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UNIVERSITY OF MINNESOTA SCHOOL OF NURSING

OUR MISSION
To generate knowledge and prepare nurse leaders who create, lead and participate in holistic efforts to improve the health of all people within the context of their environments.

OUR VISION
The School of Nursing envisions a world where nurses lead collaborative efforts to attain optimal health for all people.

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Dean unveils IPE core data set

Barbara Brandt, PhD, FNAP, and Connie White Delaney, PhD, RN, FAAN, FACMI, FNP, presented The Power of Asking the Right Questions: IPE in the Age of Risk and Innovation at the opening plenary of the 2018 National Center for Interprofessional Practice and Education’s Nexus Summit.

During the session, Dean Delaney unveiled the national IPE Information Exchange and core data set that combines educational and clinical environments, collaborative competencies and environments, quadruple aim outcomes and critical incidents to foster sharable, comparable data and leverages the Academic Health Center’s secure infrastructure. The IPE core data set will now allow researchers to harness the power of big data to better advance interprofessional practice and education, health and health care.
Forging partnerships to lead nursing into the future

As the school year began I reflected upon my 13 years at the School of Nursing serving as the 10th dean and 44th year as a nurse. I was (and am) in awe of just how much has changed in our profession. The expansion of independence and growth of nurse practitioners, nursing specialties, telehealth and global collaboration are breath-taking. The expansion and integration of technologies, e.g., Internet of Things and Quantified Self, are voluminous.

The pace of change, the welcoming of disruption and opportunities for transformation in health are only accelerating. The evolution of nursing leadership has indeed equipped us to be bold, welcome the opportunity to transcend the usual and expect health for all, including our planet. As educators, while we embrace the opportunity to equip the next generation of nurse leaders with the knowledge they need today, we advance a framework to engage foresight in co-creating our future.

In this issue of Minnesota Nursing we explore some recent changes and how our faculty and our students are adapting for patients, families and communities. You’ll read a story of how student feedback and faculty leadership are helping prepare our graduates to meet the needs of LGBTQ patients. Another story explores the school’s partnership with the American Association of Nurse Anesthetists to host a conference on what has quickly become one of our society’s biggest challenges — the opioid epidemic.

Those conversations led to three priorities and a goal of raising $45 million to fulfill them. Those three pillars are preparing nurse leaders, transforming research and ensuring forward-thinking faculty. By focusing on these areas, we can position the school to meet the demand for health care professionals committed to transformation and innovation, recruit and retain top nursing research talent, and find solutions to today and tomorrow’s complex health challenges.

We invite you to enjoy this issue and look forward to your thoughts and comments.

Connie White Delaney
Professor and Dean

FROM THE DEAN

The feeling is mutual

by Meleah Maynard
NorthPoint Health and Wellness Center in Minneapolis is more than a health care facility.

It’s also a part of the surrounding North Minneapolis community and is known for providing high-quality, integrated health and human services to individuals and families from many different cultures, regardless of their ability to pay. The key, said NorthPoint Medical Director Paul Erickson, MD, is the center’s focus on working as a team. Nurses play an invaluable role on that team, he said. “Particularly in community health centers, we need to have clinicians’ hands and public health eyes to get to some of the truth of health issues,” he said. “Nurses understand that and they bring those fundamental principles to their work.”

One of those nurses is Andra Fjone, DrPH, APRN, CPNP, a pediatric nurse practitioner who has worked at NorthPoint for nearly nine years. Among her many strengths, Erickson is particularly appreciative of Fjone’s whole-person approach to providing exceptional care to children with wide-ranging needs. “Andra would never just tell someone with uncontrolled asthma that they need to be more compliant with their medication,” he said. “She would find out why they weren’t compliant. What’s going on? Are there family issues? Is their home stable?”

Can they afford and understand the medication? That’s how you really know why something about a patient’s health isn’t going well.”

Calling Erickson the best leader she has worked with, Fjone believes he is the one who sets the tone for NorthPoint’s personalized, holistic care. “Paul knows everybody, and it’s obvious that he cares so much about patients and everybody on staff,” she said. “People are constantly stopping him to ask if he has a minute, and he always has a minute, even though it’s usually much longer than a minute that they need.”

At a time when medical care is often rushed, Fjone also credits Erickson with understanding that it takes time to connect with patients, especially young children. “When I walk into the room and see that a child is nervous or scared, I spend time talking with the family and let the child play with my stethoscope or sit in my lap. That can slow me down a bit, but Paul sees how that time makes a difference to people. We both believe that if you’re going to do this work, you should do it was well as you can.”

Clinical Associate Professor Andra Fjone, DrPH, APRN, CPNP, and Medical Director Paul Erickson, MD, at NorthPoint Health and Wellness Center in Minneapolis.
After reading studies that showed that aerobic exercise can improve cognition in healthy adults, School of Nursing researcher Fang Yu, PhD, RN, GNP, FGSA, FAAN, wondered how exercise could affect people with Alzheimer’s disease and other dementias.

For the last 15 years, Yu has explored that question from a variety of perspectives and she is encouraged about what she’s found.

More than 5.7 million people in the United States are diagnosed with Alzheimer’s disease and that number is expected to increase to 14 million by 2050. There are few approved drugs to treat Alzheimer’s disease symptoms, and none of them prevent or slow the progression of the disease.

Yu, who recently was named the holder of the Long-Term Care Professorship, thinks non-pharmacological treatments hold promise for slowing the progression of the disease.

“NEW ENERGY, MORE VITALITY”

Bruce Erickson, who participated in one of Yu’s more recent studies, hopes the scans and the other data collected about him help others understand the disease better, but he already knows he benefitted from the exercise program.

“I’d gotten to the point where I just didn’t feel like doing anything,” said Erickson, who was diagnosed with Alzheimer’s disease 14 years ago. “The exercise gave me new energy and more vitality.”

He looked forward to his exercise sessions on a recumbent bike, knowing he could banter with Study Coordinator Sue Greimel and Exercise Interventionist Kaitlin Kelly. “You know, I’d never forget them,” he said.

The exercise sessions, three times a week for six months, were also a time to

continued on page 8

Can exercise delay dementia symptoms?

Non-pharmacological treatments hold promise for slowing Alzheimer’s progress

by Brett Stursa

For 15 years, Professor Fang Yu has explored how exercise affects people with Alzheimer’s disease and other dementias.

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**YU’S RESEARCH TRAJECTORY**

Yu’s early research asked if there was anything about having a cognitive impairment that prevented safe aerobic exercise. While conducting pilot studies, she determined how to standardize the intensity of the exercise. Eventually she discovered an individualized dosage that is determined by heart rate reserve, subjective rating of exertion and monitoring symptoms that indicate intensity measures, like sweating patterns, skin color, ability to talk and breathing patterns.

Pilot studies showed that exercise was feasible for people with Alzheimer’s disease and adherence to exercise protocols was more than 75 percent, which is significantly higher than many exercise studies. Perhaps most exciting, the pilot studies showed preliminary benefits, suggesting that exercise could delay cognitive decline. With successful pilot studies, Yu was awarded $3.4 million from the National Institute on Aging to conduct a randomized control trial to determine both the immediate and mid-term cognitive effects of exercise on people with Alzheimer’s disease. The study is assessing 96 participants’ cognition every three months over a year and brain structural changes at three points in time: prior to starting the exercise program, at its conclusion and six months after conclusion. MRIs measure hippocampal volume in the brain, which is thought to be responsible for spatial memory, direction and navigation.

Yu was awarded funding by the National Institute on Aging and is partnering with Feng Yankee Lin, PhD, RN, University of Rochester in New York, on this project. The program involves 128 participants ages 65 and older who have MCI.

Each participant will be evaluated for memory, brain function and physical ability over the course of a year and a half, and a brain scan will be conducted at various intervals using MRI. Selected participants will also have PET scans of their brains to determine their level of amyloid. “We want to see whether or not this combined intervention can reduce the accumulation of amyloid, which is a key feature of Alzheimer’s disease,” said Yu.

