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Data evolution

Rebecca Freeman, PhD, RN, PMP, chief nursing officer of the Office of the National Coordinator for Health Information Technology within the US Department of Health and Human Services, gave the keynote address at the fifth-annual Nursing Knowledge: Big Data Science Conference hosted by the school in June. She called on nurse leaders to embrace standardized terminology in all settings.
Our impact in tumultuous times
Social determinants of health

Dear Friends,

As nurses, we understand how the air we breathe, the water and food we consume, our homes, families, relationships, employment and much more shape our ability to thrive. Nurses design and deliver care for patients, families and communities within the full context of their lives.

Are we really doing all we can to affect health and well-being in these unsettling times? Reflecting on recent events here and across the country, we are reminded of fear and hostility’s affect on our well-being. In Minnesota — a state that leads the nation on indicators of health, education and quality of life — hate crimes were up 25 percent over the previous year. A suburban mosque was recently bombed.

In this issue of Minnesota Nursing we lift up our unique integrative health and healing specialty of the Doctor of Nursing Practice program, which affords nurses emerging and ancient methods for addressing stress, anxiety, chronic pain and well-being. We hosted a session on Asian Wisdom for a Western World by artist and philosopher Chungliang Al Huang made possible by Ruth Stricker in partnership with The Marsh, a center for balance and fitness. We highlight a recent discussion with Susan Hassmiller of the Robert Wood Johnson Foundation in which she calls on doctoral students to get involved in environmental and social justice issues outside the clinic or hospital. We describe a program evaluation of a school district’s restorative justice program aimed at reducing school violence and discrimination. Another story highlights the value of physical activity in promoting healthy development for kids being treated for cancer.

In this issue, we also discuss the toll that unstable housing and discrimination take on health as observed by our guest, Pulitzer Prize-winning author, Matthew Desmond in his book *Evicted: Poverty and Profit in the American City*.

As members of the most trusted profession in America, we can bear witness as practitioners, speak truth, share knowledge and honor the dignity of all. We can focus our research on the cost of an unhealthy culture on patients and communities. We commit to working together to advance a culture of health.

Connie White Delaney
Professor and Dean
The feeling is mutual

by Barb Schlaefer

“Melissa has an amazing amount of energy and skill in education, interprofessional education specifically. I enjoy the collaboration with midwifery education as much as I do on the clinical level,” said Professor Phillip Rauk, MD, director of the OB/GYN residency program at the University of Minnesota of his collaborating partner, Melissa Avery, PhD, CNM, FACNM, FAAN, who leads the Doctor of Nursing Practice specialty in nurse-midwifery at the School of Nursing.

Rauk and Avery are working together to create a new curriculum including team-based simulation experiences designed to give their learners a deeper understanding and respect for one another’s capabilities. Their objective is to prepare new nurse-midwives and OB/GYN physicians to work together in ways that complement each profession’s strengths.

“We have so much fun working together,” said Avery. “Phillip is so enthusiastic and together we’re able to come up with new and creative ways to help our learners understand the value of both professions and learn how they can work together to achieve the best outcomes for women and newborns.”

Minneapolis is one of four demonstration sites nationally advancing this interprofessional model of education and clinical care. As a former president of the American College of Nurse-Midwives, Avery is co-leading this initiative with John J. Jennings, MD, a past president of the American College of Obstetricians and Gynecologists and professor of Obstetrics and Gynecology at Texas Tech University.

The pair is charged with developing new interprofessional standards for national accreditation metrics for the two professional programs. The ultimate goal is to increase the number of nurse-midwifery graduates to address a projected maternity care provider shortage, improve outcomes and reduce costs in maternity care.

The project is funded with a $375,000 grant from the Josiah Macy Jr. Foundation.
Kids being kids during chemotherapy

Research discovers what helps children thrive after cancer treatment

by Barb Schlaefer

When parents first learn their child has cancer, shock and fear can overwhelm them, says Associate Professor Casey Hooke, PhD, APRN, PCNS-BC, CPON, who has worked as an advanced practice oncology nurse for more than 30 years.

“The focus is on survival, naturally,” said Hooke. “Parents only want to protect their child.”

With the vast majority of young cancer patients now surviving the disease, Hooke says more research is needed to understand what helps these children thrive developmentally, emotionally and cognitively during and after cancer treatment.

“I want to discover and share evidence on how to give kids with cancer the energy to be kids, whether it’s playing outside or being social or going to school,” she said.

This has been Hooke’s passion since completing her PhD dissertation on fatigue in childhood cancer patients in 2007. Her earliest research pointed to the importance of children remaining physically active during treatment, which she demonstrated helped to reduce fatigue.

One of the early discoveries was that it was often the most active families who volunteered for her studies about physical activity. In contrast, in her current study she works directly with advanced practice nurses to remove this self-selection bias.

WHEN AND HOW TO COACH FAMILIES

Her most recent pilot study delivered education and resources to pediatric oncology nurse practitioners to help them effectively coach patients and families on physical activity. The study included a class for pediatric nurse

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Sam Mayland, 5, was diagnosed with leukemia this spring.
practitioners and tracked when physical activity was discussed at their patient appointments. Nurse practitioners coached patients as part of their usual care. Patients then took part in a study that measured physical activity and fatigue levels and used activity monitors to determine whether their activity levels decreased, increased or stayed the same.

“Casey’s class was excellent,” said Alexis Maciej, MS, APRN, CNP, a nurse practitioner who cares for patients at the Masonic Children’s Hospital’s oncology clinic in Minneapolis. “It provided a framework for assessing activity level in patients and implementing an individualized plan. I felt very energized about integrating this into the care for all my pediatric oncology patients.”

Amanda Mayland’s son Sam was diagnosed with leukemia in April 2017. She says that the initial shock of the diagnosis gave her a sense of helplessness. “But knowing we can encourage him to be active through his treatment is a good feeling,” she said. “Sammy loves to ride his bike, swim, play games and run around with his brother. We are working with his nurse practitioner to make sure he does not miss important events, like the first week of kindergarten.”

Hooke is not prescribing exercise programs for kids. Rather, she believes the evidence indicates that kids do better simply being kids. “I’m not encouraging a regimen of workouts on treadmills or stationary bikes,” she said. “The work of staying engaged in the activities of childhood, to the extent kids feel well enough, is what is important.”

**TAKING IT NATIONAL**

Hooke is also a co-investigator for a multi-site national study of children with leukemia that is exploring relationships

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“Sammy loves to ride his bike, swim, play games and run around with his brother. We are working with his nurse practitioner to make sure he does not miss important events, like the first week of kindergarten.”

– Amanda Mayland, Sam’s mother
between the chemotherapy side effects experienced during the first nine months of treatment and patients’ biologic markers and genetic characteristics. The goal of this National Institutes of Health-funded study, led by Marilyn Hockenberry, PhD, RN, PNP, FAAN, at Duke University, and Michael Scheurer, PhD, MPH, at Baylor College of Medicine, is to understand whether some children have certain biological characteristics that put them at a higher risk for symptoms such as fatigue, sleep disruptions or cognitive changes during chemotherapy treatment.

Hooke is leading a companion study, following 50 of the original participants, as they finish their treatment for leukemia. By tracking children after their second and third years of maintenance chemotherapy, she and her team will be able to determine the longer-range effects of physical activity in reducing symptoms. Using an NIH software application, the team is assessing children’s cognitive skills using iPads as they complete their leukemia treatment.

“If your child is sick with the flu for two or three days, you might put them on the couch with the remote control to watch their favorite shows,” Hooke said. “But kids with cancer are going through treatment for up to three years during a very important time in their development. We need to understand how to ensure they have the energy to meet important developmental milestones during that time.”

At the end of her companion study, Hooke and her team will determine whether symptoms of fatigue, sleep disturbance and cognitive function at the beginning of chemotherapy predict the level of these symptoms at the end of maintenance chemotherapy. This study is funded through the School of Nursing Foundation with a gift from the Arthur W. Olofson Trust and Neil Lapidus.

