have gained in the classroom to real-life research experiences. Students also gain research skills that will be beneficial to them when they start their own research projects.”

Rodway was attracted to the University of Pittsburgh because it offered him the opportunity to engage in physiologically-oriented research in an interdisciplinary environment. “I have had an opportunity to make invaluable connections with other academic units throughout the University,” he says. “As a PhD student, I’m quite

“ The School encourages and mentors young researchers to build their own topic, project, and program of research.”
— Sandra Engberg

certain I could not accomplish this type of research at most of the other schools or colleges of nursing in this country.”

Graduates of both the doctoral and master’s programs have used their education as a springboard for diverse research careers in a variety of specialties. Sandra Engberg’s diverse experiences as a student helped launch a multi-faceted career. Engberg (PhD ’93, MSN ’87), who conducted her dissertation research on self-management and treatment seeking behavior among rural older women with urinary incontinence, is currently chair of the Department of Health Promotion and Development and an assistant professor at the School of Nursing.

“The strengths of the School of Nursing’s research are mentoring, support, sensitivity, and acceptance of diversity among faculty and students,” says Engberg, who is focusing her present research on managing

post-treatment continence for the homebound elderly. “The School encourages and mentors young researchers to build, in increasing specificity, their own topic, project, and program of research.”

Faculty of the School of Nursing often discover that mentoring a student researcher can be a mutually rewarding experience. Gayle Whitman (BSN ’74), associate professor and a researcher who is studying how nurse staffing levels can influence patient complications, says even seasoned researchers can learn from their students. “Students, both undergraduate and graduate, bring a unique perspective and energy to the research team,” says Whitman, PhD, RN, FAAN. “From our research, students learn how the work of a nurse can be measured and then related to patient complications. In turn, we have gained insight from our students about how novices as well as expert staff view and identify patient complications in their practice.”

Whatever they decide to do with their careers, master’s and doctoral students are eager to put their own imprint in the chronicles of nursing research. “Our students are wonderful, extremely dedicated, and eager to learn,” says Erlen. “We provide students with the skills and tools to do their life’s work. We’re proud that so many of our students have made, and are continuing to make, important contributions to nursing research.”

HELPING TO RESTORE SPONTANEOUS BREATHING

BY MARK SOROKA

MR. “K,” A 75-YEAR-OLD PATIENT with emphysema, was becoming agitated. Lying in a bed in a corner of the intensive care unit, he began to tug at an oral endotracheal tube that coiled from his nose and mouth to a humming ventilator.

Growing alarmed, Mr. “K’s” daughter leaned over his bedside. “What’s wrong, dad?” she asked.

Mr. “K” tried to whisper a few words but was rendered speechless by the hard plastic breathing tube in his mouth. Unable to verbalize, Mr. “K” gestured towards his throat.

“He wants me to remove the breathing tube,” said Bill, a respiratory therapist who was adjusting the dials on the ventilator. Bill gently pulled Mr. “K’s” hand from the tube. “I know this is causing you a lot of discomfort, but you aren’t quite ready to breathe on your own yet. Just let the ventilator do its job.”

For most of us, breathing seems so natural we often aren’t aware we are even inhaling and exhaling. But for Mr. “K” and other patients with pulmonary problems, the simple act of breathing can be excruciatingly difficult. As a result, people experiencing serious respiratory difficulties are dependent upon a ventilator to stay alive. For some patients, it can be weeks or even months until they can breathe without the assistance of a ventilator. Mary Beth Happ, PhD, RN, assistant professor at the School of Nursing, is using a \$575,000, three-year grant from the National Institute of Nursing Research to study how the processes of care and communication help patients who are being weaned from long-term mechanical ventilation.

Long-term mechanical ventilation (LTMV) occurs in up to 20% of patients who receive mechanical ventilation for post-operative complications, chronic pulmonary diseases, neuromuscular disease, spinal cord injuries, respiratory traumas, and diagnoses of acute respiratory failure. Mechanical ventilation helps with respiratory function until patients can breathe by themselves. While some patients return to spontaneous breathing without serious complications, others must be weaned more gradually from ventilator support. And there are other patients who are unable to be weaned from mechanical ventilation and who become dependent upon this technology as a chronic form of life support.

For all its life-saving benefits, however, long-term mechanical ventilation has serious drawbacks. Happ says LTMV is invasive, expensive, and associated with a high risk of serious complications. “Patients may experience inflammation and infection of the airways, lung collapse and injury to the lungs, decreases in blood pressure and cardiac function, and atrophy of muscles because of inactivity,” she explains. “Moreover, those who are dependent on long-term mechanical ventilation have restricted mobility and socialization. They may also suffer from psychological consequences, such as anxiety, depression, or post-traumatic stress, due to their incapacitation. It is important to quickly facilitate weaning to prevent these complications and harmful side effects from occurring.”

Happ points out that a superior weaning technique or ventilator mode for LTMV patients has not been identified. In fact, many clinicians believe the manner or process in which a particular mode of weaning is applied may have a greater impact on weaning success than the mode itself. For instance, various mechanical adjustments can be made within a single mode.

“We still aren’t sure whether one technique is superior to another,” says Happ. “However, we are encouraged by improvements in ventilator technology. Low volume ventilations and micro adjustments to simulate the patient’s individual breathing pattern, volume, rate, and effort show great promise in helping patients to wean.”

Happ is observing weaning interventions in a “natural laboratory” – the intensive care unit where the patient is actually receiving treatment. “Quite often, qualitative research consists of reflective interviews with clinicians,” Happ says. “You can get some good data but that is usually after the fact. It isn’t unusual for research participants to forget some details. We are observing the weaning event close to



the patient's bedside, as inconspicuously as possible. In addition, we are debriefing caregivers for their perspective of the weaning event."

During the course of her study, Happ will examine various factors that influence how patients successfully wean from long-term mechanical ventilation, including interpersonal interactions, therapeutic strategies, and social and environmental factors. Happ is seeking answers for several puzzling questions: "What goes on during the process of weaning? What clinician behaviors are associated with successful weaning from LTMV? Are there differences in behaviors, such as distraction or clinician presence during weaning trials? Do the clinicians, technicians, or family members who are present elicit greater patient involvement?"

Once her study is completed, Happ hopes to offer weaning strategies to a multi-disciplinary team, including the physician, acute care nurse practitioner, respiratory therapist, physical therapists, and rehabilitation nurse. "This will help fill important gaps in our understanding of advanced specialty clinician practice so that interventions can be standardized and tested for application in both advanced practice nurse and physician models of care," Happ explains.

Happ says these strategies will apply to different types of clinicians because weaning from LTMV is a process that involves several disciplines working together, including family caregivers. "Families can offer support, encouragement, distraction, and a sense of normalization of the environment or conversation," she says. "Many patients become anxious during weaning and family members can either ease or worsen that apprehension."

Happ, who has a clinical and research background in acute and critical care, previously conducted a pilot study that explored the feasibility of a computerized, augmentative communication (AC) device for use with temporarily non-vocal

patients in the intensive care unit and patients recuperating from head-and-neck cancer surgeries.

"Most patients who were able to complete simple memory, attention, and motor tasks were able to use these devices as a communication strategy while they were unable to speak," says Happ, who recently received a \$1,175,000, five-year research grant from the National Institute of Child Health and Human Development for a clinical intervention study: "Improving Communication Among Non-Speaking ICU Patients." The project will use the acronym, SPEACS (Study of Patient-Nurse Effectiveness with Assisted Communication Strategies).

Happ feels her various research programs are tied together because of the similar plight shared by patients who have respiratory tract intubation during hospitalization. "Respiratory tract intubation limits these patients from fully representing their feelings, thoughts, physical symptoms, and desire for treatments to clinicians, caregivers, and family members," she says. "I want to help patients breathe easier and become independent of mechanical ventilation as soon as possible, so they can resume and regain full human interaction and communication."

SEARCHING FOR CLUES TO FORECAST VASOSPASMS

BY MARK SOROKA

IT STARTED OUT as a splitting headache. The 48-year-old woman felt as if a gigantic vise was squeezing her skull. A few minutes later she began vomiting violently and slumped to the floor. The woman was immediately rushed to a nearby hospital. The diagnosis? One of her major blood vessels had ruptured and was spilling blood under her skull. This woman had just suffered a subarachnoid hemorrhage (SAH) – a life-threatening condition that can unexpectedly strike healthy persons over the age of 21.

Prompt surgery saved the woman's life and her prognosis looked excellent until the unthinkable happened. While resting comfortably in the intensive care unit, her cerebral blood vessels began to spasm and constrict, causing a dangerous relapse. The woman eventually recovered but she was subjected to the stress of a secondary insult to her brain. Mary Kerr, PhD, RN, FAAN, a professor at the School of Nursing, says that scenario might have been avoided with a better forecasting mechanism.

"Early identification and intervention might prevent serious complications such as secondary stroke if clinicians could better predict to whom and when cerebral vasospasms will occur," says Kerr (MNEd '81). "That could also result in shorter hospital stays and improve functional outcomes."

Kerr has been using a \$1.7 million, four-year grant from the National Institute of Nursing Research to conduct a monitoring study that may help predict when patients with SAH may be at risk for a secondary

vasospastic episode. According to Kerr, SAH is a clinical emergency that can strike healthy individuals anytime (although it typically affects people from their late forties to late sixties and slightly more women than men). A subtype of stroke, SAH causes a sudden rupture of a cerebral vessel and hemorrhages into the space between the brain and the skull.

"In an occlusive stroke, a clot forms or plaque builds up in the vessels and stops the flow of blood to a region of the brain," Kerr explains. "By contrast, SAH is a structural abnormality in which blood vessels expand like a balloon, until they rupture and leak blood in the spaces surrounding the brain."

Kerr adds that SAH patients require immediate hospitalization; otherwise, without adequate oxygenated blood flow, brain tissue will die. If the patient survives the initial SAH injury, chances of recovery are good with a rigorous rehabilitation regimen. However, up to 50 percent of these patients may have such a severe vasospasm that they develop symptoms of cerebral ischemia up to 14 days following the initial hemorrhage.

"Because the brain tissue is in such a compromised state, vessels may constrict so much that blood can't flow through to the brain," says Kerr. "That causes a vasospasm with symptoms similar to a stroke. This secondary insult to the brain can create as much damage, if not more, than the first insult."

Typically, a nurse is assigned to monitor patients recovering from SAH. But the only way nurses can detect the occurrence of a secondary vasospasm is through observation of clinical symptoms. "Generally, these nurses closely observe the patient for changes in their level of consciousness," Kerr says. "Nurses also check for motor deficits, such as droopy eye or weakness in an arm or leg. That's usually an indicator that something is going wrong. But, in some cases, that might be too late to stop or reverse the vasospasm."

While there is evidence suggesting that decreased cerebral oxygenation or brain activity from a cerebral vasospasm may be detected by different types of neurophysiological monitoring, no systematic study has been undertaken to compare the sensitivity and specificity of the individual monitoring techniques against periodic clinical nursing neurologic assessment, the traditional standard of care.

Kerr's study could help revolutionize care for patients recovering from SAH. Using noninvasive technology, Kerr's team is monitoring SAH patients during the critical 1-14 day period following the initial subarachnoid hemorrhage.



“We want to follow these patients during the period when they are at greatest risk,” Kerr says. “We want to see if these non-invasive neuro-diagnostic tools show a decrease of oxygenated blood in the brain earlier than when a nurse’s exam shows that the patient has a deficit occurring. That way, appropriate treatment can be started much sooner.”

Kerr’s team – which includes researchers from fields such as neurosurgery, neurophysiology, neuro-radiology, and critical care nursing – is using a combination of diagnostic tools to monitor vasospastic episodes, including near-infrared technology. Patches are applied to the patient’s head and data is fed back to a computer. Team members trace a signal from the cortex of the brain that shows the amount of oxygenated blood being delivered through vessels to the brain, along with the speed that oxygen is being delivered to brain tissue. Nurses from the neuro-intensive care unit at UPMC Presbyterian are helping to collect and verify patient data. By the time this study is completed, nearly 200 patients from Presbyterian’s intensive care unit will have been tracked.

In the course of monitoring vasospasms, Kerr made an intriguing discovery. “While following our subjects, we noticed that some patients began exhibiting cardiac and pulmonary symptoms, even though

they did not have a history of heart disease,” Kerr points out. “These findings begged the question: Are these symptoms related to cerebral vasospasm? Are the coronary vessels also in vasospasm? We are monitoring the cardiac status of these patients more closely to answer these questions. We are also looking at biochemical markers in the blood and cerebral spinal fluid to determine if the same chemical may be responsible for vasospasm in both the brain and the heart.

Neuro-diagnostic monitoring won’t prevent a subarachnoid hemorrhage from occurring in the first place, Kerr stresses, nor is it a treatment for vasospasm. But it could help identify vasospasm in a more timely way.

“If we can prove that intense, non-invasive, neurophysiologic monitoring detects vasospasms earlier than clinical assessments, it could eventually become a standard monitoring technique,” says Kerr, who is also conducting a study to find a relationship between a person’s genes and certain types of amino acid levels following traumatic brain injury. “Treatments can be initiated more quickly with less chance for neurological damage. And that could result in better patient outcomes.”

SNUFFING OUT A DANGEROUS ADDICTION

BY ALISON MCBEE

THE CASE FOR KICKING THE HABIT is overwhelming. In the United States, cigarette smoking is the leading cause of heart disease, lung cancer, chronic obstructive pulmonary disease, and a multitude of other illnesses and conditions. Moreover, smoking interferes with the healing of wounds and fractures, and also increases premature facial wrinkling.

But sometimes it takes a medical wake-up call to convince smokers how dangerous cigarettes and other tobacco products can be to their health. It is often during hospitalization for a serious illness or condition when patients realize quitting smoking is no longer an option, but a necessity.

“Health care professionals regard hospitalization as a ‘window of opportunity’ for patients who should stop smoking,” says Donna Caruthers (MSN ’82, BSN ’78), a doctoral student at the School of Nursing. “Hospitalized smokers realize they have to take better care of themselves. They may finally recognize that it’s time to quit smoking. Hospitals are the ideal setting to begin a smoking cessation intervention because they lack many of the environmental cues that can trigger a smoking response.”

The National Institute of Nursing Research (NINR) awarded Caruthers a pre-doctoral fellowship award to study the effectiveness of a hospital intervention for patients who smoke. Caruthers is assessing the presence of nicotine withdrawal in hospitalized patients and is helping them adopt smoking cessation behaviors before their release from the hospital.

In a prior study that was funded by the American Nurses Foundation, Caruthers analyzed consumption characteristics, chronic conditions, socioeconomic status, and other similarities that may commonly occur among patients with smoking behaviors. The findings were eye opening. Caruthers discovered that approximately 25 percent of hospitalized patients were smokers. Of those patients, 50 percent remembered receiving cessation messages from their physicians, 30 percent received messages from their nurses, and only nine to 10 percent were actually offered assistance. More than 60 percent of those patients attempted to quit smoking after discharge. However, most of those patients eventually relapsed.

“Many of those individuals were motivated to quit,” Caruthers says, “but they lacked self-confidence in their ability to quit smoking and didn’t have the behavioral tools to be successful.”

