Answering the call to ACTION

As evidence points to climate change’s impact on health, the school steps up its planetary health efforts.

9 The gold standard for PAD exercise therapy
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40 Alum advances health of older adults in Taiwan
Cuba, up close

An interdisciplinary group of academic and practice partners, including leaders from the University of Minnesota Health, Fairview Health Services and the School of Nursing, visited Cuba to learn from its health care model and how it answers the call for health for all. It provided an example of what can be achieved through a community-based approach to health care, with nursing at the core.
Celebrating the ‘educated spirit’ of nurses

Dear Friends,

This year, 2019, marks the 110th anniversary of an event that would forever change nursing education and the nursing profession. Richard Olding Beard, chair of the physiology program at the University of Minnesota, is credited with leading University of Minnesota efforts to birth nursing into institutions of higher learning with the Board of Regents approval to establish our nursing program in 1909.

In the years that followed, Beard passionately advocated for the advancement of nursing believing that educating nurses, rather than training them in hospital-based apprenticeship programs as was 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.

We continue to celebrate the “educated spirit” of nurses to drive us into the future.

Connie White Delaney
Professor and Dean

FROM THE DEAN

The feeling is mutual

by Meliah Maynard

Michele Van Vranken, MD, has been the medical director of the Annex Teen Clinic, which provides confidential sexual health-related education and services to young people, for nearly two decades.

She would also be the first person to tell you that she is not the leader of the Robbindale, Minnesota-based organization. That role, Van Vranken says, it embraced by nurses. “This is a very nurse-run clinic in my mind,” she said. “We have a whole-person model of care, and I really see that as coming from a nursing perspective. I feel very lucky to work here where it’s always a team effort.”

While treating patients holistically is often viewed as beneficial, Van Vranken believes that approach is particularly important at the Annex Teen Clinic. Youth may come in looking for birth control or an STD test but taking the time to talk with them often reveals deeper and more complex challenges. That’s where nurse practitioners like Maria Ruud, DNP, APRN, WHNP, come in.

Van Vranken sees Ruud as a “natural teacher” as well. “Maria has so much patience for spending time with kids and trying to figure out what their issues might be,” she said. “It’s hard enough for adults to put their issues into words, so it’s great that Maria, and this clinic in general, has such a strong commitment to caring for youth. And we do a good job of caring for each other too.”

Ruud, a clinical assistant professor with University of Minnesota Health Fairview, is shaping the creation of a new practice, care delivery model. We invite you to enjoy reading Minnesota Nursing and look forward to your thoughts and comments. Our commitment to leading the way will continue to drive us into the future.

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Ruud, a clinical assistant professor with the School of Nursing, has been working two days a week at the Annex Teen Clinic for the past four years. Explaining that she’s always “been drawn to working with youth,” Ruud calls the clinic staff a dream team and says she especially enjoys Tuesdays when she, and her students, often work alongside Van Vranken.

“Dr. Michele is an amazing teacher, and she’s really good at interacting with youth,” Ruud said. “She’s calm and very supportive, and she models that from her to my own students.”

Michele Van Vranken, MD, and Maria Ruud, DNP, APRN, WHNP, provide holistic care to youth at Annex Teen Clinic.

Michele Van Vranken, MD, and Maria Ruud, DNP, APRN, WHNP, provide holistic care to youth at Annex Teen Clinic.
The calls for reform started coming in as soon as the Star Tribune began publishing its nine-part series exploring how Minnesota’s criminal justice system was failing sexual assault victims. The newspaper series, Denied Justice, showed that of the 1,000 sexual assault cases reviewed throughout the state, only about a quarter of the cases were forwarded to prosecutors for possible charges. Ultimately, 12 percent of cases led to a sexual assault charge and only 7 percent of the reports resulted in a conviction.

On the heels of its publication, Minnesota Attorney General Lori Swanson announced the formation of a sexual assault investigation work group, calling on it to make recommendations to the Legislature for action to address the shortcomings in state laws and policies. “Sexual assault is a horrendous crime, and the survivors deserve justice and compassion. The goal is for this work group to develop legislative and policy recommendations for improvements to the criminal justice system’s response to these crimes,” said Swanson.

With both clinical and research expertise in forensic nursing, Professor Carolyn Porta, PhD, RN, SANE-A, FAAN, was one of 10 experts named to the work group, which included leaders in the fields of victim advocacy, health care, law and law enforcement. “I’ve cared for victims of sexual assault for 22 years as a sexual assault nurse examiner, and I have worked closely with advocates and officers to support the victim in every aspect – physically, emotionally, socially and legally,” said Porta, who currently serves as associate professor.

Professor Carolyn Porta, PhD, RN, SANE-A, FAAN, was named to the Sexual Assault Investigation Work Group by the Minnesota attorney general.

Advocating for CHANGE

Porta brings forensic nurse expertise to sexual assault policy deliberations

by Brett Stursa

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editor for the Journal of Forensic Nursing. “The process of care and response has evolved in the last two decades and we know it can continue to improve.”

RESEARCH ON SEXUAL HEALTH RESOURCES LEADS TO SEXUAL ASSAULT RESEARCH

Porta’s early research focused on sexual health resources among college students. She was the qualitative lead investigator on a federally-funded, mixed-methods study examining how college students on five campuses across the state accessed sexual health resources. “We didn’t explicitly ask about sexual violence but it came up frequently,” said Porta, who then wrote papers examining sexual violence.

Insights gained from that research led Porta to write a Health Resources and Services Administration (HRSA) grant proposal with Katherine Lust, PhD, MPH, Boynton Health director of research, and colleagues, to examine sexual assaults and the experiences of sexual violence among college students using Boynton College Student Health Survey data. “What made our proposal unique is that we proposed looking at self-reported perpetrators of sexual violence. Porta was consulted in the development of the public health awareness campaign as part of the University of Minnesota President’s Initiative to Prevent Sexual Misconduct and then invited to serve as a co-chair of the initiative’s research sub-committee. This sub-committee is strategically leveraging existing University data sources to better understand the problems, generate solutions and seek further funding to implement aggressive comprehensive interventions that shift the campus environment in terms of sexual misconduct and assaults.”

“I am really passionate about trying to find an effective intervention strategy that works with college students,” said Porta. “What we found, and what I think was really important for the broader university to recognize, was that the majority of students want to avoid problems and be safe.”

WORK GROUP RECOMMENDATIONS

Back at the Capitol in St. Paul, the work group developed specific legislative and policy recommendations to improve the criminal justice system’s response to sexual assaults. The group called for police departments to adopt policies on sexual assault investigations, improve training and collect more robust data, and it called on the Legislature to create a statewide council focused on sex crimes, among other recommendations.

“In general, the officers that I work with are amazing and I think that’s true across the state. I think people want to do right by victims,” said Porta. “I was happy with the recommendations given the constraints and given what can or should be legislated.”

American Heart Association’s scientific statement serves as clinical evidence supporting exercise for PAD patients

by Brett Stura

When the Centers for Medicare and Medicaid Services issued a national coverage determination for supervised exercise therapy for patients with peripheral artery disease (PAD), it meant that for the first time, insurance would cover exercise therapy to treat PAD.

The decision was a significant win for the more than 8 million Americans affected by PAD, which causes blockages in the arteries that supply blood to the legs. Those living with PAD experience pain in their leg muscles, which also limits physical activity.

Supervised exercise therapy (SET) is one of the most effective therapies to improve symptoms of PAD. With the determination that insurance should cover the therapy, there was increased interest from centers across the country who were already providing exercise therapy for patients with cardiac and pulmonary disease to develop programs specifically for patients with PAD.

To address the growing need, the American Heart Association published a scientific statement that summarizes how PAD should be treated through exercise therapy. This scientific statement, written by a committee chaired by Professor Diane Treat-Jacobson, PhD, RN, FAAN, serves as the comprehensive clinical resource regarding the evidence supporting exercise for patients with PAD. It outlines the role of SET, as well as home-based walking programs and alternative exercise approaches.

“Structured exercise therapy can significantly improve the symptoms of PAD, allowing patients to walk farther without discomfort and without having to stop,” said Treat-Jacobson, who is associate dean for research at the School of Nursing. “It is also a very cost-effective therapy and national patient care guidelines recommend it as a first-line therapy for patients with symptomatic PAD.”

Treat-Jacobson’s research is focused on promoting awareness, timely identification and improved treatment for patients who experience PAD, including the development, implementation and assessment of exercise interventions.

