

PITT *Nurse*

UNIVERSITY OF PITTSBURGH SCHOOL OF NURSING MAGAZINE

WINTER 2010



**LEGACY LAUREATE
MARGARET GREY
PURSUES LIFELONG
PASSION THROUGH
NURSING AND
RESEARCH**

NURSING RESEARCH AND HEALTH CARE REFORM

THE ROLE OF THE ADVANCED CARE NURSE AND TECHNOLOGY IN HEALTH CARE REFORM



ABOUT THE COVER: Margaret Grey was named a 2009 University of Pittsburgh Legacy Laureate. This prestigious award honors outstanding personal and professional accomplishments among Pitt alumni. Grey is the dean of the Yale University School of Nursing and the principal investigator for grants totaling more than \$25 million.

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IT'S ALL THERE

Check out the University of Pittsburgh School of Nursing Alumni Society Web site for the latest alumni news. Visit www.nursing.pitt.edu and click on the alumni society icon at the bottom of the page. From upcoming events and meetings to event highlights and more, it's all there!



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I am pleased to report that in October 2009, the University of Pittsburgh School of Nursing was re-accredited by the Commission on Collegiate Nursing Education.

Our baccalaureate (BSN) and master's (MSN) programs were approved for 10 years (the maximum time for renewal), and our doctor of nursing practice (DNP) program was approved for five years (the maximum time for new programs). The accreditation team reported that the school meets every standard for education at the BSN, MSN, and DNP levels. The doctor of philosophy (PhD) program is accredited with the University of Pittsburgh by the Middle States Commission on Higher Education, part of the Middle States Association of Colleges and Schools.

In addition, the school was re-accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The teamwork and effort of each and every member of the faculty, staff, and student body, as well as our alumni and other community of interest members contributes to our success and makes the School of Nursing what it is today.

The CNNMoney.com and PayScale.com 2009 list, "Best Jobs in America" ranks nurse anesthetists 15th on their list of "top 50 careers with great pay and growth prospects." That's good, but college professor and nurse practitioner are ranked even higher on the list, at third and fourth respectively. We hear from several nurses who have

successfully combined these careers in our cover story on page 2, "Ahead of the Curve: Advanced Practice Nurses at the Forefront of Health Care Reform."

Health care reform is on everyone's mind these days. Whatever the shape health care reform takes, technology will play an integral role in health care from this point forward. Legislation supporting the use of technology in health care already passed as part of the American Recovery and Reinvestment Act of 2009. The article on page 6 looks at ways "nurses use technology to enhance and extend their expertise."

The annual America's Health Rankings study projects that almost half of U.S. adults will be obese by 2018. Obesity is a risk factor for both sleep apnea and type 2 diabetes. Diabetes is on the rise not just in the United States, but also around the world, and approximately 40 percent of all new cases are diagnosed as type 2 diabetes. This complex, chronic, and potentially life-threatening disease can be managed if the patient is actively involved. In the article on page 8, "A Growing Epidemic: Nurses Fight Diabetes on the Front Lines," we look at some of the work being done by School of Nursing faculty and alums who are studying ways to prevent the disease in at-risk people and treat patients who already have type 2 diabetes through education and a variety of behavior modification and self-management strategies.

The United Nations has declared 2010 the International Year of the Nurse (see story, page 15). It is also the centennial year of the death of Florence Nightingale, the founder of modern nursing. On page 16, we look at some of the innovations and principles that changed the practice of health care over the last century, beginning with Nightingale.

A new report from the Carnegie Foundation for the Advancement



of Teaching calls for a more highly educated nursing workforce. Published in December 2009, *Educating Nurses: A Call for Radical Transformation* reinforces evidence from earlier reports linking patient safety and lower mortality rates to nurses prepared at the baccalaureate and graduate levels. We put a link to this landmark publication on our Web site at www.nursing.pitt.edu. In the next issue of *Pitt Nurse*, we will look at the role of nursing education in health care reform and evaluate how well our programs meet recommendations in the Carnegie Foundation report. Also in the next issue of *Pitt Nurse*, we will share stories from Pitt nursing students, faculty, and alumni who volunteered their time and expertise to help Haitian earthquake victims.

We are proud of the many contributions made by Pitt nurses that continue to advance the practice of health care delivery.

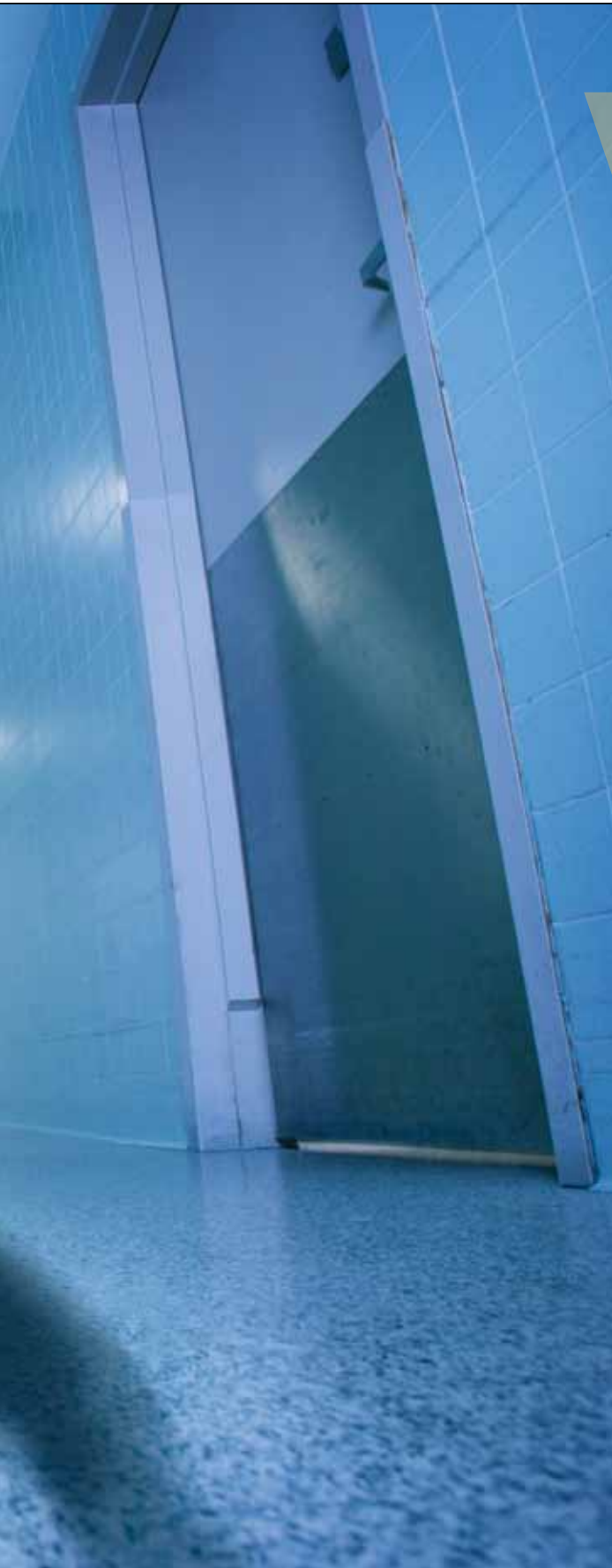
A handwritten signature in dark ink, reading "Jacqueline Dunbar-Jacob".

Jacqueline Dunbar-Jacob, PhD, FAAN
Dean, University of Pittsburgh
School of Nursing

AHEAD OF THE CURVE:

**ADVANCED PRACTICE NURSES
AT THE FOREFRONT OF
HEALTH CARE REFORM**





When Terri Devereaux (MSN '06), BSN, made history as a member of the School of Nursing's initial family nurse practitioner certificate program, she knew she was ahead of her time.

The nursing profession was still operating under the hierarchy that had governed health care for ages, in which primary care was something traditionally provided by a physician. But Devereaux, like other pioneers in advanced practice nursing, felt she had more to offer, and in the 30 years since she received that certificate, society has come around to her point of view.

"We're way ahead of the curve," says Devereaux, lead faculty member for the school's Family and Adult Nurse Practitioner areas of concentration. "We've seen the need for quite a long time. I think what we've had to do is wait for society to catch up to us."

With the specter of health care reform looming in the halls of the U.S. Congress, many advanced practice nurses predict a long-anticipated time has come: the era when they are recognized for their excellence as primary care providers.

A 2009 report from the American College of Physicians supports the importance of the nurse practitioner role. The report states, "Care by nurse practitioners has been associated with improved patient satisfaction and quality of care related to patient education, communication, and documentation, which typically involve more face-to-face time with each patient."

"We truly are in a position now to affect health care in this country," says Devereaux. "Nurse practitioners can do preventive and routine patient care just as well, and we do it less expensively and more cost-effectively." And that, in a nutshell, is the crux of health care reform.

For Margaret Grey, (BSN '70), DrPH, FAAN, dean of the Yale University School of Nursing, the numbers tell the story: There are 40–50 million uninsured people in the United States and not enough primary care physicians to treat them.

Kathy Magdic, (MSN '92, '95), BS, coordinator of the School of Nursing's Acute Care Nurse Practitioner area of concentration, agrees. "Who's going to take care of these people when they become insured? [The influx of new patients] is going to overwhelm the system without competent and qualified providers," she says.

“We still have a lot of work to do. Many physicians are fully supportive of the role of the nurse practitioner, but there are still some turf battles we’re trying to overcome.”

*Kathy Magdic,
coordinator,
Acure Care Nurse
Practitioner
Area of
Concentration*



“It’s an absolutely golden opportunity for nurses to step up and lead the primary care agenda,” Grey says. “Every study that’s ever been done of nurse practitioners has shown they provide equal or better care in about 80 percent of what goes on in regular primary care.”

According to Magdic, while nurse practitioners are thriving in all areas of health care, about 80 percent are

primary care providers to populations ranging from pediatric to geriatric.

“Nurse practitioners are in all phases of health care, from birth to death, from home management to intensive care management,” she says. Legislative changes allow nurse practitioners to function in any setting, including employee and student health centers, clinics, intensive care units, and offices.

Turf Battles

During her career, Devereaux has launched, built up, and managed practices, both in the private sector and in health centers that qualify for federal funding. Her view is that both areas need help, not just facilities operating for underserved populations.

In private practice, primary care physicians are trying to survive in an environment with low reimbursement, high overhead, and insurance companies and patients who often neglect to pay.

A model that includes “nurse practitioners, in collaboration with physicians, is probably the best deal,” she says. “We both have different skill sets, and they complement each other really well.”

Still, early turf wars over the role of the advanced practice nurse have not disappeared entirely, despite many advances. For example, nurse practitioners are seeking the ability to order opioids for 30 days instead of 72 hours, which Magdic says would cut down on patient copayments. But some physicians have resisted that change.

“We still have a lot of work to do,” says Magdic. “Many physicians are fully supportive of the role of the nurse practitioner, but there are still some turf battles we’re trying to overcome. There is plenty of health care that needs to be done. We are not asking to take over health care. What we are asking is to provide the care that we have been educated to provide.”

Devereaux believes nurses themselves can do more to help their own cause, starting with schools of nursing.

“We need to start at the undergraduate education level to teach students how to promote themselves,” she says. “We do have the expertise to be key players in the health care arena.”

Practice Models

As the debate over reform continues, several practice formats continue to quietly embrace nurse practitioners at their core. Kate Hammill (MSN ’85, ’94) sees patients at Take Care Health Systems, a subsidiary of Walgreen Co., in Pittsburgh’s East Liberty neighborhood.

There, she sees walk-in patients with routine medical problems who come in because they can’t get an appointment with their regular physician for several days. The site is staffed completely by nurse practitioners, who are the linchpin for that model.



Acute care clinics such as the one where Hammill works, have become increasingly popular as patients look for someplace that will offer timely care without requiring a trip to the emergency room.

“Before these clinics came out, the emergency room was basically the only option you had. Now there’s a middle ground for people who have a routine acute care illness,” says Hammill. “In the beginning, I think people were coming to us because they couldn’t get in. But now we’re seeing people come who have tried it and feel it’s so much more convenient. Now people are just coming directly to us.”

Christine Cassesse (BSN ’79, MSN ’04), who teaches in the Psychiatric Primary Care Nurse Practitioner area of concentration in the School of Nursing, hopes health care reform will usher in an era of integrated mental health and primary care service models.

“Within any primary care system, there’s a large number of patients with mental health disorders who are either not being treated, not being identified, or not being treated adequately,” she says.

Only 30 percent of patients who are referred by their primary care physician for mental health services actually act on the recommendation. Training primary care providers in mental health disorders, could reduce costs and improve care for many Americans. The duplication in services between primary care and mental health could also shrink, she says.

“The appropriately trained nurse practitioner has a unique opportunity to do this,” says Cassesse. “As nurses, we are trained to look at each patient holistically. That’s one of the unique properties that nurse practitioners have to offer. Nurse practitioners handle the difficult care issues and care for the underserved.”

Regardless of what settings they practice in, Magdic hopes nurse practitioners will become more vocal in the rollout of health care reform.