Caruthers is offering patients those behavioral tools that could help them to quit smoking for good. Fifty-one adult subjects from UPMC Presbyterian, who have conditions such as myocardial infarctions, chronic obstructive pulmonary disease, seizure disorders, and brain tumors, are participating in Caruthers’ current study. During their hospitalization, patients are receiving baseline measurements and the initial intervention. All patients are informed about the benefits of tobacco abstinence, consequences of continuing to smoke, and strategies useful for combating the urge to smoke. In addition, patients are provided with referrals to websites and organizations, including an enhancement program offered by UPMC Health System in Pittsburgh. Patients are then randomly placed in either a usual care or special intervention study group. Participants in the usual care group will not receive a follow-up intervention, whereas participants in the special intervention group will receive a series of eight phone calls during a three-month period following their discharge from the hospital. These follow-up phone calls are aimed at preventing relapse by promoting confidence in the patient’s ability to quit smoking. Three and six months later, Caruthers will also revisit these patients for follow-up of their effort in tobacco abstinence.

According to Caruthers, the most challenging phase of her study occurs after patients are discharged from the hospital. She says many patients begin to make progress with smoking cessation at the hospital, only to suffer a relapse in their home environment, where smoking cues are well established and often hard to resist. In addition, patients who are striving to quit smoking may or may not have social support from their loved ones.

“It is very difficult for some of these patients to follow a behavioral intervention once they return home,” Caruthers says. “Going back to a familiar home/work environment may trigger an urge to smoke. Even driving a car may be a trigger for patients to smoke, since that’s often the first environment they enter following their hospital discharge.”

Distraction techniques can be very effective for patients when battling urges to smoke, Caruthers adds. “Distraction or substitute activities work in part because smoking urges are



intense, but short in duration. Some patients can resist the urge to smoke by chewing gum instead or engaging in an activity as simple as getting a glass of water. For patients who habitually reach for a cigarette following a meal, a change in routine may be helpful. Those individuals are encouraged to leave the table after a meal and participate in a substitute activity.”

Caruthers became interested in researching smoking cessation with hospitalized patients while teaching nursing students in a peripheral vascular unit at a Pittsburgh hospital. One of her patients, a diabetic, had a deep foot wound that wasn't healing. Amputation appeared to be inevitable for that man.

“While working with this patient, we discovered he was using chewing tobacco to curb his craving for nicotine,” Caruthers recalls. “I told this man that continued usage of tobacco could prevent his wound from healing. I asked the patient if he would consider complete tobacco abstinence. The patient thought quitting was a long shot, but he decided to give tobacco abstinence a try with assistance. Fortunately, this patient did quit using tobacco and was discharged with his leg intact. That experience provided my students and me with a great learning experience. Not only did we discover how much tobacco impairs wound healing, but we also learned that nursing intervention at the bedside can be very effective for promoting smoking cessation.”

Caruthers hopes to build on this study by eventually developing an intervention to enhance hospitalized patients' adherence to smoking cessation interventions. “Most of the patients I encounter are desperate to quit smoking,” says Caruthers. “When you have the opportunity to work with these patients and observe their success in quitting smoking, it is an eye-opening observation of the effects of motivation, determination, self-confidence, and strategy processing. It is truly rewarding when these patients are successful and you have witnessed their valiant effort.”

RESEARCH STUDIES OF DOCTORAL STUDENTS

Donna Caruthers, MSN, RN

- “Enhancing Smoking Cessation In The Hospitalized Patient” (National Institute of Nursing Research)
- “Characteristics of Hospitalized Smokers” (American Nurses Foundation)
- “Psychometric Examination of the Tobacco Abstinence Self-Efficacy Scale” (Eta Chapter of Sigma Theta Tau)
- “A Psychometric Study of the Perceived Treatment Efficacy Scale for Tobacco Abstinence” (Pauline Thompson Award, Pennsylvania Nurses Foundation)

Margaret Ferons, MSN, RN, CRNP

- “Diabetes Mellitus and Reproductive Health Education for Teen Girls and Moms: A Pilot Study” (Sigma Theta Tau/American Diabetes Association)

Jennifer Lingler Hagerty, MSN, RN, CRNP

- “Expanding the Boundaries of Dementia Care” (Pre-doctoral fellowship funded by the John A. Hartford Foundation)
- “Psychological Outcomes and Vigilance among Caregivers of Cholinesterase Inhibitor Recipients” (Sigma Theta Tau International, Eta Chapter/Pauline Thompson Award, Nursing Foundation of Pennsylvania)
- “Psychological Symptoms and Vigilance among Women Caring for Cholinesterase Inhibitor Recipients” (Women's Studies Program, University of Pittsburgh)

George Rodway, MSN, CRNP

- “Intermittent Hypoxia: Impact on Cardiovascular Parameters and Oxidative Stress” (Leslie A. Hoffman Acute Care Research Award, University of Pittsburgh School of Nursing)
- “Ruth Perkins Kuehn Award” (Eta Chapter of Sigma Theta Tau)
- “Intermittent Hypoxia: Impact on Cardiovascular Parameters and Oxidative Stress” (National Institute of Health, Pre-doctoral Fellowship from NIH)
- “Intermittent Hypoxia: Impact on Cardiovascular Parameters and Oxidative Stress” (Sigma Theta Tau International, Eta Chapter/American Lung Association)

Mary Kay Mortimer-Stephens, MSN, MS, RN

- “The Relationship of Memory and Medication Adherence in Community-Dwelling Elderly with Type 2 Diabetes” (American Association of Diabetes Educators)
- “The Relationship of Memory to Medication Adherence in Elderly Persons with OA or RA Living in the Community” (Arthritis Foundation)
- “Memory and Medication Adherence in Diabetic Elderly” (Sigma Theta Tau/GlaxoWellcome)

E. Sue Lehman-Trzynka, MSN, RN

- “Predictors of Medication Adherence in Women with HIV” (National Institutes of Health/ National Research Service Award)
- “Psychosocial Predictors of Adherence to Antiretroviral Medications in Women with HIV Infection” (Sigma Theta Tau International, Beta Omega Chapter, Northern Illinois University)

Susan Albrecht, PhD, RN, FAAN

“Pregnant Teen FreshStart Nursing Intervention”

The smoking prevalence rate among teenage, pregnant women has been estimated at 28-42%, with nearly three-quarters of these women continuing to smoke throughout their pregnancies. The damaging effect of cigarette smoking on the fetus, mother, and other family members is well documented. Albrecht’s research focuses on smoking cessation during pregnancy, relapse prevention, and prevention of initiation of smoking in pre-teens. The overall predictive success of Albrecht’s model has been 87%, primarily reflecting the prediction of current smoking, which suggested alcohol use and less compatibility of peer vs. parent views were associated with relapse to smoking. In conclusion, the group cessation intervention, coupled with peer buddy support, was an effective program for short-term intervention.

Catherine Bender, PhD, RN

“A Pilot Study of Fatigue and Quality of Life in Patients with Hepatocellular Carcinoma Receiving Intrahepatic Arterial Chemotherapy” (Ortho Biotech, Inc.)

“Cognitive Function and Reproductive Hormones in Premenopausal Breast Cancer” (American Cancer Society)

“A Pilot Study of the Efficacy of an Intervention to Compensate for Learning, Memory, and Attention Deficits following Chemotherapy for Breast Cancer”

(Department of Defense/U.S. Army Medical Research Acquisition Activity)
 “Cognitive Function, Mood, and Antidepressant with Interferon”
 (ONS Foundation)

Oncology treatment is more effective than ever, but it can take its toll on the patient. One of Bender’s studies is examining the problem of extreme fatigue and deterioration of quality of life in patients with hepatocellular carcinoma who are receiving intrahepatic chemotherapy. In another study, Bender will provide a comprehensive description of cognitive impairment and its underlying mechanisms related to adjuvant chemotherapy in women with breast cancer. Based on the findings of that study, she is conducting a pilot study of a behavioral intervention to help women with breast cancer learn to compensate for the attention, learning, and memory deficits they experience following adjuvant chemotherapy for breast cancer. Bender is also conducting a randomized, double-blind, placebo-controlled, clinical trial of the prophylactic use of an antidepressant for the prevention of depression and cognitive impairment in patients with melanoma receiving high-dose interferon therapy. Bender has learned that cognitive impairment associated with chemotherapy for cancer most commonly includes deficits in attention, learning, memory, psychomotor efficiency, and executive function.

Lora Burke, PhD, MPH, RN

“Treatment Preference and Adherence in Weight Loss Programs”
 (Central Research Development Fund)

“Weight Loss Motivations and Long-Term Weight Loss”
 (National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases)

“Treatment Preference and Vegetarian Diet in Weight Loss”
 (National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases)

In the United States, obesity is currently described as the most common nutritional problem, a significant contributor to increased health cost, and the second leading cause of preventable death. Treating obesity can

be a significant challenge, because the majority of individuals who lose weight regain approximately one-third of that weight within one year. Burke is interested in long-term adherence to weight management programs that are specifically geared to prevent cardiovascular disease. She is focusing her research on adherence to cardiovascular risk reduction treatment strategies. In particular, her research tests the efficacy of behavioral interventions to improve adherence to treatment modalities using diet and exercise (e.g., adherence to a cholesterol-lowering eating plan), and more recently, adherence to a lacto-ovo-vegetarian eating plan plus exercise for weight loss. Her research interests also include self-efficacy theory and its use as a theoretical basis for interventions, as well as measurement of the construct. Burke has learned that individuals who want to achieve long-term success in managing their weight should adopt permanent healthy eating and exercise habits, rather than merely following a temporary “program” or “diet.”

Denise Charron-Prochownik, PhD, RN, CPNP

“Reproductive Health Awareness for Teens with Diabetes”
 (American Diabetes Association)

Diabetes can affect all aspects of human sexuality. This includes reproductive function (e.g., menstrual irregularities), sexual dysfunction (e.g., hypoglycemia during sexual activity, increased vaginal infections, decreased vaginal lubrication), and perinatal complications (e.g., congenital abnormalities, spontaneous abortion). Yet, most adolescent women with diabetes are unaware or have misconceptions about the effects of diabetes on reproductive health and their risks for complications. Furthermore, most teenage women are not informed that many of these problems may be preventable by maintaining tight metabolic control, practicing proactive reproductive health behaviors, and receiving pre-conception counseling (PC). Charron-Prochownik is developing an intervention utilizing state-of-the-art, individualized, interactive CD-ROM technology to increase reproductive health awareness and to stress the importance of pre-conception counseling for young diabetic women early in their child-bearing years, prior to the onset of sexual activity. Early results indicate that multimedia technology may facilitate learning information more rapidly and with greater ease, and result in better user satisfaction than through conventional methods.

Susan Cohen, DSN, APRN

“Menopausal Symptom Relief for Women with Breast Cancer”
 (National Institutes of Health/National Cancer Institute)

For many years, Western nations have used hormone replacement therapy (HRT) as the primary form of treatment for menopausal symptoms such as hot flashes, headaches, insomnia, and anxiety. However, studies show that estrogen increases the risk of uterine cancer, and that estrogen combined with progestin increases the risk of breast cancer without improving the quality of life. There is a heightened risk for women who are breast cancer survivors. Cohen is conducting a randomized, placebo-controlled clinical study to determine the effectiveness of acupuncture in relieving menopausal symptoms. She developed one of the first studies in the United States to explore acupuncture’s effectiveness in alleviating hot flashes, insomnia, and nervousness. Cohen also conducted a study tracking the effectiveness of the herb *Cimicifuga racemosa* (Black cohosh) for menopausal symptom relief and launched a study to explore adjustment after hysterectomy. In the future, Cohen will explore other mind-body therapies for menopausal symptom relief. Cohen is finding that acupuncture

holds great promise for relief of hot flashes and sleep disruptions related to menopause for women who are breast cancer survivors.

Yvette Conley, PhD

“Investigation of Mitochondrial Variation and Heteroplasmy in Functional Outcome Following Neurotrauma”
(Competitive Medical Research Fund)

“Genetics of Age-Related Maculopathy” (National Institutes of Health)
“The Calcium-Sensing Receptor and Alzheimer’s Disease”
(Alzheimer’s Association)

Scientists are learning that many diseases and ailments are triggered by variation in our DNA. Genetics could help doctors and nurses identify patients who are at risk for developing certain diseases and conditions, and classify patients who would benefit from a particular type of intervention. Furthermore, genetics could help explain the biology of diseases we currently do not understand. Conley is involved in several research projects examining the role molecular genetics plays in identifying and/or treating certain medical conditions. In one study, Conley is investigating how mitochondrial genetics is involved in the level of recovery following brain injury. In another study, Conley is looking for a correlation between Alzheimer’s disease and genetics. By identifying the genes that could make a person susceptible to Alzheimer’s disease, Conley hopes to identify at-risk individuals and target an appropriate intervention. Conley is also working on a study searching for the genes involved in age-related macular degeneration, one of the major causes of blindness in Western populations. This study could lead to new forms of treatment for an otherwise untreatable disorder. These last two studies have further strengthened hypotheses that individual genetic variation plays a substantial role in the etiology of Alzheimer’s disease and age-related macular degeneration.

Rose Constantino, PhD, JD, RN, FAAN

“Stress, Social Support, and Health Outcomes in Abuse”
(Central Research Development Fund)

“Delivery of Digital Media in Teaching and Research”
(Office of the Provost/High Performance Network Applications Initiative)

Domestic abuse is the leading cause of injury for American adult females. It also contributes to a host of psychological and physiological disorders. Without prompt help, some abused women even face the risk of death at the hand of their abusers. Constantino is evaluating the effects of stress on the health of abused women. This study will also assess the effectiveness of social support group intervention in reducing stress and improving health in abused women. In addition, Constantino is conducting a study exploring the usage of digital media in teaching and research. As part of this study, she will webcast a legal and forensic nursing course, develop a certificate program in legal nurse consulting and forensic nursing, and explore the development of a computer-provided research-based intervention program for women experiencing abuse and sexual assault.

Annette De Vito Dabbs, PhD, RN

“Promoting a Healthy Transition after Lung Transplantation”
(International Society of Heart and Lung Transplantation, Nursing and Social Sciences Research Award)

Lung transplantation is among the most difficult forms of solid organ transplantation performed today. Overall survival after a lung transplant is poorer than with other organs and complications are more frequent. Additionally, because of the limited availability of donor organs, it is

important that interventions be established that increase the viability of transplanted organs and ultimately improve the quality of survival for lung recipients. Previous studies conducted by De Vito Dabbs provide evidence that like other health-related transitions, lung transplant candidates face new challenges during their transition to becoming a lung transplant recipient. Therefore making a healthy transition is crucial if lung recipients are to attain maximal benefit from transplantation. Because each health transition is unique, De Vito Dabbs is currently conducting a study to identify ways to promote the adjustment after lung transplantation from the perspective of recipients, their families, and transplant clinicians. Early results indicate that interventions to promote the adjustment should be initiated pre-transplant and targeted toward enhancing communication and an active partnership between lung recipients and transplant clinicians. It is hoped that targeting interventions to the transition period will not only promote lung recipients’ early adjustment, but also contribute to the achievement of positive outcomes over the course of their survival.