“For the first time, this scientific statement summarizes over 30 years of evidence that shows the effectiveness of exercise with PAD,” said Treat-Jacobson. “As someone who has invested a career in research to improve the lives of people with PAD, I am delighted that more people will be able to experience relief from symptoms and improve the quality of their lives.”

Optimal Exercise Programs for Patients With Peripheral Artery Disease: A Scientific Statement From the American Heart Association was published in Circulation, Volume 139, Issue 4.
It’s discreet location and understated signage don’t do justice to the oversized role the Laboratory of Clinical Physiology has on the school’s research capabilities and patient health. The lab supports a critical role in School of Nursing research ranging from examining how exercise can slow the progression of Alzheimer’s to studying peripheral artery disease, heart failure and metabolic conditions such as diabetes and chronic kidney disease. The facilities also are used in drug and smoking cessation studies, as it is available for use across the Academic Health Center as well as to researchers outside the University. “Any area of research related to cardiorespiratory fitness and cardiovascular function fits our services really well,” said Assistant Professor Dereck Salisbury, PhD, who directs the Laboratory of Clinical Physiology.

On any given day, a visitor to the lab could find a study participant exercising on a treadmill or arm bike as a team of researchers monitor and measure various outputs. “We have about every way that you would want or need to do aerobic exercise and test it,” said Salisbury. “We offer the capacity to perform cardiopulmonary testing, measure cardiorespiratory capacity, cardiovascular function, along with maximal oxygen consumption, among other things.”

Salisbury noted the lab also has the capacity to noninvasively measure cardiac output, a unique technique not found in many locations. Along with a wide range of exercise and testing equipment, the lab is supported by research assistants trained on guidelines from the American College of Sports Medicine related to clinical exercise testing.

Assistant Professor Ryan Mays, PhD, MPH, utilizes the lab in his research on community-based exercise programs for patients with vascular disease. “My goal is to improve patients’ health. But you can’t adequately determine a patient derived benefit from an interventional program unless you have high quality outcomes assessments. That’s what the lab can provide,” said Mays, who cited the lab as a reason he chose Minnesota to further his research. “And you’re not breaking the bank to do it.”

The lab bolsters the ability to compete for research grants as well as recruit and retain world-class faculty. “The NIH specifically asks for facilities and resources, so you have to outline explicitly and in a great level of detail what you have in place to accomplish what you say you’re going to accomplish,” said Mays. “If you don’t have the infrastructure we have because of the lab, you’re not in the environment with which to succeed.”
As evidence points to climate change’s impact on health, the school steps up its planetary health efforts

Answering the call to ACTION

As evidence points to climate change’s impact on health, the school steps up its planetary health efforts

by Steve Rudolph and Brett Stursa

Just days after the U.S. Global Change Research Program delivered a report to Congress warning that effects of climate change, including damaging storms, droughts and wildfires, are worsening in the United States and are only expected to further disrupt life, the 2018 report of the Lancet Countdown on health and climate change: shaping the health of nations for centuries to come was published, warning of the human health risks of climate change. The New York Times reported that these two studies, published in late 2018, represented the most serious warnings to date that climate change is posing a series of interconnected health risks for the global population.

The School of Nursing recognized the health risks caused by climate change when it joined the Planetary Health Alliance, which is a consortium of over 120 universities, NGOs, government entities and research institutes around the world committed to advancing planetary health. The alliance, which is based at Harvard University, works with a broad array of scientific disciplines to build an evidence base for informing policy solutions aimed at optimizing both human health and environmental stewardship objectives.

“We are at an extraordinary moment in human history. Human activity is the dominant force determining biophysical conditions around the planet,” said Myers, who will be giving the School of Nursing commencement address in May. “We need to understand the moment that we’re in and the implications of the decisions we’re making to fuel that fierce urgency of why what we do now is so important.”

In that vein, faculty at the School of Nursing have taken the lead on several efforts to educate students, staff and communities about planetary health to leverage the unique role nurses play to call attention to this unprecedented time in history.

INTERPLAY OF ANIMAL, HUMAN AND ENVIRONMENTAL HEALTH

The University of Minnesota is in its final

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What is Planetary Health?
The Planetary Health Alliance defines planetary health as a field focused on characterizing the human health impacts of human-caused disruptions of Earth’s natural systems.

Numerous nursing faculty at the University of Minnesota have supported multiple field attachments at demonstration sites in Kenya, Ethiopia, Uganda and Rwanda, where faculty focus on applied interprofessional learning experiences that teach students about One Health in the real world. Professor Cheryl Robertson, PhD, RN, FAAN, led in developing demonstration sites and sharing her expertise in field attachments. Read more about her work to support the health of people displaced by climate change on page 26. In addition, Clinical Professor Jeannie Pfeiffer, DNP, MPH, RN, CIC, FAIPC, FAAN, has provided leadership in program development in One Health Workforce’s newest expansion country, Cambodia.

CLIMATE CHANGE AS A HEALTH CARE CRISIS

Clinical Professor Teddie Potter, PhD, RN, FAAN, still recalls the day she joined more than 400,000 others in New York City for the People’s Climate March in 2014.

“I carried a sign that said, ‘Minnesota nurses are fighting against climate change,’ and all along the route people excitedly kept saying, ‘The nurses are here! The nurses are here,’” said Potter. “Nurses have a voice that people tend to listen to and trust. We can help people understand the connection between a healthy environment and healthy people.”

Potter and Clinical Assistant Professor Shanda Demorest, DNP, RN-BC, PHN, have been leading an interprofessional effort across the University to develop and incorporate content on the health implications of climate change into the curriculum. Developed in conjunction with climate champions from the Medical School, School of Public Health, College of Pharmacy and College of Veterinary Medicine, along with the Medical Laboratory Sciences and Occupational Therapy programs, the first phase of their efforts ensured more than 1,100 first-year students in 17 different health programs on five campuses were introduced to the topic in their Foundations for Interprofessional Collaboration and Communication courses.

Phase two, which was recently completed, created nine modules on the connection between climate change and health for instructors across the University to incorporate in their existing courses.

“Our pediatric or maternal and child health courses are a natural fit, as well as geriatric courses as climate change is affecting older individuals more,” said Demorest.

The interprofessional content, which is housed at the Center for Global Health & Social Responsibility, is available for any university to use and has already been adopted internationally. The Academic Health Center Climate Champion Team is now in the third phase of the efforts, which aims to have students implementing sustainability, climate or planetary health projects in the community.

Both Potter and Demorest see nurses as natural leaders on climate change because of their large numbers, their high degree of patient interaction and their trusted voice.

“This is who we are. We think about the human relationships, communities, long-term health, prevention and the environment,” said Potter. “This is the sphere we have traveled since Lilian Wald developed public health nursing. This is our sphere.”

For Potter, the focus on planetary health and efforts to incorporate climate change into the curriculum are also personal. “I would love to say that my granddaughter who was born last fall will not have to worry about climate change,” she said.
As soon as Megan Cavanaugh, a Bachelor of Science in Nursing student, heard about the opportunity to study at the University of Limerick for a semester and gain clinical experiences in the Irish health care system, she knew she wanted to apply. Ultimately, Cavanaugh was one of 10 students participating in the School of Nursing’s first-ever semester abroad opportunity for BSN students. Based on the feedback she and her classmates have provided, countless more nursing students will be following a similar path.

To solve the greatest challenge – replacing 180 hours of practicum the students would experience if they stayed in Minnesota with a comparable experience in Ireland – the school partnered with the University of Limerick. In addition, the two schools worked together to create a new course for Minnesota students in Ireland to meet a specific requirement, ensuring School of Nursing students in Ireland would stay current with their classmates at home.

Both students spoke fondly of the relationships they formed with students from other countries and the bond that formed among the Minnesota students. And both rank the semester abroad as the highlight of their University experience and know the lessons learned will have lifelong impact.

Megan Cavanaugh, left, and Riley Tousignant, below, participated in the school’s first-ever semester abroad opportunity for BSN students, in Ireland.

SCHOOL EXPLORING ADDITIONAL OPPORTUNITIES
Mueller praises the University of Limerick and the University of Minnesota’s Study Abroad Center, with the leadership of Dean Meredith McQuaid, for making the unthinkable become a reality. She says the program will be offered again this fall and the school is exploring options to expand it as well as pursuing other partner universities.