Today, the survival rate for all types of childhood cancers combined is 83 percent. Hooke credits the advances in survival rates largely to the work of a national consortium for pediatric cancer research called the Children’s Oncology Group, which coordinates large clinical trials nationwide. “I love this particular field because the evidence is always growing and changing,” she said. “It’s a joy to be part of it.”
When St. Paul Public Schools introduced a restorative practices program at six schools last year, the district turned to the School of Nursing to help it evaluate the effectiveness of the pilot program. If results are positive, the district may expand it to more of its 58 schools.

The district and teachers’ union launched the program, in response to teachers’ concerns that the learning environment in the district was challenging because of an increasingly negative and unsafe climate combined with uneven discipline practices.

With a grant from the National Education Association and a major funding commitment by the district, school officials are equipping teachers, students and administrators at the pilot schools with new methods for building positive relationships with and among students. The practices introduced involve building community through sharing circles, with all students sharing their perspectives to talk through problems more intentionally and reflectively than in the past. All affected parties then come up with solutions.

The program is being tested, in part, as an alternative to suspensions. Associate Professor Barbara McMorris, PhD, and her team lead the program’s evaluation, with funding from the University of Minnesota’s Center for Urban and Regional Affairs. McMorris, a sociologist by training, and her colleagues will conduct interviews with principals and site leads and then analyze quantitative data on school climate, discipline and attendance.

“There is a lot of public scrutiny about funding spent by schools on initiatives to improve school climate,” said McMorris. “Working with a third party evaluator lends credibility and objectivity to the project, in addition to technical expertise in research methodologies and analysis. In particular, our team can focus on evaluation tasks, which allows district and school staff the time to focus on effective implementation of restorative practice plans.”

District and teachers’ union leaders hope they can reduce suspensions, boost attendance and academic achievement by addressing problems when they occur, in the community in which they occur. The program has already expanded to three additional schools in fall 2017.
In a rare move that was a long time coming, the Centers for Medicare and Medicaid Services announced the decision to provide coverage for supervised exercise to treat peripheral artery disease. The decision, which provides payment for up to 36 sessions of supervised exercise, cited research by Professor Diane Treat-Jacobson, PhD, RN, FAAN, as evidence supporting the change.

“There is definitely a pattern emerging over the past 10 to 15 years indicating that exercise can be helpful in managing chronic conditions,” Treat-Jacobson said. “It’s a breakthrough. Exercise therapy for people with PAD can improve mobility and reduce pain. The decision gives patients an alternative to more invasive and expensive procedures.”

For more than 20 years, Treat-Jacobson has led ground-breaking research on the effects of exercise on the painful and debilitating symptoms of PAD, which is a vascular disease restricting blood flow in leg muscles. Untreated, PAD can increase a person’s risk for heart attack and stroke.

“In addition to her scientific contributions, Diane has been a tireless advocate for patients with peripheral artery disease by spreading information, working with multiple national societies and participating in the creation of guideline documents that harmonize the information about PAD,” said Joshua Beckman, MD, professor of medicine at Vanderbilt University and past president of the Society for Vascular Medicine. “She is a national nurse leader in this field, doing more on all fronts than any other I know.”

Treat-Jacobson says the acknowledgement of exercise as a legitimate treatment option for those who suffer from PAD has been painstakingly slow in coming, but exciting nonetheless.

“Some would argue that insurance coverage for exercise is not necessary and that patients can do this on their own,” she said. “But in the case of PAD, walking can be very painful. There is a prescriptive science for exercising into the pain, stopping and starting again.”

News of the announcement has generated inquiries from Treat-Jacobson’s colleagues around the country on how to effectively implement supervised exercise programs to reduce PAD symptoms.
Leaders in integrative health

As the first DNP program, the specialty is a national draw

by Brett Stursa

As a critical care nurse at Woodwinds Hospital, Annika Blaine, BSN, RN, was nearing the end of options to help an elderly patient cope with migraine pain.

“We had given her all that western medicine could provide, trying to make her comfortable,” said Blaine. So Blaine offered the patient reiki, an energy therapy that involves light touch. “She said it was the first time she felt relaxed in weeks and she was going to try to access it once she got home,” said Blaine.

Blaine learned how to provide reiki as a student in the Doctor of Nursing Practice program’s integrative health and healing specialty. “As I took more integrative health classes, I found a lot of use for the skills I learned in my own clinical practice as a nurse,” said Blaine, who will graduate next year with dual specialties in integrative health and adult gerontological nurse practitioner. Like others in the integrative health and healing specialty, she is seeking to provide a more holistic approach to wellness.

Students learn about integrative therapies, like aromatherapy, acupressure, healing imagery and meditation, in the three-year, full-time DNP program, which includes specialty courses offered through Earl E. Bakken Center for Spirituality and Healing. They also complete more than 1,000 practicum hours at clinical sites, which include hospital, long-term care and clinic settings.

A FIRST NATIONALLY

When the school began offering the specialty in 2009, it was the first in the nation to offer it as a Doctor of Nursing Practice degree. “The School of Nursing has really demonstrated remarkable leadership to integrate content on integrative health into the curriculum,” said Mary Jo Kreitzer, PhD, RN, FAAN, who founded the Center for Spirituality and Healing in 1995 and is a professor at the School of Nursing. In 2000, she received a National Institutes of Health grant to look at how to bring concepts of integrative health into required curriculum in schools throughout the University’s Academic Health Center. She also co-edited Integrative Nursing, which has become a preeminent textbook on integrative health. “That’s part of what attracts nurses to the program. They look to Minnesota as the leader,” said Kreitzer.

Prior to offering the DNP specialty here, faculty debated whether to add

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Clinical Associate Professor Debbie Ringdahl, DNP, APRN, CNM, left, and DNP student Annika Blaine, BSN, RN, perform reiki on a patient at Woodwinds Hospital.
integrative health content to various specialties within the DNP program or to create a separate specialty in integrative health. The faculty decided to do both. In most of the school’s 12 DNP specialties, students take, at a minimum, an introductory class in integrative therapies and healing practices. In the integrative health and healing specialty, students are being educated to be leaders in the field.

“Our students are influencing health care in their roles as leaders within integrative health. They are going into organizations and they are initiating programs that support an integrative model of care through nursing leadership,” said Clinical Associate Professor Debbie Ringdahl, DNP, APRN, CNM, co-director of the specialty with Kreitzer.

Teri Verner, who graduated from the program in 2012 and is now director of integrative services for HealthEast, credits her education at the School of Nursing for giving her the skills needed to see everything within its system and recognize connections. “The program has opened my mind to a different way of thinking,” said Verner. “I feel as though I am more innovative and willing to try more creative approaches to solve problems and improve systems.”

Graduates of the program have taken positions as educators, clinicians and health care administrators in a variety of settings. “Our graduates are a very, very tight group,” said Kreitzer. The center holds nursing salons two or three times a year, which give graduates of the program, students and other practitioners a chance to get to know each other and learn. “It has been incredibly powerful,” said Kreitzer. “We really aspire to grow a community of integrative health nurses.”

INTEGRATIVE THERAPIES
Increasingly, integrative therapies, which put the patient at the center and take account of the whole person, are used for management of symptoms such as nausea, pain and anxiety, as well as to promote health and well-being, reduce stress and support chronic disease management.

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An interdisciplinary group of health science students participate in an escape room in February.
Locked in for learning

Popular entertainment trend modified for interprofessional experience

by Brett Stursa

Escape rooms began popping up in the Twin Cities over the last few years, with nearly a dozen of them now offering adventure seekers the chance to solve a series of puzzles together in order to be freed from a locked room.

While most go for the fun, the rooms also offer a chance to test critical thinking skills and use some creativity while working as a team.