“What we are asking is that we be included in any health care reform to continue to be successful in the care we provide,” she says, citing the involvement of the American Academy of Nurse Practitioners and the American College of Nurse Practitioners in both state and national policy debates. “The bottom line for nurse practitioners is always patient care.”

A study by the RAND Corporation and the University of Pittsburgh School of Medicine published in the September 1, 2009, issue of the *Annals of Internal Medicine* confirms that the cost and quality of health care provided by retail health clinics is comparable to that provided in more traditional health care settings. In “Comparing Costs and Quality of Care at Retail Clinics with that of Other Medical Settings for Three Common Illnesses,” researchers found that retail health clinics provided services at a lower cost than alternative settings, with similar or—in the case of emergency departments—better quality care and with no adverse effect on the delivery of preventive care.





Nurses Use Technology to Enhance and Extend their Expertise

The textbook Christa Bartos (MSIS '94, MS '05, PhD '08), BSN, uses to teach an informatics class at the School of Nursing has a graph illustrating a growing crisis in primary health care.

On the top left is the number of practicing nurses. On the bottom left is the number of elderly patients. When plotted on the graph, the two lines form an X: The sharp decline in the number of nurses and the sharp increase in the number of elderly patients as baby boomers age.

To Bartos, an assistant professor in the Department of Health and Community Systems, that X illustrates why technology is so crucial to health care reform. Without it, providers will be fighting an uphill battle; with it, they can step up to the plate.

“Technology is going to help fill that gap, to make the resources stretch,” says Bartos. “It can enable people to get the care they need with a minimum number of folks needed to provide it.”

Whether it is telemedicine, electronic health records, or videoconferencing, the explosion of technology in health care couldn't come at a more opportune time for nurses. With demand for primary care and other services increasing, technology is helping everyone to do more with less—and that's critical to the quality and safety of care.

Care from a Distance

In Johnstown, Pa., where Janet Grady (MSN '89, DrPh '00), BSN, lives and works as director of the RN to BSN completion program at the University of Pittsburgh at Johnstown, telehealth medicine is one example of technology helping nurses do their jobs.

“In a lot of places, the shortage is easing up, largely because nurses are fixers,” Grady says. “When you present them with a problem, they solve it.”

Since 2003, Grady has served as the principal investigator on the Nursing Telehealth Applications Initiative, a federally funded research project whose overall goal is to look at applications for technology in both practice settings and education.

One patient-focused project under that umbrella was a clinical trial using remote monitoring of patients in their homes. The idea was to keep people out of the hospital, which in turn decreases costs and increases patient satisfaction.

“People like that feeling of connectedness,” Grady says. “It empowers them and encourages them to take a more active role in monitoring and maintaining their own health.”

Furthermore, a visiting nurse who doesn’t have to travel 90 minutes to take a single patient’s blood pressure is then free to help many more people and limit travel to those who require personal intervention, says Bartos.

Likewise, videoconferencing is helping to educate more nurses. Another project under Grady’s research umbrella allows nursing students at Pitt Johnstown to interact with patients and nurses at a burn unit at Brooke Army Medical Center in San Antonio, Texas, to sample real-time clinical experiences.

“You don’t want to replace traditional hands-on clinical care, but it certainly gives students a different perspective, one they would not have been able to get through other means,” says Grady.

A Shift in Culture

One of the challenges schools and health systems face as they attempt to roll out technological solutions is the fact that many nurses are less comfortable with the gadgetry.

Karen Courtney, BSN, MSN, PhD, assistant professor in the Department of Health and Community Systems, says it’s important to show nurses how a particular application ultimately will be an occupational benefit, not a burden.

No matter how effective a particular form of technology is, it can’t replace the human factor, which is the reason many people enter the profession in the first place. But if a computer can run algorithms, collect data, or flag anomalies that require attention, it can free up nurses to do what they do best: care for the patient.

That’s especially true as the nursing population, including the faculty at many colleges and universities, ages.

“Our most experienced nurses are also those who are getting closer to retirement age. So we’re losing a lot of expertise,” says Courtney. “The knowledge that they carry is still vital in taking care of patients.”

Some smaller, rural hospitals are opting to preserve that knowledge base by subscribing to a virtual intensive care unit. The hospitals’ ICUs, which are generally small, are wired for sight and sound, as are their electronic health records. This allows a team of providers specializing in intensive care to look at and assess patients remotely by video camera, interact with the nurses and patients who are on site, and provide answers or suggest treatment.

“It’s a way to have an expert virtually by your side,” says Courtney, who adds that older nurses can offer the benefit of their opinion without the physical burden of having to lift the patient or travel to the site. “We can keep their expertise without having them literally at the bedside.”

‘Meaningful Use’

Darinda Sutton (MSN ’02), BSN, says that legislation already has passed as part of the American Recovery and Reinvestment Act of 2009 that supports the use of technology in health care.

Sutton, chief nursing officer for Cerner Corporation, a major electronic health records company, helps organizations review their strategic plans so they can qualify for federal funding under the provisions of the current law.

“The essence of what they’re trying to do is not only to support the implementation of technology within health care but also to make sure technology is implemented in a meaningful way,” she explains.

The key terminology in the legislation is “meaningful use,” which applies to technology that helps to support clinical decision making, improves the exchange of information, and relates to the submission of claims to payers. A list of criteria has been basically finalized for 2010, and additional criteria are expected for 2013 and 2015.

“A lot of organizations right now are reviewing their strategic plan for technology and automation to make sure it aligns with the criteria for meaningful use,” Sutton says.

Another key concept tied into “meaningful use” is the quality of outcomes. The government wants to see that organizations are taking advantage of evidence-based practices that already exist in literature and that they are applying best practices to create more favorable outcomes.

Some funds in the federal stimulus plan also support nursing schools, which need to put more technology into the curriculum to prepare students for the level of technical literacy they’ll need in practice, says Sutton.

“Students today don’t need to be taught how to use a computer, but they need to understand how they can layer their expertise in technology over what they learn from a patient care perspective by understanding protocols and evidence-based practices,” she says.

Regardless of the shape health care reform ultimately takes, Bartos believes technology will play an integral role in the profession from this point forward.

“You cannot get away from the technology. It’s part of the job,” she says. “It can be disruptive to your work flow but, eventually, it’s incorporated into the work that you do. Change is just part of health care.”

A Growing Epidemic:

Nurses Fight Diabetes on the Front Lines



When Denise Charron-Prochownik, BSN, MSN, PhD, FAAN, professor in the School of Nursing's Department of Health Promotion and Development, began her career as a nurse specializing in pediatric diabetes, type 2 diabetes was virtually unheard of in children.

The first clinical nurse specialist in diabetes at Children's Hospital Boston, Charron-Prochownik used education to make a difference in the lives of young patients. Back then, mostly all of these children had type 1 diabetes and took insulin.

But in the decades that followed, type 2 diabetes has gone from being statistically invisible in the general population to a virtual epidemic. Today, it represents about 40 percent of all new cases in our pediatric population, according to Margaret Grey (BSN '70), DrPH, FAAN, dean of the Yale University School of Nursing. *The National Diabetes Fact Sheet*, 2007, published by the Centers for Disease Control and Prevention, reports that 23.6 million people in the United States have diabetes. According to this report, 90–95 percent of them have type 2 diabetes.

Most people who study the disease blame a variety of factors for the explosion in diagnoses. Society has become more sedentary—both at work and at home—and more reliant on high-calorie food, which is a recipe for weight gain and its accompanying complications, diabetes among them.

“The rates are increasing in epidemic proportions, and this is a global problem,” says Linda Siminerio (MS '78), BSN, PhD, director of the University

of Pittsburgh Diabetes Institute and an associate professor in the Schools of Nursing and Medicine. “We were bred to be hunters and gatherers, and our bodies weren’t ready to handle the shifts with changes in eating habits and less physical activity in our society.”

The Face of Change

Today, approximately 225 million people have diabetes; by 2030, that number is projected to increase to 380 million, Siminerio says. A complex, chronic, and potentially life-threatening disease, diabetes is a condition that can be managed—if the person is actively involved.

And that, many experts say, is where nurses come in. “The nurse’s role is absolutely critical,” says Siminerio. “Nurses have the skill set and knowledge and take the time to listen. They are known to include support of the family. The way our health care system is set up, physicians have approximately 10 to 15 minutes with the patient. When you have a complex disease, like diabetes, 10 to 15 minutes doesn’t do it. That’s why the role of the nurse is so important.”

Siminerio was recently named 2009 spokesperson for the World Diabetes Campaign. In this role, she is responsible for highlighting the importance of national diabetes education, local efforts to improve prevention and quality care in Pennsylvania, and national plans for World Diabetes Day, which was celebrated on November 14, 2009.

Siminerio’s work focuses largely on self-management education, with the objectives of both preventing the disease for people who are at risk and treating those who already have it.

Diabetes prevention includes lifestyle interventions that are based on evidence provided by a national study, the Diabetes Prevention Program, that compared three groups: a control group that was told simply to eat a healthy diet and lose weight; one that was given a medication; and one that was treated with a lifestyle intervention, that aimed to help participants lose 7 percent of their body weight and incorporate 150 minutes of physical activity into each week.

According to Siminerio, the lifestyle group that included attention to behavior change strategies had the highest success rate in preventing the development of diabetes. Nurses are crucial to taking this intervention to the clinical setting and making interventions like this work. “You can test things in an ivory tower, but what we don’t know is how these programs get translated in real-world communities,” Siminerio explains. “Nurses have a key role. They know their community and are respected. I think nursing needs to think about broader roles that include expanding in areas like advanced therapeutic management and primary prevention.”

Likewise, nurses are pivotal in the success of helping people with diabetes to self-manage their disease, she says.

Siminerio believes that the old acute model of care, under which nurses often took a back seat to physicians, no longer works—and the world of health care decision makers has come to realize the need for change. She believes that the future of diabetes is team-based care, with behavior changes at the root of treatment. “I believe nurses need to be the face of that change,” she says.

“The nurse’s role is absolutely critical. Nurses have the skill set and knowledge and take the time to listen.”

Linda Siminerio, director,
University of Pittsburgh
Diabetes Institute

Nurses are pivotal in the success of helping people with diabetes to self-manage their disease.



Delivering a Message

For Charron-Prochownik, understanding the application of behavioral theories to diabetes self-management in preventing complications will play a pivotal role in her future research. Knowing that women with diabetes have a higher risk of pregnancy-related complications, and how planning a pregnancy through preconception counseling can reduce those risks, she turned her attention to developing a computer-based preconception counseling program for adolescent girls with diabetes called READY-Girls (Reproductive health Education and Awareness of Diabetes in Youth for Girls). Teaching women to plan ahead so their blood sugars are normal at conception can greatly reduce the risks of complications.

“Initiating preconception counseling prior to sexual activity is key to preventing unplanned pregnancies,” she says. The program materials provide information and decision-making strategies and change beliefs that help adolescents to better understand the effects of diabetes on puberty, sexuality, and pregnancy that in turn will change their reproductive health behavior.

“I really love our message. It gives young women hope that in the future they can have healthy pregnancies and healthy babies if they plan ahead,” she says, “and READY-Girls teaches them how.”

Although diabetes is a team-managed disease, Charron-Prochownik believes that nurses should take a leading role in providing preconception counseling. Nurses have a holistic approach and are health promotion advocates who can really bring it all together,” she says. “They are the ones on the front lines with the patient all the time.”

Cognitive behavioral strategies also are central to the work of Lora Burke (PhD '97, MPH '78), FAHA, FAAN, professor in the Department of Health and Community Systems. She develops and tests interventions to achieve long-term weight loss in adults whose body mass index (BMI) exceeds normal levels.

In one 24-month intervention, people who monitor their own eating and physical activity with the help of personal digital assistants (PDAs) that include nutrition and exercise software are showing success. They are losing weight, reducing cardiovascular risk factors, and dropping inches around their waists—the riskiest place to carry excess pounds, Burke notes. Use of the PDA provides feedback to the individual in terms of their current food intake and how this compares to their daily calorie and fat gram goals and permits them to alter their behavior so they do not exceed their goals. Self-monitoring and feedback are crucial components of behavior change interventions.

Among other strategies, Burke is studying how nurses can best communicate with and counsel overweight individuals to help them see how they can achieve their goals, contribute to their own health, and most importantly, prevent diabetes and cardiovascular disease.

Siminerio agrees that message delivery is key. “If just giving knowledge was the way to do it, we wouldn’t have physicians who smoke or nurses who are overweight,” she says.

Setting Goals

Grey has been working on projects related to diabetes, particularly among adolescents, ever since she first became a clinical nurse practitioner. She worked first with patients with type 1 diabetes, then naturally evolved into working with people who had type 2 diabetes as it became more common.

She notes that the disease is so prevalent in minority populations that it is hard to find people who don't have it. For such at-risk children, as well as those with risk factors such as obesity or a family history of diabetes, Grey was involved in a study that sought to maximize the effectiveness of preventive treatment.

