Research
Arm exercises may reduce leg pain
Healthy meals = healthy families

Informatics revolutionizes health care

SoN graduates first DNP class

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Dear friends,

The School of Nursing’s threefold mission reflects an epic call for transformation:

- As researchers, we seek to make new discoveries, understand health priorities, and advance scientific innovation.
- As educators, we develop effective learning strategies that foster the diffusion of nursing knowledge to nursing students and professionals.
- As nursing practitioners, we translate research into care-delivery models that meet patient needs.

In this issue of Minnesota Nursing, you’ll discover how the School of Nursing is boldly responding to this call for transformation.

GERIATRIC NURSING
The cover story focuses on the Minnesota Hartford Center for Geriatric Nursing Excellence. Its goal is to increase the number of faculty experts in geriatric nursing who will provide academic leadership in colleges and Universities in the Upper Midwest and in Tribal Colleges across the nation. The Center is directed by Dr. Jean Wyman and supported by a $1.5 million grant from the John A. Hartford Foundation.

INFORMATICS
Read on for an overview of nursing informatics. This integrative discipline combines information and decision sciences, systems engineering, and related technologies to improve decision-making by getting the right information to people at the right time. Informatics is reshaping health care in general and nursing in particular.

The research and leadership of SoN faculty like Dr. Bonnie Westra, Dr. Julie Jacko, and Dr. Thomas Clancy—to name only a few—show how we are using technology and informatics to develop new ways to conduct research, facilitate learning, and deliver patient-centric care.

HEALTHFUL MEALS AND EFFECTIVE EXERCISE
Turn the page to discover how Dr. Jayne Fulkerson is working with families to prevent weight gain and obesity by helping them plan easy and healthful meals. Learn about Dr. Diane Treat-Jacobson’s research on the effectiveness of arm exercises in older adults who have difficulty walking.

PARTNERS: OLD AND NEW
Join us as we celebrate and extend long-standing partnerships with the University of Iceland and Seoul National University. In the case of Iceland, the phrase “long-standing” takes on particular significance: Before becoming a nurse, Katharine Densford, SoN dean from 1930 through 1959, completed a master’s thesis on Icelandic sage literature.

“Long-standing” also describes the School’s relationship with Seoul National University (SNU). This collaboration began a half century ago when the University of Minnesota partnered with the U.S. Agency for International Development to help SNU rebuild and modernize after the Korean War. We’re especially proud to note that SoN graduates have played a key role in nursing research, education, and care in Korea.

We now invite you to celebrate our new partnerships with nursing schools in Peru and India. Through all these partnerships—old and new—we’re collaborating with our colleagues to extend nursing science, develop the capacity of nurse professionals, and increase the ability of nursing to transform professional care and care-delivery models.

JOIN US!
You—student, alum, friend, faculty, staff, or colleague—are a critical part of this transformation and our distinct contribution to it. These are exciting times at the School of Nursing. Join us as we explore, engage, and excel in the vital work before us.

Warmly,

Connie Delaney
Professor and Dean
Group from SoN Conducts Clinical Project in Cambodia

In 2007, SoN clinical assistant professor Bonnie Bata-Jones, MS, RN, FNP, traveled to Monkoi Borei, Cambodia. There she gathered data on the incidence of hypertension in 12 rural villages with the assistance of Karen Sherk, Jennifer McElveen, and Mary Bajari-Hesch, all students in the family nurse practitioner program.

Working with Arlys Herem, RN, FNP, director of the Dahammayietra Mongkol Borei program, and her staff, Bata-Jones and the students screened 3,527 Khmer villagers for hypertension. The results were shared with the district health ministry.

Their visit also included tours of the local hospital and open-air clinics, as well as a trip to the ancient Khmer temples and ruins at Angkor Wat in northern Cambodia.

The project was funded in part by a Faculty Travel Grant awarded through the University’s Consortium for the Study of the Asias.

SoN Recognized for Work with Nursing Minimum Data Sets

The International Council of Nurses has approved the School of Nursing as an International Classification for Nursing Practice Research and Development Centre. The school is one of only six ICNP Research and Development Centres in the world, and one of two in the United States.

The school was recognized for its work with nursing minimum data sets. This includes the Nursing Management Minimum Data Set and the International Nursing Minimum Data Set (i-NMDS) co-developed by Dean Connie Delaney, PhD, RN, FAAN, FACMI.

The center will serve as the umbrella structure for the International Nursing Minimum Data Set, the USA Nursing Minimum Data Set, and the USA Nursing Management Minimum Data Set.

The center is strengthened by its association with one of the largest Academic Health Centers within one of the foremost research universities in the United States. In addition, the SoN Laboratory for Computational Nursing Science provides the dedicated computers and advanced software needed to support the development of data and information sets, as well as advances in knowledge discovery.

Minimum data sets are standardized terms that have comparable meanings across hospitals, systems, and even nations. The use of nursing minimum data sets allows electronic documentation of nursing care. This documentation is the key to ensuring the availability and use of essential clinical data within our health care systems.

The Nursing Management Minimum Data Set (NMMDS) has also been approved for inclusion in one of the national standards (LONIC) for electronic health records in the United States. “This is a milestone in nursing history and that of the school,” Delaney said.

The school is collaborating with the World Health Organization (WHO), the International Council of Nurses, and nations around the globe that are using the International Nursing Minimum Data Set (i-NMDS) to address WHO nursing priorities. These include the care of children with HIV/AIDS and nursing workforce issues. The school will also continue research related to electronic health records.
SoN Graduates First DNPs in Minnesota

Graduates of the Clinical Doctor of Nursing Practice Program celebrate the successful conclusion of their studies. “These are all top-notch professionals, and they will have a tremendous impact on the field of nursing,” says Sandra Edwardson, PhD, RN, who directs the program.

“Once again, the School of Nursing has demonstrated its leadership in the discipline of nursing through the development the DNP program,” says Dr. Frank Cerra, Senior Vice President for Health Sciences, Academic Health Center. “The nursing profession and the health of future generations will be enhanced with the graduation of these new leaders.”

Undergraduates Serve Elders on St. Paul’s East Side

Under the direction of nursing faculty Christine Mueller, PhD, RN, BC, CNAA, FAAN, the SoN is partnering with the Payne-Phalen Living at Home Block Nurse Program to offer health and wellness services to seniors at the Edgerton High Rise and the Parkway Gardens Senior Apartments on St. Paul’s East Side.

The 14-story Edgerton High Rise, which is managed by St. Paul Public Housing Authority, provides senior dining and congregate housing services. It is also the site of an assisted-living program operated by the Wilder Foundation.

Every semester, undergraduate nursing students care for residents during a weekly three-hour clinic at the high rise. They weigh residents, take blood pressures, offer health information, and, when necessary, make referrals to the Block Nurse Program for further assessment. The students are supervised by teaching specialist Mary Dierich, RN, MS, C-NP.

Other undergraduate nursing students provide similar services to residents at Parkway Gardens Senior Apartments. And when feasible, additional students accompany the Payne-Phalen Block Nurse as she visits elders in their homes.

“This is a wonderful service learning partnership,” Mueller says. “Each year, up to 24 undergraduate students have an opportunity to learn about the needs of community-based older adults on the East Side. And at the same time, the students are providing a real service to the community.”

MS Degree Transitioning to DNP

In line with a new national trend, the School of Nursing is transitioning the Master of Science, major in nursing degree, to the Doctor of Nursing Practice degree (DNP).

This practice doctorate prepares nurses for leadership as advanced practice nurses, clinical experts, health care executives, policy experts, and informaticians.

Students who hold a master’s degree in nursing and have nursing specialty preparation can earn the post-master’s DNP within one calendar year. New students are admitted in the fall. Admission is competitive.

In fall 2009, the school will launch the Post-Baccalaureate to DNP program for students who are registered nurses with a minimum of a baccalaureate degree.

For more information, visit www.nursing.umn.edu/DNP.
Minneapolis Hartford Center of Geriatric Nursing Excellence

Educating Tomorrow’s Geriatric Nurses

The mission of the Minnesota Hartford Center of Geriatric Nursing Excellence is “to advance the care of older adults by preparing outstanding nursing faculty from diverse backgrounds who can provide leadership in strengthening geriatric nursing at all levels of academic nursing programs.”
The University of Minnesota has long been a leader in gerontological nursing education. Now thanks to the launching last fall of the Minnesota Hartford Center of Geriatric Nursing Excellence, the University is positioned to play an even bigger role in meeting the demand for nurses with the expertise to care for older adults. The center, established with $1 million funding from the John A. Hartford Foundation, $500,000 from the University of Minnesota Academic Health Center, and $20,000 from Evercare, will be a valuable resource for preparing nursing faculty in the Upper Midwest to educate the next generation of gerontological nurses.

PREPARING FACULTY
According to the Hartford Foundation, less than 1 percent of registered nurses today are certified as geriatric nurses. Yet the U.S. Census Bureau predicts that by 2020, nearly one out of six of Americans will be age 65 or older—and that proportion will continue to rise for decades.

“Not enough nurses are going into the specialty of gerontological nursing,” says center director Jean Wyman, PhD, RN, FAAN, professor and Cora Meidl Siehl Chair of Nursing Research. “The only way to prepare nurses to care for older adults is to better prepare faculty.”

The new center will encourage current nursing professionals and students to pursue careers as gerontological nursing faculty. It will also provide much needed resources, from an innovative summer faculty development program to new online educational opportunities.

Over the five years of the grant, center leaders hope to recruit at least two dozen doctoral students and bring to campus 50 to 60 faculty from institutions throughout the Upper Midwest to develop their potential as academic leaders in geriatric nursing.

“Given the demographic changes that are going on in our country and in the upper Midwest, there’s going to be a significant need for all nurses to be competent in caring for older adults,” says center co-director Christine Mueller, PhD, RN, BC, FAAN, associate professor and chair of the adult and gerontological health cooperative unit. “In the long run, the center will benefit care of older adults in Minnesota and even beyond.”