Mueller and Clinical Associate Professor Carol Flaten, DNP, RN, PHN, director of pre-licensure programs, were recognized with the 2018 C. Eugene Allen Award for Innovative International Initiatives by the University of Minnesota’s Global Programs & Strategy Alliance. In describing their efforts, the GPS Alliance wrote, “This initiative within the School of Nursing is another example of the University of Minnesota setting a trend for others to emulate.”
In 2017, the Centers for Disease Control and Prevention estimated that an average of 130 people died from opioid overdoses every day. With studies showing that 1 in 15 patients prescribed opioids for postoperative pain become long-term users, clinicians have been urged to find alternative strategies to manage pain safely.

As students in the Doctor of Nursing Practice nurse anesthesia program, Hali Haukos and Kathryn Kopel teamed up on a quality improvement project that tackled the issue of opioid use. Discussion with their preceptors and community partners revealed that a community-access hospital in rural Hutchinson, Minnesota was seeking to find ways to relieve postoperative pain without using opioids. Practitioners in Hutchinson had already completed some research using Tylenol and Celebrex, so they suggested Haukos and Kopel create a quality improvement project assessing the effectiveness of gabapentin, which is most often used to control seizures.

“Katie and I knew gabapentin had been used to decrease pain and opioid consumption, so we read several research articles that supported its use in general surgery. We worked with two surgeons and two nurse anesthetists in Hutchinson to develop a plan they supported,” said Haukos, who graduated in 2018 and is now a certified registered nurse anesthetist (CRNA) at Regions Hospital in St. Paul.

The result was a project aimed at decreasing opioid consumption for general surgery patients both during and after their procedures by giving them a single, 300-milligram preoperative dose of gabapentin.

The effects were clear. One hundred percent of qualified patients received the preoperative dose of gabapentin and reported postoperative pain scores that decreased by half, despite receiving fewer opioids during and after surgery.

Kopel, who also graduated in 2018 and serves as a CRNA at Hennepin Health Care in Minneapolis, noted the project’s success and was grateful for the support she and Haukos received. “Hali and I were fortunate to work with a great team of CRNAs, surgeons and nurses in Hutchinson who were eager to implement well-documented research into practice to improve their patients’ surgical experience,” she said, adding their appreciation for project adviser Professor Dan Pasut, PhD, RN, FAAN. “Opioid addiction has been a tragic problem for many years.”

Nurse Anesthesia Specialty Coordinator Dan Lovinaria, DNP, MBA, APRN, CRNA, who consulted with Haukos and Kopel on best practices for minimizing opioid use, sees projects like theirs as a timely part of a larger effort to combat the country’s opioid epidemic. “It’s very important that anesthesia providers practice opioid-sparing techniques as much as possible,” he said. “We want to be part of the solution to the opioid crisis problem.”

In Hutchinson, Haukos and Kopel’s project is already having a positive impact on other specialties where practitioners are starting to use gabapentin preoperatively with their patients. “They were already doing a lot of work on pain management, but I think being able to see the results of our project for themselves was really beneficial,” Haukos said. “It’s exciting to see so much work being done to try to reduce narcotics use, and it was so important to the success of our project to have such a willing partner in the community.”
Informatics has the potential to improve the quality of health care as well as control its costs. Nursing leaders, with clinical and informatics skills, are ideally positioned to drive this transformation.

Driving transformation in improving health is why the School of Nursing has partnered with Coursera, the global leader in online learning, to offer a new specialization for nurses and interprofessional health care clinicians and leaders that provides the informatics leadership skills they need to be successful in complex organizations.

The specialization, which consists of five courses and a capstone assignment, explores the principles of nursing informatics leadership and applications and enriches participants’ self-knowledge of their skills to promote stakeholder collaboration and achieve mutual goals.

**PEOPLE, RELATIONSHIPS CRITICAL IN INFORMATICS**

“Every nursing informatics leader interviewed at the 2018 Nursing Knowledge: Big Data Science Conference told us it’s the people and it’s the relationships,” said Associate Professor Karen Monsen, PhD, RN, FAMIA, FAAN, who led the effort to create the specialization and developed one of the University’s first Coursera courses in 2012. “As informaticians, we need to better understand the people side and realize there are a wide range of scenarios in which we have to employ informatics skills. That’s what these courses do.”

Monsen and colleagues turned to leadership literature, models and principles in developing the courses.

continued on page 24
They discovered the importance of the competing values framework, which is the idea that, to be successful, nursing informatics leaders have to bring people with competing values together to solve high-profile, high-impact problems. Videos featuring national nursing informatics leaders are incorporated throughout the courses to bring nursing leadership theory to life and to showcase diversity of thought and scenarios leaders are likely to face. “We wanted to bring real-world perspective to this space,” said Monsen. “Many of our future students will be in countries where health care informatics is just beginning to develop. These videos will bring to life a community of expert nursing informatics leaders as role models and key informants, sharing their experiences and wisdom.”

NEW INVENTORY SHOWS HOW LEADERS RESPOND

Another component of the specialization was the development of the Minnesota Nursing Informatics Leadership Inventory (MNILI), a tool that describes how nursing informatics leaders respond with their leadership skills to different scenarios.

“The MNILI is an open source tool that can share new ideas and new ways of thinking about service to the informatics community and improving health care,” said Monsen. “As we say in the specialization, nursing informatics leaders align people, process and purpose in service to the greater good.”

Other School of Nursing faculty who participated in the development of the specialization and instruct the courses are Professor Daniel Pasut, PhD, RN, FAAN, Associate Professor Emeritus Bonnie Westra, PhD, RN, FAAN, FACMI, Clinical Professor Ad Homonem Thomas Clancy, PhD, RN, FAAN, and Professor and Dean Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP.

The Nursing Informatics Leadership Specialization is part of a portfolio of health-related online offerings created by Coursera and 15 top-ranked universities to help address the global shortage of skilled workers in the health care industry.

“I’m excited to see Coursera and its partners coming together to help realize that potential by providing access to flexible and affordable education options that can help usher in the next generation of health care workers in high-demand fields like health informatics, health care management and public health,” said Daphna Koller, co-founder of Coursera.

“Empowering the triad of nursing clinical and education leadership, nursing informatics expertise and our commitment to health and quality of health care through this first-of-its-kind Coursera offering is another bold strategy to transcend the challenge of leveraging information systems,” said Delaney. “The University of Minnesota School of Nursing celebrates lifting up big data science informatics experts and we celebrate offering the unique Minnesota Nursing Informatics Leadership Inventory to all.”

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ADVANCING HEALTH through academic, clinical partnership

Recent practice, care delivery model revision showcased the Nursing Collaboratory in action

As the University of Minnesota Health Fairview’s joint clinical enterprise team of nursing leaders and staff began working more closely together, they initiated a process of reviewing its current practice and care delivery models and envisioning their future.

To assist in that process, they tapped into the Nursing Collaboratory, a partnership between the School of Nursing and M Health Fairview formed in 2013 that advances health by engaging leaders in both academic and clinical environments.

The Collaboratory enlisted in the expertise of Clinical Professor Teddie Potter, PhD, RN, FAAN, who is the coordinator of the Doctor of Nursing Practice (DNP) health innovation and leadership specialty at the School of Nursing, and Professor Mary Kreitzer, PhD, RN, FAAN, director of the Earl E. Bakken Center for Spirituality and Healing and co-coordinator of the DNP integrative health and healing specialty.

Potter and Kreitzer led a discussion with more than 40 M Health Fairview front line nurses, nurse leaders, educators and chief nursing officers representing the broad continuum of care. “For our future we know that care delivery will be simplified and diversified with only our most ill receiving care in our acute care sites,” said Laura Reed, DNP, MBA, RN, chief nursing executive and chief operating officer of Fairview Health Services.

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“The presentations were received with gratitude,” said Reed. “We have so much to look forward to and to have the authors of both our practice model and care delivery model with us for discussion was amazing.”

Creating opportunities for full partnership between leaders in both academic and clinical environments was a key reason the School of Nursing and M Health/Fairview Health Services formed the Nursing Collaboratory six years ago. The Collaboratory serves as a forum for developing and attaining common goals for nursing education, research and patient care in both academic and practice areas. “This recent presentation was our academic and practice partnership in action,” said Reeds. “I have been overwhelmed with what can be if we are willing to take risks and actively engage with our academic partners.”

Laura Reed, chief nursing executive and chief operating officer, Fairview Health Services

Potter talked about the professional practice model BASE, which describes being present, active caring and ways of knowing through stories and evidence from science.