**RESEARCH WITH A CLINICAL APPLICATION**

While work continues on the two trials, Yu isn’t going to wait until results are published to encourage people with dementia to safely exercise. Instead she’s working to obtain funding for a pragmatic trial, which is research with a clinical application. "The research I have been doing so far is very confined with rigorous control. We have strict criteria participants have to meet and then we have staff deliver those interventions," said Yu. On the pragmatic trial, she’ll be working directly in the community.

"There are very few people who are educationally prepared to work with people who have Alzheimer’s in aerobic exercise," said Yu. She’s developing a FIT-AD certificate program so that professionals like exercise physiologists and personal trainers can receive training on how to encourage safe exercise.

Yu is working with exercise physiologist Dereck Salisbury, PhD, School of Nursing assistant professor, to develop the content. The two have worked together in Yu’s previous studies, as Salisbury writes the exercise prescription for each participant based on individualized test results.

The certificate program consists of four modules, with information about the disease, how to assess individuals to determine the appropriate level of exercise and how to engage them to meet that level. The last module explains the declining trajectory of the disease and how to modify an exercise regimen over time.

"There is so much promise in non-pharmacological treatments, like exercise and cognitive training," said Yu. “Ultimately, I want people with cognitive impairment to live longer in the community, with a better quality of life.”
Auguste Deter, a 51-year-old woman who had begun experiencing changes in her personality, was admitted to an asylum in Frankfurt, Germany on Nov. 25, 1901. She would later become known as the first person identified with what we now know as Alzheimer’s disease. During her residency, she was hit repeatedly by other residents when she invaded their personal space.

More than a century after Deter’s death much has been learned about Alzheimer’s disease, which is currently estimated to impact 5.7 million Americans and projected to rise to 14 million by 2050. Very little has been done to date to study and ultimately prevent injurious and fatal incidents between residents with dementia in long-term care homes.

Eilon Caspi, PhD, a research associate at the School of Nursing, is determined to change that. Lacking a national database to draw from, Caspi gathered information from media accounts and death review records to conduct the first exploratory study surrounding the death of elders as a result of resident-to-resident incidents in long-term care homes.

After analyzing 105 deaths he uncovered preliminary patterns, something he hopes will lead to further study and reduce future injuries and fatalities among this vulnerable population.

Among Caspi’s observations was that more than 40 percent of all fatalities were the result of what was classified as a push-fall contact.

“Many of the injuries consisted of hip fractures or head or brain injuries and on average it was slightly more than two weeks from the incident to their passing, which speaks volumes to the frailty and vulnerability of this population,” said Caspi.

He also discovered how frequently the incidents occurred in the evenings and on weekends (44 percent and 38 percent respectively). Nearly two-thirds were reportedly not witnessed by staff. A related finding revealed that 59 percent of fatal incidents occurred inside bedrooms and more than 40 percent involved roommates.

“The fact that we are not capturing and tracking this phenomenon represents a major missed opportunity.”

– Eilon Caspi, PhD, School of Nursing research associate

Caspi hopes his research prompts the Centers for Medicare and Medicaid Services, the Center for Disease Control and Prevention Division of Violence Prevention, the U.S. Office of Inspector General and the U.S. Government Accountability Office to conduct the first national investigation of injurious and fatal resident-to-resident incidents in this country.

“The fact that we are not capturing and tracking this phenomenon represents a major missed opportunity for learning and prevention of these incidents and developing strategies to ensure that frail and vulnerable residents will remain safe and free from physical and psychological harm in the last years of their lives,” said Caspi.

Caspi’s article, “The circumstances surrounding the death of 105 elders as a result of resident-to-resident incidents in dementia in long-term care homes,” was published in the August-October issue of Journal of Elder Abuse & Neglect.
Spinning unstructured text into gold

Nursing informaticians comb through 14 million CaringBridge journals to better understand the healing journey

by Brett Stursa

Chances are one in nine that you have read a CaringBridge page to follow someone’s health journey. The Minnesota-based website invites people to communicate progress in their health journey, be it a cancer diagnosis or birth of a baby, without the burdensome redundancy that can happen with phone calls or texts. CaringBridge’s founder Sona Mehring sees the website as a holistic intervention and an important part of anyone’s health journey.

With a desire to understand CaringBridge’s impact and to better understand the healing process, she approached Mary Jo Kreitzer, PhD, RN, FAAN, School of Nursing professor and Earl E. Bakken Center for Spirituality and Healing director, to explore a research partnership.

Kreitzer recognized that more research possibilities would emerge as the data was explored. “It was clear from the earliest conversations that it would be important to convene an interdisciplinary team with diverse methods and tools to apply to the many questions that could be explored,” said Kreitzer. A team formed with researchers from the Center for Spirituality and Healing, the School of Nursing and the College of Science and Engineering.

While the center’s work has focused on how short, daily mind-body practice can help those facing health challenges, the School of Nursing’s work is using a novel text mining approach to discover important patterns in the content of the journal entries. CaringBridge users shared more than 14 million journal entries about their healing process during a 10-year period starting in 2006. As a nurse informatician and big data researcher, Associate Professor Karen Monsen, PhD, RN, FAAN, knew the richness of the data stored in the journals, and she also knew that combing through millions of journals would be a long, challenging process. “The corpus itself was massive, and it was also unstructured,” said Monsen. “So those two aspects made it very challenging.”

While typical health data is often structured making it easier to analyze, CaringBridge journals are written in natural language that is harder to code. Instead of the diagnosis codes clinicians use, CaringBridge users express themselves in widely divergent and individual ways. For example, they may refer to mental health distress using phrases like they are feeling down or with other unique, non-clinical phrases.

Monsen considered this a Rumpelstiltskin problem. “Rumpelstiltskin spins straw into gold. That’s what I want to do with CaringBridge text. I want to turn text into structured data so that I can apply the usual data mining algorithms and techniques we use with our big data research to look at how CaringBridge can better help and support users,” said Monsen.

To structure the text, Monsen used an approach called the Omaha System, which was particularly well-suited for this project because it looks at how people describe health. “It is made as simple as possible so it matches the way consumers think about health, in a way that other terminologies do not,” said Monsen. The Center for Nursing Informatics at the School of Nursing is home to the research arm of the Omaha System, which defines the whole person in 42 health concepts.

Already, Monsen’s team is discovering interesting patterns. “People who are talking about infections are...”

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also talking about heart-related issues. And, that isn’t a natural thing,” said Monsen. “We need to look deeper to see what’s going on with those journals so we can understand what’s going on with that group of people.”

So far, sleep and spirituality top the list of topics mentioned in the journal entries. By looking at word frequency in the journal entries, the team made a sobering discovery. “There were many, many words that were just basically screams,” said Monsen. “There was the letter a repeated, and then it would end like ‘aaarrrggggh’ or ‘aaaaaagony.’” Monsen said the discovery was a reminder that behind many of the journals are people who are suffering. “Most importantly, as you explore this data, you have to be careful and respectful,” she said.

MONSEN’S TEAM CONTINUES WORK ON TAGGING JOURNALS AND REFINING METHODS

“We’re really excited about clustering and moving on once we have the journals tagged,” said Monsen. “I think there’s going to be a really great opportunity to understand how consumers approach their health journeys, and it will be different from how we understand them from our perspective as health care researchers.”

Center for Spirituality and Healing moves to School of Nursing

In June, University of Minnesota President Eric Kaler announced that the Academic Health Center would be restructured to strengthen collaboration in the research and teaching missions of the health sciences and to create greater operational integration and alignment. As part of that restructuring, the Earl E. Bakken Center for Spirituality and Healing is moving to the School of Nursing.

“I welcome the Center for Spirituality and Healing to the School of Nursing,” said Dean Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP. “We have a rich history of close collaboration. I see even greater possibility in this deeper partnership.”