It was developing those skills, combined with the obvious fun factor, that led members of the health sciences team that develops interprofessional curriculum to create an escape room that was health care related at the University of Minnesota.

“We went to an escape room as a team and we had so much fun. We knew we needed to develop one that was health care related and incorporate it into all of our curricula,” said School of Nursing Clinical Associate Professor Cheri Friedrich, DNP, APRN, CPNP, who agreed to lead the charge.

This past academic year, more than 180 undergraduate students from nursing, dental hygiene, dental therapy, occupational therapy and social work worked as teams of eight to escape from a room in the School of Nursing’s Bentson Healthy Communities Innovation Center. When they entered the room they learned of a 55-year-old man who had a heart attack in a dental chair and was transported to a hospital. Students had to solve puzzles in order to find the key to the heart catheter lab. They had an hour to work their way out of the room and then spent a half-hour debriefing about the experience. Overwhelmingly, students found the experience promoted interprofessional communication and teamwork.

“I loved the challenge of it,” said Jessica Armstrong, in the Master of Nursing program. “It really gets down to why I like health care so much. Everybody comes with different sets of symptoms and experiences and you have to piece it all together in order to figure out what is best for the patient. You have to determine what’s wrong with them and the best way to solve it.”

The faculty is now working on implementing a second escape room, this time involving a patient who has bi-polar disease and diabetes admitted for diabetes ketoacidosis but is now ready for discharge. The challenge will be to create a discharge plan in an hour based on the clues students get from solving puzzles.

“We’re taking it to a whole new level now where they have an outcome they are trying to meet for a patient,” said Friedrich.

The hope is that students will get to experience the first escape room early on in their program and the second one toward the end. They also hope to include students in medicine and pharmacy as well. “It’s been a really fun activity to work on,” said Friedrich. “It’s been exciting to see it evolve.”
Inspiring new leaders

by Barb Schlaefer

The school’s Doctor of Nursing Practice students gained insights into how to effectively advocate for their patients and profession from seasoned policy leader Susan Hassmiller, PhD, RN, FAAN, senior adviser for nursing at the Robert Wood Johnson Foundation.

Throughout her presentation June 15, Hassmiller described the importance of learning and using the language of policymakers, not nurses, in advocating for change.

“When you go out and talk about your role, it cannot be about you,” she said. “If we’re going to make a lot of progress in this country, the communication has to be about what you can do for the people of Minnesota, the families, the communities, the country.”

Hassmiller, who served as study director for the Institute of Medicine’s ground-breaking report *Future of Nursing: Leading Change, Advancing Health* published in 2010, says it is the stories of being a nurse, and the emotions they evoke, that can be the spark for change.

“Sometimes it’s not just evidence that causes legislation to pass,” Hassmiller said. “It’s politics. It’s stories. It’s the heart. Evidence helps, but it is not what pushes something over the finish line.”

In her role at the largest foundation in the country dedicated to health, Hassmiller co-directs the Foundation’s Future of Nursing: Campaign for Action initiative in partnership with the AARP. That effort, she says, seeks to broaden the country’s understanding of the social determinants that influence health.

She urged advanced practice nursing students to expand their influence and consider how the country could improve its return on investment broadly.

“You have exactly what this country needs,” Hassmiller said. “Don’t just sit in the corner and be nurses. We need you to lead. Health is tied to income, education, air quality, water, food systems, neighborhoods and transportation. Your involvement in these issues is how we build a culture of health.”
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For more than a year, the Harvard professor lived in a trailer park on Milwaukee’s south side and then in a rooming house on the city’s north side, recording observations of day-to-day life.

This ethnographic field work informed Matthew Desmond’s work in creating the Milwaukee Area Renters Study survey. The result of his research is *Evicted: Poverty and Profit in the American City*, a book that was published in 2016. The nuanced, intimate portrait of eight families living in the poorest neighborhoods of Milwaukee drew almost immediate accolades, including the Pulitzer Prize for General Nonfiction, which cited it, “for a deeply researched exposé that showed how mass evictions after the 2008 economic crash were less a consequence than a cause of poverty.”

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“We can try to do justice to the generosity of people who let us into their lives by writing about them in a way that shows their full humanity and their full complexity.”

– Matthew Desmond

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LEARNING FROM THE ‘SIDEWALK VIEW’

Desmond says ethnography requires a thick skin for the rejection you’ll face and a willingness to leave your life behind while immersing yourself with others. “What’s really beautiful about it is that so many people are very open about their vulnerabilities and challenges,” said Desmond. “We can try to do justice to the generosity of people who let us into their lives by writing about them in a way that shows their full humanity and their full complexity.”

He pulls inspiration from ethnographers like Carol Stack and Elliot Liebow, who wrote about poverty in the ‘60s and ‘70s. But mostly, he says, he learns from the people he’s observing. “I learn the most from the sidewalk view and I felt that my readers should have the opportunity to do the same,” said Desmond. “It’s kind of flipping the script a little bit about how an academic usually writes books.”

‘HOUSING IS A VACCINE’

Desmond notes that the majority of poor renting families spend over half of their income on housing. One in 4 of those families pays more than 70 percent of their income on rent and utilities. That leaves little for other necessities, like food and medicine. “Under those conditions, it affects their health in a lot of different ways,” said Desmond. In Milwaukee, 1 in 8 renters is evicted every two years, which creates instability. “So from a health perspective, when you think of things like treating complex diseases, when folks are losing homes at that rate it becomes very hard to do that in a sustained way,” said Desmond.

Given the acute and widespread nature of the issue, Desmond said hospitals and other health care systems are doing better at trying to mitigate the effects of housing instability on health. Still, he says we can do better. “We need to do a better job looking at the social determinants of health, of which housing is a huge one,” said Desmond. “As my colleague, Megan Sandel from Boston University says, ‘housing is a vaccine.’”

He challenges nurses and other health professionals to speak up about what their patients are experiencing. “Health practitioners can be the carriers of this
narrative,” said Desmond. “Nurses are on the front lines of this issue and the more they can share the stories about what they are seeing, the more that they can raise awareness. I think that would go a long way to helping move the public conversation forward."

**DATA AS THE STORYTELLER**

Desmond recently left Harvard University for Princeton University and is busy building a large database about evictions, called Eviction Lab. “Right now, we don’t know if the eviction rate in Minneapolis is more than Milwaukee or Pittsburgh. We don’t know which city has the highest eviction rate or the fundamental drivers of this crisis. So there are a ton of questions out there and the research infrastructure is lacking that would allow us to get the answers,” said Desmond. “So our job is to record and publish every single eviction that is recorded nationally and make the data public.”

While Eviction Lab is housed at Princeton University, Desmond says that the data it creates won’t be released in a traditional academic way. Instead he’s creating a user-friendly website, in hopes that the data generates stories.

Desmond sees Eviction Labs growing on the legacy of *Evicted*. “The bet that I made with *Evicted* is that if you show the human wreckage and the cost of the affordable housing crisis in the lives of families and kids, you can elevate this issue in the public discussion. I think that it’s done that. The bet that we are making with Eviction Lab is that you can harness the data to do the same. You can provide citizens, policy makers, journalists and community organizers access to information about evictions in their cities and compare it with other cities and you can create stories with that. Suddenly that’s a story and an issue for your mayor and city council to take up.”

The School of Nursing is hosting an on-campus discussion with Desmond Oct. 20. Desmond accepted the invitation from Dean Connie White Delaney knowing that her nephew was profiled in *Evicted*. “Matt is not only a brilliant scholar but a compassionate and thoughtful person whose writing conveys the complexity and humanity embedded in society’s great challenges,” said Delaney.

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“We need to do a better job looking at the social determinants of health, of which housing is a huge one.”

– Matthew Desmond
Building relationships before a crisis hits

Giama combines education, public health to address the measles outbreak

by Elizabeth Millard

When Minnesota’s worst measles outbreak since 1990 hit the Somali community in the Twin Cities, Clinical Assistant Professor Nasra Giama, DNP, RN, PHN, who teaches on the Rochester campus, was ready to play offense so that it wouldn’t spread southward.