LEADING CURRICULUM CHANGE
One the new center’s most innovative components is the Faculty Learning About Geriatrics Institute. The institute will provide professional development for faculty in nursing programs and tribal colleges as well as for advanced practice nurses. Participants will attend a summer workshop followed by yearlong mentorship.

“We’re going to help faculty learn more about geriatrics, how to teach geriatric nursing, and how to develop academic leadership skills so that they can lead curriculum change around geriatrics,” Wyman says.
BOOSTING TRIBAL COLLEGE PROGRAMS

The Upper Midwest Geriatric Nursing Education Alliance is the second key component of the center. The alliance will bring together representatives of nursing education programs in Minnesota, Wisconsin, North Dakota, and South Dakota to share their experience, strategize, and implement improvements in geriatric nursing education.

The alliance will also serve as a framework for recruiting additional faculty to the field. It will provide a starting point for weaving gerontology through nursing curricula at participating educational institutions. To date, 30 schools, including five tribal colleges, have expressed interest in participating in the alliance.

The alliance will provide a valuable boost for tribal college nursing programs. Many of these programs, Wyman says, are small and isolated, with just a few faculty members. Participation in center programs will help these faculty members gain the skills and support they need to give gerontological nursing a prominent spot in their programs.

Reaching out to tribal colleges is “a fabulous idea,” according to Associate Professor Margaret Moss, DSN, RN, JD. “American Indian elders have the worst statistics for life span, disease burden and severity of disease, and lack of eldercare. We’re providing much needed education that will help the most needy,” says Moss who serves as director of Inclusivity and Diversity, is the Associate Director of the American Indian and Tribal College Initiatives for the Hartford Center, and chairs the Leadership, Systems, Informatics, and Policy Cooperative Unit.

According to Wyman and Mueller, the University of Minnesota is an ideal spot for the new center because of its track record and existing programs for gerontological nurses and nursing faculty. A number of SoN faculty have special expertise in the area, and the school has existing partnerships with tribal colleges, including the Native Nurses Career Opportunity Program, which Moss directs.

ON THE WAY

In just a few short months, the Minnesota Hartford Center of Geriatric Nursing Excellence has made major progress toward its goals. In October, the center selected five recipients for its doctoral scholarship: Sue (Patricia) Bikkie, Mary Dierich, Niloufar Hadidi, Audrey Weymiller, and Diane Willer-Sly.

Students receive mentoring and participate in monthly seminars. The first seminar was held in January. “It was really exciting to have these scholars come together and share their experiences,” Wyman says. “We could already see the students benefit from peer and faculty discussions related to their own career development.”

The center is moving forward in other ways, too. Its advisory committee will meet in April. The Upper Midwest Alliance kick offs in May with a keynote presentation by Dr. Heather Young, director of the Oregon Hartford Center of Geriatric Nursing Excellence, which will be open to faculty, students, and the community. And the Faculty Learning About Geriatrics Institute will convene in August.

Wyman’s goal is to make the center self-sustaining. Already the Hartford grant has leveraged thousands of dollars in additional funds.

“The center gives the School of Nursing national recognition and visibility as the place to come if you want to be a faculty member or a student in the area of gerontological nursing,” Wyman says. “It’s created a whole new energy and excitement. The University of Minnesota is where it’s happening with geriatrics.”

For more information, contact program administrator Jeanne Carls, MEd, BS at 612-626-2473 or carls072@umn.edu. Or visit www.nursing.umn.edu/HartfordCenter
We live in a time of global convergence—what happens in one place inevitably impacts the rest of the world. This is especially true when it comes to health issues.

Obesity, for example, is usually seen as a problem for people living in richer, more industrialized countries. But in reality, it is a growing public health concern all over the world. The shortage of nurses is also a global phenomenon, along with the shortage of nursing faculty.

Global problems require global solutions. That’s why the School of Nursing is strengthening partnerships and creating new ones with nursing schools around the world.

“In every case, these partnerships are mutual and reciprocal. There is clear benefit to both participants,” says Dean Connie Delaney, PhD, RN, FAAN, FACMI. “And when we strengthen each other, we also strengthen global health and nursing.”

ICELAND: A SIMILAR VISION

In 1982, the University entered into partnership with the University of Iceland. Since then faculty and students from both institutions have participated in exchanges of various kinds. And a number of Icelandic students have completed degrees at the School of Nursing.

Last year on the twenty-fifth anniversary of this partnership, the two universities agreed to expand the existing relationship and begin a focused collaboration in the health sciences.

According to Delaney, who also holds a faculty appointment at the University of Iceland, researchers in both institutions share a similar vision. “We look forward to fostering cross-national, collaborative research in key areas such as nursing and health informatics, gerontology, public health, maternal and child health, obesity prevention, and evidence-based outcomes,” she says.

Delaney also looks forward to expanding opportunities for student and faculty exchanges like this spring’s weeklong Global Health Institute. The institute was hosted by the University of Iceland and co-sponsored by the U of M School of Nursing, School of Public Health, and College of Veterinary Medicine.

Participants learned about global health concerns, informatics in global health, the health effects of global warming, and changes in water and air quality. Courses were taught by interdisciplinary teams of faculty from both universities.

“We are confident that this vibrant partnership will benefit nursing students, faculty, researchers and other health professionals in both countries,” Delaney says.

KOREA: A RICH COLLABORATION

The U of M has partnered with Seoul National University (SNU) since the 1950s. Some 6,000 Koreans have earned degrees at the University. Of the 135 countries represented in the University’s student body, Korea has consistently ranked in the top five.

SoN has also enjoyed a long partnership with SNU’s College of Nursing. The relationship was started by Katherine Densford, SoN dean from 1930 through 1959.
International collaborations allow us to discover whether our research findings are valid across cultures.

Yeo Shin Hong, BSN ’61, MS ’71, SNU’s retired dean of nursing, is credited with shaping nursing in her homeland. “Her work in South Korea has equaled Katharine Densford’s leadership here,” says Neal Gault, Jr., former dean of the Medical School.

Hyeoun Ae Park, MS ’83, also completed a master’s and doctorate in public health before returning to SNU. She introduced the first statistical consulting lab and the first computer lab in a Korean nursing school. Park also started the first graduate-level nursing informatics major.

SNU’s College of Nursing is part of the International Council of Nurses International Classification of Nursing Practice Research & Development Center, located at the SoN.

The center serves the research development initiatives of the International Nursing Minimum Data Set (iNMDS). Park serves on the iNMDS steering committee.

“Our relationship with our sister university in Korea is growing a very rich collaboration,” Delaney says. Last October, she traveled to Seoul to deliver a keynote address at an international conference marking the centennial of SNU’s College of Nursing.

Delaney welcomes continued collaboration between SoN researchers and those at SNU—especially in the area of informatics. “Our colleagues in Korea have a wealth of expertise in this field,” she says. “By working together, we can address key issues and look to the future direction of the nursing profession and science, all of which are impacted by informatics.”

PERU: PHENOMENAL CLINICAL EXPERTISE

In September 2007, the School of Nursing entered into partnership with the College of Nursing and Midwifery at the Universidad de San Martin de Porres in Lima.

Founded in the early 1960s, San Martin de Porres is dedicated to “the promotion, development, and diffusion of science, technology, and culture” while working toward “the creation of just, equitable, and modern society.”

SoN and the College of Nursing and Midwifery will collaborate on strengthening research and teaching through faculty and student exchanges and collaborative research.

“San Martin de Porres has phenomenal clinical expertise in public health nursing, maternal and child health, nursing leadership, and nursing administration,” Delaney says. “Our students and faculty will benefit tremendously from collaborating with these outstanding clinicians.”

In return, SoN will help the College of Nursing and Midwifery develop its research capacity. “It’s an excellent opportunity for both institutions to pool their resources to advance teaching, research, and clinical practice,” Delaney says.

INDIA: LEARNING ABOUT CARE DELIVERY

SoN’s newest partnership began last October with an agreement between SoN and the Narayana Hrudayalaya Hospital School of Nursing in Bangalore.

“Here, too, we are privileged to collaborate with colleagues who have vast clinical expertise,” Delaney says. “This partnership will also allow SoN students and faculty to learn about a wide range of issues in Indian care delivery—including the use of telemedicine to reach patients in rural villages.”

Yet another partnership will soon be operational with the College of Nursing at Manipal University. One of the largest private universities in south Asia, Manipal rivals the U of M in the scope of its health care facilities and health professional colleges, which include medicine, nursing, pharmacy, dentistry, and allied health.

Globalism and informatics are redefining nursing education and research. Delaney notes that these partnerships all have strong informatics and public health nursing components.

“These collaborations will result in the production and diffusion of new nursing knowledge,” she says. “We learn from each other. In particular, we will have the opportunity to learn whether our research findings are valid across cultures.”

Dean Connie Delaney (left) and Dr. Frank B. Cerra, Senior Vice President for Health Sciences at the University of Minnesota Academic Health Center (center), sign agreement with Rohini Paul, Dean of Narayana Hrudayalaya Hospital School of Nursing.
The invention of the stethoscope in the early nineteenth century revolutionized the practice of health care. Clinicians could now do more than listen to patient concerns and examine body fluids. They could actually observe changes in the organs of the body. And that, in turn, led to a whole new way of understanding health and diagnosing illness.

Health informatics has been called the stethoscope of the twenty-first century. And like the stethoscope, this new tool is rapidly changing health care in general and nursing in particular.

Many people think that “informatics” means “computers.” But the terms are not synonymous. “Informatics is the processing and management of information that is important to a discipline,” explains Assistant Professor Bonnie Westra, PhD, RN, RWJ Nurse Executive Fellow. “The computer is one of the technologies that we use to do this.”