The center was founded in 1995 as part of the Academic Health Center with a broad focus on improving health and well-being through the lenses of spirituality, culture and integrative health practices. From its inception, the center has worked closely with the School of Nursing, with shared faculty and collaborative projects. “Dean Delaney has been a great supporter of the center,” said Center Director Mary Jo Kreitzer, PhD, RN, FAAN, who also serves as a professor in the School of Nursing. “She has a deep appreciation of interdisciplinary work and has championed integrative health efforts both within the center and the school. I look forward to our advancing our shared vision in the center and in the school.”

In Print
Karen Monsen’s article Use of the Omaha System for Ontology-based Text Mining to Discover Meaning within CaringBridge Social Media Journals is published in Kontakt, Fall 2018.


Inclusive nursing practice

Preparing students to meet the health care needs of LGBTQ patients

by Brett Stursa

During his senior capstone rotation in the Bachelor of Science in Nursing program, Trevor Barker shadowed endocrinologists during visits with transgender patients, worked with nurses providing patient teaching on at-home administration of estrogen and testosterone, and attended meetings about the clinic’s first vaginoplasty. His unique clinical placement at the Transgender/Intersex Specialty Care Clinic at Mayo Clinic in Rochester taught him about the nuance needed to treat transgender patients.

“There’s a popular misconception that transitioning from male to female or vice-versa is a simple matter of hormones and surgery,” said Barker. “In reality, some transgender individuals want only hormone treatment, while others want surgery and others still are at the beginning of their journey and only are interested in discussing the possibilities.”

Barker’s experience is just one of several the School of Nursing provides as it works to ensure students are prepared to meet the health care needs of LGBTQ patients. The need for this focus is evident from the well-documented health disparities that LGBTQ people experience. They are more likely to experience substance use and mental health challenges. Transgender people, specifically, are more likely to experience homelessness and 41 percent of them have attempted suicide.

“As a profession, we are learning and understanding more about health disparities in this population and how to address these disparities through educating nurses,” said Carol Flaten, DNP, RN, director of pre-licensure programs. “We are committed to an inclusive approach to patient-centered care, a core competency in the curriculum.”

STUDENTS ASK TO BE BETTER PREPARED

Clinical Assistant Professor Eunice Areba, PhD, RN, PHN, and Assistant Professor Sarah Hoffman, PhD, MPH, RN, created a video for pre-licensure students because students wanted to be better prepared to meet these health care needs. With funding from the School of Nursing Foundation and University’s Center for Educational Innovation, they partnered with the Minnesota AIDS Project and the University of Minnesota Gender and Sexuality Center for Queer and Trans Life to develop a whiteboard video. Katelyn Macy, DVM, MPH, from the College of Veterinary Medicine, illustrated the video. "Historically and to present day, LGBTQ individuals experience discrimination and marginalization from health care providers and society in general based on their identities. These negative encounters contribute to many health care inequalities.”

– Eunice Areba, clinical assistant professor

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"I needed to educate myself to be a better provider for my patients. I needed to be a better teacher, so I could teach my students to be better providers and so that I could be a better teacher to students who identify as LGBTQ," said Ruud, whose article, Cultural Humility in the Care of Individuals Who Are Lesbian, Gay, Bisexual, Transgender, or Queer was recently published in Nursing for Women's Health.

In it, she encourages practitioners to move from a cultural competency framework to one of cultural humility. "Cultural competence implies 'I am the expert,' whereas cultural humility implies "You are the expert,"" she wrote.

She joined faculty from across the country to develop a toolkit for universities looking to improve their curriculum about LGBTQ health care needs. The toolkit will be available through the National Organization of Nurse Practitioner Faculties.

Ruud credits the University's Equity and Diversity Certificate program for encouraging her to press forward and continue the conversation with faculty about where more education can be offered. All staff and faculty at the school were encouraged to complete the program, which offers a theoretical framework for understanding equity and diversity work.

The work continues to provide students with more opportunities, as Ruud is now collaborating with Professor Melissa Avery, PhD, APRN, CNM, FACNM, FAAN, and others at the school to include transgender standardized patients in students’ simulation-based learning experiences. During mock exams, students conduct a health history and assessment to practice communication skills and improve clinical skills. Ruud says that ensuring standardized patients represent the patient population nurse practitioners work with is valuable.

"As practitioners we need to ask questions and the onus is on us to educate ourselves," said Ruud. "Health providers, especially nurses, are well positioned to create a safe environment and provide care that is informed, respectful and inclusive."

In Print

Several School of Nursing faculty recently had articles published about the health care needs of LGBTQ patients and the health disparities that LGBTQ people experience.

Trend Disparities in Emotional Distress and Suicidality Among Sexual Minority and Heterosexual Minnesota Adolescents From 1998-2010
Carolyn Porta
Journal of School Health, August 2018

Cultural Humility in the Care of Individuals Who Are Lesbian, Gay, Bisexual, Transgender, or Queer
Maria Ruud
Nursing for Women's Health, June 2018

Emotional Distress, Bullying Victimization, and Protective Factors Among Transgender and Gender Diverse Adolescents in City, Suburban, Town, and Rural Locations
Bails McMorris (co-author)
The Journal of Rural Health, June 2018

LEARN MORE
To watch the video, visit https://z.umn.edu/HealthNeedsLGBTQICommunity
The Center for Disease Control now estimates that 115 Americans die every day from an opioid overdose. In an effort to educate nurse anesthetists and students about how to be a part of the solution to the opioid crisis, the University of Minnesota School of Nursing hosted a national conference that featured experts on topics including new evidence-based practice, non-opioid alternatives during surgery and prevention of substance use disorder among nurse anesthetists.

“This opioid crisis is huge,” said Dan Lovinaria, DNP, MBA, APRN, CRNA, who leads the nurse anesthesia specialty in the Doctor of Nursing Practice program. “It is a problem and we are part of the solution.”

Nurse anesthetists play a key role in addressing the opioid crisis, as they are responsible for administering anesthesia during medical procedures and can prescribe medicine for pain management after surgery. Jackie Rowles, DNP, MBA, CRNA, ANP-BC, DAIPM, FAAN, who is president of the International Federation of Nurse Anesthetists, told conference attendees that they need to change expectations that complete relief from pain is realistic.

“It’s no longer OK to say ‘take this for your pain and I’ll see you in a month.’ We must provide education on opioid use and risks,” said Rowles. She said protocols like Enhanced Recovery After Surgery, which work to resolve issues that delay recovery, will help address the crisis. They provide a pathway to limit perioperative influencers of the opioid crisis. She also encouraged the use of two or more different methods of medications to manage pain, called multimodal pain therapies, to reduce dependence on opioids.

Other speakers at the June conference included Garry Brydges, DNP, MBA, CRNA, ACNP-BC, president-elect of the American Association of Nurse Anesthetists, and a panel representing the Minnesota Association of Nurse Anesthetists, Parkdale Treatment Center and nurse anesthetists in recovery.

The school was awarded federal funding to provide the training, which allowed the 150 participants to attend at no cost. “When the School of Nursing was given the opportunity to provide opioid education, it was important to us to include not only students but practicing nurse anesthetists as well,” said Christine Mueller, PhD, RN, FGSA, FAAN, senior executive associate dean for academic programs. “They are on the front lines of the opioid epidemic, especially in rural areas. Education and prevention are crucial to ending the devastating impact of opioid abuse.”

The conference co-sponsors were the American Association of Nurse Anesthetists and the Minnesota Association of Nurse Anesthetists.

LEARN MORE
Watch the conference at https://z.umn.edu/opioidepidemic.
For women who have experienced female genital cutting, childbirth can be prolonged and difficult, with increased risks of excessive bleeding, cesarean birth and poor neonatal outcomes.