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Laura Reed, chief nursing executive and chief operating officer, Fairview Health Services
Exploring the intersection of dance, caregiving

The Center for Aging Science and Care Innovation is partnering with the Weisman Art Museum (WAM) to support the Program on Art and Health, at the joint initiative by WAM and the Medical School that supports collaborative projects of artists and health care professionals. Anna Marie Shogren is a dance artist exploring how movement can be used to enhance connections between people who live in long-term care and their bedside caregivers. Shogren’s dance and installation work has been shown in Minneapolis, New York, along both coasts and in Iceland. In addition, Shogren has worked in long-term care settings providing exercise classes and daily care assistance to residents. Ultimately, she envisions creating a brief care ritual or microdance that bedside staff could use to enhance their interactions with residents.

The collaboration began in September 2018 and the center has helped conduct interviews and workshops for Shogren to collect information to inform her artistic process. The center has invited nursing students and faculty to attend her workshops and events. Our next step is to engage long-term care settings to facilitate an exchange with residents and bedside staff on what this care ritual might look like and how it could be implemented. Shogren will performively present her observations and solicit further conversation on her care ritual during her next event called “Lifelong Choreographies.” All are welcome to attend the event on Wednesday, April 3 at 7 p.m. at the Weisman Art Museum.

Organizing for collective impact

The Katharine J. Densford International Center for Nursing Leadership partnered with nursing organizations in the state of Minnesota to create a collective impact agenda for health issues in the state. A Steering Committee convened a group of nursing organizations in November to explore the concept of collective impact to organize and activate the power and influence of statewide nursing organizations.

The purpose of the forum was to leverage the power of nurses across all areas of nursing to support legislative policies that advance the realization of the quadruple aim and improve health of Minnesotans. The forum was designed to enable grassroots organizing to activate nursing organizations’ membership to identify and discuss legislative issues related to statewide health care agendas. Following the meeting, the Steering Committee was charged to develop principles that consider the nursing organizational policy agendas discussed. The following five principles were created to embrace and support a collective impact agenda.

Principle 1: Minnesotans should have access to affordable, high-quality health care.

Principle 2: Access to high-quality health care should be supported and improved for Minnesotans living in rural communities.

Principle 3: All students should have access to adequate health care screening and on-site school health services.

Principle 4: Minnesota citizens deserve to live free of gun violence.

Principle 5: Health care workers should be able to practice in settings that are safe and free from violence.

As organizations use these principles in setting policy agendas, the group believes the collective impact of nursing influence will be realized. How might other professional organizations use these principles as they exercise leadership skills for collective nursing impact?

Relationships key to transforming school climate

Can creating school environments that center learning as relational result in higher student achievement?

St. Paul Public Schools and the St. Paul Federation of Educators, along with the School of Nursing Associate Professor Barb McMorris, and Medical School Department of Pediatrics Senior Evaluator Kara Beckman, MA, want to answer this question by assessing restorative practices in schools.

Restorative practices are grounded in a mindset, common among indigenous cultures and communities of color, that views individuals as profoundly interconnected and inherently good. Emanating from this mindset are practices that build inclusive relationships between school staff and students, create engaged learning environments, and repair or restore relationships when harm is caused.

During the 2016-2017 school year, St. Paul Public Schools and St. Paul Federation of Educators began to pilot whole school restorative practices in 12 schools. As their partner, McMorris was able to secure 15 months of funding from the Center for Urban and Regional Affairs to begin evaluation of restorative practice activities. St. Paul Public Schools, McMorris and Beckman were recently awarded a $3.9 million grant from the US Department of Education to answer this question by assessing restorative practices in schools.

Improving health using informatics solutions

The Center for Nursing Informatics is home to experts committed to addressing health care policy to improve population health using technology and informatics solutions. The center recently addressed the critical need to reduce documentation burden for nursing and other health care professionals by leading a national initiative through the Nursing Knowledge: Big Data Science Conference led by Dean Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP, and Associate Professor Emeritus Bonnie Wustra, PhD, RN, FAAN, FACMI. Center researchers addressed documentation burden problems from the perspective of big data research, using machine learning methods for identifying critical data elements in nursing documentation leveraging the center’s online, a kind resource, the Omaha System Data Collaborative (Karen Monsen, PhD, RN, FAAN, FAMIA, director). The Office of the National Coordinator and the American Nurses Association have built on these efforts to address the problem. Additionally, Assistant Professor Martin Michalowski, PhD, reused nursing data to reveal critical health inequities and propose informatics-related solutions to improve population health. Clinical Associate Professor Robin Austin, PhD, DNP, DC, RN, BC, leads an interprofessional research team to improve knowledge representation of integrative health interventions within clinical terminologies to advance population health. Center faculty are also partnering with the National Association of School Nurses (NASN) on a US Centers for Disease Control and Prevention-funded initiative to establish the NASN database to track school nursing data across the country. Informatics students at all levels are actively engaged with faculty in these vital efforts to improve health care through these cutting-edge informatics research and policy initiatives. Together, the center members and national partners engage in improving health across the continuum of care.
Supporting the health of climate-displaced communities

While contributing minimally to human-induced climate change, Africa is geographically among the most vulnerable to its effects, while generally lacking adequate capacity to mitigate the impacts. Less prominent in the literature is the discussion of ways communities engage in strategies to support the cultural, physical and psychosocial health of its members in the face of climate-related displacement. The internal processes of self-determination, identity preservation and healing will be critical to manage and strengthen communities in the face of the destabilizing effects of climate change, and, ultimately, to minimize inter-community conflict in the coming decades.

Professor Cheryl Robertson, PhD, MPH, RN, FAAN, served as PI with Kenyan and Ugandan nursing and veterinary researchers Jacinta Waila, Shamilah Namusisi and Michael Mahoro using ethnographic methods in Turkana County, Kenya to better understand the human experience of climate change, resource-driven conflict and displacement. Robertson, as co-PI, and team joined with Dwayne Travis (co-PI, Veterinary Medicine) to build on the Turkana findings in the neighboring Karamoja District, Uganda. Pastoralist communities living in these semi-arid lands have already lost most of their livestock from drought, floods and violent raids. Analyses suggest a complex story of drought, violence, livelihood loss, migration, policy, emerging extractive industries, population pressures, ethnic and refugee tensions, hunger, opportunity, and, of course, resilience.

The purpose of both studies is two-fold: first, to support East African research capacity and leadership; second, to grow our multicultural, multidisciplinary academic and multisectoral partnerships to develop a program that can ultimately improve the health and resilience of climate-displaced communities.

Improving care transitions for children with medical complexity

The transition from hospital to home is a stressful time for families of children with medical complexity. Providing care to more than 25,000 children with medical complexity, Gillette Children’s Specialty Healthcare is developing innovative strategies for improving care transitions for those with the highest complexity.

Gillette nurse leaders Rhonda Cady, PhD, RN, and Kari Kubiatowicz, BSN, RN, have been collaborating with faculty and students in the center to improve systems of care for children and their families during hospitalization discharge.

With Cady and Kubiatowicz, Doctor of Nursing Practice student Megan Antolick, BSN, RN, recently co-led a project to implement a tool during the inpatient stay that helps families identify goals for their child during the post-discharge period. The team implemented the Post-Hospitalization Action Grid, developed by Boston Children's Hospital, and used this to standardize family involvement in goal-setting with the inpatient care manager during their stay. Following the project pilot, staff indicated that the tool helped them prioritize care and coordinate with Gillette outpatient specialists during the transition from hospital to home. Common themes in family goals included finding support in communicating new care needs to providers in primary care and school, and addressing home nursing support gaps.

As the inpatient care manager who facilitated the goal planning with families in this project, Kubiatowicz noted that this project gave her the opportunity to pair the team's goals with what matters most to patients. “The Action Grid brought care management from the background to the patients and families directly, which we loved,” she said. The project continues with ongoing evaluation and is being implemented in additional areas of the organization.

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Celebrating 110 YEARS of educating nurses

In 1909, the first nursing program within a university was established at the University of Minnesota, forever changing the trajectory of nursing education and the profession. On May 1, the school will commemorate its history and celebrate its bright future of lifting the educated spirit of the nurse and nursing.

The celebration will feature ret. Army Lt. Gen. Patricia Horoho, the first woman and first Nurse Corps Officer to hold the appointment of U.S. Army Surgeon General and Commanding General of the U.S. Army Medical Command. She is currently CEO of OptumServe, which supports the health needs of federal agencies serving military members and their families, veterans and Medicare recipients.

*EDUCATING THE SPIRIT* OF NURSES

Nursing and nursing education are what they are today in large part because of the actions of Richard Olding Beard, who chaired the physiology program at the University of Minnesota. He is credited with bringing nursing into the institution of higher learning with the Board of Regents when the nursing program at the University of Minnesota was established in 1909.