**BASIC QUESTIONS**

Informatics is an integrative field that combines information and decision sciences, systems engineering, and related technologies to answer three basic questions:

- How do people think?
- What do they think about?
- How can the technology be used to support how they think and what they need to think about?
AN INTEGRATIVE APPROACH
The School of Nursing has adopted an integrative approach to informatics that incorporates the perspectives of clinical providers, patients or consumers, and public health professionals. In each case, the questions are the same: How do they think? What do they think about? How can this be supported by technology?

“Our focus at the school is research, education, and service,” Westra says. “We want to transform health through knowledge representation, knowledge discovery, and knowledge translation within each of these missions.”

KNOWLEDGE REPRESENTATION
How do we describe patient, family, and community problems and nursing interventions and outcomes in a way that’s understandable across multiple settings like hospitals, health systems, entire nations, and even around the world? This is the question that researchers working in the area of knowledge representation are trying to answer.

Knowledge representation involves the development of standardized terms that have comparable meaning across settings. This entails naming what nurses think about (concepts), developing a definition, grouping concepts, and assigning a code to them.

Nursing knowledge is described on a detailed level using terminologies, which are the backbone for describing nursing practice. Higher-level description is accomplished through the use of minimum, essential, core data sets.

There are two minimum data sets important to nursing in the United States. The Nursing Minimum Data Set describes the clinical practice of nursing. The Nursing Management Minimum Data Set describes the resources and environment in which nurses practice.

At an international level, there is a minimum data set that includes a combination of clinical and management data, the International Nursing Minimum Data Set (i-NMDS). Together, minimum data sets allow for comparison of higher-level data across settings (see www.nursing.umn.edu/ICNP).

The use of terminologies and minimum data sets provides consistent words with comparable meaning so that nursing care can be documented electronically. “This is a welcome development,” Westra says. “When I first began working with informatics in the late 1980s, existing data bases had little information about nursing.”

KNOWLEDGE DISCOVERY
Once nursing knowledge and practice has been accurately represented in information systems, researchers can extract certain kinds of data for analysis and modeling. This can lead to improved patient outcomes and safety, more efficient nursing practices, a reduction in workload, and software that helps clinicians make better decisions.

For instance, researchers interested in medication errors can extract recorded data on when, where, and how errors occurred in a given setting, for certain kinds of patients, or during a certain period of time. Subsequent analysis can lead to better understanding of error patterns and how to avoid such errors in the future.

The expansion of knowledge representation using standardized nursing terminologies allows researchers to discover how nursing care can lead to better patient outcomes. That’s because the use of informatics makes data available for secondary use in research. (See “How Informatics Shapes Research,” page 11).

KNOWLEDGE TRANSLATION
Once researchers have analyzed the data and discovered, for example, factors that lead to medication errors, that information along with other evidence-based practice guidelines can be translated, or embedded, into practice. One way of doing this is through the development of clinical decision support tools.

These include the computerized guidelines to support best practices. The guidelines provide evidence-based recommendations for screening patients with a particular set of symptoms, as well as interventions recommended for improved patient care.

Another example of knowledge translation is the use of computerized alerts in hospital charting systems. A sample alert might read, “Based on this pain medication, the patient should be observed every 30 minutes for the next two hours.”

HEALTH TRANSFORMATION
Nurses have always recorded and communicated information. The use of informatics tools and practices is an extension of nursing practice. Informatics may be high-tech, but nursing itself remains close to patients and families. In other words, says Dean Connie Delaney, PhD, RN, FAAN, FACMI, “nursing brings a distinct new humanity to this new science.”

The goal of SoN researchers is to combine informatics and nursing in a way that will make health care safer, effective, efficient, patient-centered, timely, and equitable for all patients.
How Informatics Shapes Research

The use of informatics can change not only how researchers investigate, but what they investigate. Bonnie Westra cites one of her own recent studies as an example.

“For instance, we know that 28 percent of home care patients are readmitted to the hospital,” she says. “So how can we predict which patients are likely to be part of that 28 percent?”

Traditionally, researchers tried to predict repeat hospitalizations by analyzing data about the patient’s medical diagnosis, such as cancer or congestive heart failure because that was the most widely collected data.

**A DIFFERENT APPROACH**

Westra, however, took a different approach. She analyzed data about 4,000 patients collected by 15 home care agencies in the Midwest, including assessments and standardized interventions using the Omaha System. She clustered patients into four groups:

1. Those with mixed medical diagnoses who lived alone
2. Those with mixed medical diagnoses who lived with someone else
3. Those with cardiac and circulatory problems
4. Those with functional impairments, including the inability to manage oral medications

Her analysis revealed that while medical diagnoses are important, additional variables are critical in determining whether a patient is rehospitalized. These additional variables are important to nursing. They include caregiver support, cognitive functioning, functional status, and patient behavior.

**BEFORE STANDARDIZATION**

In the past, these kinds of data weren’t available electronically. To collect them, researchers would develop or use a questionnaire and interview patients individually. “Each interview would take at least an hour,” Westra says. “Add travel, transcription, and error correction, and the amount of time needed is overwhelming.”

Additionally, the use of standardized terminologies to represent nursing and other clinical interventions did not exist. The only measure of the care provided was grossly defined by whether the patient received a visit.

**REUSING AVAILABLE DATA**

But in 1998, the Centers for Medicare and Medicaid Services (CMS) began requiring home health agencies to collect this data. CMS uses the data to assess patients and risks and calculate Medicare payments, as well as for quality improvement. At first, agencies collected this data on paper, but around 2000, most converted to electronic systems.

Nurses now routinely collect the data, which are audited by the home health agencies. Westra obtains the data sets from the system vendors. “In just a few hours, I can have access to information on thousands of patients and at the same time protect patient privacy and confidentiality,” she says. “I’m not collecting data, I’m reusing it.”

Westra is in the process of examining the relationship between the interventions provided and the likelihood of rehospitalization. “This is the next focus for CMS—they would like to use standardized terms to describe the care provided to study how to improve outcomes and reduce cost,” she says.

This kind of research is entirely new for home care, and Westra is hopeful that it will lead to the development of evidence-based best practices.
Today in many clinics, hospitals, or other health care settings, electronic health records (EHRs) make patient information available to all clinicians. EHRs reduce the potential for misdiagnosis, drug interaction, duplicate testing, and errors stemming from miscommunication or missing information.

Ultimately EHRs will be interoperable, that is, data entered into one system can be exchanged between information systems and made accessible to everyone who needs this information and has the right to access it—patients, providers, and third-party payers. The Department of Health and Human Services, through the Office of the National Coordinator for Health Information Technology, has successfully piloted models for a Nationwide Health Information Network. Using the Internet, this network of networks will connect health information exchanges in different markets to enable the secure and confidential sharing of information across the health care system.

**E-HEALTH INITIATIVE**

Closer to home, the Minnesota e-Health Initiative is promoting the adoption and use of interoperable EHRs and electronic health information exchange throughout the state. In fact, last year the Health Record Act was passed in Minnesota. This law requires all health care providers to use interoperable electronic health records by 2015.

Among the goals of the Minnesota e-Health Initiative are:

- Ensuring that patients have the information they need to make good health and medical decisions
- Connecting providers so they can access and exchange information electronically
- Protecting communities and improve public health through the use of modern, interoperable information systems

The Initiative is also working on standards for information exchange and policies that ensure information privacy and security. For more information, visit www.health.state.mn.us/e-health.

**Getting Ready For 2015**

In January, the SoN organized the Minnesota Technology Informatics Guiding Education Reform (TIGER) summit. Nurses from all over the state gathered to develop an action plan for meeting the requirements of the Health Record Act.

View PowerPoint presentations at www.nursing.umn.edu/MNTiger/MNTiger_Presentation.html
Informatics undergirds every aspect of health care research, delivery, planning, and policy. That’s why the U of M’s Academic Health Center has created the Institute for Health Informatics. The institute is committed to improving health care through the effective and efficient use of informatics.

A NICE SYNERGY

“Research is at the core of the institute, but education, service, and technology transfer are also essential aspects of our work,” says director Julie Jacko, PhD. “The institute will encourage interprofessional collaboration across disciplines within the Academic Health Center and provide links to researchers in engineering and bioscience.”

The institute will also strive to leverage the University’s existing partnerships with industry, government, communities, and health care systems, and create new ones. “The combination of these strategic partnerships, on-going academic research, and the graduate program in health informatics creates a nice synergy,” Jacko says.

She believes that this synergy will result in the creation of innovative products that can be used to enhance health care for both providers and patients.

Jacko, who was named director of the institute in October, holds appointments as professor in the School of Nursing and the School of Public Health Division of Environmental Health Science.

Before coming to Minnesota, she held a joint appointment as professor of biomedical engineering and professor of interactive computing at the Georgia Institute of Technology and the Emory University School of Medicine. She also served as director for research of the Health Systems Institute, a joint Georgia Tech-Emory University initiative.

HUMAN-COMPUTER INTERACTION

Much of Jacko’s research focuses on human-computer interaction—that is, the way people work and interact with electronic devices like personal and laptop computers, information kiosks, hand-held devices like Blackberries, and in particular, those designed for medical diagnosis and treatment.

A device interface serves as the boundary between the user and the machine’s intended functionality.” When the interface empowers the user to operate the device seamlessly for its intended purpose, the experience will be satisfying for the user and the result will be increased productivity, reliability, and safety,” she says.

The applications of her research in human-computer interaction span the fields of health informatics, technological aspects of health care delivery, and universal access to electronic information technologies.

TECHNOLOGY ACCESS AND EMPOWERMENT

Jacko has been recognized nationally and internationally by her landmark achievements advancing technology access for people with visual impairments and blindness.

Her research in this area has investigated a broad range of issues that range from computational modeling of the behaviors and strategies people with visual impairments exhibit when attempting to make use of various technological forms and functions, to mapping neuroplasticity in patients diagnosed with prevalent ocular pathologies, such as macular degeneration (both age-related and juvenile forms).