As a nursing professor and a Somali American herself, Giama was in a unique position not only to bolster disease prevention education, but also to address the community in a highly effective and culturally sensitive way.

About four years ago, she helped create the Somali Health Advisory Committee, based in Rochester. The group first focused on hepatitis awareness among Somali immigrants, but soon expanded to other health issues as well, including vaccinations and screenings. With about 25 members, the committee consists of health professionals and community members who host monthly meetings, health job fairs and educational events.

This spring, one of those efforts was a forum for the Somali community to discuss resistance to the measles, mumps and rubella vaccine because of fears about autism. Although there haven’t been any reported cases of measles in the area, the forum was a proactive way to bring people together as a group — an extremely important strategy for delivering health information among Somali immigrants, Giama notes.

“You have to bring them information in a language they understand, but also in a way that acknowledges the culture,” she said. “For example, many don’t read and some have a bias or distrust around news media. So, putting the word out through newspapers will be far less effective than talking one-on-one or in a group.”

The committee also spoke with community members outside of mosques in June, a holy month for Muslims. Giama hopes both the forums and the in-person outreach will help bring up vaccination rates among Somalis — not just for MMR, but other vaccines as well. Currently, Rochester has a higher Somali vaccination rate than the Twin Cities, but it’s still only around 70 percent. The committee is brainstorming ways to drive that toward the 100 percent goal.

The combination of public health efforts and educational initiatives is a hallmark of Giama’s life-long approach. Born in Somalia, she immigrated to the United States at age 8 and wanted to become either a teacher or a nurse. In essence, she became both.

“How do we make sure everyone gets the same access to health care? That’s the question that fuels me, and when I can see that in action, it’s exciting.”

– Clinical Assistant Professor Nasra Giama, DNP, RN, PHN

Clinical Assistant Professor Nasra Giama, DNP, RN, PHN, speaks at a forum in Rochester organized by the Somali Health Advisory Committee to discuss measles and vaccinations.
Outreach

Clinic care goes beyond its walls

Nurse Practitioners Clinic opens four satellite clinics

The School of Nursing opened three primary care clinics this year that are satellites to the University of Minnesota Health Nurse Practitioners Clinic in downtown Minneapolis, and there are plans to open another one later this year. The clinics provide primary care to elderly patients, those with addictions, and children and their families receiving mental health treatment.

- **Touchstone Mental Health Services**
  Opened: July 2017
  Touchstone provides a range of mental health services. The satellite clinic is located at the assisted living facility and is funded through a Health Resources and Services Administration grant as a pilot site.

- **The Waters**
  Opened: February 2017
  The Waters is a senior living community with independent living apartments and a memory care unit.

- **RS Eden**
  Opened: August 2017
  Eden House provides outpatient mental health and substance abuse treatment for men.

- **Wilder Children and Mental Health Clinic**
  Opening: late 2017
  The Wilder clinic provides outpatient mental health services to children and families. It’s in part funded through a Health Resources and Services Administration grant to create an integrated mental health/primary care model of care.
Decreasing risk behaviors

Clinical Associate Professor Melissa Saftner, PhD, APRN, CNM, FACNM, and Associate Professor Barb McMorris, PhD, traveled to western Uganda in May to collect pilot data for the study *Exploring Adolescent Risk in Uganda Fishing Villages*. They collaborated with Tom Ngabirano, senior lecturer at Makerere University School of Nursing, to explore risk behaviors in adolescents living in rural fishing communities.

Previous studies conducted in Uganda have found that 70 percent of adolescents report lifetime substance use, and 8 in 10 youth report their first sexual experience before age 16. Although rural areas tend to report higher levels of alcohol and substance use, much less is known about youth in fishing villages. It is estimated that rural fishing communities have higher rates of HIV infection than other communities in Uganda.

Working with two translators and a counselor, the international team collected survey and event history calendar data from youth in four villages to test study procedures—such as recruitment and consent protocols, experience the different community contexts, the prevalence of risk behaviors including alcohol and substance use, sexual initiation and use of birth control and condoms. The long-term goal is to develop or adapt a culturally-appropriate intervention to decrease risk behaviors and ultimately impact adolescent HIV rates. Saftner and McMorris received funding from Sigma Theta Tau International, Zeta Chapter, and multiple University sources.
Promoting effective coping

The United Nations High Commission for Refugees estimates that 66 million people are forcibly displaced worldwide, with approximately 22.5 million of them becoming refugees. Over half of refugees are young people under the age of 19, many of whom have unmet health needs. Given this substantial public health issue, Clinical Assistant Professor Eunice Areba, PhD, RN, PHN, has teamed up with the University’s Community University Health Care Center to address impacts of immigration on youth health.

With a new study, Promoting Effective Coping Among Refugee and Immigrant Adolescents, Areba and her colleagues will assess immigration impacts on Hispanic and Somali youth and their parents or guardians. Areba will work closely with parent and youth advisory boards to evaluate mental health, coping skills and substance use among immigrant youth. “Because of their experiences, these adolescents face unique challenges to their well-being,” said Areba. “Immigration and its consequences may either cultivate resilience or increase the likelihood of risky health behaviors and poor mental health outcomes among these youth.”

Previous research has linked poor health outcomes among immigrants with factors including socioeconomic disparities, the erosion of family cohesion, the loss of heritage or culture and discrimination based on minority status. Areba and her colleagues aim to understand how these factors relate to mental health, coping skills and substance use among immigrant youth. Study findings will be used to help promote effective coping strategies and positive mental health outcomes among Hispanic and Somali immigrant youth.

International reach

Center faculty showcased their research related to children with chronic conditions and family caregiving with six presentations at the 13th International Family Nursing Conference in Pamplona, Spain in June 2017. This conference provided an ideal forum for disseminating findings from our international research partnerships with faculty colleagues in Iceland and Japan. Two presentations focused on research collaborations with Erla Kolbrún Svavarsdóttir, PhD, and Gudny Bergthora Tryggvadottir, PhD, from the University of Iceland and Professor Wendy Looman, PhD, APRN, CPHP, and Professor Ann Garwick, PhD, RN, LMFT, LP, FAAN, from the University of Minnesota on the International School Nurse Asthma and ADHD project. Building on her research as a visiting scholar from Japan, Akemi Matsuzawa, PhD, co-presented with Looman on The Practice and Challenge of Nurse Care Coordination for Children with Medical Complexity and Their Families. Looman also presented at the Social Media Primer for Family Nursing Scholars Workshop.

Center faculty also presented findings related to the development of two new family measures. Assistant Professor Anne Chevalier McKechnie, PhD, RN, and nursing student team members Kari Erickson and Sarah Miller focused on the development and testing of CANDIR, a new instrument to assess expectant parents’ emotional and cognitive needs following a fetal anomaly diagnosis. Assistant Professor Barbara Beacham, PhD, presented findings from her mixed method study on Family Management Patterns: A Comparison of Parent and Child Perspectives. Beacham and McKechnie also made recommendations on how family participants should be defined and included in future studies based on results from their scoping review of reports of recent National Institutes of Health-funded family and family-related research studies.
Reducing falls with physical activity

Despite evidence that physical activities targeting leg strength and balance reduce falls, less than 12 percent of older adults engage in these activities on a regular basis and fall rates continue to increase. Assistant Professor Siobhan McMahon, PhD, MPH, APRN, GNP-BC, and her interdisciplinary research team are investigating specific intervention strategies that help older adults incorporate recommended physical activity into their everyday lives.

McMahon and her team were recently awarded a $2.68 million grant from the National Institute of Nursing Research/National Institutes of Health to identify which behavior change strategies increase older adults physical activity, are sustained for one year, and, in turn, lead to a reduction in falls and improved quality of life. This research is expected to provide evidence needed to strengthen nursing and public health efforts to promote physical activity and reduce falls in older adults.