The children in the study had early markers of insulin resistance that put them at high risk of developing diabetes in five to 10 years. Through its interventions, the research group was able to reduce the risk to that of a normal person. "You need to give people the basic tools. They need to understand nutrition; they need to understand what physical activity is and isn't," says Grey. "It's a principle of behavior change: Knowledge is necessary, but not sufficient, to help people change their behavior."

In one project Grey worked on, a simple step such as cutting back on sugar-sweetened drinks achieved promising results. Some children were drinking up to a gallon of soft drinks a day, adding up to a whopping 1,500 calories. By cutting it in half and substituting diet soda, water, or low fat milk, they were able to make a significant change.

Children in the study also routinely spent eight hours a day watching television. To get them to be more active, researchers suggested they dance while watching instead of sitting.

"The real key is making it doable and not setting unrealistic goals," Grey says. "If you have a kid who is watching eight hours of TV a day, you can't say, 'Cut that to four.' You say, 'How about if you take half an hour off?'"

Removing Barriers

Eileen Chasens, BSN, DSN, assistant professor in the Department of Health and Community Systems, researches obstructive sleep apnea, a condition that often coexists with type 2 diabetes.

As she explains it, this coexistence often creates a vicious cycle. Obesity is a risk factor for both diseases, and sleep apnea also may adversely affect glucose metabolism. A person who has sleep apnea may become excessively sleepy during the day, which makes it harder for him or her to be physically active

or to find the energy to prepare a nutritious meal. And that, in turn, contributes to people's difficulty managing their diabetes.

In Chasens' study, patients with sleep apnea are divided into two groups. One group is given a CPAP machine, which is routinely used to treat sleep apnea. The control group is given a machine that looks and feels like a CPAP machine, but offers no benefit. Their glucose levels are monitored to see whether treatment of sleep apnea helps to improve their glucose control.

Chasens says chronic disease management requires a great deal of education and counseling to support the patient's efforts to change his or her behavior and be more successful in achieving his or her prevention or diabetes self-management goals.

"And when you think of a disease that needs active participation, you're thinking about type 2 diabetes," she says. "We have some very good nursing interventions to improve management of type 2 diabetes. The question is, why aren't people with diabetes doing what they have been taught? This research is looking at removing sleep as a barrier so we can have better outcomes."





TEENSCOPE



Margaret Grey is the dean of the Yale School of Nursing and the principal investigator for grants totaling more than \$25 million. Her research has focused on the treatment of children with type 1 diabetes and the prevention of type 2 diabetes in high-risk youth.

Legacy Laureate Recipient Pursues Lifelong Passion Through Nursing and Research

From the time she was 6 or 7 years old, Margaret Grey (BSN '70), DrPH, FAAN, knew her life's calling was to be a nurse. What she didn't know was that her passion would go on to influence so many others who chose the same profession. Grey, who grew up in Easton, Pa., launched her career at the University of Pittsburgh School of Nursing. Having worked as an aide in an intensive care unit, she thought that's where she would eventually practice, and she was right—sort of.

"I fell in love with pediatrics when I was in college," says Grey, whose first job after graduation was in the neonatal intensive care unit at Magee-Womens Hospital of UPMC in Pittsburgh. "My undergraduate degree prepared me extraordinarily well to be a nurse. And it reinforced that the things I cared about, that got me into nursing, were important values."

For Grey, it's a privilege to help people when they are at their most vulnerable, to get to know the whole patient and possibly their family members, and to help them make a difficult situation better. Through her time at Magee and a few other experiences, she became interested in the cases of children with chronic conditions, many of whom only had limited exposure to nurses.

"Most of their health care experience was with physicians who saw them periodically," recalls Grey. "And back in those days, nobody was paying attention to the behavioral and psychosocial aspects." Thus her career in research was born. Grey moved to New Haven, Conn., with the idea of

attending medical school, but before she even started she was recruited away by a faculty member at the Yale University School of Nursing. That early mentor convinced her that she would have more opportunity to work holistically with patients if she became a nurse practitioner instead of a doctor. Her research has focused on the treatment of children with type 1 diabetes and the prevention of type 2 diabetes in high-risk youth.

Today, Grey is the dean of the Yale School of Nursing and the principal investigator for grants totaling more than \$25 million. She has authored more than 200 publications and has been elected to the Institute of Medicine and the American Academy of Nursing. She has been an active member and a devoted leader for many health organizations, including the American Medical Association, National Institutes of Health, National Institute of Nursing Research, and American Diabetes Association. In addition, she served on the American Medical Association's childhood obesity panel. Grey has earned much recognition, having received the Outstanding Nurse Scientist Award from the Council for the Advancement of Nursing Science, a research arm of the American Academy of Nursing, in 2008 and the Distinguished Alumni Award from Pitt's School of Nursing in 1999. She also was named a 2009 University of Pittsburgh Legacy Laureate, which honors outstanding personal and professional accomplishments among Pitt alumni.

Grey joined the Yale faculty 17 years ago, serving as the associate dean for research. She just started her fifth year as dean. During that time, she has been pleased to see that more nursing faculty members are serving as role models in health care research.

"Within the next decade or two, I hope we are able to solve the nursing shortage, and the faculty shortage, by recruiting more talented people into the profession and moving them rapidly to doctoral study and research careers," says Grey. "If that happens, we will have the highest-quality evidence on which to base practice."

The Cherry Ames books were one of Margaret Grey's original inspirations to become a nurse. One of her favorites was *Cherry Ames Department Store Nurse*. As a young girl, the idea of a career that combined shopping and nursing seemed perfect to her.



School of Nursing Senior Takes Mom's Advice

When Laura Cermignano was first considering a premed college career, her mother—a nurse who works in administration at a nursing home in suburban Philadelphia, Pa.—encouraged her to shadow one of the facility's doctors.

So Cermignano accompanied the physician on rounds, only to discover that what her mother had always said was true: She was meant for other things.

“My mother knew the opportunities I would have through nursing. She always said my personality fit the personality of a nurse,” says Cermignano, a senior at the School of Nursing. “She let me discover that what I wanted to do was nursing.”

The oldest of three children, Cermignano describes herself as having a caregiver's personality, a strong work ethic, and a talent for multitasking. So when she stops to think about it, her mother's assessment seems spot-on.

She came to Pitt after visiting the campus and falling in love with its urban setting and proximity to area hospitals.

“The reputation of the school itself spoke volumes,” she adds. “They give you so many different facets of nursing

in the clinicals, so you see the different opportunities that you could have.”

During the summer of 2009, Cermignano interned with a program called Bridging the Gap, which hires students from different health care fields to work in teams with underserved populations. Cermignano was paired with a medical student at the Birmingham Free Clinic on Pittsburgh's South Side. Together, they developed a stress management program that incorporated screening questions and offered resources for activities that could alleviate stress and deter patients from unhealthy choices such as smoking or excessive drinking.

“I loved it,” Cermignano says. “I left the summer knowing this is something I would definitely want to do.”

In addition to devoting time to her studies, Cermignano also serves as president of Pitt's Nursing Student Association, a post she has held for two years. She believes that her involvement has helped her get to know the faculty and staff at the School of Nursing on a deeper level and has opened her eyes to other dimensions of the profession.

As for her future, she plans to apply for jobs both in Pittsburgh and back home in Philadelphia, but she also wants to return to school and pursue a master's degree within a year or two of graduation.

“So many people say, ‘Just continue your education, and try not to do it with so many interruptions,’ ” she says.

“My mother knew the opportunities I would have through nursing. She always said my personality fit the personality of a nurse.”

Laura Cermignano,
senior, School of Nursing



2010 International Year of the Nurse— Creating a Healthy World

This year marks the centennial year of the death of Florence Nightingale (1820-1910), the founder of modern nursing. To celebrate this historic milestone, the 2010 International Year of the Nurse (2010 IYNurse) seeks to recognize the contributions of the world's nurses—estimated to be more than 15 million—and to engage nurses in the promotion of world health.

Founded by Sigma Theta Tau International (STTI), the Honor Society of Nursing; Nightingale Initiative for Global Health (NIGH); and the Florence Nightingale Museum (FNM) in London, 2010 IYNurse supports the United Nations Millennium

Development Goals to address the issues of poverty, hunger, education, gender equality, environmental sustainability, and other issues.

The University of Pittsburgh School of Nursing shares the goals of this international effort to increase global public awareness about the priority of health, raise public awareness of the importance of nursing to health care delivery around the world, and demonstrate nursing's commitment to improve health care for all communities—locally, nationally, and internationally.

2010 IYNurse honors the legacy of Nightingale, who inspired future

generations of nurses and demonstrated how personal actions can make a world of difference.

As part of its commitment to advancing the nursing profession, the School of Nursing joins STTI, NIGH, and FNM, along with the American Nurses Association and other national and global nursing organizations in encouraging nurses and health care professionals around the world to take part in this “Celebration of Commitment,” and act as catalysts for achieving a healthy world. Together, we can realize Nightingale's dreams, making compassionate care and healthy lives a birthright worldwide.

For more information:
www.2010IYNurse.net

United Nations Millennium Development Goals

1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equality and empower women
4. Reduce child mortality
5. Improve maternal health
6. Combat HIV/AIDS, malaria, and all communicable and non-communicable diseases
7. Ensure environmental sustainability
8. Develop a global partnership for development



The Nightingale Initiative for Global Health:

Building a Worldwide Movement

The Nightingale Initiative for Global Health (NIGH) is a grassroots, nurse-inspired movement to increase global public awareness about the priority of health and to empower nurses and concerned citizens to stand for a healthy world everywhere.

Although there are more than 15 million nurses worldwide, NIGH's recent research indicates that there is still a poor awareness of the critical role played by nurses in society. Individually, each nurse is already committed to promoting the health of people wherever they can. But, only a few have used their voices to effectively impact health on a global scale. If individual nurses can come together worldwide with other citizens who are also concerned about health, this effort could indeed become a powerful force for the health of humanity.

At the core of NIGH's initiative is the Nightingale Declaration Campaign. This campaign is being created, step-by-step, through individual signatures



of commitment from around the world. As you sign The Nightingale Declaration, you are joining more than 19,000 people from 106 nations who already have signed—including many midwives and other health care workers. This renews your commitment to what you can do and already are doing—both personally and professionally—to make a difference in the world at a challenging time.

The Nightingale Declaration

“We, the nurses and concerned citizens of the global community, hereby dedicate ourselves to the accomplishment of a healthy world by the year 2020. We declare our willingness to unite in a program of action, sharing information and solutions to resolve problems and improve conditions—locally, nationally and globally—in order to achieve health for all humanity. We further resolve to adopt personal practices and to implement public policies in our communities and nations, making this goal for the year 2020 achievable and inevitable, beginning today in our own lives, in the life of our nations and in the world at large.”



For more information or to sign the declaration, visit:
www.nightingaledclaration.net

Florence Nightingale's Relevance to Nursing Today

For more than a century, Florence Nightingale (1820-1920) has been revered and respected around the world as the founder of modern nursing. She was also a pioneer in health science, health statistics, social reform, environmentalism, and feminism.

She was familiar with the Greek and Latin classical languages and modern languages of French, German, and Italian. Nightingale also studied history, grammar, and philosophy. She persuaded her father to allow her to study mathematics and then overcame societal and parental expectations of an upper-class marriage to pursue a career in nursing—which was not considered to be a respectable profession for women at the time.

Nightingale applied her education and interest in mathematics to develop statistical analyses of disease and mortality. She pioneered the use of the

pie chart to present statistical information in a way in which the facts would jump out to illustrate seasonal sources of patient mortality in a military field hospital she managed. While she didn't invent them, Nightingale demonstrated how effective statistical graphics could be in promoting change and popularized their use. She probably saved more lives with her statistics than she did while conducting her solitary lamp-lit nighttime rounds.

In 1859, Nightingale was elected the first female member of the Royal Statistical Society, and later became an honorary member of the American Statistical Association. King Edward VII awarded her the Order of Merit in 1907, making Florence Nightingale the first woman to receive that honor.

Florence Nightingale's contributions to nursing theory, education, practice, research, and statistics; public health; and health care reform are both inspirational and foundational to nursing practice and the delivery of health care today.

Learn more about Florence Nightingale's relevance to the practice of health care today and discover some things you may not know about her at www.nursing.pitt.edu.