Beard passionately advocated for the advancement of nursing believing that educating nurses, rather than training them as was 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 said Beard’s actions were “a step of the greatest consequence for nursing education,” adding that it was the final step in the creation of the nursing profession.

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www.nursing.umn.edu/110
CDC awards $1.3M to school nurse association for big data program

The School of Nursing will develop the data platform for the National Association of School Nurses (NASN) to educate and support school nurses so that they can use big data science to target chronic absenteeism and school withdrawals of students with chronic conditions. The NASN was awarded a three-year, $1.3 million contract by the Centers for Disease Control and Prevention to educate and support the school nurse workforce. Initially, select states will pilot the school nurse led active surveillance program. Meanwhile, data champions in all 50 states will be trained to encourage frontline school nurses to collect and use their data. Lessons learned from the pilot sites will be used to expand the school nurse led active surveillance system nationwide.

School of Nursing commended for research culture

The PhD in Nursing program underwent a routine academic program review, conducted in partnership with the Provost Office as a collaborative and comprehensive process. Reviewers, who were from the University of Iowa, University of Colorado, University of Nebraska, Ohio State University, and the University of Missouri, commended the school for its research culture, noting faculty are actively engaged in research, attract students into their program of research and the strength of their multidisciplinary backgrounds. They added that full-time students being provided funding for the first two years to support 100 percent of their tuition, fees, and expenses is exceptional and should be more broadly publicized.

School receives award for diversity excellence

For the third consecutive year, the school was recognized with the Health Professions Higher Education Excellence in Diversity (HEED) Award from INSIGHT Into Diversity Magazine. The HEED Award honors U.S. nursing, medical, dental, pharmacy, osteopathic, veterinary, and other health schools and centers that demonstrate an outstanding commitment to diversity and inclusion. The school’s efforts to recruit and retain diverse and underrepresented students, its policies and strategies to train and mentor faculty, and its innovative diversity education programming including the Diversity Deep Dive focus on poverty contributed to the award selection. The school was one of only 11 nursing schools and 35 health schools from the nearly 175 schools reviewed.

14 faculty finish year-long leadership program

Fourteen faculty participated in Faculty Leads, a program developed by the University’s Office of Human Resources Leadership and Talent Development to assist faculty in developing leadership skills, capacity and readiness so they are positioned for larger leadership roles. Participants included both tenure track and clinical faculty members. They were Assistant Professor Sarah Hoffman, PhD, MPH, RN, Clinical Assistant Professor Samantha Somanaras, DNP, APRN, CNM, Clinical Associate Professor Carol Flaten, DNP, RN, Professor Carolyn Porta, PhD, MPH, RN, SANE-A, FAAN, Clinical Professor Mary Babarinenk, PhD, APRN, FNP, FNP-BC, CPNP, Assistant Professor Lisiane Prunellii, PhD, RN, Associate Professor Barb McMorris, PhD, Assistant Professor Rozina Bhimani, PhD, DNP, RN, CNP, CNE, Clinical Associate Professor Robin Austin, PhD, DNP, DC, RN-BC, Assistant Professor Melissa Horning, PhD, RN, PHN, Clinical Assistant Professor Mary Goering, PhD, RN-BC, Clinical Assistant Professor Shandra Demorest, DNP, RN, Professor Toddie Potter, PhD, RN, FAAN, and Assistant Professor Anne McKeechive, PhD, RN.

AWARDS AND HONORS

Clinical Assistant Professor Shanda Demorest, DNP, RN-BC, PHN, received the Health and Well-Being Award from the Women’s Health Leadership Trust.

Clinical Assistant Professor Nasra Giama, DNP, RN, PHN, was selected for the 2018-2019 Internationalizing Teaching and Learning Faculty Cohort Program, which engages faculty in professional development aimed at internationalizing the curriculum.

Professor Ruth Lindquist, PhD, RN, FAHA, FAAN, was named to the Academic Health Center’s Academy for Excellence for Scholarship of Teaching and Learning.

Clinical Assistant Professor Dan Lovinaria, DNP, MBA, APRN, CRNA, was named to the Nurses on Boards Coalition, representing the American Association of Nurse Anesthetists. In addition he was named an Anesthesia Patient Safety Foundation Social Media Ambassador.

Associate Professor Karen Monsen, PhD, RN, FAAN, FAMIA, and Clinical Associate Professor Sripriya Rajamani, PhD, MPH, MBBS, FAMIA, were named to the inaugural class of Fellows of the American Medical Informatics Association.

Professor Carolyn Porta, PhD, MPH, RN, SANE-A, FAAN, received the Leadership Award from the Women’s Health Leadership Trust.

Associate Professor Emeritus Bonnie Westra, PhD, RN, FAAN, FAMIA, received the Virginia H. K. Saab Informatics Award from the American Medical Informatics Association.

Clinical Assistant Professor Barbara Champlin, PhD, RN, Clinical Associate Professor Andre Fjone, DrPh, APRN, CPNP, Clinical Instructor Dawn Fredrich, MS, RN, Clinical Assistant Professor Raney Linck, DNP, RN, Clinical Assistant Professor Maria Ruud, DNP, APRN, WHNP-BC, and Clinical Assistant Professor Mary Steffes, DNP, RN, ACNS-BC, were selected to participate in the Academic Health Center Fellowship for Teaching in Active Learning Classrooms. The fellowship supports using effective pedagogical approaches in Active Learning Classrooms in the new Health Sciences Education Center.

The University of Minnesota received the top two spots in the Best Student Poster competition at the Nurses Practitioners in Women’s Health Premier Women’s Healthcare Conference in San Antonio, Texas. Madalyn Carlin, RN, BS, received first place for her poster Poly cystic Ovarian Syndrome (PCOS) Provider Toolkit with Clinical Assistant Professor Stephanie Deiulkoski, DNP, APRN, WHNP-BC. Hanna Middlebrook, RN, BSN, received second place for Increasing the Rates of Pharyngeal and Rectal Site Testing for Chlamydia and Gonorrhea at an Adolescent Sexual Health Clinics with Clinical Assistant Professor Maria Ruud, DNP, APRN, WHNP-BC.
EXTRAMURAL GRANT AWARDS
FACULTY PRINCIPAL INVESTIGATORS CALENDAR YEAR 2018

The University of Minnesota School of Nursing is a research-intensive school of nursing. The school’s four research areas of focus are health promotion among vulnerable populations, prevention and management of chronic health conditions, symptom management, and health/nursing informatics and systems innovation.

Avery, Melissa
ACNM-ACOG Maternity Care Education and Practice Redesign
American College of Nurse Midwives/Joelah Mary Foundation

Avery, Melissa
National Improvement Challenge Council/Patient Safety in Women’s Health Care

Bliss, Donna
Augmented Reality System for the Education of Clinical Caregivers of Older Adults (SBIR)
Innovative Design Labs/National Institutes of Health

Bliss, Donna
Skin Damage Severity Assessment Instrument: Voic-o-of-Customer to Product Development for Practice
Mn-Rauch/National Institutes of Health/National Heart, Lung, and Blood Institute

Chi, Chih-Lin
Predictive Optimal Anticoagulant Treatment for Segmented Patient Populations (RO1)
University of Minnesota/National Institutes of Health/National Library of Medicine

Clancy, Thomas
Workforce Study for Cardiac Implantable Devices
Cardiovascular Scientific

Delaney, Connie
School Nurse Led Active Surveillance System for Students with Chronic Conditions
National Association of School Nurses/Centers for Disease Control and Prevention

Fulkerson, Jayne
A Family Approach to Preventing Type 2 Diabetes Among Youth
University of Minnesota Foundation/Chisolm Trust

Fulkerson, Jayne
Future of Nursing Scholars 2017-2021
Robert Wood Johnson Foundation

Fulkerson, Jayne
Jonas Nurse Leaders Scholarship Program 2016-2018
Jonas Center for Nursing Excellence

Fulkerson, Jayne
Jonas Scholars 2018-2020
Jonas Nursing and Veterans Healthcare

Fulkerson, Jayne
New Ulm at HOME (NU HOME) (RO1)
National Institutes of Health/National Heart, Lung and Blood Institute

Fulkerson, Jayne
School Nurse-Directed Secondary Obesity Prevention for Elementary School-Aged Children (RO1)
Temple University/National Institutes of Health/National Institute for Nursing Research