The overarching theme of this work is to empower people disenfranchised by current technological designs and standards to participate as full citizens in our information society.
NURSING RESEARCH

Healthy Family Meals

RX

Healthy Family Meals

Name
Address

Date

MD

Signature
As a psychologist, Jayne Fulkerson, PhD, has seen firsthand the many threats to the well-being of American children: challenges to self-esteem, unhealthful eating, problems with weight control and obesity, a sometimes-shortchanged need for family connection and cohesion.

She also sees at least a partial solution: family meals. POSITIVE CORRELATIONS

Before joining the SoN faculty, Fulkerson spent several years as a senior research associate working on a series of children’s health promotion studies in the School of Public Health. Along with colleagues Dianne Neumark-Sztainer, PhD, and Mary Story, PhD, she found a correlation between participation in family meals and developmental assets like positive values, positive self-esteem, and sociability. Lack of participation was correlated with traits such as depression, violence, and eating disordered behaviors.

“When I realized that family meals were not only related to better eating habits, but that they were also related to well-being in kids, that really intrigued me,” Fulkerson says. Further research added other dimensions to the picture. One study found that parents, young adolescents, and older teens believed that family meals were important—although this might come as a surprise to parents of teens. Another study supported the notion that family meals, particularly when they create a positive environment, are associated with psychological well-being in young people.

But it was also abundantly clear that when the realities of everyday life came into play, family meals often were among the activities that are crossed off the list. “Sports, church, work schedules, all kinds of things interfere with family meals,” Fulkerson says.

IDENTIFYING THE BARRIERS

Fulkerson wondered how busy families could increase the time spent around the table. To find out, she applied for and received funding from the National Institutes of Health for a project called “Healthy Offerings Via the Mealtime Environment” or HOME. This study aims to improve nutritional intake and prevent obesity by promoting healthful family meals.

The first step was a survey of Twin Cities parents to identify what would help them have more family meals. Fulkerson used these findings to begin development of the HOME study.

“Some parents joked that they wanted maids and chefs,” she says with a smile. But, she quickly adds, “That’s not going to work in the real world, and it shows the time pressure parents feel.” On a more practical level, the adults identified a number of specific factors, ranging from exhaustion to lack of planning that made it tough for them to eat meals together on a regular basis.
A lot of parents had meals together when they were children. They remember and like that idea.

The initial survey was followed by focus groups. Participants elaborated on barriers: the stress of making separate meals for fussy eaters; a lack of ideas for quick and healthy meals; a perceived lack of time for meal planning, preparation, and cleanup; a conflict between the desire to have the kids help and the need to get the meal made quickly, efficiently, and without a lot of mess.

**NUTRITION AND COOKING SKILLS**

Fulkerson crafted an intervention based on the findings from the surveys and the focus groups. She recruited 44 families from two elementary schools. Half the families served as controls. The other half participated in a series of five 90-minute sessions involving nutrition education, cooking skills for kids, and cooperative cooking, topped off with a big shared meal using foods the children helped to prepare.

“We had a lot of interactive activities,” Fulkerson says. “The families cooked together, the food was served as a buffet, and they were all able to try the wide variety of foods they had made.” After the series of sessions were over, she and her colleagues gathered information from families on how their habits might have changed. A preliminary analysis of the findings indicates that families in the group that prepared and ate meals together are finding it easier to limit pop in the home and to serve more fruit at dinner. And children in that group are helping more with meal preparation than those in the control group.

The findings also support the notion that families really want to have family meals together. “A lot of parents had meals together when they were children,” Fulkerson says. “They remember and like that idea. They’d like to get over some of the barriers and have more nutritionally sound family meals in their own homes.”

**NEXT STEPS**

Once the pilot study is complete, Fulkerson will pursue funding for a full-scale intervention that would increase the frequency of healthful family meals by helping families learn practical strategies to make it work for them.

She’s also interested in exploring the relationship between family meals and overweight. That’s hard to do under current study designs, she says, because what’s measured is often whether families eat together, not what they eat together. As a result, she’s developing a survey tool to assess the healthfulness of what’s served at family meals, as well as whether and how often families eat together.

Another unexplored area is the relationship between culture and family meals, and how that might affect intervention programs. “My long-term goal is to prevent obesity or to decrease excess weight gain by working with families,” Fulkerson says. “Ultimately all of this hopefully will lead us to healthful, frequent family meals as a way to decrease obesity.”

**Making Meals Happen**

Based on her research and anecdotal observations over the years—as well as her real-life experience as the parent of an active 10-year-old—Jayne Fulkerson offers these suggestions to families:

- Focus on fruits and vegetables.
- Involve children in shopping, planning, and making meals.
- Make family meals a priority. When eating together is a priority, families make it happen. Don’t worry if you can’t eat together every night, but do try to eat together as frequently as possible.
Trying to reduce leg pain with an upper-body workout sounds a bit like taking cough syrup for athlete’s foot. But Assistant Professor Diane Treat-Jacobson, PhD, is learning otherwise. Her research focuses on peripheral arterial disease (PAD), in which plaque builds up in the arteries of the legs, impeding blood circulation. PAD affects an estimated 9 million Americans, including one in five over 70 years of age.

When persons with PAD walk or otherwise use their leg muscles, oxygen is quickly depleted. This causes muscle pain or cramping that feels like a charley horse. The discomfort keeps many people from exercising, and that leads to a downward spiral of inactivity and further vascular dysfunction. Severe PAD can make it hard to perform the everyday tasks of living, from climbing stairs to grocery shopping.

Until now, the conventional treatment for PAD, ironically, has been using those aching legs. “Standard exercise therapy requires walking until it hurts, resting for a few minutes until the pain subsides, and then walking again,” Treat-Jacobson says. Walking into the pain, she says, trains the muscle to use oxygen more efficiently. Over time, the onset of pain is delayed, and the individual is able to walk a little longer. But it’s not surprising that many have a hard time following that prescription with much conviction or consistency.

A LESS PAINFUL PRESCRIPTION
Might there be a less painful way to make progress against PAD? While searching for ideas, Treat-Jacobson encountered a British study that compared the effect of stationary bicycling to the effect of “arm cycling”—performing aerobic exercise by rotating a crank with the arms instead of the legs. The study found some improvement in PAD symptoms in both treatment groups.

Treat-Jacobson was intrigued by the results, but felt they didn’t provide enough information because cycling lacks the weight-bearing component of walking. She received a grant from the American Heart Association to carry out her own research project comparing the effectiveness of arm cycling and treadmill walking on exercise-associated pain in persons with PAD.

Treat-Jacobson began by measuring how long subjects with PAD could walk before they began to feel pain, then how long they could walk with the pain before it shot up to “5” on her scale—too intense to tolerate. Subjects then went through a 12-week exercise routine that consisted of treadmill walking, treadmill walking plus arm cycling, or arm cycling alone.

UNANTICIPATED FINDINGS
Before she started the study, Treat-Jacobson expected that individuals assigned to perform both forms of exercise would have
the best outcome. All three groups did show statistically significant gains in the distance study participants could walk before the pain stopped them. But when it came to the amount of time they could walk before the pain began, the arm cyclers were at least as good, and perhaps even better, than subjects in the other treatment groups. Not only that, but the arm cyclers also showed a decrease in resting blood pressure, while the others did not.

“We were surprised,” Treat-Jacobson says. She suspects that walking may cause inflammation in leg muscles that limits the ability to benefit from the exercise. It also may be, she says, that leg pain prevents walkers from reaching the same level of aerobic benefit as the arm cyclers.

In a second study, Treat-Jacobson is now exploring how upper body exercise affects people with more severe forms of PAD—those for whom any use of the legs causes pain, or who experience PAD-related pain at night or when they’re at rest. She’s measuring the impact of exercise on ability to walk, exercise capacity, perception of pain, and tissue oxygen levels in the feet. Preliminary results suggest that arm exercises may make a big difference for these patients, too, although the impact varies depending on how severe the problem is.

GREAT POSSIBILITIES
Treat-Jacobson is excited about the potential of arm cycling to make life better for people with PAD. “Especially for people who are unstable or who can’t do lower body exercises, this could be a promising therapy,” she says. “I think there are great possibilities to be explored, for example, in long-term care facilities where people worry about falling when performing walking exercise.”

As her work gets attention in the popular press, Treat-Jacobson has the rare opportunity to see her research findings reinforced by anecdotal experience. A man with a severe case of PAD sent her an e-mail reporting that after spending a summer doing his own form of upper-body exercise—using a hoe, rake, and shovel from a sitting position in his large garden for 6 to 12 hours per week—he had made tremendous gains in his ability to walk without pain.

“That was very gratifying,” Treat-Jacobson says.

LOOKING AHEAD
Treat-Jacobson aims to learn more about how to reduce the devastating pain of PAD. She’d like to better understand why arm cycling improves the ability to walk without pain. And she’d like to measure other indicators of heart health to see how they are affected by arm cycling and other forms of exercise in persons with PAD. She recently submitted a major grant proposal to the National Heart, Lung, and Blood Institute to request funding for a more detailed study of the physiological impacts of various forms of exercise.

“This disease can make people pretty miserable,” she says. “There is so much work to be done: it’s a wonderful area for nursing research.”