Active Grants (as of December 1, 2009)

\$5,000 or more

Albrecht, Susan

Dr. Edna B. McKenzie Scholarship for Disadvantaged Students
Agency: Pennsylvania Higher Education Foundation (PHEF)

Alexander, Sheila

Long Term Outcomes in ICU Patients: Delirium & Apolipoprotein E
Agency: National Institutes of Health/ National Institute of Nursing Research (NIH/NINR)
Grant Code: R03

Alexander, Sheila

Apolipoprotein E Inflammatory Markers & Delirium in ICU Patients
Agency: Society of Critical Care Medicine

Bell, Mandy

Genomics of Endoglin Pathway in Preeclampsia
Agency: NIH/NINR
Grant Code: F31

Bender, Catherine

Cognitive Impairment Related to Anastrozole Use in Women
Agency: NIH/National Cancer Institute
Grant Code: R01

Bender, Catherine

Predictors of Adherence to Hormonal Therapy in Breast Cancer
Agency: Oncology Nursing Society (ONS)

Bender, Catherine

Cumulative Interferon Dose in Patients with Melanoma Receiving Pretreatment with the Antidepressant Mirtazapine versus Placebo
Agency: Schering Corporation



Bernardo, Lisa

The ABC Diet Program Intervening with Minority Youth
Agency: Health Resources and Services Administration (HRSA)

Bolinger, Rosemary (Engberg)

Barriers Complications Adherence and Self-reported Quality of Life in Patients Using Intermittent Catheterization
Agency: Wound, Ostomy and Continence Nurses Society

Burke, Lora (Sevick)

Enhancing Adherence in Type 2 Diabetes
Agency: NIH/NINR
Grant Code: R01

Burke, Lora

Improving Self-monitoring in Weight Loss with Technology
Agency: NIH/National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
Grant Code: R01

Burke, Lora

Improving Self-monitoring in Weight Loss with Technology
Agency: NIH/NIDDK
Grant Code: R01 – S1



Burke, Lora

Long-term Changes in Weight and Adipokines and the Associations with Genetic Variations
Agency: NIH/NINR
Grant Code: K24



Burke, Lora

(Dunbar-Jacob)
 Self-efficacy Based Treatment for Long-term Weight Loss
Agency: NIH/NINR
Grant Code: P01

Burns, Helen

Nurse Education Practice and Retention
Agency: HRSA

Burns, Helen

Nursing Shortage Initiative
Agency: Thomas Jefferson University

Burns, Helen

Faculty Development: Integrated Technology into Nursing Education & Practice Initiative
Agency: HRSA

Burns, Helen

UCE Birmingham Research Collaboration
Agency: UCE Birmingham

Campbell, Grace

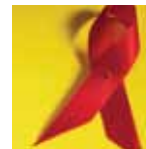
Predicting Fall Risk in Older Adults in Post-stroke Rehabilitation Building Academic Geriatric Nursing Capacity (BAGNC) Predoctoral Scholarship
Agency: John A. Hartford Foundation

Campbell, Grace

Post-stroke Cognition as a Fall Predictor During Inpatient Rehabilitation
Agency: NIH/NINR
Grant Code: F31

Caruthers, Donna

Translating an HIV Medication Adherence Intervention: A First Step
Agency: University of Pittsburgh Central Research Development Fund (CRDF)



Charron-Prochownik, Denise

Reproductive Health Intervention for Teen Girls with Diabetes Mellitus (DM)
Agency: NIH/National Institute of Child Health and Human Development (NICHD)
Grant Code: R01

Charron-Prochownik, Denise

Reproductive Health Intervention for Teen Girls with DM
Agency: NIH/NICHD
Grant Code: R01 – S1

Charron-Prochownik, Denise

(Siminerio)
 Diabetes Prevention and Treatment Programs of Western Pennsylvania
Agency: U.S. Department of Defense (DOD)



Charron-Prochownik, Denise

(Siminerio)
 Reproductive Health Program for Women with Diabetes across the Lifespan
Agency: University of Pittsburgh Diabetes Institute

Chasens, Eileen

OSA, Sleepiness, and Activity in Diabetes Management
Agency: NIH/National Heart, Lung, and Blood Institute (NHLBI)
Grant Code: R21

Chasens, Eileen

New Careers in Nursing Scholarship Program
Agency: Robert Wood Johnson Foundation

Choi, Ji Yeon

Caregivers of Prolonged Mechanical Ventilation: Mind-Body Interaction Model
Agency: NIH/NINR
Grant Code: F32

Chuang, Pei-Ying

Genetics, Psychological Stress, and Cytokines in Oncology Caregivers
Agency: ONS

Cohen, Susan (Glick)

Acupuncture for the Treatment of Insomnia: A Pilot Study
Agency: NIH/National Center for Complementary and Alternative Medicine (NCCAM)
Grant Code: R21

Conley, Yvette (Wagner)

Dopamine Genetic Variants Modulating Recovery after Traumatic Brain Injury (TBI)
Agency: NIH/ NICHD
Grant Code: R01

Conley, Yvette

Mitochondrial Genetics of Recovery after Brain Injury
Agency: NIH/NINR
Grant Code: R01



Conley, Yvette (Dixon)

Emerging Therapeutics for TBI—Acute to Chronic Changes
Agency: NIH/National Institute of Neurological Disorders and Stroke (NINDS)
Grant Code: P01

Conley, Yvette (Gorin)

Genetics of Age-related Maculopathy
Agency: NIH/National Eye Institute
Grant Code: R01

Conley, Yvette (Wagner)

Data Modeling Approaches for Biomarkers in Clinical TBI
Agency: DOD

Conley, Yvette (Wagner)

Biomarkers Evaluating and Treating Acute and Chronic TBI
Agency: DOD

Conley, Yvette (Bender)

Genomics of Cognitive Function in Breast Cancer
Agency: ONS



Courtney, Karen

After-hours Communication Support for Hospice Family Caregivers and Patients
Agency: NIH/NINR
Grant Code: R21

Crighton, Margaret

Symptom Clusters in Neutropenic Non-Hodgkin's Lymphoma Patients: Self-monitoring, Decision Making, and Communication
Agency: University of Pittsburgh, CRDF

Devito-Dabbs, Annette

Phase III Trial of Pocket PATH:
A Computerized Intervention to
Promote Self-care
Agency: NIH/NINR
Grant Code: R01

Devito-Dabbs, Annette

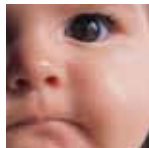
Phase III Trial of Pocket PATH:
A Computerized Intervention to
Promote Self-care
Agency: NIH/NINR
Grant Code: R01 – S1

Devito-Dabbs, Annette

Phase III Trial of Pocket PATH:
A Computerized Intervention to
Promote Self-care
Agency: NIH/NINR
Grant Code: R01–S2

Devito-Dabbs, Annette (Dew)

Brief Nursing Intervention to Prevent
Poor Psychosocial Outcomes in
Living Donors
Agency: NIH/NINR
Grant Code: R21

**Davies, Marilyn**

Predictors of Weight
Loss in Overweight
Children
Agency: University
of Pittsburgh, CRDF

Davies, Marilyn

Challenge of Providing Health
Information to Parents and Caregivers
of Children at Risk for Overweight
Agency: University of Pittsburgh School
of Nursing—Ruth
Perkins Kuehn

Donovan, Heidi (Rosenzweig)

Implementation and Evaluation of
an Electronic Symptom Assessment
and Reporting Registry for Breast
and Ovarian Cancers
Agency: Magee-Womens Research
Foundation

Donovan, Heidi

Phase I Dose Escalation Study of
Docetaxel IV plus Oxaliplatin IP and
Docetaxel IP plus
Oxaliplatin
IV for Persistent
or Recurrent
Ovarian Cancer
Agency: Sanofi
Aventis

**Donovan, Heidi**

Web-based Ovarian Cancer Symptom
Control: Nurse-guided vs. Self-directed
Agency: NIH/NINR
Grant Code: R01

Dorman, Janice

Targeted Research and Academic
Training of Nurses in Genomics
Agency: NIH/NINR
Grant Code: T32

Doswell, Willa

PDAC: Protecting Daughters Against
Cancer in a Multi-ethnic Sample
of Mothers and their Preen and
Adolescent Girls
Agency: ONS

Doswell, Willa

Parish Nurse/Project Uplift: Reducing
Mental Health Behavioral Health Risk
in Urban Communities: An Evidence-
based Project
Agency: Staunton Farm Foundation

Dunbar-Jacob, Jacqueline

Clinical Nurse Leaders Program
Agency: Helene Fuld Health Trust

Dunbar-Jacob, Jacqueline (Reis)

University of Pittsburgh Clinical &
Translational Science Institute (CTSI)
Agency: NIH/Clinical and Translational
Science Awards
Grant Code: UL1

Dunbar-Jacob, Jacqueline

Adherence and Health-related
Quality of Life (HRQOL) Translation
of Interventions
Agency: NIH/NINR
Grant Code: P01

Dunbar-Jacob, Jacqueline

Graduate Nurse Education
Grant Program
Agency: PHEF

Dunbar-Jacob, Jacqueline

Nursing Education Grant
Agency: PHEF

Dunbar-Jacob, Jacqueline

Center for Research in Chronic
Disorders
Agency: NIH/NINR
Grant Code: P30

El Saadawi, Gilan

A Standards-based Tool for Clinical
Trials Protocol
Agency: NIH/NCI
Grant Code: R21

El Saadawi, Gilan (Crowley)

The Cancer Training Web: A
Multi-institutional Tutoring System
in Pathology
Agency: NIH/NCI
Grant Code: R25

El Saadawi, Gilan (Crowley)

No Doctor Left Behind: Individualizing
Physician Training
Agency: NIH/National Library
of Medicine
Grant Code: R01

Engberg, Sandra

Efficacy of
Acupuncture in
Treating Urinary
Incontinence
Agency: NIH/
NCCAM
Grant Code: R01

**Engberg, Sandra**

University of Basel Scientific
Leadership Program
Agency: University of Basel

Erlen, Judith

Improving Adherence to
Antiretroviral Therapy
Agency: NIH/NINR
Grant Code: R01

Erlen, Judith

Multi-site Collaborative Study
for Adherence, Virologic, and
Clinical Outcomes
Agency: NIH/National Institute
of Mental Health (NIMH)
Grant Code: R01

Erlen, Judith (Costantino)

NSABP Clinical Oncology Program—
Biostatistical Center
Agency: NIH/NCI
Grant Code: U10

Erlen, Judith

Technology: Research in Chronic
and Critical Illness
Agency: NIH/NINR
Grant Code: T32

Erlen, Judith (Dunbar-Jacob)

Strategies to Improve Caregiver
Mediated Medication Management
of Community Dwelling Patients
with Dementia
Agency: NIH/NINR
Grant Code: P01

Faett, Becky (Brienza)

Rehabilitation Engineering
Research Center on
Telerehabilitation
Agency: U.S. Department
of Education

Garand, Linda

Prevention of Psychiatric Morbidity
in Alzheimer's Disease Caregivers
Agency: NIH/NIMH
Grant Code: K23

Happ, Mary Beth

Symptom Management, Patient
Caregiver Communication Outcomes in
the Intensive Care Unit (ICU)
Agency: NIH/NINR
Grant Code: K24

Happ, Mary Beth (Arnold)

Palliative Care for Hospitalized
Cancer Patients
Agency: NIH/NCI
Grant Code: R01

Happ, Mary Beth

Improving Nurse-patient
Communication in the ICU
Agency: Robert Wood
Johnson Foundation

**Henker, Richard**

Genetic and Other Risk
Factors of Opioid-induced
Sedation and Respiratory
Depression: Mice to
Humans and Back Again
Agency: University of Pittsburgh, CTSI
Basic to Clinical Collaborative Research
Pilot Program (BaCCoR)

Hoffman, Leslie (Poloyac)

The Role of 20-HETE in the
Pathogenesis of Stroke
Agency: NIH/NINDS
Grant Code: R01

Hoffman, Leslie (Orenstein)

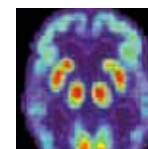
Self-regulated Exercise in Cystic
Fibrosis: A Randomized Trial
Agency: NIH/NINR
Grant Code: R01

Hoffman, Leslie (Sciurba)

Long Term Oxygen Treatment Trial
Agency: NIH
Grant Code: N01

Hravnak, Marilyn (Horowitz)

Myocardial Ischemia & Vasospasm
in Aneurysmal Subarachnoid
Hemorrhage (SAH)
Agency: NIH/NHLBI
Grant Code: R01

**Lingler, Jennifer (Lopez)**

Alzheimer Disease
Research Center
Agency: NIH/National
Institute on Aging (NIA)
Grant Code: P50

Lingler, Jennifer

Making Sense of MCI (Mild
Cognitive Impairment)
Agency: Alzheimer's Association

Lingler, Jennifer (Schulz)

Measuring Suffering in Persons
with Alzheimer's Disease
Agency: Alzheimer's Association

Lingler, Jennifer

Promoting Alzheimer's Caregivers'
Communicative Skillfulness:
Project PACCS
Agency: Brookdale Foundation

Active Grants (continued)

Lingler, Jennifer

Psychometric Testing of an Instrument to Measure Participant Burden in Clinical Research

Agency: University of Pittsburgh, Alzheimer Disease Research Center



Sereika, Susan (Sevick)

Enhancing Adherence in Type 2 Diabetes

Agency: NIH/NINR
Grant Code: R01

Sereika, Susan (Manuck, Psychology)

Biobehavioral Studies of Cardiovascular Disease

Agency: NIH/NHLBI
Grant Code: P01



Sherwood, Paula

Determining Genetic and Biomarker Predictors of Delayed Cerebral Ischemia and Long-term Outcomes after SAH

Agency: NIH/NINR
Grant Code: R01

Sherwood, Paula

Mind-body Interactions in Neuro-oncology Family Caregivers

Agency: NIH/NCI
Grant Code: R01



Sherwood, Paula

Patient and Health Care System Outcomes Following EEA (Expanded Endonasal Approach)