Fulkerson, Jayne
Preventive and Genotypic Associations with Symptom Clusters During Childhood Leukemia Treatment (RO3)
Duke University/National Institutes of Health/National Cancer Institute

Hooke, Casey
Physical Activity in Children Completing Treatment for Leukemia: How Does It Relate to Other Symptoms?
University of Minnesota Foundation/Chisolm Trust

Hooke, Casey
Whole School Implementation of Restorative Practices in Saint Paul Public Schools: Relationships as Key to Improvements in School Climate and Student Behavior
St. Paul Public Schools/US Department of Education

Hooke, Casey
Healthy Youth Development Prevention Research Center Core Research Project: Partnering for Healthy Student Outcomes
Centers for Disease Control and Prevention

Michalowski, Martin
Brain-Heart: Interactive Digital Psychoeducation for Adolescents and Young Adults with Substance Use Disorder (SBIR)
Andiamo/National Institutes of Health/National Institute of General Medical Sciences

Mueller, Christine
Nurse Faculty Loan Program
Administration/US Department of Health & Human Services

Mueller, Christine
VA Nursing Academic Partnership
Minneapolis VA Healthcare System/US Department of Veterans Affairs

Pechacek, Judith
Jonas Scholars Veterans Healthcare 2018-2020
Jonas Nursing and Veterans Healthcare

Porta, Carolyn
A Kubo Medical University and University of Minnesota Collaborative Workforce Development Project
PATH 365/US Agency for International Development

McKenzie, Anne
Preparing Heart and Mind: A Mobile and Web Application for Parents and Clinicians After Fetal/Infant Heart Disease Diagnosis
Mt-Rauch/National Institutes of Health/National Heart, Lung and Blood Institute

McMahon, Siobhan
Community-based Intervention Effects on Older Adults’ Physical Activity and Falls Risk
National Institutes of Health/National Institute of Nursing Research

McMahon, Siobhan
STRODE Randomized Trial of a Multifactorial Fall Prevention Strategy
 Brigham & Women’s Hospital/PCOR/National Institutes of Health/National Institute on Aging

Morriss, Barbara
Exploring Risk Behaviors in Ugandan Female Fishermen Communities
Sigma Theta Tau International/Zeta Chapter

Morriss, Barbara
Exploring Adolescent Risk in Ugandan Female Fishermen Communities
Sigma Theta Tau International

Mueller, Christine
Confidential Adolescent Sexual Health Services
Centers for Disease Control and Prevention

Schilling, Renee
Healthy Youth Development Prevention Research Center
Centers for Disease Control and Prevention

Schilling, Renee
Minnesota Personal Responsibility Education Program (MN Prep)
Minnesota Department of Health/State of Minnesota

Schilling, Renee
AEGP Professional Development Trainings
Minnesota Department of Health/State of Minnesota

Schilling, Renee
Making Authentic Connections Evaluation Project
Minnesota Department of Health/State of Minnesota

Schilling, Renee
Sexual Health Consultancy
Department of Health/City of Minneapolis

Siegling, Renee
State Adolescent and Young Adult Health Capacity Building Program
University of California San Francisco/Health Resources and Services/US Department of Health & Human Services

Siegling, Renee
Leadership Education in Adolescent Health
Health Resources and Services/US Department of Health & Human Services

Siegling, Renee
Leadership Education in Adolescent Health: The LITE Trial (RO1)
Northwestern University/National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases

Siegling, Renee
Patient Centered Home Exercise Program for Peripheral Artery Disease
Northwestern University/PCORI

Wastrz, Bonnie
SCH: EXP: Collaborative Research: Group-Specific Learning to Personalize Evidence-Based Medicine
National Science Foundation

Wymann, Jean
Jonas Nurse Leaders Scholarship Program 2016-2019
Jonas Center for Nursing Excellence

Wymann, Jean
Building Interdisciplinary Research Careers in Women’s Health
National Institutes of Health/National Institute of Child Health and Human Development

Wymann, Jean
University of Pennsylvania + PLUS Clinical Center (PENN + PLUS CC)
University of Pennsylvania/National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases

Yu, Fang
Aerobic Exercise in Alzheimer’s Disease: Cognition and Hippocampal Volume Effects (RO1)
National Institutes of Health/National Institute on Aging

Yu, Fang
Concurrent Aerobic Exercise and Cognitive Training to Prevent Alzheimer’s in At-Risk Older Adults (SBIR)
Mae Technologies/National Institutes of Health

Yu, Fang
Efficacy and Mechanisms of Combined Aerobic Exercise and Cognitive Training in MCI (The ACT Trial) (RO1)
National Institutes of Health/National Institute on Aging

Yu, Fang
Memory Matters: A Mobile Aid to Stimulate Reminiscing in Persons with Memory Loss (SBIR)
Mae Technologies/National Institutes of Health

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Research and discovery powered by $9.3 million in grants (FY 2018)


Jain, P. K., & Schuetz, P. (2018). Rationale, design, and baseline data for the Healthy Mom II Trial: A randomized trial examining the efficacy of exercise and wellness interventions for the prevention of postpartum depression. Contemporary Clinical Trials, 70, 12-23.

Jain, P. K., & Schuetz, P. (2018). Rationale, design, and baseline data for the Healthy Mom II Trial: A randomized trial examining the efficacy of exercise and wellness interventions for the prevention of postpartum depression. Contemporary Clinical Trials, 70, 12-23.

Jain, P. K., & Schuetz, P. (2018). Rationale, design, and baseline data for the Healthy Mom II Trial: A randomized trial examining the efficacy of exercise and wellness interventions for the prevention of postpartum depression. Contemporary Clinical Trials, 70, 12-23.

Jain, P. K., & Schuetz, P. (2018). Rationale, design, and baseline data for the Healthy Mom II Trial: A randomized trial examining the efficacy of exercise and wellness interventions for the prevention of postpartum depression. Contemporary Clinical Trials, 70, 12-23.
FACULTY PUBLICATIONS

CALENDAR YEAR 2018


Advancing the HEALTH OF OLDER ADULTS in Taiwan

Kuei-Min Chen receives Distinguished Leadership Award

by Brett Stursa

Kuei-Min Chen, PhD ’00, MS ’96, an established gerontological health expert working to advance the health and well-being of older adults in Taiwan and around the world, received the Distinguished Leadership Award for Internationals, awarded by the University of Minnesota Global Programs and Strategy Alliance (GPS Alliance) and the University of Minnesota Alumni Association.

The award is conferred on international alumni who have attained unusual distinction as professionals in their careers and have demonstrated sustained outstanding achievement and leadership.

In her 30 years as a gerontological clinical nurse specialist, Chen has made significant contributions that benefit aging populations. Recently named vice president for global affairs at Kaohsiung Medical University, she also holds a number of high-ranking positions at the Ministry of Science and Technology and Kaohsiung City Government. She has had more than 76 articles published in journals, established the first master’s program in long-term care and aging at Kaohsiung Medical University and was inducted as a fellow into the American Academy of Nursing in 2017.

Chen began her career in 1992 when she graduated from Fooyin University with her associate degree in nursing. She earned a bachelor’s degree in nursing at the University of Dubuque in Iowa and a master’s and a PhD degree at the University of Minnesota School of Nursing.

Chen’s dissertation focused on the use of tai chi with community dwelling elders. She has expanded on this research throughout her career, concentrating on the efficacy of other complementary therapies with elders in a variety of settings.

We asked her about her maroon and gold spirit, what drew her to nursing, her favorite memories of being a Golden Gopher, her research and how aging differs in Taiwan compared to the United States.

What were some of your favorite memories of being a Golden Gopher? As an international student, my professor and mentor Mariah Snyder knew that I was from another culture and that we didn’t have football or hockey. So she took me to those games and I learned about hockey, football, and, especially, the Gopher spirit. I always remember I’m one of the Gophers. Since I graduated in 2000, I haven’t had the chance to come back. My husband is a Gopher, too, so we reminded since we’re back on campus. We walked across the campus and everything just came back, all those days. We still remember going to Village Wok for lunch, especially the sweet and sour chicken.

What drew you to nursing? Particularly, nursing research? I was 16 when I started my nursing junior college program in Taiwan. At that time, I didn’t like business or mechanics, so I thought maybe nursing was suitable for me. It wasn’t until the second year, when I went through the crowning ceremony to get my nurses hat, that’s the moment I really got touched and influenced by Nightingale. That’s when I decided nursing was for me and I hadn’t had any regret. Nursing is a great profession because you can take care of yourself, take care of your family, and then, you can take care of other people. Now that I’m in the academic area, I’m not only teaching but also doing research. I can provide the community services and also collaborate with the government. I have many, many things I can do, just based on my nursing foundation. That’s very important, how I overcame obstacles.