Arm cycling is a promising therapy for people who are unstable or who can’t do lower body exercises.
2007


FACULTY GRANT AWARDS

FACULTY GRANTS – 2007
SCHOOL OF NURSING PRINCIPAL INVESTIGATOR

Avery, Melissa
Technology-enhanced Learning in Graduate Nursing (TELIGN)
Health Resources and Services Administration/ U.S. Department of Health and Human Services

Avery, Melissa
Development of an Exercise Intervention for American Indian Women with Gestational Diabetes: A Community-Based Approach
American College of Nurse-Midwives Foundation

Bearinger, Linda
Center for Adolescent Nursing
Maternal and Child Health Bureau/ Health Resources and Services Administration/ U.S. Department of Health and Human Services

Bearinger, Linda
Adolescent Health Protection Research Training Program
Centers for Disease Control and Prevention (CDC)/ U.S. Department of Health and Human Services

Bliss, Donna
The Impact of Fiber Fermentation on Fecal Incontinence
National Institutes of Health/ National Institute of Nursing Research

Bliss, Donna
Smart Seal Ostomy Appliance: Further Testing
National Institutes of Health/ National Center for Research Resources (Prime); Korosensor

Bliss, Donna
Development of Tool to Identify Perineal Dermatitis and its Severity
3M via University of Minnesota Foundation

Bliss, Donna
Evaluation of Characteristics and Typical Usage of Incontinent Products for Fecal Incontinence
Kimberly-Clark Corporation

Carney-Anderson, Lisa
The Perioperative Experience of Parkinson’s Patients
Pazo Center for Health Trajectory Research/ UMN School of Nursing

Chlan, Linda
Anxiety Self-Management for Patients Receiving Mechanical Ventilatory Support
National Institutes of Health/ National Institute of Nursing Research

Chlan, Linda
Patient-Controlled Sedation Feasibility Study
UMN – Academic Health Center Faculty Research Development Program

Delaney, Connie
Advanced Education Nursing Traineeship Program
Health Resources and Services Administration/ U.S. Department of Health and Human Services

Delaney, Connie
Nurse Anesthetist Traineeship Program
Health Resources and Services Administration/ U.S. Department of Health and Human Services

Disch, Joanne
Improving Patient Safety through Effective Nurse-Physician Partnerships Program
Sigma Theta Tau International, Zeta Chapter

Disch, Joanne
Improving Patient Safety through Physician/ Nurse Partnerships
American Organization of Nurse Executives Institute for Patient Care Research & Education

Fulkerson, Jayne
Healthy Home Offerings via the Mealtime Environment (HOME)
National Institutes of Health/ National Institute of Diabetes & Digestive & Kidney Diseases

Fulkerson, Jayne
Validation of a Self-Administered Tool to Assess the Types of Foods Served at Family Meals for the Prevention of Childhood Obesity
UMN Graduate School – Grant in Aid

Garcia, Carolyn
Health Insurance Affordability and Health Care Access/Quality in High and Low Uninsurance Communities
UMN Center for Urban and Regional Affairs (CURA)

Garcia, Carolyn
Addressing the Mental Health of the Twin Cities Latino Community
UMN School of Nursing Foundation

Garcia, Carolyn
Using Health Realization with Latino Adolescents: Piloting the “No Te Quebres El Coco” Program
UMN President’s Faculty Multicultural Research Award

Garcia, Carolyn
An Instrument to Measure Latino Mental Health Knowledge
Sigma Theta Tau International, Zeta Chapter

Garcia, Carolyn
Understanding Culturally-Based Perceptions of Mental Health Among Mexican-Origin Immigrant Latino Adolescents and Parents: A Pilot Study
Sigma Theta Tau International
Garcia, Carolyn
Development of an Instrument to Measure Latino Mental Health Knowledge Using Community-Based Participatory Action Research
STTI/Midwest Nursing Research Society (MNRS)

Garwick, Ann
Web-based Asthma Education for Urban Head Start Program
National Institutes of Health/
National Institute of Nursing Research

Garwick, Ann
Center for Children with Special Health Care Needs
Maternal and Child Health Bureau/
Health Resources and Services Administration/
U.S. Department of Health and Human Services

Gaugler, Joseph
Comprehensive Support of Alzheimer’s Disease Caregivers
National Institutes of Health/
National Institute on Aging

Gaugler, Joseph
Nursing Home Training to Impact CMS Indicators
National Institutes of Health/
National Institute on Aging (Prime);
HealthCare Interactive, Inc.

Gaugler, Joseph
Caregiver Outcomes Post Nursing Home Placement of a Family Member
National Institutes of Health/
National Institute on Aging

Gaugler, Joseph
The Dementia Demonstration Project
Department of Veterans Affairs

Gaugler, Joseph
Early Dementia Identification Project
State of Minnesota/
Metropolitan Area Agency on Aging

Gaugler, Joseph
A Multi-Site, Cross-Sectional, Non-Treatment Prospective Trial to Collect Bio-Fluids and Neuropsychiatric Data from Cognitively Normal Elderly Subjects
Pfizer, Inc (Prime); INC Research, Inc

Gross, Cynthia
Impact of Mind-Body Interventions Post Organ Transplant
National Institutes of Health/
National Institute of Nursing Research

Halcon, Linda
Recruitment Strategy for Testing Tea Tree Oil Treatment of Bacterial Infections
P20 Center for Health Trajectory Research/
UMN School of Nursing

Henly, Susan
American Indian MS to PhD Nursing Science Bridge – Phase 2
National Institutes of Health/
National Institute of General Medical Sciences

Kerr, Madeleine
Latino-based Multimedia to Prevent NIHL
National Institutes of Health/
National Institute of Deafness and Other Communication Disorders

Kreitzer, Mary Jo
Residential Eating Disorders Grant
Park Nicollet Institute (Prime);
Blue Cross Blue Shield of Minnesota Foundation

Kubik, Martha
Team COOL Pilot Study
National Institutes of Health/
National Institute of Diabetes & Digestive & Kidney Diseases

Kubik, Martha
A Clinic-based Intervention Targeting Primary & Secondary Prevention of Childhood Obesity
Allina Hospitals & Clinics

Kubik, Martha
A School-Based Body Mass Index Screening Program: Phase II
UMN – Academic Health Center Faculty Research Development Program

Lindeke, Linda
Service Use and Outcomes of Prematurity at Adolescence
National Association of Pediatric Nurse Practitioners,
Minnesota Chapter

Lindquist, Ruth
Neuropsychological, Biologic, and Health-Related Quality of Life Outcomes of Patients Undergoing Coronary Artery Bypass Graft Surgery “On” vs. “Off”
Minneapolis Heart Institute Foundation

Lindquist, Ruth
Neuropsychological Functioning, Delirium, and Health Related Quality of Life of Patients Following On- and Off-Pump Coronary Artery Bypass Surgery: A 3-Year Follow-Up Study
Minnesota Nurses Association Foundation

Lindquist, Ruth
Acupuncture for Prevention and Treatment of Atrial Fibrillation in CABG Surgery Patients
P20 Center for Health Trajectory Research/
UMN School of Nursing

Looman, Wendy
Hmong Translation of the Social Capital Scale for Children with Special Health Care Needs
Midwest Nursing Research Society (MNRS)

Moss, Margaret
Native Nursing Careers Opportunity Program (NNCOP)
Indian Health Service/
U.S. Department of Health and Human Services

Mueller, Christine
Geriatric Nursing Education Project: Creating Careers in Geriatric Advanced Practice Nursing
The John A. Hartford Foundation

Mueller, Christine
Developing Comprehensive Dementia-Specific Nursing Home Quality Indicators
Alzheimer’s Association (Prime);
University of Indiana

Mueller, Christine
Multicultural Health and Wellness Services for Seniors in Independent Housing
UMN Office for Public Engagement

O’Boyle, Carol
Minnesota Emergency Readiness Education and Training (MERET)
Health Resources and Services Administration/
U.S. Department Of Health and Human Services
O’Conner-Von, Susan
Field Test of a Web-based Program to Help Youth Cope with Cancer Treatment (Phase Two)
P20 Center for Health Trajectory Research/
UMN School of Nursing

Olson-Keller, Linda
Enhancing the Capacity of Public Health Nursing Through Partnerships
Association of State and Territorial Directors of Nursing

Peden-McAlpine, Cynthia
Understanding Dying in Critical Care: A Qualitative Study
UMN Graduate School – Grant in Aid

Peden-McAlpine, Cynthia
Extending Pediatric Critical Care Nurses’ Expertise in Family Settings
American Association of Critical-Care Nurses

Robertson, Cheryl
Modeling Psychological Functioning in Refugees
P20 Center for Health Trajectory Research/
UMN School of Nursing

Sieving, Renee
Prime Time: Health Promotion for Multiple Risk Behaviors
National Institutes of Health/
National Institute of Nursing Research

Treat-Jacobson, Diane
Interdisciplinary Clinical Research Scholar Program
UMN Academic Health Center

Treat-Jacobson, Diane
Claudication: Exercise versus Endoluminal Revascularization
National Institutes of Health/
National Heart Lung & Blood Institute (Prime); Rhode Island Hospital (sub)

Treat-Jacobson, Diane
Predictors of a Successful Response to Exercise Training
American Heart Association

Westra, Bonnie
Developing Predictive Models for Improving Home Care Patient’s Ambulation and Oral Medication Management Outcomes
UMN Graduate School – Grant in Aid

Westra, Bonnie
Leadership through Nursing Informatics
Robert Wood Johnson Foundation (Prime); Regents of the University of California

Westra, Bonnie
Improving Informatics Competencies for Minnesota Nursing Leaders
UMN Office for Public Engagement

Westra, Bonnie
Using Electronic Health Record Data to Predict Medical Emergencies for Home Care Patients
UMN Digital Technology Center

Wyman, Jean
(P20) Center for Health Trajectory Research
National Institutes of Health/
National Institute of Nursing Research

Wyman, Jean
Center for Geriatric Nursing Excellence
John A. Hartford Foundation

Yu, Fang
Functional Impact of Aerobic Exercise Training in Alzheimer’s Disease
K12 Career Advancement Program for Clinical Research Scholars (CAPS)

Yu, Fang
The Impact of Aerobic Exercise on Cognition and Function in Older Adults with Alzheimer’s Disease
John A. Hartford Foundation
Connie Delaney, PhD, RN, FAAN, FACMI, professor and SoN dean, was elected to the LifeScience Alley Board of Directors.