Results from their previous studies indicate that older adults are interested and capable of using physical activity monitors, like Fitbits, to self-track their physical activity and that behavior change strategies, such as setting goals, seeking social support and friendly social comparison, are helpful. Their recent study found that strategies that rely on interpersonal communication with peers, as opposed to those that rely on individual reflection, elicit significant increases in older adults’ physical activity levels lasting up to six months post-intervention.
HIT and the need to focus on outcomes

On June 5–7, 2017, the Center for Nursing Informatics hosted the fifth-annual Nursing Knowledge: Big Data Science Conference. The pre-conference focused on four critical health care topics: care coordination, clinical decision support, quality reporting and big data research. Policy issues, data implications and exemplars of how organizations are successfully implementing health information technology within each topic were examined. Rebecca Freeman, PhD, RN, PMP, the chief nursing officer of the Office of the National Coordinator for Health Information Technology, presented the keynote address. Freeman noted that we no longer will be reimbursed for process as the focus now is on achieving outcomes. Outcomes focus requires longitudinal, interdisciplinary care that engages patients. We must move from an episodic to a longitudinal care record and expedite movement from discipline-specific or setting specific silos to integrated interdisciplinary care. Clinical Professor Thomas Clancy, PhD, MBA, RN, closed the conference presenting on the Internet of Things. He noted that robotics is a critical issue that will affect nursing and that nurses need to be involved in design and development as domain experts.

Reports on accomplishments from 10 virtual working groups representing hundreds of members from health care organizations, vendors, industry, professional organizations and government were discussed. Together, these working groups address how nursing and interprofessional data can align so it is sharable and comparable to achieve longitudinal patient outcomes and support quality reporting and research. Additionally, the work groups planned actions over the next year. These advancements and newly-identified challenges will be addressed at the 2018 Big Data conference, which will be held on June 13-15, 2018.

Leading change with design thinking

In June, Professor Daniel Pesut, PhD, RN, PMHCNS-BC, FAAN, director of the Densford Center, delivered the keynote address at the International Nursing Association for Clinical Simulation and Learning annual conference. The conference theme was Simulation 2.0 Designing the Future. More than 800 people attended the opening session and listened to Pesut’s remarks, The Future of Learning with Design Thinking Mind.

Design thinking is a mindset and belief system that people can create change—no matter how big a problem, how little time or how small a budget. Pesut outlined the five phases of design thinking for educators: discovery, interpretation, ideation, experimentation and evolution. Design thinking begins with deep empathy and an understanding of the needs and motivations of people. It is enriched with the creativity, views and multiple perspectives of others. Incorporation of design thinking into learning activities stimulates innovation of new products, services and/or practices. Learning with design thinking in mind requires focused attention and the ability to navigate between and among abstract and concrete ideas while analyzing and synthesizing. A key strategy of design thinking is the oscillation between divergent and convergent thinking processes. As one generates new ideas, experiments, receives feedback and makes modifications on those ideas, innovation emerges. IDEO, an internationally-renowned design thinking organization, created Design Thinking for Educators, a web-based resource worth exploring.

If you want to explore design thinking and innovation more seriously, check out the School of Nursing’s Health Care Design and Innovation Post-Baccalaureate Certificate program. This certificate will provide you with the knowledge, skills and abilities to bring design thinking to your leadership and innovation efforts. Learn more at www.nursing.umn.edu.
BRIEFLY

School hosts Chungliang Al Huang

School of Nursing students, faculty and the University community were invited to participate in a unique session by Chungliang Al Huang, titled Asian Wisdom for a Western World on Sept. 21.

Huang, who is founder of the Living Tao Foundation, author, philosopher, performer and winner of the Republic of China’s Gold Medal Award, used a range of tools to inspire and educate participants including brush calligraphy, music, poetry and mythic story telling. His message was about finding balance, connections and resilience in fast-paced world.

The one-hour session was made possible by Ruth Stricker in partnership with The Marsh, a center for balance and fitness in Minnetonka, Minnesota.

School hosts scholar from Thailand

Monrudee “Chin” Chokpradjakchad, a PhD student at Ramathibodi School of Nursing at Mahidol University in Bangkok, Thailand, joined the school as a visiting scholar. While at the school, she will be working on her dissertation research to develop and test a program for Thai parents and teens that aims to increase parent-teen communication about teen sexual health.

Preceptors honored by school

The School of Nursing presented preceptors in each of the school’s Doctor of Nursing Practice program’s specialty areas with an award in recognition of their engagement and contributions as a preceptor. The awards were presented to:

- Ellen Brodrick in nurse-midwifery from Mayo Clinic
- Michelle Christian in adult health/gerontological primary care nurse practitioner from Dakota Family and Child Clinic
- Bobbi Gagliano in nurse anesthesia from University of Minnesota Masonic Children’s Hospital
- Jennifer Heath in public health nursing from Minnesota Department of Health
- Mary Koloroutis in health innovation and leadership from Creative Health Care Management
- Anne LaFlamme in nurse informatics from Fairview Health Services
- Kara Lewis in family nurse practitioner from Fairview Health Services, Rogers clinic
- Mary O’Donnell in pediatrics primary care nurse practitioner from Community-University Health Care Center
- Janice Osborne in adult health/gerontological clinical nurse specialist from Mercy Hospital, Unity campus
- Jane Sassenfeld in women’s health nurse practitioner from Hennepin County Medical Center, Whittier Clinic
- Jane Marie Sulzle in psychiatric/mental health nurse practitioner from Nystrom and Associates
- Rachel Trelstad Porter in integrative health and healing from Woodbury Senior Living
AWARDS AND HONORS

Associate Professor Carolyn Porta, PhD, MPH, RN, SANE-A, was selected to be inducted as a fellow of the American Academy of Nursing. The academy includes the nation’s most accomplished nurse leaders in education, management, practice, policy and research. Selection for the fellowship is one of the highest professional honors in nursing.

Additional alumni being inducted are Kuei-Min Chen, PhD ‘00, MS ’96, Helga Jonsdottir, PhD ’95, MS ’88, RN, Barbara Tomczyk, DrPh, BSN ’80, RN, Martha Hughesdon Turner, PhD ’98, BSN ’75 and Richard Westphal, BSN ’83.

Assistant Professor Sarah Hoffman, PhD, MPH, RN, was named the 2017-19 Powell Center Women’s Health Research Scholar.

Professor Dan Pesut, PhD, RN, PMHCNS-BC, FAAN, was selected to receive the American Association for Men in Nursing 2017 Gene Tranbarger Award, in recognition of his article, Diversity Dynamics: The Experience of Male Robert Wood Johnson Foundation Nurse Faculty Scholars. The Gene Tranbarger Award is given annually to recognize an exceptional article or book about men in nursing or men’s health.

Clinical Associate Professor Melissa Saftner, PhD, APRN, CNM, was selected for fellowship in the American College of Nurse-Midwives.

Associate Professor Kris Talley, PhD, APRN, GNP-BC, was named a Gerontological Society of America fellow.

Clinical Assistant Professor Dianne Willer-Sly, DNP, APRN, CNP, was inducted as a fellow of the American Association of Nurse Practitioners.

April 5, 2018
SAVE THE DATE

School of Nursing
Spring Celebration
and All-Class Reunion
Watch for updates at www.nursing.umn.edu/alumni

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Professor **Melissa Avery**, PhD, APRN, CNM, FACNM, FAAN, is co-editor of *Freestanding Birth Centers: Innovation, Evidence, Optimal Outcomes* with Linda Cole, which was published by Springer Publishing Co.