Heidi Scharf Donovan, PhD, RN

“The Role of Cognitive and Emotional Representations in Cancer Symptom Management”
(National Institutes of Health/National Institute of Nursing Research; Oncology Nursing Society)

“WRITE Symptoms: A Cancer Symptom Management Study”
(In review at National Institute of Nursing Research)

Individuals with cancer often experience multiple, co-occurring symptoms that drastically impair functioning and quality of life. Women with ovarian cancer, who experience an average of 10-13 concurrent symptoms, are at particular risk for negative quality of life outcomes. The process of trying to manage multiple symptoms can be overwhelming and the factors that influence womens’ efforts and success at managing multiple symptoms are not well understood. Working with the National Ovarian Cancer Coalition (NOCC), Donovan has been conducting research to better understand the relationships among personality, symptom, and illness-related cognitions and emotions (referred to as representations), coping efforts (e.g. communication with health care providers, adherence to treatment recommendations, and use of active coping strategies), and quality of life in women with ovarian cancer. Early results suggest that optimism and trait anxiety have strong influences on symptom and illness representations as well as on the quality of life.

Willa Doswell, PhD, RN

“A Randomized Controlled Trial of the NIA Intervention”
(National Institutes of Health/National Institute of Child Health and Human Development)

“Influences of the Conceptualization and Processing of Racial Stereotypes on the Sexual Behavior of African-American Early Adolescents: A Pilot Study Using the Theory of Mediated Action”
(Center for Research in Social and Racial Problems, University of Pittsburgh)

Approximately 12% of this country’s 34 million African-American adolescents are facing earlier challenges to participate in sexual activity. That can lead to earlier potential for pregnancy and contraction of sexually transmitted diseases. Doswell’s study is looking for ways to delay the early sexual behavior for African-American girls between the ages of 11 and 13, using the NIA girls self-development group. This group seeks to promote self-esteem, healthy lifestyles, and good decision-making. In addition, Doswell is developing an intervention to help African-American

adolescents sort out confusing media messages and make responsible choices when it comes to sex. She is examining the type of media that early African-American teens watch, interpreting how they watch the media, and determining how the media influences them to start sexual behavior at an earlier age. Doswell is finding that teenage girls are not only adopting the dress and hair styles of popular female recording artists, but also possibly following the examples they set in videos about how to relate to young men.

Jacqueline Dunbar-Jacob, PhD, RN, FAAN

- “Center for Research in Chronic Disorders”
(National Institutes of Health/National Institute of Nursing Research)
- “Adherence in Rheumatoid Arthritis: Intervention Strategies”
(National Institutes of Health/National Institute of Nursing Research)
- “Improving Medication Adherence in Comorbid Conditions”
(National Institutes of Health/National Institute of Diabetes & Digestive and Kidney Diseases)
- “Improving Primary Care Services: Personal Illness Model” *
(National Institutes of Health/National Institute of Mental Health)
- “Depression and Anxiety in Lung Transplantation” *
(National Institutes of Health/National Institute of Mental Health)
- “Personality and Medication Adherence in Transplantation” *
(National Institutes of Health/National Institute of Mental Health)
- “Center for Healthy Aging” * (Center for Disease Control)
- “Personal Robotic Assistants for the Elderly”
(National Science Foundation)

More than 50% of patients in health care have difficulty carrying out their treatment regimens. Nonadherence potentially decreases the quality of life and often results in disease progression. Much of Dunbar-Jacob’s research has focused on patient adherence to treatment for a variety of chronic illnesses and/or risk factors. Dunbar-Jacob established the Center for Research in Chronic Disorders (CRCD) at the University of Pittsburgh School of Nursing, which provides infrastructure support for research in chronic disorders focusing upon adherence, functional status, quality of life, cognitive function, co-morbidity, and socio-demographic factors as they impact and are impacted by intervention. One particular study is determining whether differences exist between African-Americans and Caucasians in the beliefs about illness, which could impact adherence to treatment. Studies to date suggest that as many as 50% of patients receiving care for chronic conditions continue to be poorly adherent to treatment regimens, with adherence declining over time and treatment. Intensive behavioral interventions make modest gains in levels of adherence. Dunbar-Jacob and other School of Nursing researchers have also collaborated with the Carnegie Mellon University Robotics Institute in developing personal mobile robots that assist elderly and disabled people in their homes.

Sandra Engberg, PhD, RN, CRNP

- “Homebound Elderly: Maintaining Post-Treatment Continence”
(National Institutes of Health/National Institute of Nursing Research)
- “Morris Center Quality Improvement Project”
(Commonwealth of Pennsylvania)

One of the most prevalent problems in the elderly population is urinary incontinence. It is estimated that this condition affects 15% to 30% of community-dwelling older adults and 50% of institutionalized elderly persons. Urinary incontinence increases the risk of skin irritation and breakdown, urinary tract infections, and falls. Incontinence is a costly

problem and a leading cause of nursing home admissions. Even more troublesome, older persons may be reluctant to leave their homes because of the social stigma associated with urinary incontinence. Engberg is currently examining the effectiveness of a relapse intervention in maintaining urinary continence after older adults receive pelvic floor muscle training. She is also looking at the cost-effectiveness of providing this intervention to an elderly population.

Judith A. Erlen, PhD, RN, FAAN

“Adherence to Protease Inhibitors” (National Institutes of Health/ National Institute of Nursing Research)
Highly active antiretroviral therapy (HAART) has brought an increased sense of hope and optimism to persons with HIV infection. Yet, near perfect adherence to the drug regimen may be necessary to prevent HIV disease progression, cross-resistance to other drugs, and development of viral mutations. Despite these remarkable advances in treating HIV infection, many people with HIV are not fully adhering to a treatment program that can keep them alive, healthy, and independent. Erlen is testing the effectiveness of a telephone intervention based on social cognitive and self-efficacy theories to improve adherence in persons with HIV infection who are prescribed combination antiretroviral therapy. Through this intervention, Erlen hopes to change the mindset of patients with HIV who do not fully adhere to taking their medications. Adherence to HAART has the potential to prolong and improve the quality of life for persons with HIV infection. Based on patient feedback from this study, Erlen has learned that research testing the effectiveness of an individualized adherence intervention may be warranted.

Linda Garand, PhD, APRN, BC

“Mental Health Outcomes of Living with a Spouse with Mild Cognitive Impairment: A Feasibility Study”
(WPIC Mental Health Intervention Research Center)
Despite the pragmatic, long-term health care policy issues that serve as the impetus for dementia caregiving research, psychosocial interventions evaluated to date have only been moderately effective at improving health outcomes associated with the dementia caregiving role. Such consequences have negative implications for the health of our nation, given that demographic trends suggest a future epidemic of persons afflicted with dementia requiring care. Furthermore, persons with a consensus diagnosis of mild cognitive impairment (MCI) have a 12% annual probability of progressing to a dementing disorder. Garand hopes to learn if preventive strategies can be implemented with family members of persons with MCI to prevent negative health outcomes in those family members that later become dementia caregivers.

Mary Beth Happ, PhD, RN

“Ventilator Weaning: Processes of Care and Communication”
(National Institutes of Health/National Institute of Nursing Research)
“SPEACS: Study of Patient-Nurse Effectiveness with Assisted Communication Strategies”
(National Institutes of Health/National Institute of Child Health and Human Development)
The inability to communicate during critical illness can be a traumatic life event that is frightening, reduces patient participation in care and decision-making, and impairs pain and symptom assessment. The distress experienced during this period of voicelessness can persist for months and years following intensive care unit (ICU) survival. Happ’s program of

research focuses on understanding and improving communication with non-speaking patients in acute and critical care settings. She has participated in and conducted research with non-speaking patients who require long-term mechanical ventilation for 15 years. Happ's current study employs ethnographic and event analysis techniques to describe the processes of care and communication in weaning patients from long-term mechanical ventilation. Pilot studies exploring the feasibility of the use of electronic voice output communication aids with non-speaking ICU and post-operative head-and-neck cancer patients led Happ to develop the SPEACS project. This is a clinical intervention study to test the impact of basic communication skills training for nurses and augmentative and alternative communication techniques and education for nurses with individualized speech language pathologist consultation on the ease, quality, frequency, and success of communications between nurses and non-speaking ICU patients.

Leslie A. Hoffman, PhD, RN, FAAN

"Improving Outcomes in Mechanically Ventilated Patients" (National Institutes of Health/National Institute of Nursing Research)

Patients who remain dependent on mechanical ventilation for long periods of time experience high mortality and, if they are unable to wean from mechanical ventilation, they are likely to remain in long-term care facilities for the remainder of their lives. Hoffman and her colleagues are testing ability of care managed by an acute care nurse practitioner (ACNP) to improve outcomes in these patients during their admission to an intensive care unit (ICU) and in the post-discharge period. The secondary aim is to identify factors that promote weaning progression and weaning success in this population. Preliminary findings indicate that ACNP-managed care produces outcomes equivalent to those during care managed by physicians-in-training (residents, fellows) in terms of ICU length of stay and weaning success.

Rosemary Hoffmann, MSN, RN

"Enhancing Professional Competence through High Fidelity Human Simulators" (Innovation in Education Award)

High fidelity human simulators (HFHS) utilize a state-of-the-art teaching strategy that mimics real-world medical situations. Simulation in the laboratory permits students to practice clinical decision making without jeopardizing patient safety and increases professional competence through hands-on application, repetition, and immediate feedback. Easily integrated into curricula, HFHS can be expanded to provide continuing education and could be utilized as a recruitment tool to expose potential applicants to nursing. As part of her study, Hoffmann is incorporating HFHS into an established nursing curriculum and is testing its ability to improve clinical competence for senior-level undergraduate nursing students. Additional collaboration with other students and faculty incorporates HFHS in continuing education with certified registered nurse practitioners (CRNPs) and conscious sedation.

Marilyn Hravnak, PhD, RN

"Prevalence and Impact of Atrial Fibrillation Following Standard and Off-Pump Coronary Artery Bypass Grafting" (University of Pittsburgh Central Research Development Fund)

Atrial fibrillation is the most common complication that adults experience following coronary artery bypass grafting (CABG). Off Pump CABG (OPCABG), a newer procedure for CABG, is performed without the heart-lung bypass machine. There is some evidence that OPCABG has shown

potential to decrease the prevalence of atrial fibrillation and other post-operative complications such as bleeding and stroke. However, because the baseline characteristics of patients undergoing CABG and OPCABG are frequently different, it has been difficult to make meaningful comparisons in complication rates in prior research studies. Hravnak is conducting a study to determine if there is a difference in the prevalence of atrial fibrillation between patients undergoing standard CABG with heart-lung bypass and a group of patients undergoing OPCABG who are matched on age, gender, the number of vessels being bypassed, and baseline cardiac function. Findings from this study will enable clinicians to determine whether this newer procedure is superior in decreasing the prevalence of post-operative complications in similar patients.

Mildred Jones, PhD, RN, CS

"Ethnic Differences in Adherence to Antihypertensive Medications: A Prospective Study"

(National Institutes of Health/ National Institute of Nursing Research, CRCDC) Studies examining the health outcomes of people with hypertension have reported overall poorer outcomes for minorities. About 35% of African-Americans have hypertension, which contributes to heart disease, stroke, and kidney failure. Also, 20% of the cardiovascular-related deaths among African-Americans are attributed to hypertension – about twice the percentage for Caucasians. Ethnic differences in adherence to pharmacological treatment regimens and beliefs about hypertension could account for the differences in health outcomes. Jones' research examines the rates of adherence to antihypertensive medications between African-Americans and Caucasians using an electronic event monitor. In addition, this study examines ethnic differences in beliefs about hypertension-related subjective norms (i.e., family, friends, church), illness perceptions, spirituality, and religiosity. These beliefs could impact the intention to adhere to treatment. Early results of this study show that ethnicity explains significant variance in adherence. Differences in beliefs about hypertension have also been identified. This study will serve as a foundation for future studies of culturally-sensitive interventions to improve adherence.

Mary Kerr, PhD, RN, FAAN

"Genetics and Brain Ischemia in the Critically Ill"

(National Institutes of Health/National Institute of Nursing Research)

"The Effect of APOE on Outcomes in Traumatic Brain Injured Adults "

(National Institutes of Health/National Institute of Nursing Research)

"Methods of Predicting Delayed Cerebral Ischemia in SAH"

(National Institutes of Health/National Institute of Nursing Research)

Kerr is conducting a series of studies to identify factors that will maximize cerebral perfusion in the critically ill patient with a brain injury. These studies focus on genetic variation in association with biological markers after injury. Her long-term objective is to identify profiles of patients based on genetic variation that will allow clinicians to design individualized interventions to maximize cerebral perfusion. For instance, Kerr is examining lipoprotein (APOE) genotype and its relationship to the cerebrovascular, metabolic, and neurotransmitter responses and functional outcomes following a traumatic brain injury. Results from this study could lead to genetically-specific nursing, medical, and pharmacologic therapies that assist in the recovery from traumatic brain injury. In yet another study, Kerr is comparing bedside multimodal monitoring and biological markers in combination with the routine neurologic examination in the detection of delayed cerebral ischemia (DCI), a clinical emergency for patients with severe subarachnoid hemorrhage. If successful, identification of the most

sensitive and specific marker of delayed cerebral ischemia would help to initiate treatments more quickly and with minimal risk for neurological damage.

Deborah Lewis, EdD, MPH, RN

[“Consumer Health Informatics”](#)

Children with special health care needs require a wide spectrum of health-related services and resources. The challenges faced by patients and families in accessing needed services in a coordinated fashion can be quite overwhelming. Consequently, many children and families suffer because the health care delivery they receive is not comprehensive and efficient, and does not meet their unique set of needs. Interventions that include effective communication between parents and care providers, positive social support networks, and the availability of comprehensive information resources are related to improved health decision-making, more effective coordination of complex care, and improved health outcomes for these families. Access to the Internet has introduced a vast world of new possibilities for information sharing and communication. The Internet shows promise as a communication strategy to facilitate care coordination for children with complex medical needs. Lewis is examining patient-focused Internet strategies to facilitate health care decision-making and to improve patient-provider communication for families of children with special health needs.

Judith Matthews, PhD, RN

[“Use of Technology with Caregivers of Stroke Survivors”](#)

(National Institutes of Health/National Institute of Nursing Research)

[“ITR: Personal Robotic Assistants for the Elderly”](#)

(National Science Foundation)

Family caregiving that precipitously arises when stroke occurs in another family member presents an enormous challenge for nursing practice. Thrust abruptly into what amounts to an unexpected career change, individuals who assume the role of a family caregiver must rapidly assimilate a tremendous amount of new information and acquire new skills. They need to master dual competencies that require meeting the stroke survivor’s needs (caregiving competence) while adhering to health habits that preserve their own health and well-being (self-preservation). Matthews is conducting a study to create an intervention that uses technology to help family members prepare to become caregivers of stroke survivors. This study will examine the effectiveness of in-home access to the Internet and e-mail, so family caregivers can receive more extensive information about caregiving and stroke. In addition, Matthews is conducting a study to determine the effectiveness of a robotic walker for elderly persons who are experiencing some effects of physical deterioration.