Agency: NIH/NINR
Grant Code: R01

Stilley, Carol

Adherence and Health Outcomes After Liver Transplantation

Agency: NIH/NINR
Grant Code: R01

Stilley, Carol (Dunbar-Jacob)

A Routinization Intervention to Improve Adherence to Complex Medication Regimens

Agency: NIH/NINR
Grant Code: P01

Tate, Judith (Barnato)

Provider and Organizational Norms and Care at End of Life

Agency: NIH/NINR
Grant Code: R21



Thompson, Debra

A Multi-level Study of Nurse Leaders, Safety Climates, and Care Outcomes

Agency: NIH/NINR
Grant Code: F31

Wickersham, Karen

A Study of Medication Taking for Non-small Cell Lung Carcinoma (NSCLC) Patients Receiving Oral Targeted Therapy

Agency: NIH/NINR
Grant Code: F31



Matthews, Judith

An Advanced Medical Robotic System Augmenting Health Capabilities – Robotic Nurse Assistant (RoNA) Project

Agency: Hstar Technologies Corporation

Matthews, Judith (Redfern)

Collaborative Research: Monitoring Human Performance with Wearable Accelerometers

Agency: National Science Foundation

Miketic, Joyce

Diabetic Coronary Heart Patients' Adherence to Cardiac Rehabilitation Programs

Agency: University of Pittsburgh, School of Nursing, Leslie A. Hoffman

Nilsen, Marci

Communication Between Nonspeaking Elderly Patients and Caregivers BAGNC Predoctoral Scholarship

Agency: John A. Hartford Foundation

O'Donnell, John

Nurse Anesthetist Traineeship

Agency: HRSA



Radtke, Jill

Breastfeeding the Late Preterm Infant: A Grounded Theory Study

Agency: NIH/NINR
Grant Code: F31

Rosenzweig, Margaret

The ACTS Intervention to Reduce Breast Cancer Treatment Disparity

Agency: American Cancer Society

Rosenzweig, Margaret (Brufsky)

Bisphosphonates in Metastatic Breast Cancer: Risk & Benefit for Informed Patient Choice

Agency: Komen Foundation

Rosenzweig, Margaret

The SEA Intervention for Women with Metastatic Breast Cancer

Agency: ONS

Research Collaborators

For more than 50 years, researchers at the University of Pittsburgh School of Nursing have helped redefine the science and practice of nursing through multidisciplinary and multi-institutional translational research. Research collaborators include:

University of Pittsburgh Collaborators

- Alzheimer Disease Research Center
- Clinical & Translational Science Institute
- Department of Psychology
- Graduate School of Public Health
- School of Dental Medicine
- School of Education
- School of Engineering
- School of Health and Rehabilitation Sciences
- School of Information Sciences
- School of Medicine
- School of Pharmacy
- School of Social Work
- University Center for Social and Urban Research
- University of Pittsburgh Diabetes Institute

Outside Collaborators

- Carnegie Mellon University
- Children's Hospital of Pittsburgh of UPMC
- Emory University
- Health Research, Inc.
- Michigan State University at Irvine
- Mount Sinai Medical Center
- Saint Mary's Hospital
- Thomas Jefferson University
- University of Basel
- University of California
- University of Central England at Birmingham
- University of Hawaii
- University of Michigan
- University of North Carolina at Chapel Hill
- University of Pennsylvania
- University of Washington
- University of Wisconsin
- University of Pittsburgh Medical Center (UPMC)
- Wayne State University
- Washington University
- Western Psychiatric Institute and Clinic (WPIC)

Cameos of Caring® Program and Awards Gala

The University of Pittsburgh School of Nursing has honored 486 nurses with the prestigious Cameos of Caring® Award since the program began in 1999. In 2009, 63 nurses from 45 area health care facilities, nine schools of nursing, and one international facility were honored, including 13 graduates of the University of Pittsburgh:

Susan A. Albrecht (BSN '75, MN '78, PhD '81)

Mary Atkins Donnelly (BSN '94)

Darlene Averell Lovasik (MN '82)

Mary Ann Claus-Raible (BSN '85)

Denise A. Freund (BSN '80)

Diane Gardner (BSN '85, MSN '96)

Mildred Jones (MSN '90, PhD '00)

Marlene Cain Lucas (BSN '98)

Mitchell D. Oblak (BSN '91, MSN '00)

Kathi J. Perozzi (BSN '85, MSN '94)

Leni Kolljeski Resick (BSN '78, MSN '88)

Kelly Stickley (BSN '02)

Amy Stoker (MSN '05)

Visit our Web site at www.nursing.pitt.edu/cameos for more information about the Cameos of Caring Awards program or to read profiles of some of these Pitt awardees.

A Special Thanks to the Event Sponsors:

Center for Organ Recovery & Education
Johnson & Johnson
STAT Staffing Medical Services, Inc.
University of Pittsburgh Medical Center (UPMC)



Top: (l to r) Susan Albrecht (BSN '75, MN '78, PhD '81), Nurse Educator awardee from the University of Pittsburgh School of Nursing with Dean Jacqueline Dunbar-Jacob and Mitchell Oblak (BSN '91, MSN '00), Advanced Practice awardee from University of Pittsburgh Physicians, Department of Anesthesiology



Center: (l to r) Cameos of Caring awardee Marlene Cain Lucas (BSN '98) with Ira Richmond, associate director of patient care services at VA Pittsburgh Healthcare System, University Drive

Bottom: (l to r) School of Nursing Dean Jacqueline Dunbar-Jacob with Leslie Davis, president of Magee-Womens Hospital, and Holly Lorenz, chief nursing officer and vice president of patient care services for UPMC Presbyterian

Scholarship Support Matters



A junior at the School of Nursing, Chloe Chapman fell in love with Pitt during her first visit. She was aware of the many opportunities the University of Pittsburgh offers to students and felt strongly that the institution would be the perfect fit for her. Fortunately, Chloe received the scholarship support necessary for her to fulfill her dream of attending nursing school.

“Scholarships open doors for us and allow us to reach our potential,” states Chapman. She adds, “When I graduate from Pitt’s School of Nursing, I plan on supporting scholarships because I know the impact scholarships have had on my education.”

Senior Laura Cermignano agrees. “It is such an honor to receive a scholarship which, at the same time, motivates me to continue to work harder and honor the generous donors who provided me this opportunity. That is the most important aspect to me.”

Providing scholarship support is a priority at the School of Nursing because it assists in attracting and retaining the best and brightest students. Although the ability to award scholarships is important even during the best economic times, providing financial support is even more crucial during an economic downturn. We must ensure that financial concerns are not an impediment to students with

the potential to learn, grow, and make their own contributions to nursing. As education costs continue to climb, scholarships at the School of Nursing will help students by easing the burden of financing an education and providing support to those students who need and deserve it the most. During the 2009–10 academic year, the School of Nursing awarded 166 scholarships totaling approximately \$628,000 to its undergraduate and graduate students.

Many of Pitt’s scholarships are endowed, thereby ensuring support for students in perpetuity. In addition, if the scholarship is named on behalf of an alumnus or a beloved family or faculty member, it provides a fitting legacy tribute and is honored at Pitt forever. For information regarding available scholarships or if you have an interest in funding a scholarship within the School of Nursing, please contact Janice Devine, director of development, at 412-624-7541 or jad154@pitt.edu.

A Dedication to Nursing

The Margaret E. Wilkes Scholarship at the University of Pittsburgh School of Nursing was created and generously funded by James (A&S '59) and Margaret Wilkes, longtime Pitt supporters who met while Mrs. Wilkes was working as a nurse at the Western Psychiatric Institute & Clinic (WPIC).

After graduating from nursing school, Mrs. Wilkes landed a job at WPIC and met her husband James, who was a Pitt student working as an attendant in the hospital. "I didn't work as a nurse for very long, maybe a year or so, but my time at the hospital had quite an

impact on me. To this day, I have an affinity for nurses. I find myself reading newspaper articles and books about medicine or attending lectures about health care, so I'm still very interested in the field," she said.

The Wilkes Scholarship was designed with these interests in mind. "I know that there's a real scarcity of nursing educators today, so when my husband and I thought about creating this scholarship, we wanted to provide money specifically to support a nursing student who was pursuing a PhD. Then that person could one day use the education to teach other nurses," Mrs. Wilkes added.

"We knew that we wanted to continue supporting Pitt," Mrs. Wilkes said. "My husband is a proud alumnus, and we feel very connected to the University."

Coming in the Next Issue

The Role of Nursing Education in Health Care Reform

A new report from the Carnegie Foundation for the Advancement of Teaching calls for a more highly educated nursing workforce. Published in December 2009, *Educating Nurses: A Call for Radical Transformation*, reinforces evidence from earlier reports linking patient safety and lower mortality rates to nurses prepared at the baccalaureate and graduate levels. You can link to this landmark report at www.nursing.pitt.edu.

Not All Education is Equal

A look at how master's and doctoral programs at the School of Nursing meet recommendations in the Carnegie report.

Onboard and On Track with Online

A review of online CNL and DNP options.

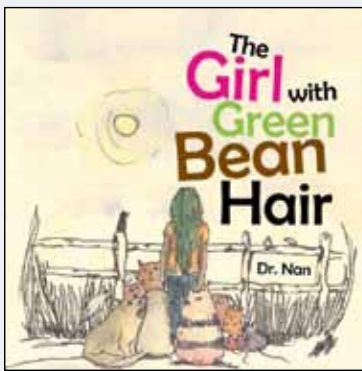
Pitt Nurses Bring Hope to Haiti

Stories from Pitt nursing students, faculty, and alumni who volunteered their time and expertise to help Haitian earthquake victims.

ALUMNI NEWS + NOTES

1950s

Rachel Poole (BSN '47, MLIT '52) has recently self-published the children's book, "The Girl with Green Bean Hair," under the pseudo name, Dr. Nan. Geared to girls 8–12 years old, it tells the story of an actual dream Poole experienced.



1960s



Patricia R. Messmer, (BSN '67), PhD, RN-BC, FAAN has been appointed to a constituent member association seat on the American Nurses Foundation Board of Trustees for a two-year term,

commencing June 2009 and ending June 2011.

1970s

(Ursula) Lea Dandrea (BSN '78) recently joined Inglis Foundation as vice president, innovation and information. Located in Philadelphia, the foundation works with people with physical challenges to create and provide practical solutions so they may pursue

their life goals. Dandrea had previously worked at Children's Hospital of Philadelphia where she was director of its Process Innovation Center.

Monica Marten Dinardo (BSN '78, MSN '84) was among the 2009 Nightingale Awards of Pennsylvania scholarship recipients. Dinardo was recognized in the 'advanced degree' category at the 20th annual gala last October at the Radisson Penn Harris Hotel & Convention Center in Camp Hill, Pa.

Kathleen A. Malloy (BSN '71, MNEd '76), PhD, dean of the health professions at Westmoreland County Community College in Youngwood, Pa., received the 2009 Distinguished Nurse Award from the Pennsylvania State Nurses Association (PSNA). This award, the highest award given by PSNA, recognizes a member who has demonstrated leadership characteristics and distinguished service to the nursing profession, and whose contributions and accomplishments are of significance throughout the Commonwealth of Pennsylvania (pictured below).



Marci Inks Pruitt (BSN '78) is vice president of hospice programs at Suncoast Hospice in Clearwater, Fla.

Louise C. Waszak (MN '78), PhD, PNP-BC, CNP-AC, FNP-BC has been appointed to a constituent member association seat on the American Nurses Foundation Board of Trustees for a two-year term, commencing June 2009 and ending June 2011.

1980s

Donna Ward Cabin (BSN '81), a staff nurse at Grane Hospice



in Pittsburgh, Pa., has been named one of 10 'Best of the Best Nurses Doing Extraordinary Work' by the *Pittsburgh Post-Gazette*.

Michael A. Harlovic (BSN '85, MSN '89) was named senior vice president and chief operating officer at Alle-Kiski Medical Center (AKMC) in Natrona Heights, Pa. on May 1, 2009. Harlovic began his career at AKMC in 1993 and from June 2008–January 2009, he served as interim president and chief executive officer at the hospital.

Marilyn Haag Oermann (MNEd '75, PhD '80), FAAN, ANEF, professor and chair, adult and geriatric health at University of North Carolina at Chapel Hill School of Nursing, received the National League for Nursing's 2009 Award for Excellence in Nursing Education Research at

the President's Reception and Awards Banquet in Philadelphia last September.

1990s

Wendy Nuss Zubenko (BSN '84, MSN '91), EdD, is program administrator and clinical nurse specialist at the University of Pittsburgh's Molecular Neurobiology and Genetics Lab. She is president of the American Psychiatric Nurses Association—Pennsylvania chapter and co-investigator of the NIMH grant "Morphologic/Neurochemical Correlates of Depression in AD." Zubenko is owner of Canonsburg Counseling Associates in Canonsburg, Pa., and adjunct assistant professor at Pitt's School of Nursing.

2000s

Annie Caum Aiosa (BSN '03) is currently working in the Bone Marrow Transplant Unit at Oregon Health and Science University. She's the recipient of the 2008 Clinical Nurse Excellence Award from Thomas Jefferson University Hospital.