Professor **Dan Pesut**, PhD, RN, PMHCNS-BC, FAAN, co-wrote *The Essentials of Clinical Reasoning for Nurses* with RuthAnne Kuiper, Sandra O’Donnell and Stephanie Turrise, which was published by Nursing Knowledge International.
NEW APPOINTMENTS

Shanda Demorest, DNP, RN, joined the school as clinical assistant professor. She earned a Doctor of Nursing Practice degree with a health innovation and leadership specialty and a Bachelor of Science in Nursing degree from the University of Minnesota. Previously, she was a nurse and preceptor at Abbott Northwestern Hospital.

Elena Geiger-Simpson, DNP, RN, PHN, joined the school as clinical assistant professor. She earned a Doctor of Nursing Practice degree with a specialty in psychiatric mental health from the School of Nursing and earned a bachelor's degree from Luther College in nursing and Spanish.

Kellie Kutzler joined the school as an executive office and administrative specialist in Rochester. She earned a bachelor's degree in liberal arts from Bethany Lutheran College. Previously, she was an operation specialist in education at Mayo Clinic.

Martin Michalowski, PhD, joined the school as an assistant professor. He earned a PhD degree and a master's degree in computer science from University of Southern California and a bachelor's degree in computer engineering from the University of Minnesota. Previously he was senior principal of research science at Adventium Labs, technology lead at Andamio Games and co-founder and chief technology officer of Campusbooks4less.

Zack Norris joined the school as an executive office and administrative specialist in the Office of Academic Programs. Previously, he was an academic adviser at Argosy University in California. Norris earned a bachelor's degree in liberal arts from Argosy University.

Taylor McCall joined the school as an interventionist, assisting on the research study Community-based intervention effects on older adults’ physical activity and falls, with Assistant Professor Siobhan McMahon as the principal investigator. McCall earned a bachelor's degree in psychology at the College of St. Benedict and a master's degree in counseling psychology from the University of St. Thomas.

Candace Nelson joined the school as a project manager for a grant that aims to improve the readiness of psychiatric/mental health nurse practitioners and family nurse practitioners working in mental health settings in underserved and rural areas. Professor Merrie Kaas is the principal investigator. Previously, Nelson worked on infectious disease grants in the Division of Biostatistics at the University. Nelson earned a bachelor's degree from the University of Minnesota.

Jennifer Nielsen joined the school as an executive accounts specialist in the business office. Previously, she provided administrative support for the University of Minnesota Bookstores and University of Minnesota Parking & Transportation. She earned an associate degree in Computer Science from Normandale Community College.

Molly O’Bryan joined the school as a senior program manager for an interprofessional university project funded by USAID. She came with more than eight years of global health experience. She earned a Master of Public Health degree with a concentration in international health from Oregon State University and a bachelor's degree in zoology and African studies from the University of Wisconsin.

Nikayla Speltz joined the school as program/project specialist in the Office of the Dean, providing primary support for the development and alumni relations team, as well as the strategic communications team. She earned a bachelor's degree in child psychology with a minor in public health from the University of Minnesota College of Liberal Arts.
A MESSAGE FROM THE NURSING ALUMNI SOCIETY PRESIDENT

Building on the new

It is with great excitement and enthusiasm that I begin this new academic year serving as president of the Alumni Society Board. To me, a new year means new dreams and opportunities to make a difference in the lives of others. In the year ahead, I look forward to helping build on the Alumni Society’s strong foundation and to advance its important work in supporting the School of Nursing’s alumni, students, faculty and staff.

I would like to acknowledge the leadership and work of the Alumni Board over the past year. Under the leadership of Past President Alice Sanders, the Alumni Society Board collaborated with School of Nursing leadership to review and reflect on the board’s role and affirm a vision and key strategies for the alumni relations program. I thank Alice for being a wonderful role model and for her thoughtful leadership.

The Alumni Society provided services and programs to alumni, students and faculty to advance the new vision. Some of the successes during the year included:

- Over 120 alumni, students, faculty and friends participated in the All Class Reunion.
- Fifty-four students participated in the Speed Mentoring Program.
- A new nurse mentor program provided mentors for 23 Master of Nursing graduates.

Looking ahead, the Alumni Society Board, in partnership with the Office of Development and Alumni Relations, will continue to advance its vision to “grow an alumni relations program that creates opportunities for students and alumni to grow personally and professionally by engaging them with fellow alums, the School of Nursing and the University of Minnesota.”

As a member of an alumni community that is more than 10,000 strong, you play a key role in helping to advance the vision. You can make a difference in four ways:

- Welcome and engage undergraduate and graduate students as alumni throughout their time on campus.
- Volunteer to be a mentor or preceptor, help BSN seniors with writing a resume and cover letter, or facilitate connections between alumni.
- Participate in Service Day, Speed Mentoring and Nursing Research Day.
- Help create an All Class Reunion that incorporates professional and personal learning and networking opportunities for all alumni and friends.

Thank you for making a difference in the lives of our students, faculty, alumni and our communities!

Karen MacDonald, MS ’87, BSN ’72
President, Alumni Society
Advancing the role of nurses in Taiwan

Miaofen Yen, PhD ‘94, MS ‘90, receives inaugural innovation award from the International Council of Nurses

by Brett Stursa

Miaofen Yen, PhD, RN, FAAN, began her career as a staff nurse in the ICU at a local hospital in Taiwan. Eventually, after a recommendation from a U.S. cardiologist she worked with at the hospital, she came to the University of Minnesota School of Nursing to earn a master’s degree. From there, she earned a PhD degree from the school in 1994. Now, she’s a faculty member at the National Cheng Kung University Department of Nursing, where her work focuses on advancing the role of nursing in Southeast Asia. Her efforts recently earned her the inaugural Kim Mo Im Policy Innovation and Impact Award from the International Council of Nurses, which cited her for her demonstrated policy innovation and impact. We asked Yen about the differences in nursing in the United States and Southeast Asia and how her time at the University of Minnesota inspired her to advance nurses’ role in Taiwan.

“...The leadership program at the University of Minnesota inspired my vision to focus on teaching graduate nursing students about leadership.”

– Miaofen Yen

What was your role in establishing the International Advanced Program in Nursing at National Cheng Kung University?

I was charged with the initiation of the program and managed starting the program in 2012. I was appointed as the director of nursing at National Cheng Kung University from 2013 to 2016, so I managed the resources to evaluate the improvement of the program. My vision is to promote quality higher education in the Southeast Asia region so the focus of my work now is on growing the International Advanced Program in Nursing throughout the region.

How are advanced practice nurses affecting patient care in Taiwan and Southeast Asia?

The roles of advanced practice nurses include, but are not limited to, teachers (for nurses, nursing students and patients), researchers (for improving clinical care) and practitioners (in collaboration with professionals from other disciplines). By playing the roles, the optimal goal is to continuously improve quality of patient care, thus, promote health for all.

Is the role of a nurse different in Taiwan compared to the United States?

The role of nurses may not be different, however, the workload is a big difference. Nurses in Taiwan usually have many more patients in one shift when compared to nurses in the United States. Also, the nursing care in Taiwan is strongly focused on family-centered care.

How did your experience as a visiting scholar at the University of Minnesota in 2013 impact your professional development?

The leadership program at the University of Minnesota inspired my vision to focus on teaching graduate nursing students about leadership. Since being back home, I have obtained national funding for three research projects to improve the teaching of leadership among nursing students.

Congrats on receiving the Inaugural Kim Mo Im Policy Innovation and Impact Award. What was your reaction to receiving honor?

To me, the award is an encouragement for continuing on my vision of improving nursing education in Southeast Asia. I am also working on establishing an alliance of nursing higher education in this region. The alliance may become a resource center for nursing education to support nursing schools, nursing faculty and students in response to their needs for future development.
Celebrating nurse leaders

Alumni Society names award recipients

Outstanding Undergraduate Nursing Student Award
This award recognizes an undergraduate student who demonstrates leadership and commitment to service, competency in the delivery of nursing care that reflects sensitivity to diverse and underserved populations, and consistent use of critical thinking skills to evaluate knowledge and advance nursing practice.