Joanne Disch, PhD, RN, FAAN, clinical professor and director, Katharine J. Densford International Center for Nursing Leadership, was appointed to the Board of Directors for the National Center for Healthcare Leadership. Dr. Disch was also honored with the 2007 American Academy of Nursing Presidential Award in recognition of her co-creation of the “Raise the Voice” campaign and with a Pioneering Spirit Award from the American Association of Critical Care Nurses.

Carolyn Garcia, PhD, MPH, RN, assistant professor, was named a Building Interdisciplinary Research Careers in Women’s Health (BIRCWH) scholar by the U of M Deborah E. Powell Center.

Joseph Gaugler, PhD, assistant professor, was named a fellow in the Behavioral and Social Sciences Section of the Gerontological Society of America.

Cynthia Gross, PhD, professor, was appointed to a three-year term as associate editor of Quality of Life Research.

Merrie Kaas, DNSc, RN, CNS, associate professor, was awarded the 2007 Best Practices in the Treatment Schizophrenia by the American Psychiatric Nurses Association (APNA).

Christine Mueller, PhD, RN, BC, CNAA, FAAN, associate professor, was one of 40 individuals honored by her alma mater, Old Dominion University School of Nursing at its 40th anniversary celebration.

Susan O’Conner-Von, DNSc, RNC, assistant professor, was appointed to the editorial board of Pain Management Nursing, the official journal for the American Society of Pain Management Nursing. The Minnesota Nurses Association also honored her with the Nurse Educator Award for her “commitment to patient care and to those who will be the profession’s future.”

Bonnie Westra, PhD, RN, assistant professor, was elected to the Board of Directors of the American Medical Informatics Association (AMIA).

Kim Zemke, MS, MA, RN, clinical assistant professor, received the Albert I. Wertheimer Leadership Fellowship in Social and Administrative Pharmacy Award from the University of Minnesota College of Pharmacy.
STUDENTS

April Beaudet received the Outstanding Master of Nursing Student Award from the School of Nursing Alumni Society.

Jill Guttormson, MS, RN, received a National Research Service Award (NRSA) from the National Institute of Nursing Research, NIH for her project titled, “Patients’ recall and assessment of mechanical ventilation: Impact of sedation.”

Denise Herrmann, MS RN, LSN, CPNP, School of Nursing DNP student, presented testimony to a House of Representative committee on November 1 concerning The Administration’s Regulatory Actions on Medicaid: The Effects on Patients, Doctors, Hospitals, and States. Read her testimony or view the video of the hearing at http://oversight.house.gov/story.asp?ID=1590.

Gisli Kristofersson was awarded the 2007 Janssen Scholarship by the American Psychiatric Nurses Association (APNA).

Jill Guttormson

Three School of Nursing students received the University’s Undergraduate Research Opportunity Program (UROP) Award:

Emily Croswell
Project Title: “Diet Modification in Persons with Fecal Incontinence”
Advisor: Dr. Donna Bliss

Amanda Manthey
Project Title: “Individual Goals of Fecal Incontinence Management”
Advisor: Dr. Donna Bliss

Amara Rosenthal
Project Title: “The Impact of Extrinsic Factors of Nursing Homes on Resident Satisfaction and Quality of Life.”
Advisor: Dr. Christine Mueller

Juliet Mock received the Nursing Spectrum Heartland Region Nursing Award in Mentoring—the only Minnesota nurse to earn this award. The Nursing Spectrum Award, given by NurseWeek magazine, honors nurses in 13 separate regions of the country.
The mission of the Minnesota Hartford Center of Geriatric Nursing Excellence (MnHCGNE) is to advance the care of older adults by preparing outstanding nursing faculty from diverse backgrounds who can provide leadership in strengthening geriatric nursing at all levels of academic nursing programs.

Hartford Geriatric Nursing Education Scholars

One of the Center’s initiatives is to provide mentorship and scholarship support for promising PhD and DNP students who are committed to teaching careers in geriatric nursing. Five students were selected as Hartford Geriatric Nursing Education Scholars for the 2007–2008 academic year. These individuals were recognized at an inaugural event on January 15.

Sue Bikkie, DNP student
Sue plans to conduct a clinical project to improve the care of older hospitalized adults who have delirium or are acutely confused.

Mary Dierich, PhD student
Mary is focusing her research on the complexities associated with medication regimens in older adults as a predictor of home care outcomes.

Upper Midwest Geriatric Nursing Alliance

Another initiative of the Center is to develop the Upper Midwest Geriatric Nursing Alliance. The Alliance is composed of associate degree and higher nursing programs in Minnesota, North and South Dakota, Wisconsin, and Tribal College nursing programs nationally. The Alliance will gather for their first meeting at the University of Minnesota campus May 28–29, 2008. This group will come together to share their experiences and strategize on how to strengthen and infuse gerontological nursing into all levels of curricula.

FLAG Institute

The third initiative of MnHCGNE is to offer an innovative faculty development program. The Faculty Learning about Geriatrics (FLAG) Institute will convene August 4–8, 2008. This program includes four core components: geriatric nursing, teaching geriatric nursing, academic leadership, and geriatric informatics. FLAG will use technology-enhanced learning to offer continuing education contact hours. FLAG components also include a year-long mentorship program that allows participants to plan, develop, implement, and evaluate a geriatric nursing education project carried out in their home institution, as well as on-going continuing education opportunities and networking that supports the development of the participant as a geriatric nurse educator.
“The Hartford Scholars program has provided the opportunity to unite my passion for geriatric nursing research with my dream to become an educator!”
— Niloufar Hadidi

Niloufar Hadidi, PhD candidate
Niloufar’s research will explore depression and physical function in patients following stroke to improve care delivery to this patient population.

Audrey Weymiller, PhD student
Audrey’s focus is on chronic disease management, particularly diabetes, pursuing promotion of optimum functioning whether well or sick.

Dianne Willer-Sly, DNP student
Dianne’s clinical project will explore improving care of patients with dementia residing in assisted living settings by focusing on communication between care team members.

PhD student Darlene (Bjorklund) Lindahl, MA, APRN, BC (left) pictured with her mentor, Associate Professor Linda Chlan, PhD, RN, was recognized for her recent award of a 2007–2009 John A. Hartford Foundation Predoctoral Scholarship and 2007–2009 Mayday Fund. Darlene will focus her dissertation research on the assessment and management of pain for the older adult patient following a fall and admission to a trauma ICU.
Name a key ingredient for advancing the research stature of an academic program. Surprising as it might seem, it’s the quality of post-doctoral fellows. Recent studies reported in the Chronicle of Higher Education reaffirmed the value of post-doctoral programs in research-intensive institutions. The Center for Adolescent Nursing hopes to further validate these findings with the growth of a post-doctoral program focused in adolescent health.

In 2004, with a major training grant from the Centers for Disease Control and Prevention, the Center for Adolescent Nursing made a significant investment in post-doctoral training in a much-needed area—the science behind how to protect the health of young people. We believe this investment is already paying dividends.

The numbers of the past three years add up like this:

- **12** post-doctoral fellows (plus **12** pre-doctoral students) with full-time support from the Center for Adolescent Nursing
- **5** lead faculty from the Schools of Nursing, Medicine, and Public Health
- **4** disciplines learning advanced research skills—nursing, medicine, nutrition, psychology
- **3** statisticians working one-on-one with the adolescent health post-doc fellows

To develop an interdisciplinary post-doctoral program housed in the School of Nursing, significant transformations occurred at the University of Minnesota. For the first time, an institutional training grant housed in the SoN supports physicians, some of whom have their post-doc appointments in the Medical School. Post-doctoral fellows with primary appointments in nursing hail from the disciplines of psychology and medicine. Regardless of the clinical practice experiences on their resumes, all fellows give priority to public health and population-focused prevention. And, across disciplines, they take courses and are mentored by faculty from any one of the collaborating Schools—Nursing, Medicine, and Public Health.

One post-doctoral fellow’s brief biography provides an example. Naomi Duke, MD, MPH, is a nursing post-doctoral fellow. She earned her medical degree from Harvard and her MPH from the School of Public Health, University of Minnesota. Following clinical work as a pediatrician, and a couple of years in academic adolescent medicine, she sought a post-doctoral fellowship that would bolster her skills in public health research with a special emphasis on translating research into health policy. Since starting her post-doc fellowship in the School of Nursing, working under the tutelage of Renee Sieving, PhD, RN, Associate Professor and member of the Center for Adolescent Nursing, Dr. Duke has submitted two original manuscripts, mentored a master’s nursing student’s research project and joined an NIH-funded research team testing a multi-pronged intervention with sexually at-risk girls in a host of clinical settings in the Twin Cities. Next semester? Two more manuscripts underway, the launch of a research grant proposal, more coursework in the School of Public Health, and a writing seminar in the Division of Adolescent Health and Medicine in the Medical School’s Department of Pediatrics.
The scholarly products of our post-doctoral fellows reveal another aspect of success in developing research skills in an interdisciplinary fashion. Since 2004, the 12 post-doctoral fellows have co-authored 56 articles in peer-reviewed journals. Some of the titles of these articles, first-authored by the fellows, demonstrate the range of issues under investigation:

- “Assessing barriers and facilitators to achieving goals in overweight inner-city adolescents in a weight management program (Alm, et al., in Diabetes Educator)
- “Perceptions of health among immigrant Latino adolescents from Mexico” (Garcia, et al., in Journal of Holistic Nursing)
- “College students’ psychological well-being during the transition to college: Examining individuation from parents” (Kenyon, et al., in Journal of Counseling Psychology)
- “Dieting advice from magazines—helpful or harmful? Five year associations with weight-control behaviors and psychological outcomes in adolescents” (van den Berg, et al., Pediatrics)

Today we cross, with greater ease, the boundaries that used to divide our Schools and our programs—all in the name of interdisciplinary research aimed at learning how to protect the health of young people.