Have you noticed any difference in healthy aging in the United States versus Taiwan? I think culture does make a difference in terms of healthy aging. In terms of food, there is a big difference. I think people in western culture consume more calories. In Taiwan it is more common to eat vegetables, fiber. In terms of exercise, I think in the United States older adults are more active and outgoing. Eastern culture, especially for older adults, is more conservative. So that’s something we really have to find a way to motivate them to exercise.

You’ve back in Minnesota to be honored for the GPS Alliance Distinguished Alumni Award. What does it mean to you to be recognized as a leader in the field of nursing? It definitely means a lot to me, especially from my second home and from the university that taught me what I know. In Taiwan, we have all our university and the university should make you feel proud. After you graduate, you should make the university feel proud that you graduated from this university.” So this really means so much to me.

What had you noticed any difference in healthy aging in the United States versus Taiwan? I think culture does make a difference in terms of healthy aging. In terms of food, there is a big difference. I think people in western culture consume more calories. In Taiwan it is more common to eat vegetables, fiber. In terms of exercise, I think in the United States older adults are more active and outgoing. Eastern culture, especially for older adults, is more conservative. So that’s something we really have to find a way to motivate them to exercise.

Have you had any professional setbacks? How did you overcome them? That’s very important, how I overcame obstacles. After I graduated, I immediately got a grant from the government. While that was encouraging, after a year, my research findings were not what I expected. When I did a tai chi study with older adults in long-term care facilities, I expected that it would have effect on them. But after the study, the result was not significant and I was puzzled. At that time, I felt a non-significant result was equal to failing. I perceived that very wrongly, and now I know that. While I’ve been successful with grant applications, I’ve had a harder time getting published. For one very special paper, six journals rejected my paper, until the seventh one, which has a very high ranking. That paper ended up being the main paper for me to be promoted as a full professor. Now I use this story for my graduate students to encourage them to keep trying.

* * *
A 21st CENTURY SCHOOL NURSE

Nathan Grumdahl’s work at Northeast Middle School in Minneapolis requires more than Band-Aids and ice packs

by Brett Stursa

Five minutes into the first period at Northeast Middle School in Minneapolis, the school nurse, Nathan Grumdahl, is contemplating calling 911. A teenage girl is in his office wheezing and complaining that she is dizzy. She tells Grumdahl that she was in the emergency room at 3 a.m. this morning with an asthma attack and she doesn’t have her rescue inhaler. He coaches her through breathing exercises, listens to her lungs and takes her vitals, jotting notes on his hand — an old habit from his days as an emergency room nurse. On his mind is another student’s death from unmanaged asthma at her home only days ago.

Grumdahl calls the student’s mom, who is 45 minutes away and without a way to get to the school. Without other better options, he calls the paramedics. When the first responders and paramedics arrive — crammed into the nurse’s office, which still has a stove top from its days as the teacher’s lounge — they give the girl a nebulizer treatment and take her back to the hospital she was at only hours ago.

Most days don’t start this way, but it’s not uncommon either. “There are days where I don’t stop, I’m eating, charting, running, responding to calls, getting meds,” said Grumdahl. “It can be pretty intense.”

A TEAM OF HEALTH PROFESSIONALS

Grumdahl is just one of a team of health professionals working at the school. A dentist comes in once or twice a week and there are social workers, mental health therapists, medical assistants and paraprofessionals on hand daily. Given the number of American Indian students, about 10 percent, there is a mental health professional from the Indian Health Board and a social worker from the district’s Indian Education Program.

Of the students attending Northeast, nearly half are African American students and about a fourth are white. The vast majority — 80 percent — qualify for free or reduced lunches and 20 percent of the students receive special education services. Grumdahl adds that many of the students are homeless or in transitional housing, including the teenager with the asthma attack.

The school is equipped to address some of the challenges that can get in the way of learning. There is a room full of toiletries and clothes for students to take who need them, a washer and dryer, and a punching bag and yoga mat for de-escalation.

PUNK ROCK DAYS

Prior to becoming a school nurse, this isn’t what Grumdahl envisioned the work would look like and he didn’t see himself as one either. In fact, he spent a few years touring as a musician with the punk rock band Selby Tigers, which eventually led to opening for The Hives. He was selling vintage musical instruments when his son had to be delivered via an emergency C-section. That health scare reminded Grumdahl of an earlier interest in becoming a nurse. “I remember thinking if I’m ever going to do it, I’ve got to do it now,” said Grumdahl. So in his early 30s, he enrolled in the Bachelor of Science in Nursing program at the University of Minnesota. Juggling the responsibilities of work, being a dad and full-time student was hard, but he thinks he got more out of the experience than he would have when he was younger.

Although he doesn’t fit the typical profile, he said serving as a school nurse was an immediate fit. “You don’t see a ton of men working in any kind of pediatric field, especially as a school nurse, it’s pretty rare,” said Grumdahl. “But after the first pediatric rotation I did as a student nurse, I was like ‘This is it.’” He credits his initial interest in nursing to having a younger sister who is developmentally disabled, and he is also a child sexual assault survivor. “There is a piece of it for me that wants to be there for kids,” said Grumdahl. “I remember thinking if I’m ever going to do it, I’ve got to do it now.”

NOT A ONE-SIZE-FITS-ALL ENVIRONMENT

Grumdahl learned early on that as the school nurse at Northeast, there would be no one-size-fits-all answers. “It’s not as simple as recommending a parent take a kid to the doctor,” he said. “It’s the public health piece that can be difficult.”

While difficult, he also finds the work meaningful. “The stuff that these kids are dealing with is profound,” he said. “I’m providing another layer of support in their lives, so when they’re at school there is someone who is knowledgeable and who they know cares about them when they’re in a bad place.”

Not long after the girl with the asthma attack was wheeled away on a stretcher, another student comes in complaining of a sore tooth. Grumdahl is quick to ask him when his last cleaning was and to remind him that he can see a dentist at the school. He also asks if he had breakfast and when the student said he hadn’t, Grumdahl reminds him he can have breakfast for free at the school and encourages him to have lunch. Later, when a student with Spina Bifida comes in, the banter is easy and light hearted.

“Being a school nurse here means supporting a community of kids that are not getting a lot of support in this world and that’s pretty meaningful. You can throw yourself at it 150 percent and it will be like ‘give me some more,’” said Grumdahl. “So yeah, this is the kind of nursing I want to do.”
Margaret Ann Newman, early nurse theorist and faculty emeritus, passes

Margaret Ann Newman, who served as a nurse theorist and professor at the University of Minnesota from 1984 to 1996, died Dec. 18 at the age of 85. She is widely known for her theory of health as expanding consciousness and published the earliest primer on developing nursing theory, Theory Development in Nursing.

Dr. Newman was indeed a visionary, introducing her theory of health over four decades ago,” said Dean Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP. “Her focus on the expanding consciousness, the patient as a whole, the impact of nurses’ transforming presence, designing nursing interventions that foster patients finding meaning in their care experience, and viewing disease as a meaningful part of health are as important in health and care transformation today as four decades ago.

School celebrates legacy of Cook-Lapidis, Foundation trustee, alumn and psychiatric nurse

June Cook-Lapidis, School of Nursing Foundation trustee, previous Foundation chair and Dean’s National Board of Visitors member emeritus, passed away Dec. 21. A “double Gopher,” Cook-Lapidis earned a master’s degree in nursing in 1978 and another master’s degree in psychiatric nursing in 1982. She worked in a private practice as a psychiatric nurse for several years, improving the lives of many with her therapy and counseling skills.

"June was incredibly committed to the School of Nursing. Not only did she give philanthropic support for the school’s research efforts, she was the key leader in shaping and leading the school’s $45 million Empowering Health Campaign, the largest in school history," said School of Nursing Development Director John Kilbride. "We are proud to count her as one of our most distinguished alums, for her contributions to mental health as a nurse practitioner, and for pushing the school to do it’s level best for the people and communities who were depending on us.”

ALUMNI NEWS

Class Notes

Amber Herdzina Halverson, DNP ’18, accepted a position as a nurse practitioner at Consultantive Health and Medicine, which serves assisted living facilities throughout the Twin Cities.

Amy Haak, DNP ’17, BSN ’08, was named an innovation fellow at the University of Minnesota Earl E. Bakken Medical Devices Center and is the first nurse to be selected for the fellows program. She has worked as a registered nurse in the neonatal intensive care unit at Children’s Minnesota.