Ellen Olshansky, DNSc, RNC

[“Group Psychotherapy for Depressed Infertile Women”](#) (In review at National Institutes of Health/National Institute of Mental Health)

Approximately 15% of childbearing-age women are infertile, and many infertile women experience depression either as a result of or coincident with infertility and its treatment. Social isolation and difficulty in interpersonal relationships are correlated with the development of depression. In a series of qualitative studies, Olshansky found that infertile women’s interpersonal relationships are frequently adversely affected as a consequence of infertility, with resultant feelings of disconnection from others and social isolation. These difficulties in interpersonal relationships could be possible contributors to the development

of depression. Relational Cultural Theory, developed by Jean Baker Miller, MD and her colleagues, purports that healthy interpersonal relationships are necessary for healthy psychological development. Interpersonal psychotherapy (IPT), developed by Gerald Klerman, MD, and Myrna Weissman, PhD, which also emphasizes positive relationships as key factors in psychological health, is one way to assist these women in improving their interpersonal relationships with the goal toward decreasing their depression. Olshansky was selected to participate in the “NIMH/NINR Building the Capacity of Psychiatric Nursing Research Program,” in which she worked closely with a mentor, Dr. Ellen Frank, PhD, to write a research grant that seeks to develop an adaptation of IPT, using a group context and integrating concepts of Relational Cultural Theory. This novel IPT approach will provide a way for the women to learn strategies for coping with infertility and mitigating their depression within a relational context where there are other women with similar experiences.

Thelma Patrick, PhD, RN

[“Exercise Intervention to Reduce Recurrent Preeclampsia”](#)

(National Institutes of Health/ National Institute of Nursing Research)

Exercise has positive effects on the cardiovascular, metabolic, endocrine, and immune systems. Preeclampsia, a hypertensive disorder of pregnancy, has many common risk factors, and involves a common pathway (namely endothelial activation) with cardiovascular disease. Patrick is conducting a randomized clinical trial to examine the effectiveness of moderate-intensity exercise for women who are at risk of experiencing a recurrence of preeclampsia. By maintaining an exercise program, women who experience preeclampsia in more than one pregnancy may be able to reduce their risk of developing cardiovascular disease later in life.

Kathryn Puskar, PhD, RN, CS, FAAN

[“Teaching Kids to Cope with Anger”](#) (Staunton Farms Foundation)

Growing up in a complex world can be bewildering for many adolescents. For some teenagers, anger is their way of resolving conflicts, especially when they don’t feel in control of events in their lives. Puskar is developing a school-based, psycho-educational group program that is helping students learn about and practice coping methods to manage anger. This pilot project is unique because it provides intervention at the stage before violence is manifested. Students learn to recognize anger as a potential cause or signal that may lead to violence or other problem behaviors. Puskar’s intervention provides youth with ways to control their anger and suggests strategies for constructively diffusing anger, thereby positively impacting their interpersonal and community interactions, self-esteem, behavior, and coping skills.

Margaret Quinn Rosenzweig, PhD, CRNP-CS, AOCN

[“Barriers to Symptom Management in Metastatic Breast Cancer”](#) (National Institutes of Health/National Cancer Institute)

Most of the literature concerning patient factors in health disparity and barriers to cancer care focuses on early detection of cancer, rather than symptom management for advanced cancer. Interviews of women with breast cancer seeking care support the assertion that screening and diagnostic behaviors among African-Americans are heavily influenced by social support, spirituality or religion, and whether or not health care providers (HCP) promote screening and diagnostic behaviors. Psychosocial variables of utility (usefulness of outcome) and norm (what others in the community would do in the same situation) were predictive

of intention to seek care in African-American women. The current knowledge gap in the literature includes: basic information regarding symptom severity related to metastatic cancer treatments; the role of race and income status on symptom severity among low income and African-American patients with metastatic cancer; and patient-based barriers to good symptom management among all populations. This newly initiated project targets this information gap by examining symptom occurrence, severity, quality of life, and symptom-management barriers according to race and income in order to provide the basis for meaningful interventions in patients with metastatic breast cancer.

Elizabeth Schlenk, PhD, RN

“Improving Aerobic Activity and Fitness in Osteoarthritis: A Feasibility Study”
(Central Research Development Fund)

“Improving Physical Activity and Fitness in Comorbidity”
(National Institutes of Health/National Institute of Nursing Research)

Regular physical activity offers numerous health benefits, especially for patients who live with chronic health problems. Schlenk is developing several exercise interventions to help certain at-risk patient populations stay fit and healthy. In two of her studies, Schlenk is testing an intervention that could help people with osteoarthritis (OA) of the knee to become stronger, remain physically active, and enjoy a greater quality of life. She has found that knee exercise therapy is a particularly important component of treatment for OA of the knee and can enable persons with OA of the knee to begin to engage in regular physical activity. This intervention may be particularly important for persons who are at risk for the development of cardiovascular disease.

Mary Ann Sevick, ScD, RN

“Diabetes Adherence Intervention in Older Adults: A Pilot”
(National Institutes of Health/National Institute on Aging)

“Dietary Adherence Enhancement Intervention in Patients Receiving Maintenance Hemodialysis”
(Obesity and Nutrition Research Center, University of Pittsburgh and the Center for Research in Chronic Disorders, University of Pittsburgh School of Nursing)

Individuals with complex chronic diseases must often make numerous lifestyle changes. They must remember to take one or more medications, follow dietary restrictions, keep physically active, receive special treatments, monitor their health status, and promptly notify health care professionals when problems arise. Given the complicated nature of some disease management regimens, it is not surprising that many patients fail to follow the advice of their health care providers. Sevick is currently engaged in two studies, based on Social Cognitive Theory (SCT), to assist patients in adhering to complicated disease management regimens. In one study, she is testing a SCT intervention for those with uncomplicated type 2 diabetes. The intervention involves group and individualized counseling regarding dietary management, medications, exercise, and glucose self-monitoring. Sevick is also conducting a study to assist hemodialysis patients in adhering to their dietary regimen. The SCT intervention involves individualized counseling with careful dietary self-monitoring using a personal digital assistant (PDA). In addition to testing the intervention with hemodialysis patients, Sevick is examining the impact of cognitive function on dietary adherence and its impact on the effectiveness of the intervention.

Janet Stewart, PhD, RN

“Conceptual Model of Uncertainty in Children with Cancer” (Oncology Nursing Society/Amgen, Inc.)

Despite improvements in treatment outcomes for childhood cancer, the illness trajectory and ultimate survival of each individual child remains uncertain. Such illness-related uncertainty has been strongly linked with psychological outcomes in adults facing their own life-threatening illness or that of their child, but has never been systematically studied in children themselves. Based on preliminary qualitative research and on Mishel’s Uncertainty in Illness theory, Stewart has tested a conceptual model of the antecedents and consequences of uncertainty in children undergoing cancer treatment. Illness, family, and developmental factors were associated with children’s level of uncertainty, which in turn strongly predicted their level of emotional distress. Planned follow-up studies will examine more closely the transition from late childhood to early adolescence and the implications for uncertainty in how children come to take responsibility for the management of their illness and their adherence to treatment regimens.

Carol Stilley, PhD, RN

“Personality and Medication Adherence in Transplantation”
(National Institutes of Health/National Institute of Mental Health)

Immunosuppressant medication following cardiothoracic transplantation is critical to long-term survival, but is problematic for a significant percentage of recipients of transplants. Poor adherence after heart and/or lung transplantation accounts for a significant proportion of mortality from graft failure. Re-transplantation, from a limited donor pool, is often the only option, and is not highly successful. While some progress has been made in identifying psychosocial predictors of non-adherence, findings across studies have been inconsistent. Stilley’s study is designed to evaluate relationships among personality, medication adherence, and other putative risk factors for cardiothoracic transplant patients. This study may provide keys for understanding problems with adherence and propose more effective interventions to maximize adherence.

Gayle R. Whitman, PhD, RN, FAAN

“Impact of Structure and Process on Patient Outcomes”
(Central Research Development Fund)

“Impact of Structure and Process Variables on Outcomes”
(National Institutes of Health/National Institute of Nursing Research)

Patient safety has always been of paramount importance to health care providers. Recent governmental and lay press reports provide evidence that despite the goal for patient safety, adverse event outcomes can and do occur with alarming frequency in health care settings, especially in hospitals. With a growing nursing shortage, it is unclear how nurse/patient staffing ratios affect patient safety. Whitman is conducting a study to determine if the number and types of nurses providing care to patients have an impact on whether they develop common complications that occur during hospital stays. The findings from this study will build on existing information and provide further direction for hospital and nursing administrators as they try to determine which levels of staffing are required to safely meet the needs of patients.

Making a Gift to the School of Nursing is Easier Than Ever

VISITING WITH SCHOOL OF NURSING alumni is an honor. It is exciting to hear about their experiences at Pitt and how the education they received changed their lives. Many alumni express the desire to make a gift to the School of Nursing but are unsure how to accomplish it with their existing assets.

There are many options an alumnus can use to make a gift to the School of Nursing. Alumni must learn about these options and decide which one is more advantageous for their unique situation.

I have consulted with the executive director of Planned Giving, Walter (Terry) Brown. He has offered the following information related to the use of retirement assets in making a gift to the School of Nursing.

Qualified Retirement Plans (QRPs) and Individual Retirement Accounts (IRAs) hold a tremendous amount of the wealth that is expected to pass from one generation to the next in the coming decades. Nurses with modest incomes have, in many cases, accumulated substantial funds in their retirement accounts, often over one million dollars.

A concern for many retired nurses is the estate tax and the effect it will have on their heirs. Under the current tax plan, the estate tax is gradually being phased out through an increase in the exemption. In 2010 it will be repealed, but will return in 2011 at 50% on anything over one million dollars. Under the current structure of the estate tax and income tax, more wealth can sometimes be passed to heirs by placing IRA assets into a **Charitable Remainder Trust (CRTs)** than by leaving it to them outright. **CRTs** provide an annual income for one or more beneficiaries as well as a substantial income tax deduction. If funded with appreciated securities, the donor avoids all capital gains taxes. Please be mindful, that each individual case is different. Before making any major decisions concerning your retirement assets you should consult with a legal and/or financial advisor.

Another consideration when making gifting decisions is the reduction of the income tax rates through 2006. Most people expect to be in a lower bracket following retirement. This gradual reduction of rates encourages donors to utilize timing to their best advantage when making financial moves. Donors need to remember that as the income tax rate drops, **deductions are worth more and income worth less** than they will be in succeeding years.

Income Tax Rates

2002 - 2003	27%	30%	35%	38.6%
2004 - 2005	26%	29%	34%	37%
2006 - after	25%	28%	33%	35%

Charitable Gift Annuities (CGAs) provide a guaranteed, fixed rate of income for life. CGAs may be a good alternative for retired nurses who are less than happy with the return they are receiving from their CDs or stock dividends.

Example: Cathy E., RN, age 70, transfers \$20,000.00 from a CD into a CGA with Pitt. She will receive a charitable contribution income tax deduction of \$7596.40. Her annual income will be \$1,240.00 (6.2%), the tax-free portion will be \$779.96, and the ordinary income will be \$460.40. After 15.9 years, the entire annuity becomes ordinary income.

- The older the donor, the higher the rate of income for which they qualify.
- CGAs can be funded with cash, securities, and mutual funds.

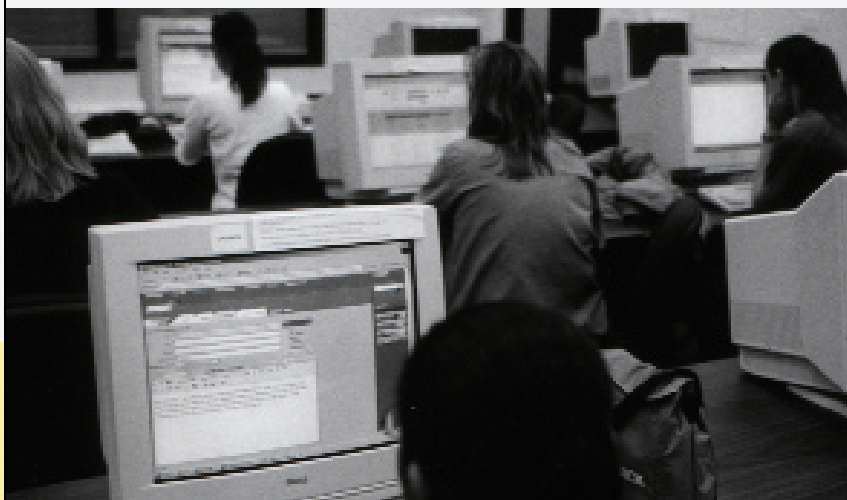
The Deferred Gift Annuity (DGA) is another, often overlooked, planning tool. Contribute \$20,000.00 or more in cash or appreciated securities, earn a tax deduction now, and start receiving an annual income at the future date (e.g. after age 65).

A Charitable Lead Trust (CLT) allows the donor to make a substantial gift while ensuring that they or their heirs will resume control of the principal at a future date.

Example: Kathleen M., RN, transfers \$200,000.00 in cash to Pitt to establish a 7% CLT. For a term of 20 years, Pitt will receive 7% of the trust's initial value, after which the principal will revert to Kathleen or her heirs. CLTs are often used as a very effective method to reduce estate taxes.

For a specific example of how a life income gift can benefit you or a loved one, go to www.pitt.edu, then click **Giving to Pitt**, then **Planned Giving**, then **Gift Calcs**. To receive a free brochure regarding the effects of TAX RELIEF 2001 or to personally discuss how one of these giving methods may benefit you, please contact: Walter Brown, director of University Planned Gifts, by telephone at 412-624-7723, by email at Walter.Brown@ia.pitt.edu, or by mail at 514 Craig Hall, 200 South Craig Street, Pittsburgh, PA 15260. All inquiries are kept strictly confidential and there is no obligation.

— MARY RODGERS SCHUBERT



GIVING TO THE SCHOOL OF NURSING HELPS ENSURE QUALITY EDUCATION AT AN AFFORDABLE COST FOR NURSING STUDENTS.

ALUMNI NEWS + NOTES

Nursing Alumni Society President's Message



AS I BEGIN MY TWO-YEAR TERM as president of the Nursing Alumni Society, I do so with a sincere commitment to enhancing the alumni mission at the School of Nursing. I have served on the Nursing Alumni Society Executive Board for six years and intend to build on the momentum this dedicated team has initiated.

Strengthening alumni ties to the School, instilling alumni allegiance among students, and funding educational opportunities will be our focus as we head into the 2003-2004 academic year. As a representative of the School's 8000+ alumni, the Board will strive to engage the support of fellow alumni through example and maintain an alumni presence that attracts and encourages current students.

I am proud to be a School of Nursing alumna and strongly believe that we, alumni, must consider the significance of giving back to our alma mater. By serving as mentors, officers on the Executive Board, or Nursing Alumni Society project volunteers, we can ensure accomplishments already achieved are only the beginning of a wonderful future for the School of Nursing, its alumni, and students.

Feel free to contact me through the office of the associate director of alumni relations, Joan Nock, at 412-624-2404 or via e-mail at jno100@pitt.edu. And make it a point to visit the Alumni & Friends website at www.nursing.pitt.edu to learn the latest on what's happening. I welcome all comments and suggestions as, together, we face the dawn of a new academic year.

GLORIA GOTASKIE, BSN '77, MSN '94
PRESIDENT

UPCOMING EVENTS

CONVOCATION 2003

September 8, 2003
Victoria Building – 1:00 p.m.

CAMEOS OF CARING AWARDS GALA

October 4, 2003
Grand Ballroom
Pittsburgh Hilton Hotel – 6:00 p.m.