Deinfibulation, a procedure that reduces the circumcised area, can lead to better maternal and neonatal outcomes. But research suggests that women with female genital cutting often find physicians have a poor understanding of the practice and have a difficult time addressing it in a culturally-sensitive manner.

As a nurse-midwifery student in the Doctor of Nursing Practice program, Fartun Mohamed, BSN, RN, sought to standardize deinfibulation counseling women received at Park Nicollet OB-GYN clinics in hopes of improving outcomes for women. Given that Minnesota has the largest Somali population in the United States and that Somali women have the highest rates of female genital cutting, the need for additional education was clear, according to Mohamed. “This project is designed to benefit both patients and providers,” said Mohamed, who is from Somalia and has family members who have female genital cutting. “I hope it helps to bridge the gap that patients and providers can feel.”

Mohamed partnered with an OB-GYN physician, a nurse-midwife and nurses to increase educational efforts for providers and patients. She developed material to help providers understand the history and cultural relevance of the procedure, the different types of cutting, and the benefits and risks of deinfibulation. For patients, she developed educational handouts and a decision-making chart to help determine when to have the procedure.

The project led to an increase in provider confidence in providing culturally-sensitive care, by recognizing different types of cutting and being able to identify the risks, benefits and alternatives of the procedure during the antenatal and intrapartum period. During the implementation period of the project, Mohamed said deinfibulation counseling was provided to nine women. Of these women, five choose to have the procedure at the time of birth and four decided to have it done prior.

Mohamed’s project to standardize deinfibulation counseling exemplified the DNP program requirement to develop and implement a system-level change. “Fartun’s project is one that has the potential to make a real difference for women in the Somali community. She is addressing a topic that women are concerned about and want their health care providers to address,” said Professor Melissa Avery, PhD, APRN, CNM, FACNM, FAAN, who leads the nurse-midwifery specialty and was Mohamed’s adviser. “Through this project she was able to address sensitive and personal topics in an open, honest and caring way.”

Mohamed, who will graduate in December, expects that as counseling is standardized, it will open the conversation to other areas of concern, whether about intercourse, menstruation or returning to a pre-deinfibulation state, postpartum. “As we standardize the counseling around the Twin Cities, and even throughout the state, it will provide more women with the individualized care that they need,” she said.

Fartun Mohamed, BSN, RN, right, discusses deinfibulation using educational material she created for a quality improvement project as a Doctor of Nursing Practice student.
Transforming research into products with health, societal impact

School partnership with GetWellNetwork brings research to patients

Assistant Professor Anne Chevalier McKechnie, PhD, RN, doesn’t see herself as an entrepreneur. “I’m just trying to make things better,” she said. In doing that she’s received a crash course in the world of start-ups and stands poised to help expectant parents better prepare for and deal with unanticipated, life-threatening conditions such as complex congenital heart disease (CCHD).

The School of Nursing and GetWellNetwork announced a partnership earlier this summer to transform faculty-led research into real-world applications. The inaugural collaboration is based on McKechnie’s research, which is focused on supporting mothers and fathers following the diagnosis of a fetal anomaly. McKechnie’s research will center on developing and testing Preparing Heart and Mind: A Nurse-Guided Patient Engagement Pathway for Parents and Healthcare Providers. This research is combining GetWellNetwork’s cloud-based health education and management tool with the mobile app McKechnie has been developing to provide help to the parents of the estimated 40,000 infants born each year with CCHD, as well as their providers. “As a nurse, I want to see optimal outcomes,” she said. “I’ve had the opportunity to learn from parents and heard from them and the health care team about how challenging the journey is. This project draws on what they have shared with me and can lead to the best ways for meeting parents’ needs.” McKechnie credits Tom Clancy, former associate dean for faculty practice, partnerships and professional development, for helping bring what she described as a “twinkle of an idea” into a product by suggesting she write a grant proposal for MN-REACH, the University’s NIH Research Evaluation and Commercialization Hub. Launched by the University in 2015, MN-REACH helps researchers like McKechnie with new health-related discoveries navigate the complexities encountered when moving from laboratory to markets. Along with the funding support, MN-REACH provides coaching and skills development workshops to help faculty understand the complexities of intellectual property, venture capital, market assessment and value propositions.

“There are a lot of good ideas in nursing research and nursing science, and this structure could help bring those to practice and help a lot more people.”

– Anne Chevalier McKechnie, PhD, RN

The Preparing Heart and Mind pathway is the latest in a series of successes in translating nursing knowledge into new innovations, including an IV line lifting device and an incontinence-associated dermatitis assessment tool. McKechnie hopes the partnership with GetWellNetwork will provide a timely opportunity for even more faculty to bring their research to patients and improve health outcomes. “There are a lot of good ideas in nursing research and nursing science, and this structure could help bring those to practice and help a lot more people,” she said.

More about Preparing Heart and Mind at https://z.umn.edu/noapp
New NP clinic to expand primary care access, student opportunities

Nurse Practitioners Clinic to open in M Health Clinics and Surgery Center

by Steve Rudolph

As Jane Anderson, DNP, APRN, ANP-C, FNP-C, and team prepare to open the next Nurse Practitioners Clinic in the University of Minnesota Health Clinics and Surgery Center, they are facing some of the same challenges they encountered when the school opened its NP clinic near U.S. Bank Stadium three years ago.

“I’m not sure patients come in fully understanding what a nurse practitioner is,” said Anderson, clinic director and a clinical assistant professor at the School of Nursing. “And I think patients also struggle with the concept of primary care and what services are provided.”

Fortunately, Anderson has found that once patients experience primary care from a nurse practitioner it often sparks a trusted relationship that leads to better health.

“Because of our nursing background, NPs are focused on the whole person, treating the patient from all perspectives — physical, emotional, psychological and spiritual,” she said.

Anderson, who was the first NP in the Fairview system 27 years ago, believes the foundation of nursing drives NPs to give patients the individualized tools they need to best take care of themselves.

She has also found that NPs have become comfortable with their scope and patients have learned that the clinic is a place where they can come for most of their health care needs. If a concern or condition arises that can’t be addressed in the clinic, an NP can easily refer the patient to the appropriate specialist.

BENEFITS OF NP CLINICS EXTEND BEYOND PATIENT CARE

While helping to address the primary care crisis affecting the health care system, Anderson said the NP clinics also provide a teaching and learning environment for both faculty and students. It also offers opportunities for leadership managing a health care business.

“With the clinic, students can get to see the business of health care, why we care about costs, operations and systems and workflows,” she said.

Having a pharmacist from the School of Pharmacy at the M Health Nurse Practitioners Clinic offers DNP students a closer look at interprofessional health care and has even sparked collaborative projects.

Anderson expects the new location, with many specialties onsite, will provide an enhanced environment for furthering interprofessional collaboration and education.

“It’s going to be an amazing opportunity for our faculty and students. Working with our physician partners from M Health, UMP and Fairview will create a greater understanding of who NPs are, what we do and elevate our partnership,” she said.

The Nurse Practitioners Clinic in the M Health Clinics and Surgery Center will open at 909 Fulton St. SE. The M Health Nurse Practitioners Clinic at 814 S. 3rd St. is currently seeing patients Monday through Friday.
Horizon scanning and foresight

Foresight is a significant leadership skill. It involves understanding the recent past, scanning to collect insight about the present, and imagining futures based on analysis and synthesis of trends, sometimes called weak signals. Foresight is a combination of strategic planning, change management, forecasting and design thinking. Foresight helps people understand the forces shaping a system, how the system could evolve and what surprises could arise. The goal of foresight is to explore plausible, alternative futures and identify the challenges and opportunities that might emerge. A key aspect of foresight involves framing and re-framing to make explicit people’s mental models and assumptions about what is a possible, probable or preferred future. The goal of foresight work is not to predict the future, but to enable people to envision dynamic strategies, policies and programs across a range of plausible futures.