Theresa Brown (BSN '07) was invited by President Barack Obama to come to Capitol Hill, where she joined about 150 nurses in supporting the health care debate. Obama quoted from one of Brown's blog posts about a patient who spent much of his dying months worrying about how to pay for his leukemia treatments.



In Memoriam

School Mourns Loss of Two Former Faculty Members

"That's why we need health care reform," Obama said. Brown is an oncology staff nurse at UPMC Shadyside Hospital in Pittsburgh and writes about nursing and health care issues for *The New York Times* blog, "Well." Her book, *Critical Care: A New Nurse Faces Death, Life and Everything in Between*, will be published in June.

Kristin DeLucia (BSN '09) is working in the Neonatal Intensive Care Unit at Geisinger Medical Center in Danville, Pa.

Thelma L. Dibble (BSN '05), a graduate of the nursing program at University of Pittsburgh at Johnstown, received the YWCA Tribute to Women Award for Professionals in May 2009. This award recognized Dibble's entrepreneur efforts and her contribution to the community. Dibble began her career as a medical/surgical telemetry nurse then moved into home health nursing. Her experiences in home health enabled her to open her own home health agency, Community Nursing and Home Health, Inc. of Johnstown, Pa., where she is president and CEO overseeing two offices and 50 employees.

Kathleen T. Patterson (PhD '01), has been named the director of Gannon University's Villa Maria School of Nursing. A nurse educator for 17 years, Patterson had previously served as director of the School of Nursing and Allied Health at the Venango campus of Clarion University and assistant professor of nursing and the graduate program chair at Carlow University.

Correction:

Judith Fesz worked for VNA of Allegheny County which went out of business in 2000.



Associate Professor Emerita, **Beatrice Joan McDowell**, MPH, PhD, FAAN, passed away on August 30, 2009. A native of Cambridge, Ohio, McDowell was on the faculty at the University of Pittsburgh School of

Nursing for more than 30 years. She earned a nursing diploma from Columbus, Ohio's White Cross Hospital School of Nursing, a certificate from the University of Pittsburgh's Adult Nurse Practitioner Program, and both a master's in public health and a doctorate in higher education from Pitt.

Devoting most of her nursing career to improving the health care of older adults, McDowell was a member of the team that developed the University of Pittsburgh's Benedum Geriatric Center, where she served as a geriatric nurse practitioner and director of clinical services. She was a nationally and internationally recognized geriatric nurse researcher and focused her research on the management of urinary incontinence in older adults.

McDowell was also a beloved mentor to her students who credit her with providing the guidance necessary to help them reach their professional goals. Following her retirement from the School of Nursing in 1999, McDowell was a visiting professor at the University of Basel, where she helped develop the first master's-level nursing program in Switzerland.

A memorial service for colleagues, family, and friends was held at Heinz Chapel on the Pittsburgh campus on November 17, 2009.

Donations in memory of B. Joan McDowell may be sent to the University of Pittsburgh School of Nursing, 3500 Victoria Street, 218 Victoria Building, Pittsburgh, PA 15261. Please make checks payable to University of Pittsburgh.



Sandra Sell (MSN '88), CRNA died unexpectedly on July 7, 2009, while vacationing in North Carolina with her family. Born in St. Mary's, Pa., she earned a BSN at Indiana University of Pennsylvania and launched her nursing career in the surgical ICU at Pittsburgh's Montefiore Hospital.

Sell attended the University Health Center of Pittsburgh School of Anesthesia for Nurses and then earned a master's in nursing education at the University of Pittsburgh.

Sell's career in nurse anesthesia offered a number of opportunities across a variety of settings. She was chief nurse anesthetist at Presbyterian University Hospital and the first director of anesthesia services when the University of Pittsburgh Medical Center (UPMC) expanded to include Montefiore and Eye and Ear Hospitals in 1990. The Nurse Anesthesia Program at the University of Pittsburgh recruited Sell into a full-time faculty position in 1999, where she remained until returning to clinical anesthesia at UPMC Braddock in 2007.

Well respected by her colleagues and students, Sell developed various simulation programs, worked tirelessly to create and implement large scale community initiatives that involved bringing the OR into schools, worked with the Anesthesia Technician Program at Carlow University and coauthored a training manual textbook that has been adopted by other programs.

As a tribute to Sell and her work, The Sandra Sell Nurse Anesthesia Fund has been established at the School of Nursing. Tax deductible donations may be directed to The Sandra Sell Nurse Anesthesia Fund, c/o University of Pittsburgh School of Nursing, 3500 Victoria Street, 218 Victoria Building, Pittsburgh, PA 15261. Please make checks payable to University of Pittsburgh.

In Memoriam

School of Nursing Alumnus among Fort Hood Victims



Lt. Col. Juanita Warman (BSN '96, MSN '00) had been at Fort Hood for only 24 hours when she was killed during a shooting rampage on November 5, 2009. Serving with her Army Reserve unit and preparing for duty in Iraq, a deployment for which she had volunteered, Warman was the highest-ranking soldier among the 13 victims slain in the Texas attack.

Originally from the Pittsburgh area, Warman had a civilian practice at University of Pittsburgh Medical Center

and was an expert in post-traumatic stress disorder and traumatic brain injury. She served a year overseas at Landstuhl Regional Medical Center in Germany, where those injured in Afghanistan and Iraq are treated before being sent stateside for further medical care. She received an Army Commendation Medal in 2006 for meritorious service at Landstuhl.

Most recently, Warman was a certified psychiatric nurse practitioner, working at the Veterans Administration Medical Center in Perry Point, MD. BJ Rementer, PhD, CSP, BCETS, a certified psychiatric clinical specialist and board-certified expert in traumatic stress, paid tribute to his VA colleague: "Juanita Warman was a valued and admired member of Perry Point VA Medical Center's multidisciplinary trauma treatment team ... (and) someone who cared so much for our veterans, our soldiers and our country." Warman was instrumental in establishing the post-traumatic stress disorder program for the Yellow Ribbon Reintegration Program, which helps soldiers and their families reacclimate to civilian life.

Buried at Arlington National Cemetery with military honors on November 23, Warman was especially interested in helping female veterans. One of her final communications with her family expressed her commitment to her work: "so much to do ... so many lives to touch."



Lou Ann Kanouse Atkins (BSN '72)
February 9, 2009

Ann Louise Burkhardt (BSN '46, MEd '64)
September 7, 2009

Mildred Steele Herridge (BSN '46)
August 2, 2009

Alyce Marian Hines (BSN '66)
May 22, 2009

Margery Pitzer Maser (BSN '49)
October 7, 2009

Suzanne Keeling Mauro (BSN '75)
December 5, 2009

Stella Aggazio Pipitone (BSN '83, MSN '91)
September 5, 2009

Romadare C. Wayne (BSNEd '59)
August 2007

Pitt's African American Alumni Council Honors Three Nursing Alumni

During University of Pittsburgh Homecoming Weekend, October 22–25, 2009, three nursing alumni were among honorees at the African American Alumni Council (AAAC) Sankofa events.

2009 AAAC Distinguished Alumnus Awardees:

Nadine Frye (BSN '47, MLitt '51) was one of the first three Black women admitted into Pitt's nursing program in 1943. These admissions made Pitt the first nursing program in Pittsburgh to accept Black students, thus breaking the color barrier for future generations of Pitt nurses. Frye earned a PhD in education at Pitt and taught mental health nursing at her alma mater.



Rachel Poole (BSN '47, MLitt '52), together with Nadine Frye and Adena Johnson Davis, was among the first Black women admitted into Pitt's nursing program in 1943. Poole earned a PhD in education at Pitt, where she served as a nursing professor. She later became the first Black director of nursing at the Western Psychiatric Institute and Clinic in Pittsburgh.

2009 AAAC Blue, Gold & Black: The Color of Achievement Awardee:

Shirley Powe Smith (BSN '59, MEd '79) was honored for her professional and personal achievements, as well as service to her community. Smith is an assistant professor at Duquesne University's School of Nursing, where she also coordinates the continuing education program. Her areas of expertise include community health nursing, transcultural nursing and cardiovascular respiratory resuscitation instruction.



School of Nursing Celebrates Homecoming 2009 with New Traditions*

Nursing alumni returned to campus during the University's Homecoming Weekend, October 22–29, to mark milestone reunions, to honor the School of Nursing's 2009 Distinguished and Honorary alumni, and to reconnect with classmates and their alma mater.

Alumni marking 50-year reunions and more in 2009 were honored guests at a "50+ Luncheon" at the School. This by-invitation-only event paid tribute to alumni from the Classes of 1944, 1949, 1954, and 1959. Associate Deans, Dr. Susan Albrecht and Dr. Helen Burns, presented and pinned alumni with stylish Pitt Nursing pins and applauded their contributions to nursing.

An "Alumni Program and Homecoming Tea" followed where nursing alumni learned the latest news at the School from Nursing Dean, Dr. Jacqueline Dunbar-Jacob, met senior student and NSA President, Laura Cermignano, who shared what it's like to be a nursing student in 2009, and honored this year's Distinguished Alumni—Dr. Linda Phillips and Kathleen Srsic-Stoehr—and Honorary Alumnus, Richard Schubert. The Classes of 1964, 1969, 1974, 1979, 1984, 1989, 1994, 1999, and 2004 celebrated class reunions and all alumni guests were treated to a Homecoming Tea.

These events enhanced the Homecoming experience for returning alumni who could then join in the University's Homecoming events including the ever-popular 'Welcome Back Reception' in the Cathedral of Learning's Commons Room, the annual fireworks display and the Homecoming football game at Heinz Field where the Pitt Panthers were victorious over Big East rivals, the University of South Florida.

** The success of these new traditions will continue in 2010 when the School of Nursing hosts its annual alumni event during the University's Homecoming 2010 Weekend. Visit the school's Web site often, where the latest information will be posted, at www.nursing.pitt.edu.*



Above: Guests of Honor (l to r): 2009 Legacy Laureate Margaret Grey (BSN '70); 2009 Distinguished Alumna Linda R. Phillips (BSN '69, MN '73); Nursing Dean Jacqueline Dunbar-Jacob; 2009 Honorary Alumnus Richard J. Schubert, Esq.; 2009 Distinguished Alumna Kathleen Srsic-Stoehr (BSN '72).



Above, right: Alumni and friends enjoy conversation at the school's Homecoming Tea.



Above: Shirley P. Smith (BSN '59, MNEd '79) flashes a smile during the 50+ Luncheon, honoring nursing alumni marking reunions of 50 years or more in 2009.



Members of the BSN Class of 1949 gathered to mark a milestone 60th class reunion (seated l to r): Norma L. Wood, Margaret Olander Brophy, Colleen Heeney Burkhardt; (standing l to r): Katherine M. Conway, Phyllis Bergent O'Block.

University of Pittsburgh School of Nursing proudly salutes its **2009 Distinguished Alumni Awardees**



Linda R. Phillips
(BSN '69, MN '73)

Linda R. Phillips (BSN '69, MN '73), RN, PhD, FGSA, FAAN is a professor at the University of California Los Angeles (UCLA) School of Nursing where she holds the Audrienne H. Moseley Endowed Chair in Nursing and is the director of UCLA's Center for the Advancement of Gerontological Nursing Science.

Considered a trailblazer in gerontological nursing, she has led pioneering research exploring the lives of caregivers that has

changed nursing and medicine's approach to this group of unsung heroes. Her research into the quality of life, family conflicts, and burden among caregivers is considered to be cutting edge, as well as her contributions to increased understanding of elder mistreatment in long-term care.

Phillips has authored more than 100 publications, is a sought-after speaker nationally and internationally, and is committed to mentoring the future of the profession. Elected to fellowship by the American Academy of Nursing and the Gerontological Society of America, she has been recognized with many awards including the Pathfinder Award from the Friends of the National Institute for Nursing Research and the Doris Schwartz Award for Gerontological Nursing Research from the Gerontological Society of America.



Kathleen Srsic-Stoehr
(BSN '72)

Kathleen Srsic-Stoehr (BSN '72), MSN, MS, RN, NEA-BC is senior director, evidence-based practice and quality at Washington Hospital Center in Washington, D.C., and a retired colonel of the U.S. Army Nurse Corps.

An undergraduate honor student and a Class Keeper of the Light, Srsic-Stoehr also excelled academically in the military. She was cited as the Distinguished Honor Graduate at the National Defense

University Industrial College of the Armed Forces—an elite honor for an Army nurse—and was selected as a Management Fellow in the office of the Chief, Army Nurse Corps, a highly coveted and competitive fellowship.

Throughout a 30-year career in the Army Nurse Corps, Srsic-Stoehr demonstrated expert clinical knowledge and leadership in a number of roles, including positions at Walter Reed Army Medical Center and as chief nurse executive at the Great Plains Regional Medical Command.

Srsic-Stoehr is considered an expert clinician, administrator, researcher, educator, and mentor. She has published and presented extensively on topics that include the role of the clinical nurse specialist and nursing practice models. A member of multiple professional organizations, Srsic-Stoehr has received professional and community recognition for her expertise and service.