HOMECOMING

October 24-25, 2003
Pitt vs. Syracuse
[Stop by the Alumni Hospitality Tent at Heinz Field]

NURSING ALUMNI SOCIETY POINSETTIA SALE

November 3-24, 2003
[Poinsettia pick-up will take place on December 2]

NURSING HORIZONS CONFERENCE

March 12, 2004
Victoria Building

PINNING

April 25, 2004

GRADUATE STUDENT BRUNCH

April 25, 2004

GRADUATION

April 25, 2004
Petersen Events Center

ANNIVERSARY CELEBRATION

May 14-15, 2004

TO RSVP FOR AN EVENT OR FOR MORE INFORMATION,
CONTACT JENNIFER WHITEHURST AT (412) 624-5328
OR VIA E-MAIL AT JMw100@PITT.EDU.

NURSING ALUMNI SOCIETY EXECUTIVE COMMITTEE WELCOMES NEW MEMBER

Frances Eskra, MSN'86, has joined the Alumni Society Executive Committee as secretary. Currently working at Highmark as a consultant, she looks forward to actively participating in the School's alumni effort.

STEPHANIE MOTTER HUGHES FUND UPDATE

With the help of friend and classmate, Gloria Gotaskie '77, '94, members of the Class of 1977 have raised over \$1000 in memory of Stephanie Motter Hughes who passed away in May 2002. Donations will be directed to the School's mentorship program currently being coordinated by Kathe Niznik, director of undergraduate student services. For information about the mentorship program, please contact Ms. Niznik at 412-624-8643 or via e-mail at niznikk@pitt.edu. Volunteers willing to work as mentors are welcome. Donations (checks made payable to: University of Pittsburgh with "In Memory of Stephanie Motter Hughes" written on the memo line) can be mailed to: University of Pittsburgh School of Nursing, 218 Victoria Building, 3500 Victoria Street, Pittsburgh, PA 15261.

1950's

Marie L. Baloga Peters, MPH, MN, BSNEd'50, is now retired, but her nursing career took a most unconventional path. She practiced among the Indians in Wyoming and Arizona, spent five years in Alaska, worked for the Pan American Health Organization in the Caribbean and Central America, and was director of the Trust Territory School of Nursing on the island of Saipan.

1970's

Col. Patricia Wehrheim Affe, BSN '70, has become the hospital commander of the 4220th U.S. Army Hospital in Shoreham, New York. She has been a member of the Army Reserve for 28 years and was recently awarded the Meritorious Service Award.

Kathryn R. Puskar, DrPh, RN, CS, MN '71, coordinator of the Psychiatric CNS Program at the University of Pittsburgh School of Nursing, was inducted as president of the American Psychiatric Nurses Association in October, 2002 at the Dallas conference. She will assume a one-year presidency followed by a one-year role as past president.

Nancy D. Rubino, EdD, RNC, MN '79, BSN, '73, is professor of nursing and BSN program director at Wesley College in Dover, Delaware. Nancy was recently elected president of the Delaware Nurses Association.

Nancy Alexander Brom, BSN '74, recently relocated back home to Pittsburgh from Southern California. Now a part-time clinical instructor at Duquesne University, Nancy says it is great to be back!

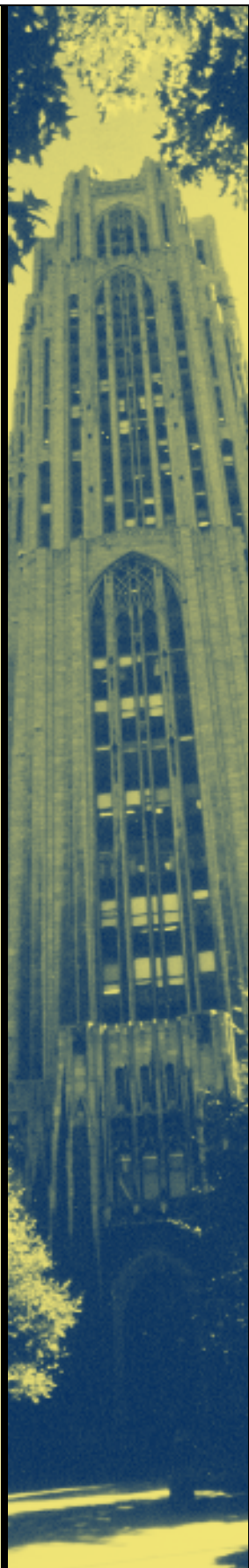
Kirsti Mary Hetager Stark, MSN '85, BSN '74, a nursing instructor for the Associate Degree Nursing Program (clinical focus Psychiatric/Mental Health Nursing), is celebrating 10 years of teaching at the Penn State University Fayette Campus.

Maria Ann St. John, BSN '75, became a CRNA in 1984 after receiving her degree from University Health Center of Pittsburgh, School of Anesthesia for Nurses. She currently is a CRNA for Queen City Anesthesiologists in Cincinnati, Ohio.

Kathleen Bollen Gaberson, PhD, MNEd '76, is professor and chair of the Department of Nursing Education at Shepherd College in Shepherdstown, West Virginia.

Ren Pieja-Grim, BSN '77, received a Master of Science in Nursing in Clinical Case Management from Villanova University, achieved certification in Case Management from the ANCC, and completed a post-master's certificate in Nursing Administration from Villanova University, March 2003. She is currently employed at the Reading Hospital and Medical Center in West Reading, Pennsylvania.

Jeanne Dettis Hopple, BSN '77, is currently a nursing instructor in the master's nurse practitioner and anesthesia programs at Florida Gulf Coast University in Ft. Myers, Florida. A volunteer nurse practitioner in the Student Health Services Clinic, she works part time in the emergency department of a local hospital and is enrolled in a post-masters family nurse practitioner program at the University of South Florida, Tampa. Jeanne also plans to pursue a DNS degree.



Elaine Miller, DNS, MN '75, RN, FAHA, was appointed as editor of the Association of Rehabilitation Nurses' Rehabilitation Nursing Journal. She is professor of nursing in the College of Nursing at the University of Cincinnati.

Sister Mary Consolata Pampackal, MNEd '77, is principal of Holy Cross College of Nursing in Kerala, India. The college was recently sanctioned by the State Government and Nursing Council and, in March 2003, admitted its first class of students in the two-year post basic BSc nursing course.

Lauren Saul, BSN '73, MSN, of UPMC Presbyterian Shadyside, has co-authored the article, "B-Type Natriuretic Peptide Testing for Detection of Heart Failure," that appeared in the January-March 2003 edition of Critical Care Nursing Quarterly.

Andrea J. Sloan, BSN '76, is an attorney in private practice in McLean, Virginia.

Col. Mary C. Smolenski, BSN '72, an Air Force flight nurse for 30 years, is currently working with ANCC credentialing and certification. She was a guest presenter at the School of Nursing in March.

1980's

Dr. Joan Byers, MSN '87, was recently inducted into Mercer High School's Hall of Fame. She is the retired director of nursing education at Jameson Health System Inc. in New Castle, Pennsylvania and serves as post-baccalaureate representative on the Nursing Alumni Society Executive Committee.

Bernadette Melnyk, PhD, MSN '83, CPNP, PMHNP, FAAN, was the recipient of Sigma Theta Tau International's Audrey Hepburn Award for Service to Children. Dr. Melnyk is associate dean for research at the University of Rochester's School of Nursing.

1990's

Joan Such Lockhart, PhD '92, MNEd '79, BSN '76, FAAN, was awarded Duquesne University's 2003 Eugene P. Beard Award of Leadership in Ethics. Dr. Lockhart is professor and associate dean for academic affairs at the Duquesne University School of Nursing.

Scott Rhoades, BSN '95, society secretary and charter member of the Space Nursing Society, presented at the May 2003 National Association of Orthopedic Nurses Conference. He is currently a nursing coordinator and EMS/pre-hospital coordinator at Indiana Regional Medical Center, Indiana, Pennsylvania.

Melanie Shatzer, MSN '97, BSN '91, of UPMC Presbyterian Shadyside, has co-authored the article, "B-Type Natriuretic Peptide Testing for Detection of Heart Failure," that appeared in the January-March 2003 edition of Critical Care Nursing Quarterly.

2000's

Tina Carilli Paul, BSN '02, a registered nurse at UPMC Presbyterian's Liver Transplant Unit, was named "Rookie Nurse of the Year."

Rebecca Mitchell-Perry, MSN '02, BSN '99, is currently unit director of the neuroscience intensive care unit at UPMC Presbyterian Shadyside.

NURSING ALUMNI SOCIETY MAINTAINS PAA BANNER STATUS

At its annual Spring Meeting/Luncheon in mid-May, the Pitt Alumni Association (PAA) recognized the School of Nursing Alumni Society for earning "Banner Status" for a fourth consecutive year. Successfully meeting requirements in all eight banner initiatives, including communications, membership, fundraising, the alumni legislative network PART, partnerships, programs, and scholarships, the Nursing Alumni Society was represented at the luncheon by president, Joan Godich, immediate past president, Kris Keefer Wolff, and associate director of alumni relations, Joan Nock.

CALL FOR NOMINATIONS

The School of Nursing Alumni Society is accepting nominations for its 2004 Distinguished Alumni and Honorary Alumni Awards. Our alumni represent the University of Pittsburgh School of Nursing locally, nationally, and internationally through their work as nursing professionals. The School takes pride in the numerous accomplishments of its alumni but needs assistance in identifying those individuals who meet the following award criteria:

2004 DISTINGUISHED ALUMNI AWARD

Nominees for the 2004 Distinguished Alumni award/s must be a University of Pittsburgh School of Nursing program graduate and will be considered on the basis of leadership, achievement, and contribution in areas similar to the following: academia, administration, clinical practice, research and service (professional and community.)

When submitting 2004 Distinguished Alumni Award nominations, please indicate in which area nominees should be considered.

2004 HONORARY ALUMNI AWARD

This award recognizes an individual who is not a graduate of the University of Pittsburgh School of Nursing, but who has demonstrated extraordinary service and support to and for the School's mission.

When submitting nominations for Distinguished and Honorary Alumni, please include any materials (such as curriculum vitae or resume) and information that supports that nomination (i.e. letters of support, pertinent materials).

All 2004 Distinguished and Honorary Alumni nominations should be submitted no later than December 1, 2003 to the University of Pittsburgh School of Nursing Alumni Office; 218 Victoria Building; 3500 Victoria Street; Pittsburgh, PA 15261.

For more information, please contact the Nursing Alumni Office at 412-624-2404.

SCHOOL OF NURSING SET TO MARK MILESTONE ANNIVERSARY CELEBRATIONS IN 2004

Planning has begun for three significant School of Nursing anniversary celebrations in 2004: the 65th anniversary of the School's founding; the 60th anniversary of its master's program; and the 50th anniversary of the School's PhD program.

Convocation on Monday, September 8, will kick off the anniversary celebrations. A full slate of activities will span the academic year and offer student- and alumni-focused educational, research, and cultural programs. The anniversary celebrations will culminate with a weekend-long event May 14-15, 2004 that will include the annual Alumni Day event.

Please watch the School of Nursing's website at www.nursing.pitt.edu and the next issue of Pitt Nurse for more details. Make plans to celebrate Pitt Nursing during this special moment in time!



AFRICAN AMERICAN NURSING ALUMNI SCHOLARSHIP COMMITTEE PRESIDENT'S MESSAGE

Looking ahead to the fall term, I am committed to ensuring the ongoing success of the committee's efforts on behalf of minority students at the School of Nursing. Since our inception in 1989, we have focused on providing scholarship opportunities for this student population and have lightened the financial burden for 18 students.

I confidently put forth the following committee goals for the 2003-04 academic year: encourage continued support for the African American Nursing Alumni Scholarship effort; encourage alumni to experience the rewards of mentorship; and encourage alumni scholarship awardees to "give back" through service on behalf of the committee. Through collaborative relationships, I believe the committee will enjoy increased visibility within the School and beyond.

Your involvement is always welcome. Dedicated teamwork will make our goals attainable and guarantee the brightest of futures for minority nursing students. You may contact me through Joan Nock, the School's associate director of alumni relations, at 412-624-2404 or via e-mail at jno100@pitt.edu. I look forward to a productive academic year!

DR. LUEVONUE LINCOLN, MN '78, PHD '82
CHAIR, AFRICAN AMERICAN NURSING ALUMNI
SCHOLARSHIP COMMITTEE

ALUMNI DAY 2003 A SUCCESS AT THE PETERSEN EVENTS CENTER!

The Nursing Alumni Society Executive Committee was presenting host, along with Dean Dunbar-Jacob, as nine milestone reunion classes gathered from far and wide on May 3 to celebrate Alumni Day 2003. The state-of-the-art Petersen Events Center 'belonged' to the School of Nursing for the day, providing a unique and exciting venue.

Kicking off the day's festivities was a continental breakfast followed by class photographs and informative presentations offered by faculty, Dr. Judy Matthews ("Nursebot—a Pearl of a Nurse") and Kathy Magdic ("Distinguished Clinical Scholar"). A noon luncheon in the Club Lounge preceded the formal Alumni Day program that recognized scholarship donors, Mr. & Mrs. Stephen Miner; three 2003 Distinguished Alumni – Helen Burns, PhD '93, MN '81, who recently joined the School of Nursing as associate dean for clinical education, Margaret Shandor Miles, PhD, MN'65, FAAN, a professor at the University of North Carolina at Chapel Hill, and Madeline Turkeltaub, PhD, MN '70, CRNP, FAAN, acting deputy branch chief, nursing education and practice, division of nursing, BHPPr, HRSA; the 2003 Honorary Alumna – Joan Nock, the School's associate director of alumni relations; and student scholars – Felisha Cobb '04; Keirsten Montgomery '03; and Candace Grubb '03. A popular Theme Basket Raffle and a well-received Class Gift Program raised funds for scholarship and scholarly projects. The day concluded with a guided tour of the Events Center.

The following Alumni Day 2003 pictorial captures event highlights.



Obituaries

Dr. Ann M. Yurick

Dr. Ann M. Yurick, PhD '79, MA '59, BSN '58, associate professor emeritus and former department chair of the School's Department of Health and Community Systems, passed away on February 24. A three-time graduate of the University of Pittsburgh, she focused her nearly 40-year career at the School of Nursing on gerontological nursing as a teacher, researcher, and spokesperson for the aged. She was primary author of an award-winning textbook, *The Aging Person and the Nursing Process* (three editions), and her expertise as an administrator, mentor, and advocate for faculty and staff endeared her to colleagues.

Dr. Yurick was 67. A memorial service was celebrated at Heinz Chapel on June 9 and a scholarship has been established in her memory.

Donations may be sent to the University of Pittsburgh School of Nursing; 218 Victoria Building; 3500 Victoria Street; Pittsburgh, PA 15261.

In Memoriam

L. Kathryn Patterson Bryant, '40, '48

March 24, 2003

Mabel McJunkin Blanck, '43

January 18, 2002

Jeanne Anne Lithgow '45

February 20, 2003

Dorothy Pennington Parker, '48, '51

January 20, 2003

Mary Ann Pituch Wilkosz, '48

March 13, 2002

Betty Lillian Johnston, '50

January 1, 2003

Anna D. Krivonak, '57

Dr. Ann M. Yurick '58, '59, '79

(retired School of Nursing faculty)
February 24, 2003

Kathryn Virginia Walsh, '60

March 13, 2003

Susan Stewart Schmid, '63

Carey Thomas Boyle, '73

December 5, 2002

Loreen Mildred Uselman, '78

January 19, 2003

If you would like to express condolences, the Alumni Office will be pleased to forward your card. Send to the University of Pittsburgh, School of Nursing, 218 Victoria Building, Pittsburgh, PA 15261.