In June, the Katherine J. Densford International Center for Nursing Leadership partnered with University librarians Caroline Llyward, Elizabeth Weinfurter and Jonathan Koffel to offer a workshop devoted to learning more about foresight leadership and horizon scanning techniques.

Librarians are great partners in a foresight/horizon scanning process. They have knowledge and access to resources related to market forecasts, consumer trends and emerging technologies. Access to information in varied databases stimulates framing and thinking about cascading consequences of emerging trends and future possibilities. Participants learned how to access and use these resources in a systematic and strategic way.

Active use of horizon scanning techniques helps individuals and organizations clarify planning assumptions and identify opportunities and challenges likely to influence and impact policy, strategies, and organizations. This enables people to develop an app-based intervention to increase communication between Thai parents and teens about sexual health.

Chokprajakchad, a PhD student at Mahidol University’s Ramathibodi School of Nursing in Bangkok, Thailand, was sponsored by Renee Sieving, PhD, RN, FSAHM, FAAN, professor and Pauline A. Vincent Chair in Public Health Nursing, during her five months at the school. Sieving, whose research focuses on interventions to promote youth sexual health, was an ideal mentor for Chokprajakchad.

During Chokprajakchad’s time at the school, Dean Connie White Delaney, PhD, RN, FAAN, FAcMI, FNAP, and Carolyn Porta, PhD, MPH, RN, SANE-A, FAAN, director of global health, traveled to Ramathibodi School of Nursing to strengthen relationships between the two schools and advance opportunities for research collaboration and visiting faculty and student scholars. The partnership was recognized with a memorandum of understanding between the two schools and advance opportunities for research collaboration and visiting faculty and student scholars. “Supporting Monrudee and the students. “Supporting Monrudee and the students.”

In January, Chokprajakchad hosted Sieving in Thailand to participate in her dissertation proposal defense, give guest lectures and consult with Mahidol faculty and students. “Supporting Monrudee and working with Ramathibodi faculty and students was a powerful experience, one that builds bridges between our two schools,” said Sieving.

Reﬂecting on her time in Minnesota, Chokprajakchad said the experience was memorable. “Dr. Sieving’s mentorship allowed me to hone my intervention and research, and improve my approaches for working with parents and adolescents,” she said.

Global relationships come full circle

As a visiting scholar, Monrudee Chokprajakchad came to the School of Nursing to develop an app-based intervention to increase communication between Thai parents and teens about sexual health.

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“Growing global nursing partnerships positions the school to contribute to achieving sustainable development goals,” said Porta.

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Treatment for ‘heart disease of the legs’

Often called heart disease of the legs, peripheral artery disease (PAD) affects about 8.5 million Americans. People with PAD have plaque development in the arteries of their legs, reducing blood flow and causing debilitating leg symptoms. Pain or cramping known as claudication occurs in leg muscles during physical activity, leading to poor walking ability and a low quality of life.

Exercise therapy is the primary treatment for PAD, but because of the low quality of life, patients are often sedentary. Assistant Professor Ryan Mays, PhD, MPH, a vascular exercise physiologist, and his colleagues, Ryan Minzer, PhD, and Ashley Mays, MD, are investigating novel methods to improve exercise adherence and addiction in patients with PAD.

Mays most recently completed a National Institutes of Health-funded trial evaluating innovative walking assistive devices called ankle-foot orthoses (AFO). Until now, these devices have never been used to treat claudication. AFO are made of lightweight, low-proﬁle materials that essentially act like a spring when patients walk. Results from preliminary studies are promising. Patients who wore the devices while walking at home for 12 weeks had reduced leg pain, were able to walk farther and showed a signiﬁcant improvement in their overall quality of life.

Mays joins other center members whose research seeks to understand how exercise can improve the quality of life of older adults, including Professor Fang Yu’s research on Alzheimer’s disease, Associate Professor Siobhan McMahon’s research on fall prevention, and Connie White Delaney’s work on improving exercise adherence in patients with PAD.

Assistant Professor Ryan Mays with ankle-foot orthoses.
**Improving outcomes with epidural anesthesia**

While Clinical Assistant Professor Samantha A. Sommerness, DNP, APRN, CNM, was a Doctor of Nursing Practice student at the School of Nursing, she helped set safety standards with a team at Fairview Health Services. As part of her quality improvement project, she modified and implemented a guideline for second stage labor for women who chose epidural anesthesia for pain management.

The 403 records of women giving birth during a three-month period prior to guideline implementation were compared with those of 429 women after the guideline was adopted. The post-guideline implementation group had lower odds of vacuum-assisted births than the pre-guideline implementation group. The difference in median length of the second stage, Apgar, episiotomy, third-degree laceration or cesarean birth rates were not found to be statistically significantly different. However, active median pushing time was significantly shorter (31 minutes) post-guideline compared to pre-guideline implementation (39 minutes), and it was even shorter with documented adherence to the guideline (25 minutes).

Among the 429 women in the post-guideline group, 51 percent delayed pushing compared with 6 percent in the pre-guideline group. Use of the guideline was documented for 58 percent of women, of whom 78 percent delayed pushing. Using a specific guideline for delayed pushing may improve outcomes and provide a model others may use to standardize care during second stage labor for women with epidural anesthesia.

The study findings were recently published in the April issue of Journal of Perinatal and Neonatal Nurses.

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**Planning future directions**

The Center for Children with Special Health Care Needs is celebrating its 25th anniversary and planning future initiatives. In June, the center convened a Priority Setting with Stakeholders forum to inform our strategic planning and foster collaborative initiatives to advance the knowledge, science, care and outcomes for children and youth with special health care needs (ages 0-21) and their families. Stakeholders included family caregivers, pediatric nurses, interdisciplinary maternal and child leaders in health care, and representatives from clinical and community-based organizations serving children and youth with special health care needs and their families. Stakeholders participated in working groups and a harvesting exercise to identify essential competencies for providers, critical areas for future research and priorities for quality improvement in the care of children with special health care needs and their families within and across home, community and health care systems. Next, stakeholders engaged in setting priorities that will inform the center’s education, research and outreach initiatives. The role of the center was described as being a neutral hub, a convener, a valuable connector and resource for learning, research and expertise across community and health care systems.

A summary of the Priority Setting with Stakeholders report is available at z.umn.edu/CSHCNHarvestReport2018. We gratefully acknowledge the stakeholders who contributed to this report and welcome future partnerships and collaborations.

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**School names new chairs, professorship**

Endowed chairs, professorships support faculty research

With the generous support of visionary leaders, the School of Nursing at the University of Minnesota empowers faculty researchers through chairs and professorships. This fall, the school named two chairs and a professorship.

Professor Jayne Fulkerson, PhD, and Professor Diane Treat-Jacobson, PhD, RN, FAAN, were each named the Cora Meidl Siehl Chair in Nursing Research for Improved Patient Care. The fund was established in 1982 to celebrate the legacy of Meidl Siehl and was a cornerstone in the creation of the school’s PhD program. It was among the very first endowed chairs in schools of nursing to focus on research.

Fulkerson’s research focuses on family-based health promotion in community settings. She conducts observational and clinical trial research and develops programs to prevent childhood obesity. Treat-Jacobson’s research focuses on developing and implementing exercise intervention in patients with claudication from peripheral artery disease to help them experience a better quality of life.

Professor Fang Yu, PhD, RN, GNP-BC, FAAN, FGSA, was named a holder of the Long-Term Care Professorship. The purpose this professorship is to advance the science and nursing care of elders or children requiring long-term care.

Yu’s research aims to improve cognition, function, and quality of life and delay institutionalization in older adults with Alzheimer’s disease and other dementias by developing individualized, person-centered interventions.

These awards supplement faculty research and discovery.
Associate Professor Casey Hooke, PhD ’06, APRN, CPON, PCNS-BC, was selected as a fellow to the American Academy of Nursing. The achievement is considered one of the highest honors in the nursing profession.