2009 Honorary Alumni Awardee

Richard J. Schubert, Esq.



Richard J. Schubert of AlpernSchubert P.C. Attorneys at Law in Pittsburgh is a certified civil trial specialist and husband of School of Nursing Associate Director of Recruitment (and registered nurse), Mary Rodgers Schubert. He is a graduate of Duquesne University's School of Law and also earned a Bachelor of Arts degree at Duquesne University.

A long-time supporter of the nursing profession, Schubert has developed an extraordinary commitment to the School of Nursing at the University of Pittsburgh. His high regard for the caliber of the program and its students, as well as the expertise of its faculty and the cutting-edge research they lead, has enhanced his affinity to Pitt nursing.

Schubert and his law office have been consistent sponsors and donors to the school's annual Nancy Glunt Hoffman Memorial Golf Outing since 2006. He has personally sent solicitation letters to friends and colleagues, successfully engaging them to support this most worthy cause. Recognizing the significance of continuing education to nurse professionals, Schubert has also been a Nursing Horizons Conference sponsor.

School of Nursing has Significant Presence at Annual Education Conference

The following School of Nursing alumni presented at the Southwestern Pennsylvania Organization of Nurse Leaders 30th Annual Education Conference on September 10-11, 2009, at Nemaocolin Woodlands Resort in Farmington, Pa.

Janet Griffiths (BSN '87)

Toni Hebda (MNEd '79)

M. Melissa Kolin (BSN '93)

Lori Laux (MSN '88)

Deborah Mazzie-Lages (BSN '80, MSN '86)

Kathe Niznik (BSN '83, MSN '90)

Kathleen Risa (BSN '95, MSN '98)

Melanie Shatzer (BSN '91, MSN '97)

Ruth Tarantine (MSN '06)

School of Nursing Alumnus Honored as a University of Pittsburgh 2009 Legacy Laureate



Margaret Grey earned a Bachelor of Science degree at the University of Pittsburgh School of Nursing in 1970 and has made many extraordinary contributions to the nursing profession as a nurse practitioner, educator, researcher, and administrator.

With grants totaling more than \$25 million, Grey has led research that has helped children and families better manage type 1 diabetes and prevent type 2 diabetes in high risk youth. The author of more than 200 journal articles, chapters, and abstracts, she is an elected member in the Institute of Medicine of the National

Academies and the American Academy of Nursing.

Grey has been an active member and a devoted leader for many health organizations, including the American Medical Association, the National Institutes of Health, the National Institute of Nursing Research, and the American Diabetes Association. Grey received the Outstanding Nurse Scientist Award from The Council for the Advancement of Nursing Science, a research arm of the American Academy of Nursing in 2008 and the Distinguished Alumni Award from Pitt's School of Nursing in 1999.

Pitt Nursing Alumni and Faculty Among Those Honored by the American Academy of Nursing

At its annual meeting in Atlanta, Ga., in early November, the American Academy of Nursing (AAN) inducted its 2009 Fellows and honored its 2009 Living Legends.

The following Pitt nursing alumni and faculty were named 2009 Fellows:

Catherine M. Bender (MN '79, PhD '94) (alumnus and faculty)

Sandra J. Engberg (MSN '87, PhD '93), CRNP (alumnus and faculty)

Richard A. Henker (MSN '02), PhD, (alumnus and faculty)

Teena M. McGuinness (PhD '98), CRNP (alumnus)

Peggy Slota (BSN '75, MN '88), DNP (alumnus)

The following Pitt nursing alumnus was named a 2009 Living Legend:

Ruby L. Wilson (BSNEd '54), EdD, FAAN

Nursing Alumni Society Receives Gold Banner Award

The Nursing Alumni Society was recognized with a Gold Banner Award by the Pitt Alumni Association (PAA) at its annual Banner Luncheon in Alumni Hall's J.W. Connolly Ballroom on Friday, October 23. This luncheon was part of Homecoming Weekend 2009 and included a \$500 scholarship contribution from the PAA.

Upcoming Events

Spring Graduation Ceremony

Saturday, May 1, 2010

Carnegie Music Hall Auditorium

6-8 p.m.

A reception will follow the ceremony in the Commons Room at the Cathedral of Learning.

Nancy Glunt Hoffman Memorial Golf Outing

Friday, July 16, 2010

12:30 p.m. Shotgun Start

6 p.m. Silent Auction and Dinner

Highland Country Club, Pittsburgh, Pa.

Cameos of Caring® Awards Gala

Saturday, November 6, 2010

6 p.m. Reception and Auction

7 p.m. Dinner and Awards Presentation

Spirit of Pittsburgh Ballroom

David L. Lawrence Convention Center

Alumni Program and Homecoming Tea 2010

October 2010 (date to be announced)

Classes ending in '0' and '5' will be recognized as milestone reunion classes

Gather your classmates to mark this occasion together. Contact Joan Nock at jno100@pitt.edu. The more, the merrier!

For the latest alumni event information, visit www.nursing.pitt.edu; click on Alumni on the header bar, then Events on the sidebar.

Faculty Honors



Lisa Bernardo

Lisa Bernardo, (MPH '00), BSN, MSN, PhD, associate professor in the Department of Health and Community Systems, was appointed to serve as a member of the Continuing Education Task Force of the American Nurses Credentialing Center's (ANCC) Commission on Accreditation. The purpose of this task force is to use a multi-media approach to help continuing education directors implement the ANCC guidelines for continuing education.

Michael W. Neft, BSN, MSN, DNP(C), instructor in the Department of Acute/Tertiary Care, was selected to serve on the American Association of Nurse Anesthetists Practice Committee.



Denise Charron-Prochownik

Transitions

New Faculty:

Mary Bednar, BSN, MSN, joined the School of Nursing as a part-time instructor in the Department of Acute/Tertiary Care.

Dawn Decicco, (MSN '06), BSN, joined the School of Nursing as a part-time instructor in the Department of Health and Community Systems.

Marilyn Huston, BSN, MSN, joined the School of Nursing as a part-time instructor in the Department of Acute/Tertiary Care.

Susan Kelly, (BSN '93), MSN, joined the School of Nursing as a part-time instructor in the Department of Acute/Tertiary Care

Linda Reid-Kelly, (BSN '79, MSN '84), JD, joined the School of Nursing as a part-time instructor in the Department of Acute/Tertiary Care.

Jessica Magnu, MEd, joined the School of Nursing as a part-time instructor in the Department of Health Promotion and Development.

Joyce Miketic, (BSN '82, MBA '89), joined the School of Nursing as a full-time visiting assistant instructor in the Department of Acute/Tertiary Care.

Shannon O'Brien, BSN, MSN, joined the School of Nursing as a part-time instructor in the Department of Health Promotion and Development.

Linda Organist, MSN, CRNP, will join the School of Nursing as a part-time instructor in the Department of Health Promotion and Development.

Leslie Pandy, BSN, MSN, joined the School of Nursing as a full-time instructor in the Department of Health and Community Systems.

Danielle Wymard-Tomlinson, BSN, MSN, joined the School of Nursing as a full-time instructor in the Department of Acute/Tertiary Care.

Weiwen Wang, BSN, MSN, has accepted a position as a part-time instructor in the Department of Acute/Tertiary Care.

Mary Chester Morgan Wasko, MD, joined the School of Nursing as a full-time associate professor in the Department of Health Promotion and Development.

Della Williams, (MSN '89), BSN, joined the School of Nursing as a part-time instructor in the Department of Health and Community Systems.

Chao-Hsing Yeh, BSN, MSN, PhD, joined the School of Nursing as an associate professor in the Department of Health Promotion and Development.

Promotions:

Denise Charron-Prochownik, BSN, MSN, PhD, FAAN, was promoted to professor in the Department of Health Promotion and Development.

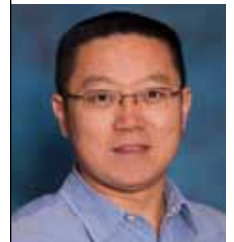
Annette DeVito Dabbs, (PhD '03), BSN, MN, was promoted to associate professor of nursing with tenure in the Department of Acute/Tertiary Care.

Mary Beth Happ, BS, MSN, PhD, FAAN, was promoted to professor of nursing in the Department of Acute/Tertiary Care.

Mary Rodgers Schubert, BSN, MPM, has accepted a new role as director of the Office of Continuing Education. Schubert has worked at the School of Nursing since 2000, serving first as director of development and more recently as associate director of recruitment in the Office of Student Services. In recognition of her achievements and outstanding service, Schubert was named an honorary alumnus of the School of Nursing in 2004.

News:

Dianxu Ren, (PhD '05), MD, assistant professor in the Department of Health and Community Systems, received his permanent residency (green card) based on first preference category EB-1 (Outstanding Professor and Researcher).



Dianxu Ren



Mary Rodgers Schubert



Chao-Hsing Yeh

Student Awards and Honors

Sushama Acharya, a doctoral student in epidemiology, received a predoctoral fellowship from the American Heart Association. The title of the grant is "Effects Of Dietary Factors and Weight Loss on Adiponectin Levels Among Overweight/Obese Adults." Lora E. Burke is her mentor and grant sponsor.

Mandy Bell, (BSN '05), received a predoctoral research training award from the National Institute of Nursing Research for "Genomics of Endoglin Pathway in Preeclampsia (GEPP)." Her School of Nursing mentor is Yvette P. Conley, (MS '93, PhD '99), associate professor in the Department of Health Promotion and Development. Her comentor for the project is James Roberts, MD, senior scientist and founding director, Magee-Womens Research Institute, and professor, obstetrics gynecology, and reproductive sciences and epidemiology, University of Pittsburgh.

Grace Campbell, BSN, MSW, John A. Hartford Foundation Building Academic Geriatric Nursing Capacity Predoctoral Scholar, received a predoctoral research training award from the National Institute of Nursing Research for "Post-Stroke Cognition as a Fall

Predictor During Patient Rehabilitation." Her mentors are Judith Matthews, (MPH '99, PhD '93), assistant professor, Department of Health and Community Systems at the University of Pittsburgh School of Nursing; and Ellen M. Whyte, MD, assistant professor, Department of Psychiatry and Department of Physical Medicine and Rehabilitation (secondary appointment) at the University of Pittsburgh School of Medicine.

Ji Yeon Choi, (PhD '08), MN, RN, received a Rehabilitation Nursing Foundation Research Fellow grant for her study, "Caregivers of Prolonged Mechanical Ventilation: Mind-Body Interaction Model."

Jill Radtke, BSN, received a predoctoral research training award from the National Institute of Nursing Research for "Breastfeeding the Late Preterm Infant: A Grounded Theory Study." She is sponsored and mentored by Susan M. Cohen, DSN, FAAN, associate professor in the Department of Health Promotion and Development, and Mary Beth Happ, PhD, FAAN, professor in the Department of Acute/Tertiary Care.

SNAP Honors

Suzanne O. Brody, (BSN '80), undergraduate student advisor in the Student Services Office, was awarded the Faculty Advisor of the Year award by the Student Nurses' Association of Pennsylvania (SNAP) at its 2009 convention. Brody was nominated by members of the Nursing Student Association (NSA) at the University of Pittsburgh School of Nursing.

Senior nursing student Jatolloa Davis completed her term as SNAP vice president and junior nursing student Latasha Kast completed her term as the Greater Pittsburgh Regional Coordinator for the 2008–2009 term. Kast was named Vice President for the 2009–10 term and received the SNAP Upperclassmen Scholarship. In addition to her duties with SNAP, Kast serves as the NSA Fundraising Chair.

Also named to positions of leadership for the 2009–10 term: junior nursing student Carly Bishop was assigned Nominations and Elections, West, and Committee Chair; and sophomore nursing student Jamie Malone was named Greater Pittsburgh Regional Coordinator.

In addition, SNAP passed two resolutions submitted by Pitt members: In Support of Increased Awareness of Bone Marrow Donation and Donor Registration, by senior nursing student and NSA Professional Development Chair, Katie Taylor, and In Support of

Pressure Ulcer Prevention in Immobile Patients, by sophomore nursing student, Christina Jolley.

Nineteen NSA students from the School of Nursing attended the SNAP convention, and four served as delegates in the SNAP House of Parliament.



Suzanne Brody (center) with School of Nursing NSA Executive Board members. Front row, l to r: Amanda Botscheller (Formal Chair), Elisabeth Kimmel (Community Service Chair), Brody, Carol Strunk (Secretary), Laura Cermignano (President). Back row, left to right: Martha Breiner (Social Chair), Katie Taylor (Professional Development Chair), Maria Falcone (Business Manager), Latasha Kast (Fundraising Chair), Jenna Scutella (Vice President).

Nursing Across the Pond ...

In September 2009, four nursing students from Birmingham City University (BCU), in the United Kingdom, spent two weeks at the University of Pittsburgh as part of an ongoing, successful partnership with the School of Nursing.

The students worked with fellow nursing students and staff to exchange ideas and learn best practices in areas such as transplant care, in which Pittsburgh has a worldwide reputation.