Interested in the possibility of a post-doctoral research fellowship? Please contact Linda H. Bearinger, Director, Center for Adolescent Nursing, at beari001@umn.edu.
In 2000, the Katherine R and C Walton Lillehei Chair in Nursing Leadership was established with a generous endowment to recruit a leader and enhance the Densford Center as “a community of thinkers, researchers, and policy experts to apply the nursing perspective to contemporary health issues.” Since that time, a number of major programs have been launched to reflect the original charge, among them:

- The Densford Clinical Scholars program, pairing faculty members with advanced practice nurses to conduct clinical research improving patient care (20 projects thus far). This initiative has gained national attention and serves as a model of collaboration between academic and clinical leaders as they conduct clinical research.

- Two Summit of Sages conferences, which have attracted international audiences. The most recent Summit, held in October 2007, focused on social justice. It featured a keynote address by Maya Angelou and drew more than 500 participants. The next Summit is scheduled for November 4–6, 2009, and will focus on innovation and inspiration.

- Days of Dialogue, Nursing Grand Rounds, and Community Forums, which bring together nurses and other thought leaders to examine issues from the nursing perspective. The most recent event, held in January, focused on health care reform.

- National research studies on the satisfaction and productivity of nursing faculty and the role of the chief nurse executive in promoting safety and quality.

University of Minnesota
Board of Regents Chair, Patricia Simmons (left) and School of Nursing Dean Connie W. Delaney (right) help renowned writer, educator, activist, and historian Maya Angelou as she was awarded an honorary doctor of humane letters degree at the Summit of Sages conference.
Initiatives to enrich the undergraduate nursing leadership experience, such as transforming leadership curriculum content, creating the Densford Undergraduate Leadership Scholar program—the first of its kind in the country—and establishing an Undergraduate Nursing Leadership Award.

Conferences and workshops on creating professional practice environments, helping faculty leaders lead, enhancing nursing’s visibility and influence, and promoting interprofessional collaboration.

Over the past year, the Densford Center has worked to extend its influence and importance as a key nursing resource. The next phase of the Densford Center is to position the Center as a fully actualized international center for nursing leadership. Actions include:

- COMPLETED – The creation of a Densford Executive Committee (DEX) of faculty whose scholarship relates to leadership, administration, systems, and/or informatics.
- COMPLETED – A one-day, high-intensity, rapid-cycle strategic planning workshop for several members of the DEX and nationally known thought leaders at the Vanderbilt Center for Better Health. This dynamic learning center in Nashville stimulates breakthrough thinking and action learning. The focus of the day was on the vision of leadership that would distinguish the U of M School of Nursing.
- COMPLETED – Development of a white paper on generative leadership which defines the SoN as “a community that generates and translates new knowledge and ways of thinking by creatively examining issues, challenging the status quo, capitalizing on opportunities, embracing a spirit of abundance, and collectively leveraging the strengths of its members and partners.” This philosophy will guide the research, scholarship, education, and practice/service missions of the School of Nursing. It will also shape the curriculum throughout all of our program and permeate the entire school because it will be reflected in our mission and vision, organizational structure, strategic plan, systems, and processes.
- IN PROGRESS – Plans are underway for (1) a formalized consultation service to capitalize on the many requests for thought leadership, strategic planning, curricular revision, and health care reform; (2) products that could help groups and individuals examine, teach, and express leadership in contemporary ways; (3) a dynamic interactive Web site that would serve as a resource for nurses and non-nurses, in this country and beyond, on nursing leadership and innovation; and four new programs to prepare nurses to be geriatric leaders.

For more information on any of these initiatives—or better yet, to share good ideas and work with us—contact the Densford Center’s Director, Joanne Disch at disch003@umn.edu.
Announcing New Co-Director

The Executive Committee is pleased to announce that Jayne Fulkerson, PhD, associate professor in the School of Nursing has accepted a leadership position as Co-Director of the Center for Child and Family Health Promotion Research.

Dr. Fulkerson brings a wealth of content and methods expertise related to health promotion research. Her research interests include family meals, obesity prevention, risk and protective factors in the development of eating disorders, mental health among children and adolescents; family-based health promotion, research methods, psychometrics, and instrument development. Dr. Fulkerson is working on several childhood obesity prevention research initiatives. She is currently PI of the Healthy Home Offerings via the Mealtime Environment (HOME). This grant is funded by NIH/NIDDK.

Welcome new Center members:

Debra Bernat, PhD, clinical associate professor, joined the School of Nursing in December 2007. Her research interests include child and adolescent health, alcohol and tobacco use, public health policy, and evaluation research. Dr. Bernat is the PI of a ClearWay Minnesota New Tobacco Investigator Award entitled Effect of Minnesota’s Statewide Clean Indoor Air Law on Young Adults. She is also a co-investigator with Assistant Professor Dr. Carolyn Garcia on a UMN President’s Multicultural Faculty Award, Using Health Realization with Latino Adolescents: Piloting the ‘No Te Quebres El Coco’ Program.

Karen Monsen, PhD, RN, assistant professor, joined the School of Nursing last fall. Her research interests focus on informatics to improve decision-making, patient care, and outcomes of public health nurse home visiting. Dr. Monsen is a pioneering leader in public health nursing informatics, who has extensive experience using the Omaha system to improve client outcomes in public health agencies. Her projects include A Public Health Nursing Informatics Data and Practice Quality Project, Intervention Pathways for Public Health Nurse Home Visiting, and Using Standardized Nursing Language to Describe Nurse Manager Interventions.

Announcing new CCFHPR staff member

On February 5, 2008 Michele “Shelli” Quackenboss joined the Center for Child and Family Health Promotion Research (CCFHPR) as a part-time Executive Office Administrative Specialist. Shelli brings excellent project administration, as well as web-based and graphic skills to this position. She can be reached at quack003@umn.edu.
Center presentations
at SoN Spring Research Day

CCFHPR is sponsoring two sessions at the annual School of Nursing Research Day on April 11, 2008. Presentations illustrate how faculty, doctoral, and post-doctoral Center investigators are working on timely topics to improve the health of infants, children, adolescents, parents, and families in the context of their communities. Topics and lead presenters are:

- Adolescent health risk factors by place: A comparison of risk factors in urban, suburban, large rural and small rural school settings
  Scott Harpin, MS, MPH, APRN-BC doctoral student and
  DenYelle Kenyon, PhD post-doctoral fellow

- Are nutritional and other benefits of family meals apparent for at-risk youth attending alternative high schools?
  Jayne Fulkerson, PhD, and Martha Kubik, PhD, RN

- Comparing family health problems and outcomes across public health nursing agencies
  Karen Monsen, PhD, RN, and Madeleine Kerr, PhD, RN

- Discrimination, deportation fears, and depression. Cultural insights from Latino youth and parents about mental health problems and solutions: Sharing successes of a community-based focus group study
  Carolyn Garcia, PhD, RN

- Health Education Priorities: Perspectives from Women’s Voices
  Melissa Avery, PhD, RN

- Undergraduate community assessment incorporating Omaha System community-level descriptors
  Madeleine Kerr, PhD, RN, and Karen Monsen, PhD, RN
Palliative Care Course
Susan O’Conner-Von, DNSc, RNc will offer her popular one-week seminar “Palliative Care for Children” in May. This course examines the physical, psychosocial, emotional, and spiritual needs of children facing life-limiting conditions. The course will be offered for academic credit and—new this year—continuing education contact hours.

New Resources Available on the CSHCN Web site
Presentations given by Judith Palfrey, MD, and Richard Roberts, PhD, at the 2008 Interdisciplinary Transitions Conference is available as PowerPoint slides on the Children with Special Health Care Needs Web site at www.nursing.umn.edu/CCSHCN.

Congratulations to the first class of PNP DNP graduates!
This has been a landmark year for eight pediatric nurse practitioners who graduated in the first cohort of the SoN Doctor of Nursing Practice program. These pediatric nursing leaders are: (Top, L–R) Jacquelyn Zirbes, Cheri Friedrich, Anne Boisclair-Fahey, Marla Mills, Denise Herrmann, Christine Poe (Bottom, L–R) Melea Anderson, Sarah Gutknecht
Transition Conference Highlights

On January 18, 2008, the Center for Children with Special Health Care Needs hosted the 2008 Transition Conference: Building an Interdisciplinary Research Agenda to Enhance Quality of Life and Transition to Adulthood for Youth with Chronic Health Conditions at the McNamara Alumni Center on the Twin Cities campus. The goals for the conference were to:

1) Identify health- and education-related transition issues and research topics that need to be addressed from an interdisciplinary, systems perspective
2) Develop a cadre of interdisciplinary researchers and community partners who are committed to conducting research to improve the quality of services and quality of life for youth with chronic conditions and their families
3) Create a prioritized transition research agenda and action plan

Nationally known experts in transition set the stage for the development of the transition research agenda. Judith Palfrey, MD, a T. Berry Brazelton Professor in Pediatrics, Harvard Medical School, provided an excellent overview of transition issues facing youth with chronic health conditions with implications for research. Richard N. Roberts, PhD, Professor of Psychology from Utah State University, focused on using participatory action research methods to develop effective community-based strategies for improving transition services for youth with chronic conditions through systems change.

Young Adult Panel members Brendan McBride, Cory Stingl, and Courtney Wells candidly shared their personal transition experiences and recommendations for improving services for youth with chronic illness and disability. Their stories grounded the development of the research agenda.

Youth with chronic conditions, parent advocates, educators, health care and social service professionals, representatives from the Minnesota Department of Health and Department of Education, and faculty from a variety of disciplines worked together to identify pressing transition issues and research questions that call for interdisciplinary research. A summary report of the research recommendations will be available this spring.