Fellow selection criteria include evidence of significant contributions to nursing and health care and selection is based, in part, on the extent the nominee’s nursing career has influenced health policies and the health and well-being of all.

Hooke is a pediatric clinical nurse specialist whose research focus is on children and adolescents with cancer, including symptom management, fatigue and related symptoms, physical performance, and growth and development.

Five additional University of Minnesota alumnae were named fellows: Hyeoneui Kim, PhD ’05 (Health Informatics), MPH, RN; Martha Y. Kubik, PhD ’02 (Epidemiology), MSN, RN; Robin M. Lally, PhD ’06, MS ’99, BSN ’91, RN, AOCN; Kristin Sandau, PhD ’04, RN, and Misty Wilkie, PhD ’09, RN.

They will be inducted at a ceremony in November and join 33 faculty at the University of Minnesota School of Nursing who have been honored as AAN fellows.
by Steve Rudolph

Nursing and nursing education are what they are today in large part because of the actions of someone who wasn’t in the profession. Richard Olding Beard, chair of the physiology program at the University of Minnesota, is credited with bringing nursing into the institution of higher learning when the first baccalaureate nursing program was established in 1909 at the University of Minnesota.

In the years that followed, Beard passionately advocated for the advancement of nursing believing that educating nurses, rather than training them as had been the practice, would help society recognize the worth of human life, conserve human health and provide for social justice. His pioneering advocacy for lifting up the nursing profession was expressed in writings and speeches in which he espoused for “educating the spirit” of nurses. Historian Deborah MacLurg Jensen has said Beard’s actions were, “a step of the greatest consequence for nursing education.” She proclaimed of his founding the School of Nursing at the University of Minnesota, “The final step in the creation of the nursing profession had been taken.”

To celebrate and preserve Beard’s legacy, the School of Nursing recognizes non-nurses of foresight, wisdom and courageous advocacy for the nursing profession have led to better health care for all with its Richard Olding Beard Award, which was established in the school’s centennial year, 2009. This year, the School of Nursing named William Crown, Judi H. Dutcher and Richard Norling as the latest recipients of the honor.

As chief scientific officer at OptumLabs, Crow, PhD, has provided unwavering support for big data studies that recognize the unique contributions of nursing to improve the health and well-being of patients. Crow’s leadership and advocacy were significant in positioning the University of Minnesota School of Nursing as an equal partner — among 28 national corporations, universities and health systems — in the OptumLabs national research collaborative. As a partner, the school coordinates multiple interprofessional studies across the University of Minnesota.

Duchter is the CEO of the Bentson Foundation, a private family foundation, and serves on the board of trustees of Blue Cross and Blue Shield Minnesota. Her leadership and philanthropic vision for a more holistic, patient- and community-centered health system accelerated the transformation of health education at the School of Nursing.

Under Dutcher, the Benton Foundation has made transformative scholarship gifts for Doctor of Nursing Practice students and made possible the creation of a comprehensive Healthy Communities Innovation Center that includes simulation. She served as Minnesota state auditor from 1994 to 2001.

Norling, a senior fellow of the Institute for Healthcare Improvement, has held senior leadership positions with Fairview Health System, Lutheran Hospital Society of Southern California and Premier, Inc. He has been a relentless advocate for the role nursing can and must assume in transforming health care in the United States. His leadership, vision and support for interprofessional education and team-based care among health professions have ignited positive changes in education, practice and the school.

3 honored for embodying spirit of nursing pioneer

Nursing informatics program ranked second

The School of Nursing recognizes preceptors in each of the school’s Doctor of Nursing Practice program’s specialty areas for their engagement and contributions as preceptors. The awards were presented to Carol Manchester, adult health/gerontological primary care nurse practitioner from Fairview Geriatric Services; Janelle Mesi, family nurse practitioner from Smile’s Clinic; Katherine Kozh, health innovation and leadership from Minnesota Organization of State Nurses; Julie Katzenes, integrative health and healing from Minneapolis Veterans Affairs Medical Center; Jill Lange, nurse anesthesia from Veterans Affairs-Minneapolis; John Edwards, nurse-midwifery from Fairview; Martin Lakventure, nurse informatics from the Minnesota Department of Health; Debra Schultztenberg, primary care certified pediatric nurse practitioner from Park Nicollet; Nancy Westman, psychiatric/mental health nurse practitioner from The Plymouth Psych Group; Patricia Conlon, public health nursing from Mayo Eugenio Litta Children’s Hospital; and Katsi McDonough, women’s health nurse practitioner from Red Door Clinic.

The School of Nursing received the Education Innovator Champion Award from the Greater Rochester Advocates for Universities and Colleges (GRAUC). The award was given in recognition of the school’s ongoing support to promote higher education in the Rochester and for being an education innovation champion.
**AWARDS AND HONORS**

Dean Connie White Delaney, PhD, RN, FAAN, FNAP, is serving as vice president of the Friends of the National Institute of Nursing Research board of directors. She is also serving as vice chair of the Commission on Graduates of Foreign Nursing Schools. In addition, she was named to the Fraser board of directors, which is Minnesota’s largest provider of autism and early childhood mental health services.

Professor Ann Garwick, PhD, RN, LMFT, LP, FAAN, received an Outstanding Nurse Award in the researcher category from Mpls. St. Paul Magazine.

Associate Professor Barb McMorris, PhD, received the Friend of Early Career Preventionist Network Award from the Society for Prevention Research.

Clinical Associate Professor Barb Peterson, PhD, APRN, PMHCNS-BS, received the 2018 International Society of Psychiatric Nurses Education Award.

Professor Carolyn Porta, PhD, MPH, RN, SANE-A, FAAN, was appointed to a sexual assault investigation work group by Attorney General Lori Swanson.

Clinical Associate Professor Melissa Saftner, PhD, APRN, CNM, received an Excellence in Teaching award from the American College of Nurse-Midwives.

Professor Christine Mueller, PhD, RN, FGSIA, FAAN, and Clinical Associate Professor Carol Flaten, DNP, RN, received the C. Eugene Allen Award for Innovative International Initiatives from the Global Programs and Strategy Alliance in recognition of their work to create a study abroad experience for Bachelor of Science in Nursing students at the University of Limerick.

**NEW APPOINTMENTS**

Cynthia Bradley, PhD, RN, CNE, CHSE, joined the school as an assistant professor and director of simulation. Most recently, she was an assistant professor and director of simulation at the University of Central Missouri. She earned a bachelor’s degree in nursing from the University of Kansas, a master’s degree in nursing from the University of Central Missouri and a PhD degree from Indiana University.

Doris Clancy, MA, joined the school as an interventionist/co-coordinator for the Ready Steady Clinical Trial, led by Associate Professor Sibhian McMahon. Previously Clancy was a study coordinator with the Laboratory of NeuroPsychiatric Imaging at the University of Minnesota. She earned a bachelor’s degree in psychology from the University of Minnesota and a master’s degree in counseling and psychological services from the University of St. Mary’s.

Julie Dekker, MPH, joined the school as the director of faculty practice and strategic partnerships. Previously, she served as vice president of operations at Fulcrum Health and as director of quality and health management compliance for Medica. Dekker earned a master’s degree in public health from the University of South Florida and a bachelor’s degree in biology from the University of Tampa.

Roni Laffy, BA, joined the school as the pre-licensure student coordinator in the Office of Academic Programs. Laffy earned a bachelor’s degree in communication studies from the University of Minnesota.

Zoe Marquis-Kelly, BA, joined the school as an executive office and administrative specialist for the Office of Academic Programs. Marquis-Kelly graduated from St. Olaf College with a bachelor’s degree in history and French.

Janelle Mochinski joined the school as an accountant in the business office. Previously, Mochinski served as a finance professional for the University of Minnesota surgery department.

Carrie Neerland, PhD, APRN, CHM, FACNM, joined the school as an assistant professor. She will continue to practice as a nurse-midwife at Women’s Health Specialist Clinic. She earned a bachelor, master and PhD degree from the University of Minnesota School of Nursing.