2003 HONORARY ALUMNA NAMED

Joan Nock, the School's associate director of alumni relations, was recognized during the Alumni Day program as the 2003 Honorary Alumna. Through her commitment and dedication to advancing the alumni effort at the School of Nursing, she has worked to successfully build and strengthen alumni ties. The Nursing Alumni Society was pleased to support her nomination. Joan's family was on hand to offer congratulations.

VINTAGE UNIFORMS ON DISPLAY

Current students have been given a glimpse back at nursing school fashion thanks to alumna, Marian Neustadt Hershman, '58, '70. Ms. Hershman has kindly donated her student nursing uniform, cap, and the uniform she wore to graduation. All are currently on display in the School's Student Services Department.



UNIVERSITY OF PITTSBURGH SCHOOL OF NURSING

Cameos of Caring Awards Gala: DEFINING NURSING'S FUTURE

SATURDAY, OCTOBER 4, 2003

PITTSBURGH HILTON HOTEL

6:00 p.m. Cocktails, Hors d'oeuvres and Chinese Auction

7:00 p.m. Dinner and Awards Presentation

Post-event reception with live entertainment

\$100.00 per person

Event proceeds benefit the Cameos of Caring Endowed Nursing Scholarship

FEATURING:

33 Awardees

5 Advanced Practice Awardees

2 Donate Life Awardees

Please detach the bottom reply form and mail to:
Jennifer Whitehurst, University of Pittsburgh School of Nursing,
218 Victoria Building, Pittsburgh, PA 15261

RSVP BY SEPTEMBER 24, 2003

Name _____

Address _____

City _____ State _____ Zip _____

Telephone Number: Home () _____ Business () _____

I/We wish to reserve _____ tables of ten at \$1,000 each.

I/We wish to make _____ reservation(s) at \$100 each.

Enclosed is my check for \$_____. *Please make checks payable to: University of Pittsburgh.*

PLEASE LIST THE NAMES OF THOSE IN YOUR PARTY:

A copy of the official registration and financial information of the School of Nursing, University of Pittsburgh may be obtained from the Pennsylvania Department of State by calling toll free, 1.800.732.0999. Registration does not imply endorsement. Please be advised that IRS regulations require a donation to be limited to the excess of the total amount paid over the value of the benefit received. \$40 of the total cost per ticket is tax deductible.

I/We cannot attend, but wish to make a contribution. Enclosed in my check for \$_____

I/We wish to be seated with _____

I/We have no seating preference. Please have the Gala Committee select seating.

I/We have special dietary needs. Please reserve _____ vegetarian dinners for _____

I/We have accessibility needs. Please call met at () _____ to discuss

FOR MORE INFORMATION, CONTACT JENNIFER WHITEHURST AT 412.624.5328, JMW100@PITT.EDU

ANNUAL GIVING FUND DONORS 2002-2003

The School of Nursing is deeply grateful to the following individuals and organizations that have provided their support and friendship. This list reflects donations from July 2002 through June 13, 2003. For further information on the Annual Giving Fund or to provide any corrections or omissions to this list, please contact Mary Rodgers Schubert, director of development, at 412-624-0856, or e-mail mschubert@pitt.edu.

+ Denotes Alumni Association members
* Denotes matching funds

INDIVIDUALS \$5,000 AND OVER

Mary Donnan Baker, '58 & Frank T. Baker
Leonard Jacob Baxt, CAS '69 & Joy H. Baxt
Mary Purdy Cook, '54
Rita L. Doll, '56, '60 +
Lucie S. Young Kelly, Ph.D., '47, '57; EDU '66
Karen Miner & Stephen J. Miner
Jeanne Swindell Wolfe Orr, '50, '61
Henry Posner, Jr., FAS '48
Jeanne Ann Muegel Tait, '67
Sallie Zoerb, '47 +

INDIVIDUALS \$1,000 - \$4,999

Jennifer L. Aikin, '91 & Robert W. Aikin
Susan Ann Albrecht, Ph.D., '75, '78; EDU '81 & John A. Albrecht +
Catherine Marie Bender, Ph.D., '79, '94
Patricia Ann Bohachick, Ph.D., '67, '70, '81
Dorothy Drake Brooks, '64, '67 +
Frederick Jawardo Caldwell, '98
Rose Eva Bana Constantino, Ph.D., '71, '79 +
Kathryn May Conway, '49 & John W. Conway
Jacqueline Dunbar-Jacob, Ph.D. + Maryann F. Fralic, Dr.P.H., '73; GSPH '82
Beverly L. Freed-Lawrence, '58 +
J. Roger Glunt, KGSB '60 & Lee Glunt +
Leslie A. Hoffman, Ph.D., EDU '79
Mary Elizabeth Kerr, '81 & Jack Edward Kerr, Jr., CAS '72
Dr. Kazuo Kodera
Miss Mary Lou Lane, '48
Luevonue M. Lincoln, Ph.D., '78, '82 & Dr. Eugene A. Lincoln
Elizabeth Lloyd Noroian, Ph.D., '68, '70; EDU '80
Virginia Lee Olson, '74
Gary Alexander Plummer, EDU '76 +
Evelyn Edith Ramming, '59 +
Irene Isabell Riddle, Ph.D., '70
Yvonne M. Silverberg, '64 +
Phoebe Dauz Williams, R.N., Ph.D., '70, '72 +

INDIVIDUALS \$500 - \$999

Cynthia Elizabeth Allhouse, KGSB '99
Phyllis Fay Armstrong, '53 & David J. Armstrong, CAS '52 +
Anne Urban Bonner, '80 +
Larry Richard Sadler, M.D., CAS '80; MED '84 & Mary Lynn Brown
Donna Dvorsky Caruthers, '78, '82 & William Franklin Caruthers II, Esq., LAW '80
Lynda Jo Davidson +
Julia Fae Donovan, '81
Robert M. Hallstrom
David C. Hammers, KGSB '59 +

Rebecca Webster Hudson, '63 & Floyd E. Hudson
Renee T. Juhl, Pharm.D., PHA '78 & Randy P. Juhl, Ph.D. *
Mary Beth Slemenda Klein, '77 & Charles Klein
Joanne Malenock, Ph.D., EDU '79
Judith Tabolt Matthews, Ph.D., '98; GSPH '99
John B. McCue, LAW '48
Patricia Drogos O' Donoghue, Ph.D., '73, '88
Wesley C. Pickard, ENG '61 +
Beverly H. Porter
Mary Rodgers Schubert +
Cynthia L. Roth, '81 +
Charlotte Mae Spicher, Ph.D., '63, '75
Roberta Anne Strohl, '79
Nancy L. Stuever, '78 & A. Lawrence Stuever *
Anthony J. Sutton
Susan Watters Wesmiller, '77, '83 & Steven Edward Wesmiller, ENG '78; LIS '82 * +
Eleanor Holbrook White, '43
Richard T. Yurick

INDIVIDUALS \$100 - \$499

Patricia Porter Adams, '83
Alice Heiple Ahlfeld, '65 +
Linda Powell Altieri, '84
Dr. Diane Jean Angelini, '73
Bonnie Bantley Anton, '68, '70 & Richard Paul Anton, Esq., LAW '59 +
Alexandra Czerniecki Aramini, '73
Frances Powell Bakewell, '54 & Frank S. Bakewell, Jr., M.D. +
Suzanne Laughrey Ballard, '52
Susan Elizabeth Bare, '94
Judith Gross Bartolotta, '67 & Vincent John Bartolotta, Jr., Esq., CAS '67; LAW '70 +
Gerene Sue Bauldoff, Ph.D., '93, '01 +
Alice Rowe Beegan, '47
Diane E. Belack
Judith Crowley Bellin, '64
Ruth Smith Bendel, '83, '92
Aimee Becker Benedict, '79
Diane Schleyer Berkowitz, '99
Mary Jane Bernier, Ph.D., '93 & George M. Bernier, Jr., M.D.
George S. Berry, CAS '37
Miss Madeline C. Bertucci, '74 +
Barbara Speel Blair, '69
Jean Lockhart Blair, '56, '76
Catherine Jones Bollinger, '55
Mary Virginia Bortas, '57 +
Jacqueline Goldberg Breakstone, '86
Nancy Burkhouse Brehm, '77 & George Kenneth Brehm, CAS '76
Mary Louise D. Brown, Ph.D., '90 +
Charlene A. Buchanan, '01
D. Naomi Buchholtz, '48 +
Julie Marie Budinger, '96
Rebecca Sheffey Bumsted, '64
Constance Fulgerzi Buran, '85

Lora E. Burke, Ph.D., '97; GSPH '98
Patricia Vernal Burkhardt, Ph.D., '72, '96 & Terry Paul Burkhardt, PIA '78
Ruth S. Butts, '54
James M. Byham
John Henry Campbell, KGSB '50
Virginia A. Campbell, EDU '58
Judith Strellec Charlson, '66 & Murray T. Charlson, M.D., MED '61
Denise Charron-Prochowick
Michael Jay Chutz, Esq., LAW '81
Mary Colaianni, '96 +
Rhonda Comer, Esq., '80; LAW '84
Carolyn Hocker Cooper, '68
Catherine B. Crouch
Patricia Ann Cuthbert, '68; EDU '72, '82 +
Mildred L. Czar, '50, '57 +
Beverly Ann Davis, '70 +
Susan Sonnet Davis, '79
John H. Deane *
Susan Penman Decker, '81 +
Grace Allinger Devitt, Ph.D., '58, '61; EDU '70
Bonnie Sherertz Dickson, '75
Irene Louise Dittmore, Ph.D., '58, '78
Susan Jaditz Dixon, '70 +
Barbara Louise Doring, HRP '81
Lorah Denise Dorn
Darlene Ann Dubai, EDU '74, '85, '91
Margaret S. Dubuque, '64
Laure Lestinsky Dudley, '79 +
Dr. Martha L. Dushaw, '54 +
Dr. Judith Mary Dzyak, '73 +
Terry Tallman-Eddy, '78, '88 & John G. Eddy, HRP '76
Barbara McCormack Eisenhart, '68
Florence E. Elliott
Sandra Joyce Engberg, Ph.D., '87, '93
Nadine Cozzo Englert, '01
Kimberly Ann English, '88, '92
Debra M. Evansky
Margaret Brackin Ewalt, '56 +
Betty E. Falk, '48 & Edward Charles Falk, M.D., CAS '39; MED '43
Martha Fay Fellers, '64 & Albert C. Fellers
Deborah Curtis Flanigan, '77 & Robert Earl Flanigan, M.D., CAS '76; MED '80
Margaret Wiley Foley, '76, '82 & Terry John Foley, CAS '76
Susan Edwards Folk, '68 & Dr. Joseph Frederick Folk, ENG '67
Andrae Tucker Frierson, CAS '72
Michael D. Gaber, KGSB '00
Dorothy Mae Gailani, '49, '55
Robert L. Garber, Esq.
Andrew J. Gera
Dorothy Ament Gera, EDU '72; EDU '76 & John Gera
Eleanor Potter Gilroy, '51, '60 +
Bonnell Weigle Glas, '67
Marie Gnus, '48, '52, '70
Joseph S. Goode, Jr., '97, '00
Amy Lynne Goodrich, '89 +
June Riffle Grace, '55 & Lloyd F. Grace
Carolyn M. Yurick Greenberg, '88
Sadie Greenberg

Barbara Bunton Griener, '69
Carolyn Wilson Griffin, '76, '81 & Terry Lynn Griffin, D.M.D., DEN '85 +
Mary Bergan Grossett, '59
Christine Larson Gruener, '67 & Harry Joseph Gruener, CAS '66; LAW '69
Anna Hartman Hall, '49
Viola Gaydos Halpin, '52
Marcia A. Hammerle
Jean Harris Hanson, '69 +
Mary Elizabeth Happ
Jane Elizabeth Hartline, '82
Gloria Dragan Haughton, '52, '63 & Wilson Weaver Haughton, Sr., CAS '53; EDU '67 +
Barbara Asche Haynes, Ph.D., '67; EDU '85 & Donald F. Haynes
Teddy Von Hazard
Carol Eidel Heames, '64 *
Ada L. Hess, '45 +
Cheryl Dusisko Hettman, Ph.D., '96 +
Kjerstine Kelly Hoffman, '54; SOC WK '60 +
Joann Louise Holt, '67, '68
Judith Taylor Horensky, '65
Marie Smith Houston, Ph.D., '61; EDU '86 & James Lee Houston, M.D., MED '62
Margaret J. Howe, '58 +
Marilyn T. Hravnak, Ph.D., '83, '00 & Paul F. Hravnak, ENG '80; KGSB '90
Donna Schutz Humes, '64, '67
Jean L. Hunt, '61, '66
Ruthie Campbell Hunt, '59
Ruth E. Inkpen
Cynthia Ann Intihar-Hogue, '94
Lynette Wrisley Jack, Ph.D., '78; EDU '85 & Paul Phillip Jack, ENG '78 +
Eileen Jamison, '57 +
Suzanne M. Janitor
Mark E. Jensen
Gwendolyn L. Johnson, '73, '79
Janice Davis Johnston, '74 & Dr. Dale E. Johnston, CAS '72; FAS '75
Christine Ravasio Jones, '72
Kathleen Zovko Jones, '73
Mildred Alston Jones, Ph.D., '90, '00
Annette Marie Karahuta, '80 +
Sally Behler Karas, '78
John J. Kaufman, CAS '48
Judith Ann Kaufmann, '89 +
Jo Ann Clements Kauss, '86
Dr. Mary Louise Keller, '75, '79 & Donald Harry Keller, EDU '84 +
Fannie Olivito Kensis, '54
Linda Susan Kenwood, '72
Mary Ann Kestner, '73 +
Leslie Nilson Kiehl, '84 & Mark Allen Kiehl, ENG '84
Yookyung Chin Kim, Ph.D., EDU '90; EDU '93 & Hong Koo Kim
Judith Etzel King, '62 & William R. King
Karen Mohan Klein, '76 & Robert A. Klein, Jr.
Marcia Peterson Klepac, '67 & Glenn Edward Klepac, LAW '70 *
Leigh A. Kloss, '76
Terri E. Koehler, '83
Mildred Huston Kovacic, '67, '74 & Paul J. Kovacic *
Camille Hucko Kurtanich, '77 & Paul Michael Kurtanich, ENG '76; KGSB '81
Joan J. Kyes, '66 +
Patricia Holleran Laszlo, Ph.D., EDU '79
Pauline Marie Law, '88 +
Lillie Mae Lesesne, '53, '58 +
Nan Scelere Leslie, Ph.D., '71, '73, '89 +
John Martin Lesser, '83
Mary Joan Ley, '71, '77
E. Gay Lindsay, '58 +
Jeanne Anne Lithgow, '45 & Richard Allen Lithgow, PHA '50 +
Mary C. Quinn Loughran, '77; GSPH '77
Darlene Averell Lovasik, '82 & Vernon Andrew Lovasik, D.M.D., CAS '76; DEN '91