Sheryl Ramstad, DNP ’17, MN ’13, spoke at a Board of Regents meeting in February about professional graduate education and the role her advanced degree played in her career trajectory.

Kathryn Dopkins, DNP ’16, accepted a position as a hospice nurse at Mayo Clinic Health System in La Crosse, Wisconsin.

Sarah Guzinski Cascino, DNP ’14, received the 2018 Northeastern Memorial Hospital Pinnacle Nurse Leader Award. She was one of two nurses recognized at Northwestern Memorial in Chicago.

Anne LaFlamme, DNP ’13, received Innovation and Technology Award from the Women’s Health Leadership Trust.

Roxanna Gapstur, PhD ’10, MS ’97, was appointed president and CEO of WellSpan Health in Pennsylvania, which is the central Pennsylvania health system. Gapstur had been serving as president of Methodist Hospital and senior vice president of HealthPartners in Minnesota. She is the first female to be named president and CEO of WellSpan Health.

Jodi Wielczezak, MS ’09, accepted the position as director of the Cancer Care & Infusion Center for Northfield Hospital and Clinics in Minnesota.

Margaret Haselton Grundstrom, BSN ’39
Dolly Maas Kawczynski, BSN ’40
Elizabeth Darhem Martinka, BSN ’45
Dorthy Cochran Ramsan, BSN ’45
Doris Detring Ingraham, BSN ’46
Mary Jane Weisser Olson, BSN ’46
Phela Braff, BSN ’47
Lorraine Dahl Jenkins, BSN ’47
Yvonne (Bonnie) Courteau Vonter, BSN ’47
Carol Larson Eklund, BSN ’57
Yvonne (Bonne) Courteau Vonter, BSN ’58
Ruth Hass, MS ’59, BSN ’50
Shirley V Connely, BS ’60 Nursing Education
Grace Frejlach McDonald, BS ’60 Nursing Education
Elaine Davis, BSN ’60
Karen Danielson, MS ’72
Joan Stanberg, MS ’75, BSN ’54
Darlene Engbarth Wheeler, MS ’79
Norma Jean Deardorff Krantz, MS ’81, BSN ’78
Marilyn R Mihalicz Hays, MPH ’87, ME ’40, BSN ’53
Arlys Benjamin, MS ’89, BS ’51, BSN ’47
Kathryn Hoehn Anderson, PhD ’93, MS ’91
Christine Cramer Hogan, BSN ’01
Cheri Langmade O’Sheilds, former DNP student

Remembering

Jean Kintjen Andrews passed away on Jan. 11. Beginning in 1972, Andrews held various appointments with the School of Nursing and retired in 1990 as an associate professor. She specialized in curriculum evaluation and development, and led an Area Health Education Center (AHEC) project in northwestern Minnesota supporting rural nursing by establishing an academic progression in nursing curriculum that created educational steps for rural nurses to advance in their career. Additionally, she taught the education courses in the Master of Science program.

Dean Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP. "Her focus on the expanding consciousness, the patient as a whole, the impact of nurses’ transforming presence, designing nursing interventions that foster patients finding meaning in their care experience, and viewing disease as a meaningful part of health are as important in health and care transformation today as four decades ago.

Margaret Newman, early nurse theorist and faculty emeritus, passes

We celebrate her contributions as a professor at the University of Minnesota and her commitment to working closely with doctoral students.”

Newman earned bachelor’s degrees from Baylor University and the University of Tennessee College of Nursing, a master’s degree from University of California San Francisco and a PhD from New York University. She served as faculty at New York University, University of Tennessee and Penn State before coming to the University of Minnesota.

In the 1980s, she served as a civilian consultant to the U.S. Surgeon General for Nursing Research. She retired from teaching in 1996 and was named professor emeritus by the University of Minnesota School of Nursing. After her retirement, she remained active advancing nursing theory, education, research and practice through her presentations and publications, including her seventh book, Transforming Presence: The Difference that Nursing Makes.

ALUMNI NEWS
A MESSAGE FROM THE DIRECTOR OF DEVELOPMENT

We are well on our way to reaching ambitious goal

We know that the health care crisis is real. Our aging population, with increasingly complex and chronic conditions, combined with an uncoordinated delivery system are driving health care costs up and patient access and satisfaction down. As members of one of the largest and the most trusted profession in the nation, nurses are leading changes that address these issues. I believe there is no greater investment in the health of our communities than supporting the courageous men and women prepared at the School of Nursing. When the School of Nursing launched the public phase of Empowering Health - The Campaign for the School of Nursing, it represented the school’s first campaign in nearly 15 years, with a goal of raising $45 million by June 30, 2021. Since then, thanks to dedicated benefactors, faculty, staff, foundation board members, alums and friends of the school, we are well on our way to reaching our ambitious goal, as more than $32 million has been raised. Through this campaign — the largest of its kind in our school’s history — we will transform the lives of future nurses, researchers, system executives and other leaders through greater access to innovative learning. This is the moment when we empower the next 110 years for nurses are leading changes that address these issues.

BY THE NUMBERS

3,241 benefactors have donated to the campaign
1,129 benefactors are new donors to the school
44 benefactors have contributed to 90% of our progress so far

*As of 1/18/19

John Kilbride
Director of Development
kilbride@umn.edu
SCHOLARSHIP provides more than financial support

Donor Alice Kuramoto inspires MN student Song Yang

by Brett Stursa

After graduating with a sociology degree and service as an AmeriCorps member, Song Yang was accepted into the Centers for Disease Control and Prevention’s Public Health Associate Program. “That was where my love for public health developed and what led me to look into a career in nursing,” said Yang. As a public health advisor, she helped to implement a sexually transmitted disease intervention project in California, in an area that had some of the state’s highest rates of syphilis, chlamydia and gonorrhea. Eventually, intervention efforts were hindered as the local health department’s priorities began to mirror the conservative environment around it.

“Unwilling to wave the white flag, I collaborated with four nurses to find ways to prioritize the syphilis outbreak in the county,” said Yang. “From the nurses, I saw strong advocates and nurses who weren’t just nurturers, but also strong fighters in the areas of health promotion and prevention, and that is exactly what I want to be.”

Yang sought out a program specifically focused on those looking to change their career paths to nursing and was accepted into the competitive Master of Nursing program at the University of Minnesota. When she learned she was a recipient of the Dr. Alice Kuramoto Nursing Scholarship, she knew her aspirations of becoming a nurse would become a reality.

“I immediately researched who Dr. Kuramoto was and was inspired by her achievements,” said Yang. “It makes me happy to see such an incredible nurse, who also is Asian, doing amazing things. Her path inspires me to become a role model for my own community.”

“Her path inspires me to become a role model for my own community.”
– Song Yang, about Alice Kuramoto

After receiving the Dr. Alice Kuramoto Nursing Scholarship, Song Yang knew her aspirations of becoming a nurse would become a reality.

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www.nursing.umn.edu
The School of Nursing celebrated the graduation of 63 Master of Nursing, 17 Doctor of Nursing Practice and four PhD students at a commencement ceremony Dec. 14.

The School of Nursing celebrated the opening of its second Nurse Practitioners Clinic. The new clinic is located at the University of Minnesota Health Clinic and Surgery Center.

Dean Connie White Delaney traveled to Ethiopia in December to deepen the school’s relationship with several universities, including Jimma University, to grow advanced practice and doctoral preparation. She’s pictured with Jimma University director Samuel Abdu.

The newest inductees to the Zeta Chapter of Sigma Theta Tau International Honor Society of Nursing.

A trifecta of Living Legends, alumna Marie Manthey, Board of Visitor member Clara Adams-Ender, and Faculty ad Honorem Joanne Disch at the 2018 American Academy of Nursing reception, where Disch was named a Living Legend.

The Dean’s Scholarship Reception brought together more than 500 grateful students and generous benefactors at McNamara Alumni Center.

The School of Nursing celebrated the graduation of 63 Master of Nursing, 17 Doctor of Nursing Practice and four PhD students at a commencement ceremony Dec. 14.
CALENDAR OF EVENTS

Thursday, April 11
2019 All School Reunion

Friday, April 12
Nursing Research Day

Wednesday, May 1
110 Anniversary School Celebration

Friday, May 17
Commencement

June 5-7
Nursing Knowledge: Big Data Science Conference

July 29-31
Adolescent Health Summer Institute

For more information www.nursing.umn.edu/events