The visit, arranged by the Centre for Excellence in Teaching and Learning (CETL), was designed to enhance the learning experience of BCU nursing students by allowing them to explore the impact of socio-cultural, economic, legal, and political factors that influence health care in the United States.

The exchange continues in May 2010, when Birmingham City University welcomes four Pittsburgh nursing students. The partners also now are now exploring joint research and other development opportunities.



Pitt Nursing Students Help Care for Haitian Orphans

When 53 Haitian orphans arrived at Children's Hospital of Pittsburgh of UPMC, they were greeted by a legion of caring professionals, including Pitt nursing students. Second degree accelerated student, Teresa Hagan, put out a call for volunteers and more than 100 students responded. About a dozen students were picked by Catholic Charities based on their language skills in French and Creole. In addition to addressing the children's physical needs, nursing students assessed the children's demeanor to evaluate their emotional needs. While none of the children had any serious medical conditions, they were in a fragile state after experiencing so much physical and emotional upheaval, according to Hagan.

About a dozen students (some of whom helped at Children's) are now regularly volunteering in 6-8 hour shifts at Holy Family Institute in Pittsburgh, where the orphans are staying. Other Pitt nursing students joined earthquake relief efforts through a variety of health and aid organizations both in Haiti and the United States. In addition, Michael Beach, (MSN'01, DNP'09), BSN, assistant professor in the Department of Acute/Tertiary Care, and Kimberly Anderson, graduate student in the Acute Care Nurse Practitioner program, went to Haiti with PA-1 DMAT (Pennsylvania-1 Disaster Medical Assistance Team), part of the Department of Health and Human Services. Also joining in the relief efforts are graduates of a Haitian nursing school that was established by Pitt nursing alumni Donna Martsof, (PhD '91), professor of nursing at Kent State University. We will follow up on Haitian relief efforts in the next issue of *Pitt Nurse* magazine.



A total of 21 Korean nurses from seven separate Korean universities or schools of nursing toured the University of Pittsburgh School of Nursing, shown at left with John O'Donnell (DrPh '09, MSN '91), director of the school's nurse anesthesia major and instructor in the Department of Acute/Tertiary Care. The Korean nurses were at Pitt participating in the WISER Healthcare Simulation Instructor Program (HSIP) conducted between the University of Pittsburgh and the Gordon Center for Research in Medical Education at the University of Miami.

Continuing Education

The University of Pittsburgh School of Nursing's Continuing Education Program provides a broad range of on-site and online activities tailored to nurses in clinical practice. We have launched a series of online education programs to meet the new legislative requirements for annual

continuing education. To learn more about our educational programs, call 412-624-3156, e-mail conted@pitt.edu, or visit www.nursing.pitt.edu and click on the links under continuing education.

ON-SITE PROGRAMS

FAST TRACK BACK: RE-ENTRY TO PRACTICE FOR REGISTERED NURSES PROGRAM

Spring 2010, Begins April 7

The **Fast Track Back: Re-entry to Practice for Registered Nurses** program prepares registered nurses for re-entry into hospital-based medical-surgical nursing practice through fifty (50) hours of didactic learning, including lectures, skills lab, and human simulation; and fifty (50) hours of hospital-based experiences. All didactic and hospital-based experiences will take place on the Pittsburgh campus. This program is recommended for nurses who have not practiced clinically for less than fifteen (15) years.

This is not a reinstatement program, which would be required in the event a registered nurse has let a Pennsylvania nursing license expire.

Program Fee: \$1,400

The program fee includes tuition, liability insurance fee, textbooks, and program materials. Participants may be required to secure necessary clearances mandated by clinical facilities.

Continuing Nursing Education Credits: 105

17TH ANNUAL NURSING HORIZONS CONFERENCE: NURSES REFORMING THE FUTURE

Friday, May 14, 2010, University Club

Call for abstracts and registration information available under the Continuing Education link at www.nursing.pitt.edu

The 17th Annual Nursing Horizons Conference titled Nurses Reforming the Future will provide nurses with updated information related to nursing's impact on health care reform and other timely topics presented by industry leaders. Conference schedule, presenters' information, and registration forms are available online at www.nursing.pitt.edu.

Program Fee: \$99

Continuing Nursing Education Credits: 6.5

2010 PHARMACOLOGY CONFERENCE

June 2010, Check our Web site for date, location, and conference schedule.

The 2010 Pharmacology Update will include timely topics of interest for all health care professionals, especially advanced practice nurses and physician assistants. The conference will emphasize a broad pharmacologic knowledge base through dynamic presentations of pharmacologic issues affecting patient care.

Program Fee: TBD

Continuing Nursing Education Credits: 4.5

ONLINE PROGRAMS

BASIC CLINICAL ETHICS FOR NURSES

This online module provides the health care professional with information about terms, concepts, and theories commonly used in clinical ethics. Guidelines to ethical decision-making include exploration of personal philosophy and values, the American Nurses Association Code of Ethics, and an exercise in applying ethical concepts and theories. Participants will have opportunities to evaluate their progress in learning about clinical ethics and receive feedback on responses to two quizzes. Enrolled participants have six months to complete the course.

Program Fee: \$30

Continuing Nursing Education Credits: 2

THE CLINICAL PRECEPTORSHIP: A BRIDGE BETWEEN KNOWLEDGE AND PRACTICE

At the University of Pittsburgh School of Nursing, preceptorships are used in senior and master's level courses to bridge the gap between theory and practice. The strength of the program is the involvement of preceptors like you ... knowledgeable, experienced nurses who are willing to guide students. We are offering a five module, self-paced, online course for nurses who work one on one with our nursing students.

Modules include:

- Clinical Teaching Skills
- Supervision of Students
- Communication and Conflict Resolution
- Managing the Clinical Environment
- Evaluating the Student

Program Fee: This online course is offered without charge to current Pitt nursing student preceptors. You can choose to complete one module or all five with a valid voucher.

Continuing Nursing Education Credits: 1 for each completed module

For more information about any of these continuing education programs, go to www.nursing.pitt.edu and click on the link for Continuing Education.

The University of Pittsburgh School of Nursing is an approved provider of continuing nursing education accredited by the American Nurses Credentialing Center's Commission on Accreditation.

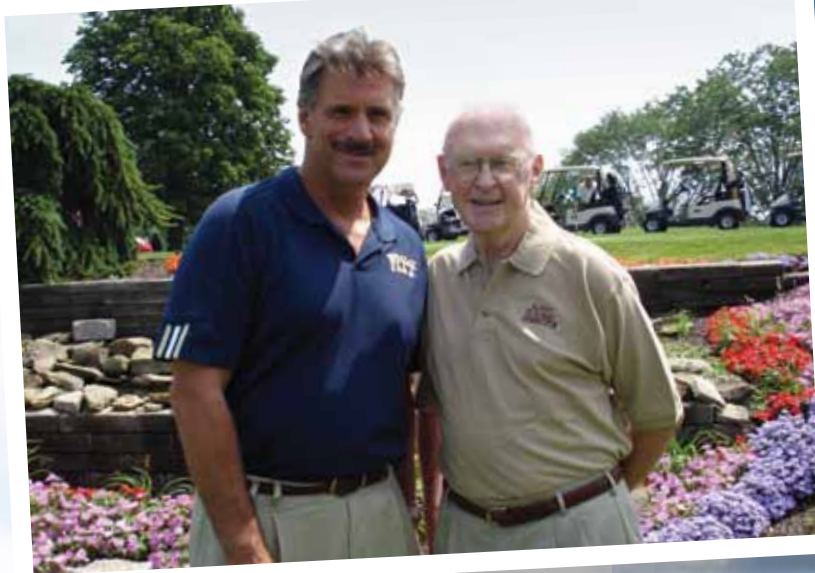
The weather was warm and sunny ...
The course was beautiful ...
And the golfers were ready to tee off ...
To support a worthy cause!

On Friday, July 24, the School of Nursing hosted the 4th Annual Nancy Glunt Hoffman Memorial Golf Outing at Highland Country Club in Pittsburgh, Pa. More than 90 golfers teed off to test their skills and compete for one of many prizes. Team prizes were awarded to the 1st and 2nd place men's and mixed foursomes. Golfers also had a chance to win one of many skill contests, including closest-to-the-pin, longest putt, longest drive, and a hole-in-one contest.

Golfers had an opportunity to get their picture taken with Dave Wannstedt, University of Pittsburgh football head coach. During the reception and awards dinner, guests bid on an array of silent auction items, including autographed Pittsburgh Steelers merchandise.

While the golfers won team and skill prizes, the real winner of the day was the School of Nursing, with more than \$29,000 raised for the oncology chair fund. Since the golf outing's inception, more than \$117,000 in proceeds have been directed to the fund.

Plans already are under way for the 2010 golf outing. Bring your friends and join us on the links for a day of fun for this worthwhile cause!



SAVE THE DATE

Friday, July 16, 2010
Highland Country Club
450 Highland Avenue, Pittsburgh, PA
12:30 p.m. Shotgun start

PITT NURSING ACCESSORIES

PITT NURSING BRACELET'S POPULARITY CONTINUES!

Join the many alumni, students, and friends of the University of Pittsburgh School of Nursing who are proudly showing off Pitt nurse pride each time they wear this lovely bracelet, created exclusively for the Nursing Alumni Society. Made of sterling silver beads and Swarovski crystals, the bracelet features blue and khaki crystals. Each piece is handcrafted and strung on 49-strand stainless steel nylon-coated wire. Bracelets—available in 7-inch, 7½-inch, and 8-inch lengths—can be ordered in two styles. One style features more sterling silver beads, whereas the other features more crystals. The bracelet comes with a nursing cap charm, and customers may choose between a lobster claw or toggle clasp. Bracelets sell for \$50 each.

When ordering, please make sure to specify length, style, and clasp. Use the order form provided or download an order form from the School of Nursing Web site at www.nursing.pitt.edu; click on Alumni. Questions can be directed to the School of Nursing alumni office at 412-624-2404. Proceeds benefit student activities and scholarships.

QTY.	SIZE	STYLE	CLASP	PRICE	TOTAL
	Small (7") Approx. wrist size 6"			\$50	
	Medium (7½") Approx. wrist size 6½"			\$50	
	Large (8") Approx. wrist size 7"			\$50	
SHIPPING/HANDLING					\$ 3
ORDER TOTAL					\$

Name: _____ Phone: _____

Address: _____ E-mail: _____

Make checks payable to **University of Pittsburgh** and write "Pitt Nursing Bracelet" on the memo line. Mail check and order form to: **University of Pittsburgh, School of Nursing, Alumni Office, 218 Victoria Building, 3500 Victoria Street, Pittsburgh, PA 15261.**



NIGHTINGALE LAMP

Enjoy this lovely ceramic Nightingale Lamp, symbolic of modern nursing and a reminder of the University of Pittsburgh School of Nursing's tradition of "passing of the light," for only \$25.



PITT NURSING TOTE BAGS

The Nursing Alumni Society is offering a trendy tote bag for \$15. It's crafted from durable duck cloth and measures 18" wide by 11½" high. The School of Nursing's seal is screen printed on the front. Proceeds benefit student scholarly activities. As always, thank you for your support!

I would like to order _____ lamp(s) at \$25 each.

I would like to order _____ tote bag(s) at \$15 each.

Total enclosed: \$ _____

Name: _____

Address: _____

E-mail: _____

Please make checks payable to **University of Pittsburgh.**

Mail or drop off your order to:

University of Pittsburgh
School of Nursing
Joan Nock
218 Victoria Building
3500 Victoria Street
Pittsburgh, PA 15261

Thank you for your support of the Nursing Alumni Society and School of Nursing students! All proceeds benefit the School of Nursing students.

Can you identify the year and the faces?



If so, contact Joan Nock at 412-624-2404 or jno100@pitt.edu. We will publish your answer in the next issue of *Pitt Nurse*.

Want to share your memories with fellow alumni? Just send us your favorite photo of yesteryear, and we'll run it in an upcoming issue. Submit your pictures to: University of Pittsburgh, School of Nursing, 218 Victoria Building, 3500 Victoria Street, Pittsburgh, PA 15261. All pictures will be returned.



Remember When? Photo from Summer 2009 Issue

Phyllis Sawhill Janocha, (BUN '51) (left) and **Pricilla Perry Kibler**, (BUN '51), look over construction plans for a new residence for nursing students with James R. Bitner, construction superintendent. Now named Lothrop Hall, the building houses 676 first-year and upperclass coed students. A skywalk connects Lothrop to the School of Nursing in the Victoria Building and adjoining University of Pittsburgh Medical Center facilities. For more information go to www.pc.pitt.edu/housing/halls/lothrop.html.

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What's Happening?

Please share information about your career achievements, advanced education, publications, presentations, honors received, and appointments. We'll include your news in the Alumni News & Notes sections as space allows. Indicate names, dates, and locations. Photos are welcome! Please print clearly.

Name (include name at graduation as well as current name)

Degree(s) and Year(s) of Graduation

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Home Telephone

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Is this a new business address? ___ Yes ___ No

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Position(s)

News

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Pitt Nurse
Joan Nock
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Published in cooperation with the Department of University Marketing Communications. UMC70835-0210



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