Mara Smith, BSN ’17, was honored for her leadership in the immunization tour course, which involves students providing flu vaccinations to the University community in clinics across campus. The clinics are fast paced and require clear communication as well as the ability to work with an interdisciplinary team. Her nominator said that in this regard she showed dedication by representing nursing and following safe patient care protocols. She also participated in the University Honors Program, competed in the Global Health Case Competition, served as secretary for the National Student Nurse Association and volunteered for the Indian Student Association and University of Minnesota Bharat events.

Xiaohui Yu, BSN ’17, was honored for maintaining an outstanding academic record while also working as a student in the Bentson Healthy Communities Innovation Center. She volunteered as a violence prevention educator for the Aurora Center, at the Phillips Neighborhood Clinic and at iSTOP, an interprofessional student-run program that provides basic health care, supplies and referrals to individuals experiencing homelessness. Yu has worked as a nursing assistant, a research associate in the Mindful Heart Study and a medical interpreter. Her nominator said that she has excellent clinical reasoning, is an engaging student and an excellent team player with promise of becoming a leader in nursing. Yu will continue her education in public health at Harvard University, with a focus on health literacy, health disparities and access to health care.

Outstanding Graduate Nursing Student
This award recognizes an exceptional graduate student who contributes knowledge to the profession of nursing through research and explicates nursing’s social mandate to respond to the health concerns of society.

Carrie Neerland, MS ’05, APRN, CNM, PhD(c), was honored for her work providing personalized woman-centered care that encourages a physiologic approach to pregnancy and birth. Her research focuses on maternal confidence for physiologic birth. She has worked with faculty on two research projects, and her dissertation involves the development and testing of a reliable and valid instrument to measure a woman’s confidence for physiologic birth. Neerland is active in the Minnesota Affiliate of the American College of Nurse Midwives and the American College of Nurse Midwives at the national level. Her nominators note that Neerland’s innate curiosity is complemented by skills in organizing and evaluating information.

Rising Star Award
The award recognizes a recent graduate of the School of Nursing who is achieving noteworthy success. The recipient is recognized for career accomplishments, entrepreneurial endeavors and scholastic work.

Katherine Todd, DNP ’12, MBA, RN, was honored for her courage and perseverance in advocating for change. After graduating with a specialty in integrative health and healing, Todd served as director of the Family Birth Center at Methodist Hospital. In this role she engaged teams in the construction of the Birth Center, which created water birthing suites, spacious postpartum rooms and private special care nursery rooms. Other improvements across the Park Nicollet System that she worked on include the introduction of integrative therapies, the development of local educational symposiums about the labor and delivery process and the creation of the donor breast milk program. She also led a team that introduced nitrous oxide as a pain relief option for women in labor, which made Methodist Hospital the first in the state to implement the option. She is currently vice president of health and wellbeing at The Waters.
Phebe Gordon, DNP ’16, joined the pediatrics department at the Essentia Health St. Mary’s-Detroit Lakes Clinic.

Bonnie Lee Brueshoff, DNP ’13, MS ’89, was honored by the American Public Health Association Maternal and Child Health Section with the Effective Practice Award for her work to create the Breastfeeding Friendly Health Departments initiative and toolkit. Additionally, the National Association of County and City Health Officials Model Practices Program selected the initiative as a Model Practice. Brueshoff is the director of Dakota County Public Health.

Exhilda Siame, MS ’12, is the founder/CEO of Umulyango Consultants. She is collaborating with emerging health care markets in Africa to set up long term care systems that will support aging.

Lisa Martin, PhD ’11, MS ’98, is the 2018 chair of the National Alaska Native American Indian Nurses Association. Misty Wilke, PhD ’09, is the outgoing chair.

Kuei-Min Chen, PhD ’00, MS ’96, is the recipient of the Sigma Theta Tau 2017 Amy J. Berman Geriatric Nursing Leadership Award. She is on the faculty at Kaohsiung University in Taiwan.

Sharon Lehmann, MSN ’96, was named to the editorial board for the Journal of Radiology Nursing. She works in interventional radiology at University of Minnesota Health and is a past president of the Association for Radiologic and Imaging Nursing. She served as the newsletter editor for six years.

Kathryn (Kate) Siegrist, BSN ’78, has been named chief nursing officer with the national Nurse-Family Partnership, a community health program for low-income, first-time mothers in Taiwan.

Mary Steen Hartwig, BSN ’65, received the University of Tennessee Health Sciences Center College of Nursing 2017 Outstanding Alumnus award.

Have you recently received a promotion, been hired for a new position or been honored with a special award? Let us know by going to www.nursing.umn.edu/alumni.

Mary Ann L. Anglim, MA in Nursing Education ’64, BSN ’56, emeritus faculty member, passed away in April. For over three decades, she taught about advanced oncological nursing practices. She lectured about caring for and coping with the loss of a child to cancer. Popular with her students, she was often asked to speak at commencement ceremonies. She was nominated by students when she won the Excellence in Nursing Education Award in 1985. Twice, the Minnesota Chapter of the American Cancer Society awarded her for Distinguished Service.

Kathleen G. Dineen, PhD, CNM, died in June. Her nursing career includes 30 years of service with the Sisters of Maryknoll to women and families in Sri Lanka, the Philippines and Peru. In 1976, she joined the University of Minnesota School of Nursing faculty as the director of the nurse-midwifery education program. During the next 17 years, she successfully secured national accreditation for the program, HSRA training grants to grow the program and funding for students. Under her leadership, some 200 nurses completed their midwifery education.

Alice Mae H. Graner died in February after a career as a registered nurse, which included teaching at the University of Minnesota School of Nursing and clinical work at the VA Hospital in Minneapolis. She entered the Air National Guard in 1961, contributing her service in many ways including chief flight nurse. She retired as a colonel from the Guard in 1994.

Sarah M. Gutknecht, DNP ’08, MS ’00, BSN ’94 died in August. She was in the first class of students to earn a Doctor of Nursing Practice degree from the U of M. She began her career as a nurse practitioner at Shriners Hospital for Children and then moved to Gillette Children’s Specialty Healthcare. She was also an adjunct clinical associate professor for the school. She went on nearly 30 missions around the world with Operation Smile and with Healing Hands for Haiti.

Esther Mae Barrett Kraskin, BSN ’39
Grace Johnson Erickson, BSN ’40
Rosella Hirsch McManus, BSN ’43
Gloria Hoencck Eckerson, Cadet Nurses Corp ’44
Mary Buryk Aufderheide, BSN ’45
Jane Snurr, BSN ’45
Doris Marie Strane, BSN ’45
Charlotte Krahn Bolla, BSN ’46
Rosemary Lux Romey James, BSN ’46
Mary Lucille Muller Mickman, BSN ’46
Betsy Frederickson Miller, Cadet Nurses Corp ’46
Patricia Helen McCutchan Bergh, BSN ’47
Audrey Kaplan Hillman, BSN ’47
Marion Johnson, BSN ’47
Ilolla (Mary) Keefe Grove, BSN ’47
Theresa Battaglia Sullivan, BS in Nursing Education ’47
Marcella Kemnitz Kirkpatrick, BSN ’48
Sydney Elizabeth Swallen Rice, BSN ’48
June Kaul Bjerke, BSN ’50
Gloria Larson Hayden, BSN ’50
Barbara Smith Pearce, BSN ’50
Ann Marie Backlund Nelson, BSN ’52
Marilyn Hamre Machlup BSN ’53
Elizabeth Almquist Beckman, BSN ’54
Arlene Lundblad, BSN ’54
Lorna Hanebuth-Sherman, BS in Nursing Education ’55
Irene Johnson, BSN ’55
Dolores Schiller, BSN ’55
John Belejack, MSN ’56
Virginia Danielson Cafferty, BSN ’56
Barbara Westurn, BSN ’56
Dolores Dietrich McQuarrie, BSN ’58
Dorothy “Kathy” Roemer, BSN ’59
Rhoda Thoreson Becklund, BSN ’60
Phyllis Jordahl Dexter, BSN ’60, MSN ’62
Sophia Gormish, MSN ’63
Lou Ann Dykstra BSN ’71
Barbara Ann Goff Rexilius, MSN ’72
Lora Lokowich Dittbenner, BSN ’73
Alice Marilyn Sime, PhD ’73
Betsey ‘Mary Beth’ Halter, BSN ’74
Maydra Maas, BSN ’76
Loretta Kupferschmid Leman, MSN ’77
Juliet Crennel Linder, MSN ’78
Adriene Niesen, BSN ’88
A MESSAGE FROM THE DIRECTOR OF DEVELOPMENT