Jason S. Lowe, '94
Margaret Trani Lowell, '78
Dani Marie Magistro, '78, '82 +
Ann E. Maiolo, '82 +
Charles George Majetich, '80
Jan Davis Manzetti, Ph.D., '79, '92 +
Karen J. Maresch, '91, '95 +
Sheryl Bertak Marquez, '73 +
Donna S. Martsoff, Ph.D., '91
Linda Jean Masone, '75
Melissa Lynne Mastorovich, '88 +
Doris Hatherill Mayausky, '78 & Dr. John Stanley Mayausky, CAS '77 +
Kerry James McCarty, '93, '95 +
Geraldine McKinnon McElree, '55 +
Dorothy Ceyrolles McElwee, '79
Mary Ann Cook McFetridge, '43
Joseph P. McGuire
Kathleen Mary McKool, '72
Jean McLaughlin, '56 & John N. McLaughlin *
Ann McNemar, '69
Mary Patricia Mellors, Ph.D., '99
Cydney Afriat Menihan, '73 +
Ramona Thieme Mercer, Ph.D., '73
Ethel Joan Michael, '68 +
Diane Louise Michalec, '84, '91
Jean Novotny Mikulla, '72 & John Michael Mikulla, M.D., CAS '70; MED '74
Margaret Shandor Miles, Ph.D., '65 +
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Dr. Elaine Linda Miller, '75
Elise Nestel Miller, '67 & Ernest George Miller, CAS '65
Linda Naylor Miller, '84 +
Dorothy Gera Mizikar, '63
Eugene Mizikar
Joseph A. Mizikar
William Edward Mizikar, M.D., ENG '88; MED '93
Gladys L. Moon, R.N., '57
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Marian Agnes Murray, Ph.D., '52, '57; EDU '69 +
Elizabeth Louise Muse, '78
Denise Custer Myers, '73
Ronna Eisner Nagin, '74 +
Donna Grace Nativio, Ph.D., '64; GSPH '67; EDU '86 +
Dr. Mary Virginia Neal, '52 +
Ramona Nelson, Ph.D., '70; EDU '78; LIS '88 & Glenn Martin Nelson, Ph.D., EDU '71 +
Kathryn Lucille Nestor, '74 +
Alice Hopkins Newton, '43 & Rex H. Newton, Jr., M.D., CAS '44; MED '45 +
Kathleen Dvorsak Niznik, '83, '90
Joan F. Nock +
Carol Jones Noonan, '76
Steven Joseph Novak, M.D., MED '88
Phyllis Bergent O'Block, '49 +
John M. O'Donnell, '91 +
Christie Graham Oblak, '86, '96 & Mitchell D. Oblak, '91, '00
Marilyn Haag Oermann, Ph.D., '75; EDU '80 & David Henry Oermann, CAS '71
Margaret Lee O'Leary, '82, '89
Dr. Ellen Frances Olshansky
Mary L. Paoce, '75, '77 & Dr. Larry V. Paoce, CAS '60
Kathleen Louise Pahal, '00
Kathleen A. Park
Dr. James D. Peebles
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Maureen Kathryn Perrino, '80, '91
Doris Sherman Petrosky, '50 +
Cheryl Tilley Petterson, '75, '80 & Sigurdur R. Petterson, M.D.
Regina Harriet Phillips, Ph.D., '67; EDU '77
Virginia Anne Pidgeon, Ph.D., '73
Cheryl Armstrong Pittman, '85
Michelle Plagianos

Myrna Dible Porter, '48 +
Robert Barry Powell, '71
Kathryn McKavish Puskar, Dr.P.H., M.N.,
'71; GSPH '78; GSPH '81
Katherine Greco Pyros, '88, '91
Cladys Dixon Randolph, EDU '74 &
Norman Dennis Randolph, Ph.D.,
EDU '74; EDU '75; EDU '83
Cynthia Jean Rath, '72
David Allan Redding, D.M.D., DEN '68 +
Sharon S. Reeher
Lynn F. Reinke, '90
Olive Jeanette Rich, Ph.D., '72
Eleanor Bash Richter, '55
Dr. Vera Lubinetsky Robinson, '51 &
Frank J. Robinson, Ph.D., SOC WK
'51; FAS '65
Mary Jo Domin Rodgers, '74 &
Gregory George Rodgers, CAS '72 +
Julie Rogan, '02; UCIS '02 +
Elayne Judith Rosen, SOC WK '69 +
Margaret Quinn Rosenzweig, Ph.D., '86, '01
Dorothy Rupert, '47
Nancy Rishel Rymut, '74
Dr. Susan Bakewell Sachs, '79
Teresa J. Sakraida
Marilyn Maddox Salem, '54 &
Alexander Nassar Salem, CAS '50
Wanida Sanasuttipun, Ph.D., '00
Marguerite Jackson Schaefer, D.S.,
Sc.D.Hyg, GSPH '64, '72
Cheryl Klouzal Schmidt, Ph.D., '99 +
Susan Sereika
Mary Ann Sevick, Sc.D.Hyg., '79;
GSPH '89
Janet Lea Shade, '73
Ethel Lawyer Shaw, '42 +
Luda C. Shields, '55
Natalie Diehl Shriver, '75 +
Marlene Lucille Stenicki, '96
Andrea Jean Sloan, '76 +
Donna Jean Smith, EDU '82
Jennifer Abele Smith, '72
Shirley Ann Powe Smith, '59, '79 &
Robert Preston Smith, D.D.S., CAS
'55; DEN '60
Mary Catherine Smolenski, '72
Dr. Janet Rexrode Southby, '69
Jacquelyn A. Spangler, '86, '91
Barbara Elliott Spier, Ph.D., '68; SOC
WK '89 +
Roseanna Spizziri, '72
Diane Dalton Stajduhar, '80 & Karl
Conrad Stajduhar, M.D., CAS '79;
MED '83
Amber Latta Stanko, '73, '80
Carol Stasicha
Mercedes Ann Staudt, '63 &
Donald J. Staudt, Sr., KGSB '59 * +
Dr. Arlene Patterson Stein, '58 +
Beverly Ann Stephenson, '58
Mae Cook Stewart, '60
Carol S. Stillely, Ph.D., EDU '92;
EDU '97
Mary Gangemi Stinely, '45, '49
Doris M. Stutely, '68, '71 +
Opal Wetzel Stockwell, '51 &
Elbridge F. Stockwell, Jr., ENG '50 +
Bruce Strong
Linda R. Stumpf, Ph.D., '95 +
Judith A. Tate, '91
Esther Mae Tesh, '71
Catherine Hilaire Thompson, '63
Donna Shupe Thompson, '62 &
James S. Thompson, M.D., CAS '53;
MED '59 +
Anita Lacava Thorne, '57, '64 +
Denise Hirsch Tola, '91
Patricia Klinefelter Tuite, '85, '92
Lois Close Turnbull, '45
Sharon L. Uhl, '68, '71
Joan Harenski Ulmer, '58, '84
Judith Marie Vaglia, '71, '73, '97
Donna Kay Valler, '60

Filomena F. Varvaro, Ph.D., '66; EDU '82;
FAS '01; FAS '01 +
Alexander Simon Vujan, Jr., M.D., MED '74
Carl E. Walcott, EDU '55 +
Jean Martin Wedel, '48 & Paul G. Wedel
Thomas E. Wendel
Donna J. White, '88
Jennifer Whitehurst
Nancy C. Wiand, '63
Jean Pitzer Wiant, '55
Mary Beth Williams, '77
Fay C. Willis
Miriam Gross Winikoff, '67; EDU '73;
EDU '86
Patricia Maloney Wolpert, '76
James L. Woomer, Jr., '00 +
John Gregory Wright, CAS '87
Judith A. Wright
Debra Shiley Wujcik, '77, '82
Joan M. Yoder, '78 +
Mary Therese Zabielki, Ph.D., '75, '80, '92 +
Kathryn Shearer Zini, '77 &
Aldo Zini, ENG '75 +

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Sara Barley Aalto, '67
Donna M. Abriola, '88
Bette Callahan Acker, '46
Nancy Lynne Adams, '86
Lois Ann Ahlborn, '70
Richard S. Albright
Peggy Llewelyn Alderice, '67
Sheila Alexander
Stephanie Salankiewicz Altman, '73 &
Harold Altman, M.D., MED '83
Rose Marie Alvin, Ph.D., '86
Julia Lee Anderson, '92
Patricia Ohrin Anderson, '74
Geraldine Mae Decarbo Angel, Ph.D., '63;
EDU '91
Angela Jacobi, R.N., MN IBCL, '77 &
Burleigh Paul Angle, EDU '72
Mary Jane Antonazzo, '93
Patricia Elaine Appleby, '85
Dorothy Anna Ardisson, '48 +
Barbara Mock Arena, '75
Mary Sullivan Arenth, '48 +
Lois Ann Ashcroft, '76 & David Ashcroft
Sandra Royer Ashoff, '83 &
Thomas Damien Ashoff, CAS '82
Mary C. Augustine, '91
Mary Shields Aulisio, '98
Louise Ann Aurilio, Ph.D., '00 +
Camille Bristini Bagnato, '67, '75
Susan L. Bailey
Barbara Miller Baker, '73
Margaret L. Balog, '51; GSPH '60 +
Jennifer Foster Balon, '81, '99
Mary Dolbear Banks, '65
Elizabeth Southwood Baran, '77
Mark R. Barber
Anita Colasante Barkin, '85
Marjorie A. Gerke Barnard, '46
Carole D. Barnes
Margaret L. Barnewall, '64
Tara Hlavsa Barnhart, '77
Eleanore Frances Barovitch, '68
Nora Cunningham Bartley, '48
Beth Brilla Bauman, '85
Carolyn Whitehill Baxter, '61 & James
Judith A. Baxter, D.D.S., DEN '61
Angela S. Bayless, '78
Kim Komaromy Beam, '78
Carolyn Elaine Bechtold, '82
Mary Lou Beck, '78 +
Alice Marshall Becker, '74
Arlene Jusys Beckman, '75
Nancy M. Bedell, '91 &
Alan Nichols Bedell, M.D., MED '81
Tekla Wiehn Beeby, '64
Kathryn Anna Beehmer, '60 +
Barbara Benzenhoefer Belski, '76 &
Ronald William Belski, CAS '76 +
Jerry Mantooh Benedict, '73

Susan E. Benn
Janet Mary Holtz Berna, HRS '78 +
Lisa Marie Bernardo, GSPH '00
Amelia M. Bernd, '64
Mary Ellen Grassman Bernstein, '87
Margaret Ann Steele Berry, '50
Victoria Lynne Betz, '84
Barry R. Beveridge
Mary Joan Bilcheck, '54
Mary Elizabeth Bilitski, '87
Charlotte Mae Birchard, '90
Lisa Fischer Bixby, '86 & Roy Joseph
Bixby, KGSB '88
Elizabeth Black, '49
Judith Sherman Black, M.D., CAS '71;
MED '74; GSPH '87 & Milton Henry
Black, M.D.,
CAS '58; MED '63; GSPH '92
Jeanette Reese Blackston, Ed.D., LIS '76;
EDU '96 & Leon J. Blackston, Jr.
Joan Margaret Blasinsky, '96 +
Betty Jane Fox Boggio, '57
Cindy Jones Boice, '82
Jennifer Hunter Bollman, '86
Sharon K. Bonavoglia
Jeanne Radzwill Bonidy, '77
Gail Dille Booth, '82
Paul Robert Borman, CAS '65; FAS '68
James A. Borne
Lenora Altwater Borucki, '76
Lynn Owens Boucek, '79 & Charles D.
Boucek, M.D., MED '83 +
Sheryl A. Bowers
Dr. Sandra Sulsberger Bowles, '61, '64
Beverly Taylor Boyd, '67, '69
Judith Kuhlman Boyko, '67
June Lang Boyles, '64
Lois Greenfield Boyles, '79, '79
Barbara Ann Bracke-Gebel, '55
Kathryn Bradley, '77
Barbara L. Braman, '94
Dr. Vera Dubay Brancato, '77, '80
Janice Braunegg Brandeburg, '74, '78 &
Stephen J. Brandeburg, Jr.
Beverly Truby Brandt, '83, '96
Patricia Liebold Brandt, '72
Karen Ann Bray, '74, '74, '77
Barbara Taylor Brennan, '84 &
Thomas Joseph Brennan, Jr., CGS '83
Lillian Jossi Brenner, '48
Sharon Callihan Brewer, '61, '78
Terry J. Brewer, '94
Martha Wingerd Bristor, '57
Catherine Latu Brophy, '84
Margaret Olander Brophy, '49 +
Marcia R. Brown, '77 +
Nellie Hogan Brown, '74
Margaret Bruce Brumgard, '43
Joseph J. Brun, 94 '98
Anna B. Bryan, '50 +
Peggy Jo Fanale Budnik, '70 &
John Edward Budnik, CAS '88
Deirdre Ann Bulian, '00
Eleanor Louise Burford, '50
Alice May Burger
Lisa M. Burke
Ann Louise Burkhardt, '46, '64
Kathleen Marie Burns, '72, '76
Susan Pehnce Burns, '79
Mary Gwynne Burrow, '59
Patricia Ann Buzi, '93
Margaret Jenkins Buzza, '49 +
Carol Jean Byers, '86
Dr. Joan Phyllis Byers, '87 +
Amelia Dolores Caddy, '62
Pamela Reder Caden, '81
Mary Ellen Caffrey, '49
Christina Gledhill Calamaro, '88
Dawn Marie Callanan, '00
Ruth Sheriff Campbell, '54 &
James William Campbell, EDU '52;
EDU '55
Diane S. Campbell, '81 &
Robert C. Campbell, GSPH '83
Lucille Anne Capo Rome, '88

Claudia C. Carecchia, CGS '74, '86
Virginia Ahman Caretto, Ph.D., '79; EDU '86
Leah Mae S. Carlisle, '66
Valerie Ann Carthew, '99 +
Mary Beth M. Cartwright, '81
Teresa Karlo Caruso, '77
Elizabeth Ewing Case, '59
Gloria Casey
Dale Marie Cattley, '49 & Louis A.
Cattley, CAS '49; EDU '55
Alicia Swigunski Cessar, '92
Jean Chantz
Margaret A. Chaouk, '80
Marilyn D. Chapman, '46
Kathy Jane Young Chasler, '80 &
Nicholas J. Chasler, JHN '79
Kathleen Marie Chavez, '79
Candice C. Chin, '75
Joann Chmielewski, '97, '99
Rebecca T. Christian, EDU '79 &
Francis Edward Christian, '79
Cindy G. Ciocca, '90
Marilyn Jandorf Citron, Ph.D., '45, '64;
EDU '77
Elaine Love Civic, '72 & Thomas John
Civic, ENG '71; GSPH '74
Deidre L. Cleary, '98
Catherine Anne Closs, '73
Nancy E. Cobb
Carla Nickl Cocco, '83 & Mark V. Cocco
Marianne Channas Cockroft, '80
Leslie Anne Coda, '74
Dr. Susan M. Cohen
Kathryn O. Coisman, '97
Constance K. Collins-Davis
Charlotte Sporck Collman, '50, '79
Pamela G. Colson, '77
Yvette Perry Conley, Ph.D., GSPH '93;
GSPH '99
Ann Fuller Connolly, '87 & Mark John
Connolly, CAS '87
Helena Hrebenak Connor, '79
Sharyn Neiman Conrad, '76 & David
Edward Conrad, CGS '67; KGSB '71 +
Paula Decoursey Conte, B.S.N., '74;
GSPH '96 & Samuel David Conte,
Ph.D., CAS '70; EDU '82
Mary Ellen Cook, '97
Maryjane Cooney, '89 +
Constance Joan Cortese, '86; HRS '99 &
Robert Anthony Cortese, ENG '86;
ENG '91
Timothy Darren Costa, '95
Martha Modrak Costello, '57
Susan L. Costello, '90
Mary McCaa Cothran, Ph.D., '96
Wilma Betts Couper, '52
Kenneth Covert
Diane Deborah Cox, Ph.D., '95
Mildred Jones Cox, '46 &
Thomas H. Cox, D.M.D., DEN '47
Karen Susanne Cramer, '97
Patricia Koon Craven, '70
Anne Lipps Crawford, '78 +
Ruth Ralston Crawford, '95 +
Jennifer J. Crisci, '01
Susan Crissman, '69, '76
Helen Cronin, '52
Randall C. Cronin
Dr. Sherill Nones Cronin, '76
Beauty Denby Crummette, Ph.D., '78
Carol Lee Currey, '79 +
Nancy Ellen Curry, Ph.D., EDU '56;
EDU '72
Mary Jo Kelly Cwenaar, '74
Sheila Renee Czarniecki, '99, '02 +
Joanne Pfaler Daniels, '73 & William
Walter Daniels, ENG '72
Judith C. Daum, '73
Karen Louise Davidson, '82 +
Bonnie Kay Davis, '69, '76
Claire Matro Davis, '87
Lois Chambers Davis, '59
Ann Davisson, '67
Ruth De Haven, '64