Erica Timko Olson, PhD, RN, joined the school as a clinical assistant professor. Most recently, she was a nursing faculty member at the VA Medical Center. Olson earned a bachelor’s degree in nursing from the College of Saint Benedict, a master’s degree in nursing from the University of Arizona.

Brian Peterson joined the school as an executive accounts specialist. Most recently, he was an accounts specialist at the University of Minnesota Research and Training Center on Community Living. He earned a bachelor’s degree from the University of Minnesota College of Liberal Arts.

Sripriya Rajamani, PhD, MPH, MBBS, joined the school as a clinical associate professor. Most recently, she was an assistant professor in public health informatics at the University of Minnesota School of Public Health. She earned a bachelor’s degree in medicine and surgery from Madras Medical University in India, a master’s degree in public health administration in policy from the University of Minnesota School of Public Health and a PhD in health informatics from the University of Minnesota.
NEW APPOINTMENTS (CONTINUED)

Steve Rudolph, BA, joined the school as the director of strategic communications and marketing. Most recently, Rudolph was chief storyteller at the Carlson School of Management. Previously, he served as an account director at OLSON and Martin|Williams, Inc, Karowski & Courage Public Relations. He earned a bachelor’s degree in political science from the University of Minnesota.

Sheila Smith, PhD, RN, ANP-BC, FAANP, joined the school as a clinical professor and specialty coordinator of the adult gerontological nurse practitioner program. Most recently, she was dean and professor of the School of Nursing at Pacific Lutheran University, and she has also held leadership positions at East Tennessee State University and the University of Wisconsin – Eau Claire. She earned a bachelor’s and master’s degrees in nursing from the University of Wisconsin – Eau Claire and a PhD in Nursing from the University of Minnesota. She is a certified adult nurse practitioner and is a fellow in the American Academy of Nursing Practitioners.

Diane Steinhoff, BA, joined the school as a finance manager. Most recently, Steinhoff was an accounting manager at the University of Minnesota Alumni Association. Steinhoff earned a bachelor’s degree in accounting from Winona State University and a bachelor’s degree in community health education and fitness from the University of Wisconsin – LaCrosse.

Samantha Strubel, BS, joined the school as a study coordinator for Professor Fang Yu’s FIT-AD study, which is testing how a six-month exercise program affects symptoms of Alzheimer’s disease. She earned a bachelor’s degree in kinesiology from the University of Minnesota.

Sarah Wood, DNP, APRN, CNP, joined the school as clinical assistant professor. She is a family nurse practitioner, most recently with Fairview Health Services and Ridgeview Medical Center. She earned a Bachelor of Science in Nursing, Master of Science and Doctor of Nursing Practice degrees from the University of Minnesota.

The eighth edition of Complementary & Alternative Therapies in Nursing, edited by Professor Ruth Lindquist, PhD, RN, ACNS-BC, FAHA, FAAN, Associate Professor Mary Fran Tracy, PhD, RN, CCNS, and Mariah Snyder, was published by Springer Publishing Co. Fourteen faculty from the University of Minnesota School of Nursing contributed to the book.

Intervention Effectiveness Research: Quality Improvement and Program Evaluation by Associate Professor Karen Monsen, PhD, RN, FAAN, was published by Springer International Publishing.

Professor Carolyn Porta, PhD, MPH, RN, PHN, SANE-A, FAAN, co-authored the third edition of Population-Based Public Health Nursing Clinical Manual: The Henry Street Model, which was published by Sigma Theta Tau International Honor Society of Nursing.

A MESSAGE FROM THE NURSING ALUMNI SOCIETY PRESIDENT

Honoring our heritage, building our future

Heritage involves linking the present to our past in order to inform our future. To appreciate where we are today, it is important that we honor our heritage. The stories and history of the University of Minnesota School of Nursing Alumni Society come alive, especially now as we approach the school’s 110th anniversary.

When the School of Nursing was founded in 1909, there were more than 1,000 nursing schools in the country. At the time, schools of nursing were located within hospitals. Our school, located within the university, started the movement that brought nursing education into an academic setting. It was created largely due to the efforts of Richard Olding Beard, a professor of physiology in the Medical School who recognized the value of nursing and believed in professional education for women. Initially a three-year program, the first graduating School of Nursing class had eight students.

In 1914, that graduating class convened the inaugural meeting of the University of Minnesota School of Nursing Alumni Society with three fundamental purposes at its core — funding scholarships, helping the school recruit promising nursing students and publishing professional articles. Originally, membership in the Alumni Society was by invitation only. Of the $3 dues charged, $1 was set aside for addressing the medical care needs of its member since health insurance did not exist back in that day.

From those humble beginnings, we have grown a vibrant and diverse alumni community of 13,494. There are alumni living in all 50 states, as well as 47 countries on six continents. All are welcome to join the Alumni Society today, in contrast to those early invitation-only days. You can join one of our committees, which include Heritage, Membership, Annual Reunion, Mentoring and New Graduates. Opportunities abound to help current nursing students with resume writing, interview preparation, mentoring, precepting and informational meetings. Reach out as a class representative to connect your colleagues throughout the country with the Alumni Society. We celebrate them and community.

In closing, I want to thank our past president, Karen MacDonal, for her leadership, time and energy this past year. Job well done! Thank you for your time, dedication and hard work.

Sheryl Ramstad, DNP’17, JD, MN ’13, BA ’72, President, Alumni Society
Paving the path for nurse researchers

As a successful researcher, Ida Martinson advocated for PhD program, Research Day

by Brett Stursa

The genesis of Ida Martinson’s nursing career dates back to her years in high school, when her sister lay dying in a hospital after an accident. “I wanted to be a nurse to help her,” said Martinson, PhD, MS ’62, BS ’60. Soon enough, Martinson began her nursing career at St. Luke’s Hospital in Duluth. With a bachelor and master degree from the University of Minnesota and a PhD degree from University of Illinois at Chicago, she returned to the University of Minnesota and was promoted through the ranks to professor. While at the school, she led the Home Care for the Dying Child Project, which sought to understand the effects of in-home hospice care for children dying of cancer. During her tenure she advocated for the creation of the PhD program at the School of Nursing and was instrumental in making Nursing Research Day an annual school tradition. Her career eventually took her to San Francisco, China, Taiwan and Hong Kong, where she was recently inducted as an honorary fellow to the Hong Kong Academy of Nursing. We asked Martinson how her background in nursing research was received at a time when nurses were just beginning to receive funding, how her background in research was surprising to many. “Parents amazed me by their ability and willingness, and, with guidance, they gave superb care.”

Q: As a bedside nurse in the 1950- 60s, how would you describe the physician/nurse relationship?

When a physician came to the nursing station I stopped everything I was doing to be of assistance. What a change I’ve seen, especially after obtaining a PhD in physiology and becoming a faculty member at the University! John Kersey and Mark Neabot, both physicians, wanted to be consultants on my research study, which was funded by the National Cancer Institute of the National Institutes of Health. Since then, our relationship between nursing and medicine has greatly improved.

Q: Much of your research focused on pediatric hospice care in the home. In-home pediatric hospice is now established, but how would you describe attitudes about it when you began your research?

When I first began my research on home care for children dying of cancer in 1972, many fellow nurses thought I would be sued so I encouraged all nurses to carry malpractice insurance. Most thought parents would not be able to provide proper care. Parents amazed me by their ability and willingness, and, with guidance, they gave superb care. Many from the general public were worried that the family would want to move from the house but no one did. In fact, some treasured the memories of being able to help their child stay at home.

Q: As evidence showed that in-home hospice benefitted the family and was cost effective, how was it received?

Insurance companies appreciated the cost effectiveness. Other people thought parents would have to do too much. Now we see people are staying in the hospital no more than absolutely necessary.