Empowering health care

When it comes to nursing and health care, these are defining times to say the least. At the School of Nursing, under the leadership of Dean Connie White Delaney and with the philanthropic support of our generous benefactors, I believe we are redefining the times. My colleague Maria McLemore recently expressed it this way when she said,

“If the Merriam Webster definition of a nurse is a person who is trained to care for sick or injured people and who usually works in a hospital or doctor’s office, under Dean Delaney’s leadership, I believe the school has redefined a nurse to be a highly-skilled health care practitioner, health care system executive, dynamic researcher, trusted educator and mentor or engaged community health worker.”

This past year, nearly 1,000 benefactors invested in the future of health care through the school and our mission. Many chose to make an investment in our students because they know that an aging population and a limited number of primary care providers limits access to health care, particularly in rural and underserved urban communities. Their investment makes it possible for the school to educate nurses at higher levels to address this pressing demand.

Others chose to support our research and outreach because they know that the school can discover new prevention strategies, interventions and treatments for pressing health concerns. Their investment makes it possible for our faculty and students to discover new interventions and practices to promote health among vulnerable populations, prevent and manage chronic conditions and symptoms, and utilize information to improve health and health care.

And still others chose to support our field-shaping faculty because they know that they drive the success of our research, education and outreach. They attract outstanding graduate and undergraduate students and make research discoveries that improve health. Professor Joe Gaugler said it best: “My mission is to discover new interventions and treatments to improve the quality of life of people with memory loss and their caregiving family members.”

Every one of them, though, believe in the vision, mission and leadership of the school and we couldn’t be more grateful. I am proud of the work that Dean Delaney, the faculty and our students are doing to deliver the leaders and discoveries that you have asked of us. Thank you for your partnership in helping redefine nursing, nursing education and health care research.

John Kilbride
Director of Development
kilbride@umn.edu
The colonel in the classroom
Collier is proud she was in the first-ever graduating DNP class of Bentson Scholars

by Chandra Evans

Ada Collier had been a nurse in the U.S. Air Force for 15 years before she decided she wanted to advance her nursing career with a Doctor of Nursing Practice degree.

Where some programs looked at Collier’s background and saw degrees earned years apart or how her military service might be an obstacle, Collier said the University of Minnesota School of Nursing saw her dedication and passion for health care.

“They saw something in me and they took a chance,” Collier said. “The University of Minnesota focuses on the individual. They know it’s not just about getting a degree, it’s about what you’re going to do with it to transform health care.”

Since then, Collier has been promoted to the rank of colonel and last spring, she graduated with honors as part of the first graduating class of Bentson DNP Scholars.

Path-breaking programs like the school’s DNP program create nurses ready to take on the immense need for improving patient care, addressing shortages in high need areas and solving problems that put the nation’s health at risk. It’s a legacy Collier is proud and thankful to be a part of.

“The Bentson Foundation’s generosity has a huge impact on more than just me,” said Collier. “It will impact wounded warriors who come back from serving our country.”

is for Feeling Better Already.

Nurse Practitioners Clinic
3rd St. & Chicago, Minneapolis

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## HONOR ROLL OF GIVING 2017

### SPECIAL DESIGNATIONS

<table>
<thead>
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<th>Presidents Club</th>
<th>Members are honored for lifetime giving to the School of Nursing and include the following recognition levels:</th>
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<td>(P) John Sargent Pillsbury Society</td>
<td>Lifetime gifts or pledges of $10 million +</td>
</tr>
<tr>
<td>(B) Builders Society</td>
<td>Lifetime gifts or pledges of $1 million +</td>
</tr>
<tr>
<td>(R) Regents Society</td>
<td>Lifetime gifts or pledges of $250,000 +</td>
</tr>
<tr>
<td>(T) Trustees Society</td>
<td>Lifetime gifts or pledges of $100,000 +</td>
</tr>
<tr>
<td>(C) Chancellors Society</td>
<td>Lifetime gifts or pledges of at least $25,000</td>
</tr>
<tr>
<td>(H) Heritage Society</td>
<td>Recognizes future gifts</td>
</tr>
<tr>
<td>(Ch) Charter Members</td>
<td>Donors who joined the Presidents Club at the $10,000 to $24,999 level prior to its reorganization on July 1, 1998</td>
</tr>
</tbody>
</table>

* Indicates Deceased Donors

The Dean’s Circle recognizes donors who invest in the School of Nursing by making an annual gift of $1,000 or more.

We are grateful for the generous support of all of our benefactors and the impact they are making on our mission. Following are those who have provided gifts of $100 or more between July 1, 2016 and June 30, 2017. Please let us know if we have inadvertently omitted your name or misrepresented your support.

Contact: Barbara Mullikin
Associate Development Officer
612-624-0103
westrt03@umn.edu

### Gifts

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- Joanne L. Gardner
- Mary E. Glasier
- Mary M. Hand (H)
- Kathryn D. Hathaway
- Jan K. Haugland
- Mary J. Heinen & Lee H.
- Becker
- Coral S. Joffer
- Katherine J. Justus
- Ruth C. Kahn
Dean Connie White Delaney visits a northern Uganda field site – one of many where school faculty have partnered with Makerere University to develop interprofessional approaches to learning about and reducing potential risk for zoonotic disease outbreaks. The school plays a leadership role in the University’s ongoing One Health Workforce initiative sponsored by USAID.

Students in the women’s health nurse practitioner DNP program visited the State Capitol with their professor and three-term state legislator Maria Ruud, far left. The visit was part of a course that explored how state policies are developed and how they can impact practice.

The school celebrated spring commencement in May, with students in the Bachelor of Science in Nursing, Doctor of Nursing Practice and PhD programs graduating.
In May, 13 Doctor of Nursing Practice students joined graduate students at the University of Iceland for a leadership course where they focused on the humanitarian crisis in Syria.

The Minnesota Historical Society hosted an exhibit on the history of nursing. Members of the school’s Alumni Society Heritage Committee, including Sandra Edwardson, Marie Manthey, Susan Lampe, Jeanette Mefford, Sharon Ridgeway and Marilyn Bach assisted in the planning of the exhibit.

Assistant Professor Anne Chevalier McKechnie presented her research at the Midwest Nursing Research Society’s annual conference in Minneapolis.
CALENDAR OF EVENTS

Oct. 10, 2017
Health Innovation and Leadership
DNP Information Session

Oct. 14, 2017
University of Minnesota
Day of Service

Oct. 20, 2017
A conversation with
Matthew Desmond

Oct. 21, 2017
Homecoming Football Game

Nov. 1, 2017
SPARKS Rochester, which will
feature a speaker from the School
of Nursing

Nov. 3, 2017
Integrative Approach to Psychiatric
Mental Health Care Conference

Dec. 1, 2017
Minnesota Nurse Practitioner
Annual Conference

Dec. 15, 2017
Commencement

Jan. 20, 2018
Minne-College in Naples, Florida

Feb. 10, 2018
Minne-College in Phoenix, Arizona

April 5, 2018
All School Reunion at Town and
Country Club

April 6, 2018
School of Nursing Research Day

For more information
www.nursing.umn.edu