Deborah Schloder De Muro, '79
Karen Melcher Debes, '72
Jason J. Dechant, CAS '94; FAS '96
Roseann Stansbury DeGrazia, '75
Wilda Dietrich Dehart, '46
Louise White Dekker, '79
Kathy Ann Delac, '80, '92
Cassandra Kosanovich Delisio, '68 +
Frances Kasubick Dellantonio, '65
Lori A. Demeter, '77
Nancy Zentner DeMilla, '81
Carol Jean Demoss, '73
Ellen Proeller Dennis, '74
Kathleen Klug Depaul, '76
Judith Lorraine Deutsch, '86
Patricia Allen DiGeorge, '67 &
John Donald DiGeorge, Jr., ENG '67
Betsy Ann Kaufman DiNardo, '84 +
Monica Marten DiNardo, '78, '84
Valerie Haynes Disanti, '81
Jill Brackbill Dixon, '78
Ladonna Marie Kanfush Dmitsak, '82 +
Kathleen Renee Dobbin, '98
Kathleen A. Donatelli
Anne Eulalia Donnelly, '65
Nancy Harris Donovan, '78 +
Susan Dorfman, '78
Dana W. Doucette, '93
Mark K. Dover
Peter Joseph Draus, CGS '86; LIS '90
Constance G. Drenning, '65 &
Richard P. Drenning
Ronald Dubos, '97 +
Donna Smiley Duchene, '87
T. Auden Duesepohl, Ph.D., EDU '89
Marcella Ann Duffy, '96
Paula J. Duffy, CAS '91, '02 +
Valeria C. Dukelow, '60
Maryjo Seng Dunn, '78, '84
Sarah Wilson Dunning, '74
Stephanie Sue Duplaga
Anne McBain Dye, '61
Louise R. Eckroth, '47 +
Barbara Speelman Edwards, '77 &
George L. Edwards, KGSB '66
Meri Beth Pacek Elder, '88
Regina Celeste Ellenberger, '81
T. Kunkle Emborg, '68
Ruth Willkens Emerson, '43 &
Eugene Emerson, M.D., MED '43
Mary Louise Ende, '65
Richard Allen Engberg
Barbara Hootman Ensor, '59 +
Jeannette B. Entwisle
Patricia R. Ergas, '63
Dorothy Erickson
Dr. E. R. Erickson
Helen Weber Errera, '62, '69
Melanie Matthews Erskine, '78, '85
Mary Bartlett Espinosa, '69 &
Ruben Jose Espinosa, Ph.D., CAS '67;
FAS '69; FAS '74
Alice Robinson Evans, '46 +
Karen Kunkle Evans, '69
Nettie Kooser Fairgrieve, '58
Donna Jean Falsetti, Dr.P.H., '82, '86;
GSPH '01
Zoe A. Fausold, '96
Mary Dillie Feathers, '46
Dorothea L. Fee, '61
Eleanor Ann Feest, '60; EDU '65
Constance Graft Feiler, '88 &
Sidney I. Feiler, CAS '64; EDU '66
Maryanne Fello, '72; EDU '76
Elizabeth Rueckl Ferri, '81
Judith Orzechowski Fesz, '69, '77
Janet Wingerd Feucht, '55
Ineen Patricia Feinich, '90
Luzeta Fisher, '45
Susanne Bridget Fitzgerald, '77 &
Robert C. Fitzgerald
Sally Foster Fitzgerald, '70
Marcia Nelson Fix, '58, '61 +
Sonya Ickes Fleming, '72
Miss Emma Kathryn Flinner, '49, '56

Karen Krajewski Florian, '78 & Dr. Frederick M. Florian, CAS '77
Susan M. Foley
Carole J. Ford, '94
Elaine Stamerra Foster, '82
Kathleen Leon Fowler, '77
Linda Margaret Fowler, Dr.P.H., '83; GSPH '86; GSPH '97 +
Mary Lou Fragale, '78 +
Mary Leap Franceschini, '65
Virginia Powell Francis, '45, '48
Debra Lynn Frank, '83 &
Debra Lynn Frank, '89
Susan Strauss Frank, '90 & Stephen Michael Frank, CAS '88
Patsy Frantz
Professor Pauline Freedberg, '85
Mary Shoup Freliga, '59 +
Barbara Mae Fullerton, '83
Beth Eileen Fulmer, '84
Donald M. Gakenheimer
Stanley Galeza
Aileen Duke Gallatin, EDU '89, '97 +
Elizabeth Geisler Gallina, '76 & William H. Gallina, KGSB '78; KGSB '78 +
Mary Ann Newell Gapinski, '76 +
Dorothy Garland, '80
Heidi R. Garland, '00
Miss Cleo Marie Garrison, '60
Rosanna M. Gartley
Joan Plassio Garzarelli, '76, '85
Michelle Gazella, '89
Sheila Giesler Gealey, '94
Corinne Zimmerman Geary, '83
Rebecca Ann Gediminkas, '78, '85
Jane Howe Gentile, '72
Nancy Whitley Gibellino, '72
Deborah Trent Giel, '90 +
Eileen T. Gierl
Lillian Mae Gill, '52 +
Erin Peters Glaws, '79
Amy I. Glunt
Kathleen Uebele Godfrey, '80, '86, '99
Joan Godrich, '97 +
Susan Franz Gold, '75
Judith Rieder Goldnetz, '80 +
Deborah Hruska Good, '75
Elaine Wetzell Good, '61
Anne-Marie Cussel Gordon, '45
Pauline Barnes Gose, '49
Gloria Pelc Gotskalk, '77, '94 +
David F. Goutald
Idamae F. Gower, GSPH '91 & Lionel D. Gower, '91
Joanne Hart Graffte, '69
Kathleen Schultz Granger, '72 & Peter Bourne Granger, CAS '71
Delores Jean Graziani, '85
Joanne Greedan, '65 +
Jane F. Green, '53
Julia A. Greenawalt
Felice Palley Greene, '78
Karen K. Greenwald
Judith Meredith Gregory, '67
Joan M. Gregory, '96 & Lee Anthony Gregory, ENG '82; ENG '95
Amy Marie Gresh, '82 +
Sally Jean Gresty, '65
Margaret Jane Grey, '70
Mary Louise Griffin, '80
Deborah Ann Griffith, '75 & William Schuler Griffith, Ph.D., FAS '73; FAS '79
Rene Pieja Grim, '77 +
Kathleen Hipkiss Grimm, '70
Joan Lesniak Grocki, '82 & Daniel Joseph Grocki, LIS '84
Wilma D. Groethe, '96
Sister Louise Grundish, '76
Frances Guastafarro
Tanya T. Gurian, '77
Jane Guttendorf, '87, '94
Cheryl Scofield Gutterres, '63
Michael Allen Haffey, '95
Darlene Ann Hostoffer Haller, '70
Joanne Brodala Halsey, '72
Davin L. Hampton
Jean Lydick Hanas, '76
Gwendolyn L. Hardt, '57
Elizabeth Flaherty Harkins, '80
Lorri Ann Harshberger, '87
Shirley K. Hart, '58
H. Ann Hartary, R.N., '64
William F. Hartnett, '55
Troy Philip Haupt, '95
Barbara Haus, '62
Joyce F. Hawk, '93
Mary E. Hawthorne, '90
Brenda Crush Hay, '80 +
Milford L. Hazlet
Judith Graham Hazlett, '58
Nancy Rae Hazo, '65 & Moses Joseph Hazo, CAS '64 +
Lillian Catherine Hearn, '49
Nancy Russell Hedges, '62
Susan Shook Heller, '80 & Dean Stanley Heller, HRP '79 +
Charlotte M. Heller
Roberta G. Heller, '67 +
Richard A. Henker, '02
Richard K. Herbster
Kelli Conway Herrington, '88
Carol Hess-Haber, Ph.D., CGS '67, '80
Joan E. Heyson, '80
Kelly Humensky Hickey, '92
Rachel Hicks, '01
Dr. Kathy R. Higgins, '75, '78
Linda Westapal Higgins, Ph.D., '87, '97
Joanne Lipps Highberger, '72
Suzanne F. Himebaugh, '76 & John T. Himebaugh, '76
Marilyn Grey Hinchliffe, '71; SOC WK '75 +
Susan Louzli Hirth, '76
Ronald G. Hiscock
Stacie F. Hitt, Ph.D., '98
Jennifer Marcia Hlad, '94
Rosemary Gaenzle Hoak, '51, '53
Carol Fitzpatrick Hodgkiss
Gail Pfeiffer Hoffman, '57
Rosemary L. Hoffman
Rosemary Labarbera Hoffmann, '77, '83 & Paul Charles Hoffmann, PHA '79
Beverly Benz Hogan, '59
Dawn Thomas Hoge, '81
Dorothy Grace Holder, '48; GSPH '62
Marcia Hartman Holland, '80
Sister Ruth Hollen, RSM, '80
Mary Lee Holler, '78
Martha Braun Holmes, '52 & Robert Bruce Holmes, M.D., CAS '49; MED '52 +
Lori Wardrop Holt, '99
Lyle W. Hovland
Valerie Michele Howard, '95
Susan Nemesik Hreha, '78
Yu-Yun Hsu
Dr. Mary Halley Huch, '74
Barbara Foster Huff, '78
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REMEMBER WHEN PHOTOGRAPH

Calls from Sandra Schafer '76, '82, and Dr. Luevonue Lincoln '78, '82, identified the photograph in the Winter 2003 issue as the 20th reunion gathering of the Class of 1976. Standing in the back row, Sandra is second from the right and Dr. Janice Holmes is sixth from the right. Could that be Joan Such Lockhart standing third from the right? Andrea Sloan is seated second from left in the first row. Thanks to everyone who recognized this group of student nurses.

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What's Happening?

Please send us information about your career advancements, papers presented, honors received, appointments, and further education. We'll include your news in the Alumni Notes section as space allows. Indicate names, dates, and locations. Photos are welcome! Please print clearly.

NAME: _____

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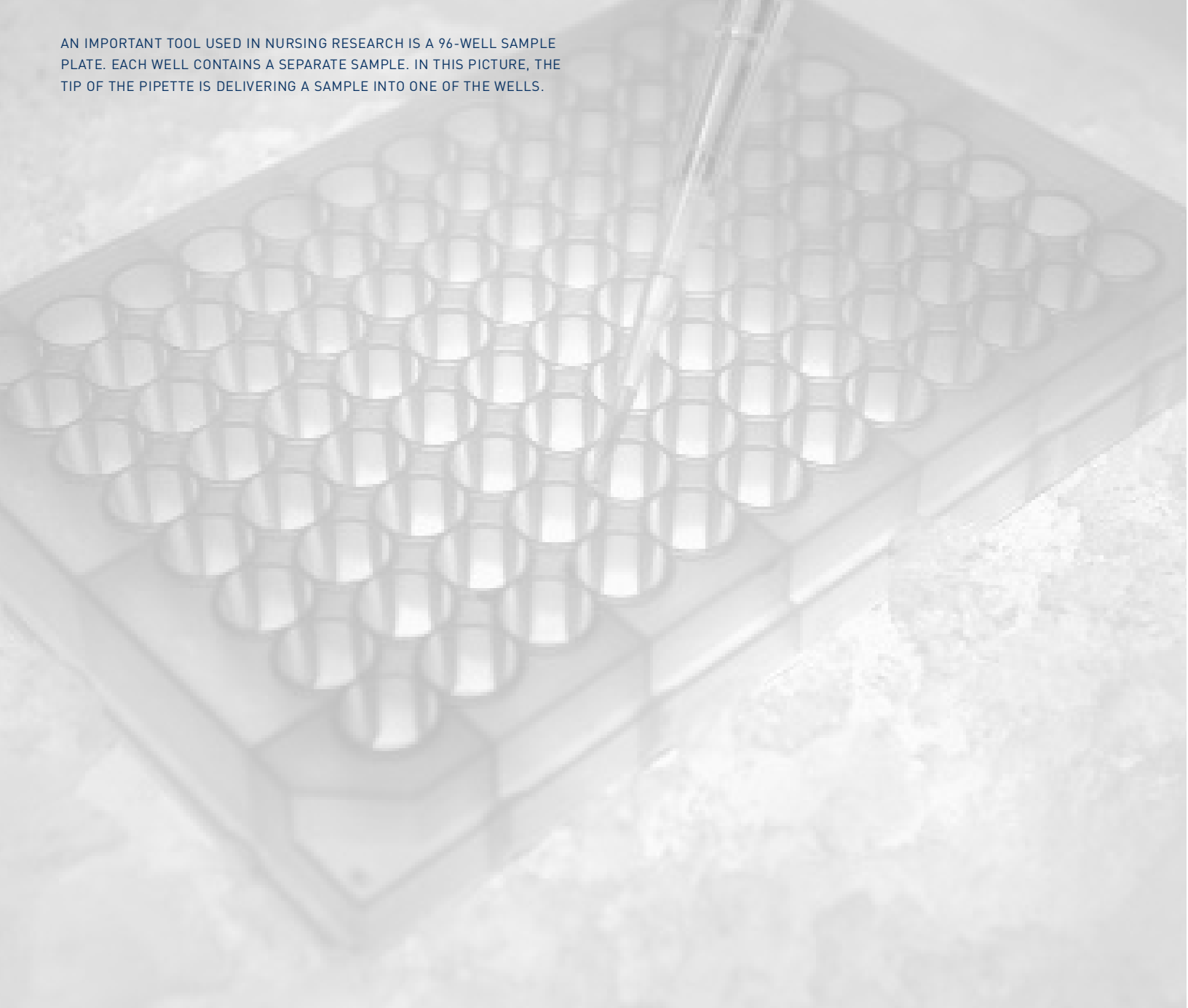
218 Victoria Building

3500 Victoria Street

Pittsburgh, PA 15261

E-mail: jno100@pitt.edu

AN IMPORTANT TOOL USED IN NURSING RESEARCH IS A 96-WELL SAMPLE PLATE. EACH WELL CONTAINS A SEPARATE SAMPLE. IN THIS PICTURE, THE TIP OF THE PIPETTE IS DELIVERING A SAMPLE INTO ONE OF THE WELLS.



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