Q: As someone who was a part of the effort to start a PhD program at the school during the 1970s and early 1980s, and who helped start the school’s annual Nursing Research Day, can you describe the attitudes of others in terms of nurses as researchers?

The reality of nurses conducting research was surprising to many. Although nurses were often used as data collectors and coordinators, for the nurse to be the principal investigator was not common. Now we see that nursing research is as narrow and as broad as medical research. The interface between biological and psychological is an especially fruitful area for nursing research.

Q: Where did the idea of starting the Block Nurse Program, with nurses visiting neighbors who needed health care, come from?

The Block Nurse idea came to me when I was thinking about the elderly. I thought of a situation of how your older friend, who had been sent home after surgery with no referral or follow up. I got help for her and realized that the elderly needed care in their homes. I had been involved in home care for dying children but believed this type of program could be adapted to the elderly in my own community, St. Anthony Park. I am thrilled the program has continued with excellent staff and support of the community. It’s needed everywhere!

Q: How have you been engaged in your retirement?

My husband Paul and I have been too busy in retirement, being two of the five founders of China Service Ventures (www.chinaserviceventures.org). A number of years ago the Chinese government asked us to help the children in rural Henan finish high school. This meant paying for room and board in the city where the school was located. There are more than 120 students who are in universities who never would have finished high school without China Service Ventures. It has been approved by the Chinese government to not only continue its programs but to expand to other areas of Henan.
Celebrating nurse leaders

Alumni Society names award recipients

Five nursing all-stars were recognized for their contributions to the profession at the All School Reunion in April. The Nursing Alumni Society Board names award winners annually to recognize the outstanding accomplishments of the school’s nursing students and alumni.

Faculty Excellence in Nursing Education Award

Andra Fjone, DPh, MN, BS, was recognized for her excellence in advancing the educational mission of the School of Nursing and the University. She began teaching at the school in 2003 and is currently a clinical assistant professor teaching at both graduate and undergraduate levels. She is a valued clinical preceptor for family and pediatric nurse practitioners. Her love of teaching is evident in her passion and creativity, and is demonstrated by the rigor and evidence-based coursework she designs. While she challenges her students with difficult course content, in so doing she prepares them to deliver the highest quality nursing care to children.

Distinguished Alumni Humanitarian Award

Karen Finck, MS ’78, BA, has been the owner and president of Health Counseling Services since 1976, which is the first private nursing practice in the state. Finck has contributed significantly to the field of mental health by teaching college courses, providing professional workshops and offering lectures in community facilities. Her development of community nursing models and health care policies allows individuals to thrive in community settings with the support of nursing expertise. In 2011, she established Mental Health Counseling Services, giving advanced practice nursing supportive services allowing them to create their own private nursing practices, which offer psychotherapy and medication management.

Rising Star Award

Ten Vernen, DNP ‘12, BSN, graduated from the Doctor of Nursing Practice program with a specialty in integrative health and healing. At the time, she was director of nursing for Dakota Communities, where she co-founded its Wellness Initiative. In 2013, Vernen became the Integrative Health Clinic program manager within the Hennepin Health System. She led the integrative team in achieving the highest patient satisfaction scores in the system. In 2015, Vernen became director of integrative services for the HealthEast Care System, where she worked with leadership across the system to advance the model of holistic, integrative services for patients and staff.

Outstanding Graduate Award

Robin Austin, DNP, DC, MSN, BES, AON, has developed a remarkable understanding of how the human body functions, especially related to physical activity, injury and repair. As well, she has significant expertise in informatics, electronic health literacy, integrative nursing and nursing education. Having already earned a Doctor of Chiropractic and a Doctor of Nursing Practice degree, Austin is now a clinical assistant professor and will complete her PhD degree at the School of Nursing in December. Her innovative research is positioned to shift consumer health informatics and health care from a deficit-focused perspective to a strengths-based perspective. She sought and received five funding awards in support of this work and her research to-date has been presented nationally and internationally.

Outstanding Undergraduate Award

Inna Sioco, BSN ’18, is a stand-out student among her nursing peers. She was the director of the Rochester-affiliate of the National Student Nurses Association and president of the Rochester campus Nursing College Board. Her collaborative approach was evident as she led these organizations and coordinated activities with teams across the Twin Cities and Rochester campuses. Demonstrating her leadership skills, Sioco succeeded in bringing more educational events to Rochester. She had significant impact in evolving a mentor program pairing students at “buddies” at different levels in the BSN program. Her goal is to earn a Doctor of Nursing Practice degree and become a certified nurse-midwife.

CLASS NOTES

Shanda Demorest, DNP ‘12, BSN ‘13, assistant clinical professor, is leading the Nurses Climate Challenge, the first national campaign to mobilize nurses to educate health professionals on the impacts of climate change on human health in partnership with Health Care Without Harm and Alliance of Nurses for Healthy Environments.

Laura Reed, DNP ‘16, is chief nurse executive and COO at Fairview Health Services.

Bethany Beattie, BSN ‘11, received an Outstanding Nurse Award in the women’s health category from Mpls.St.Paul Magazine. Beattie works at the Mother Baby Center at United Hospital.

Sahra Noor, MS ’07, is immediate past CEO at the People’s Center Health Services in Minneapolis.

Kuei-Min Chen, PhD ’00, MS ’96, was awarded the 2018 Distinguished Leadership Award for Internationals by the University of Minnesota.

This award recognizes Chen’s achievements and leadership in practice and policies that advance the health of older adults in Taiwan and globally. Chen has been influential in altering the landscape of geriatric care in Taiwan and has recently accepted the appointment as dean of the Office of Global Health at Kaohsiung Medical University in Taiwan.

Renee Dahring, MS ’00, was awarded the American Association of Nurse Practitioners Award for Excellence in the advocate category.

Anne Meyer-Ruppel, MS ’98, was awarded the Lifetime Achievement Award by Mpls.St.Paul Magazine. Meyer-Ruppel is a nurse practitioner at Allina Health Clinic Northfield.

Janyce Majkozak, BSN ’88, received an Outstanding Nurse Award in the clinic setting category from Mpls.St.Paul Magazine. Majkozak is a nurse at the Children’s Minnesota McNeely Diabetes Clinic.

Patricia Peschman, MS ’80, was awarded the American Association of Nurse Practitioners Award for Excellence in the nurse practitioner category.
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Cathy Wurzer, host of Minnesota Public Radio’s Morning Edition and co-host of public television’s Almanac, delivered the spring commencement keynote.

Doctor of Nursing Practice nurse anesthesia students participated in the annual American Association of Nurse Anesthetists Political Action Coalition event in Washington, D.C.

Approximately 500 students, faculty and community partners participated in Nursing Research Day 2018.

Dianna White Delaney welcomes attendees to the sixth-annual Nursing Knowledge: Big Data Science Conference in June.

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The newest inductees to Sigma Theta Tau Zeta Chapter were welcomed into the honor society this spring.

These Class of 1948 graduates celebrated their 70th class reunion during the annual celebration at Town and Country Club. From left, Lola Fingering Douglas, Miriam Grund Kaiser, Shirley Averill Weiner, Joan Courture Goering, Carol Bodell Tveit and Nancy Law Fritze.
CALENDAR OF EVENTS

October 27, 2018
Interprofessional discussion of health care ethics in Duluth

November 7, 2018
NCCHA Annual Meeting: Influencing Action and Cultivating Success

November 16, 2018
Emerging Infections in Clinical Practice and Public Health: New Insights, New Approaches

November 30, 2018
Minnesota Nurse Practitioner 2018 Annual Conference

December 8, 2018
Difficult Airway Workshop

December 14, 2018
Commencement

January 26, 2019
Minne-College in Naples, Florida

April 11, 2019
All School Reunion

April 12, 2019
Research Day

May 1, 2019
110th Anniversary Celebration

June 5-8, 2019
Nursing Knowledge: Big Data Science Conference

For more information www.nursing.umn.edu