This interdisciplinary conference was sponsored by the Center for Children with Special Health Care Needs (CSHCN) at the University of Minnesota School of Nursing and the Minnesota Children with Special Health Needs program (MCSHN) at the Minnesota Department of Health. Conference co-sponsors included the Institute on Community Integration in the College of Education and Human Development, the Maternal and Child Health program in the School of Public Health, and the Division of Pediatrics in the Medical School at the University of Minnesota.
The Minnesota Center for Health Trajectory Research, established in 2005 with a $1.5 million grant from the National Institute of Nursing Research, is developing and testing innovative interventions that will help individuals and families create optimal pathways to health. Center researchers are exploring the interrelationships among the many biological, behavioral, psychosocial, and environmental factors responsible for health or illness and how to manage them over time.

The Center for Health Trajectory Research is focused on broadening its research dissemination and educating the public on trajectory research methods. Following completion of the seminars, links to seminars and presentations conducted on behalf of the Center are added to the Web site. Seminars are available as PowerPoint handouts and Breeze presentation. They can also be downloaded in MP3 format. Check out the Center’s new and improved Web site at www.nursing.umn.edu/CHTR.

September 6, 2007
- **Modeling Longitudinal Trajectories of Emotional Distress**
  David L. Roth, PhD
  Biostatistics, University of Alabama-Birmingham

**Seminars are ongoing, the 2007–08 series include:**

**2007**
- February 20, 2008
  - **Pilot Study Design Issues**
    Karla Ballman, PhD
    Chair, Division of Biostatistics
    Mayo Clinic School of Medicine

**2008**
- March 6, 2008
  - **Intervention Fidelity**
    Margaret Grey, DrPH, RN, FAAN
    Dean, Yale University School of Nursing
Continuing Education Opportunities

New this year, one contact hour is now offered to those who attend the seminars in person. Contact hours are also available to those who view the Breeze presentation online. For more information, contact Linda Dahle, dahle081@umn.edu.

- **October 17, 2007**
  - **Community Prevention Trials**
    Russell Luepker, MD
    Department of Epidemiology
    University of Minnesota School of Public Health

- **September 19, 2007**
  - **Theory-Based Model Development: Psychological Functioning Among Refugees**
    Cheryl Robertson, PhD, and Kay Savik, MS
    University of Minnesota School of Nursing

- **November 21, 2007**
  - **Reading and Planning Randomized Trials through the Writing Lens: The Consolidated Standards of Report Trials (CONSORT)**
    Susan Henly, PhD
    University of Minnesota School of Nursing

- **April 10, 2008**
  - **Retention Issues and Strategies in Longitudinal Studies**
    Jacqueline Dunbar-Jacob, PhD, RN, FAAN
    Dean, University of Pittsburgh School of Nursing

- **April 10, 2008**
  - **Adherence Strategies and Measurement in Clinical Trials**
    Jacqueline Dunbar-Jacob, PhD, RN, FAAN
    Dean, University of Pittsburgh School of Nursing
Fang Yu, PhD, RN, was selected as a University of Minnesota Career Advancement Program for Clinical Research Scholar (CAPS). The University’s mentored clinical research scholars program is one of nine K12 programs funded by the NIH offering support and training for multidisciplinary scholars on clinical research career paths. Dr. Yu’s research focuses on developing effective aerobic exercise interventions to improve executive cognitive function and, consequently, daily functioning and overall quality of life for older adults with Alzheimer’s disease. As a CAPS scholar, Yu is allocated 75 percent protected time for research. She will work with a multidisciplinary mentoring team including: Donna Bliss, PhD, RN, FAAN, CGN member, and Professor in Long-Term Care of Elders, School of Nursing; Maurice Dysken, MD, Director, GRECC, Minneapolis VA Medical Center and Professor of Psychiatry, Medical School; Arthur Leon, MD, MS, Professor, School of Kinesiology, College of Education and Human Development, and Director, Laboratory of Physiological Hygiene and Exercise Science; and Wei Pan, PhD, Associate Professor, Biostatistics, School of Public Health.
Joseph E. Gaugler, PhD, received funding for three projects related to the care of dementia patients, as well as factors surrounding caregiver health and well-being.

**Caregiver Outcomes Post NH Placement of a Family Member**, a two-year study funded by a grant from the National Institute of Aging describes the patterns of change in the degree of caregiver burden and depression after patients with dementia are permanently placed in a nursing home (NH). Comparisons will be made relative to the caregivers of patients who were not placed in a NH over the same time period, caregivers of patients entering a nursing home following a hospital stay, and caregivers of patients admitted to nursing homes due to behavior or other factors without a hospital stay. This study will also determine which caregiver and patient factors prior to placement predict persistently high or increased levels of depression and burden after placement. In addition, researchers will develop and validate a prognostic index to identify caregivers at greatest risk of having persistently high burden and depression after relinquishing their at-home caregiver role. The eventual goal is to integrate the prognostic index created in the large-scale secondary analyses as a targeting tool in the development and refinement of an evidence-based clinical intervention for dementia caregivers. Dr. Gaugler is the Principal Investigator of this project.

**Early Dementia Identification Project.** Dr. Gaugler serves as a principal investigator for this subcontracted project. Improvements in early detection of Alzheimer’s disease may lead to more efficacious treatment for AD, as the benefits of such treatments are likely to be maximized prior to the massive neurological deficits that characterize middle-to late-stage Alzheimer’s disease. While earlier diagnosis of AD has improved greatly, little attention has been given to whether early dementia screening results in improved dementia care. This one-year project funded by the Metropolitan Area Agency on Aging will involve answering several questions following implementation of a novel, early dementia screening program at North Memorial Hospital in Robbinsdale, Minnesota. These questions include: Does a family physician/primary care provider take action on early dementia identification project discharge recommendations? Do family members bring up dementia with the primary care provider? What differentiates those who connect with the Alzheimer’s Association/community-based long-term care services from those who do not? Does the outcome of participation in the early-dementia identification program influence caregiver/patient-physician communication about dementia?

**Dementia Demonstration Project.** The purpose of this two-year project, funded by the Veteran’s Administration, is to demonstrate that dementia can be successfully managed in the primary care setting with the assistance of an Advanced Practice Research Nurse (APRN) trained in dementia care. Dr. Gaugler is a co-investigator for this project.
Nursing Receives $2.5 Million to Support Scholarships

The School of Nursing received a $2.5 million gift from the estate of the late Mary K. Field to support scholarships for undergraduate and professional nursing students. This is the second largest gift to the School in its 99-year history.

The gift has been approved for matching funds through the President’s Scholarship Program, which will double the impact of the Field Scholarship.

“The School of Nursing deeply celebrates the generosity and the vision of Mary K. Field,” said Dean Connie Delaney, PhD, RN, FAAN, FACMI. “The Mary K. Field and Cyrus A. Field Scholarship significantly empowers the school to address the nursing workforce shortage for entry-level nurses, advanced nurse practitioners, and nursing faculty. This gift is particularly timely as the school graduated its first classes in two new professional degree programs in December 2007—the masters of nursing and the doctor of nursing practice (DNP). This scholarship, which also enhances the resources for students in the baccalaureate program offered at the Twin Cities and Rochester campuses, will ultimately add breadth and depth to nurses—and their ability to transform health care within interprofessional teams.”

Mary Kutz Field was born and raised in Bloomington, Minnesota, where her parents were truck farmers. She graduated from Bloomington High School and received her nurse’s training at Abbott-Northwestern Hospital. She became an Army nurse during World War II. Her service included caring for troops in Belgium during the Battle of the Bulge. She later became a nurse anesthetist.

Mary and her husband Cyrus Adams Field met and married in Fergus Falls, Minnesota, where Cyrus practiced law. They were married for 41 years. A respected lawyer, Cyrus served as president of the Minnesota State Bar Association during the early 1960s. During their later years, the Fields relocated to Florida. Following her husband’s death, Mary remained in Florida where she passed away in June 2007 at the age of 86.

In addition to the gift to SoN, the Fields’ estate also included a $250,000 gift to support the general University of Minnesota Scholarship Fund.

President’s Scholarship Match Doubles Gift Impact

Gifts of $25,000 or more that meet the qualifications are eligible for the President’s Scholarship Match. Such a gift is used to create an endowment fund. About 5 percent of the fund’s market value is paid out annually to fund the scholarship. Each year, the University matches this payout to double the impact of the gift.

For more information, call Laurel Mallon, SoN Director of Development, at 612-624-2490

Caring for Nursing’s Future

Endowment funds are the financial cornerstone for the School of Nursing. They provide ongoing support for use in attracting top students, retaining world-class faculty, and fueling research and discovery. When a donor makes an endowment gift, a new fund is created and invested by the U of M Foundation to benefit the School of Nursing. Providing a dependable resource for the School of Nursing, investment returns are added back to the principal to promote growth. A portion of the fund’s value is paid annually to support the nursing program.

Typical Gift Amounts for Endowed Funds*

<table>
<thead>
<tr>
<th>Type</th>
<th>Gift Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faculty Chair</td>
<td>$2,000,000</td>
</tr>
<tr>
<td>Faculty Professorship</td>
<td>$1,000,000</td>
</tr>
<tr>
<td>Faculty Fellowship</td>
<td>$500,000</td>
</tr>
<tr>
<td>Named Research Fund</td>
<td>$200,000</td>
</tr>
<tr>
<td>Named Lecture Series</td>
<td>$100,000</td>
</tr>
<tr>
<td>Named Fellowship</td>
<td>$100,000</td>
</tr>
<tr>
<td>Named Scholarship</td>
<td>$25,000</td>
</tr>
</tbody>
</table>

* Endowments also may be established for other purposes.
WHERE THERE’S A WILL, THERE’S A WAY

...to ensure that your wishes will be fulfilled as you envisioned
...to pass on your assets to loved ones and favorite charities including
the School of Nursing
...to create a lasting legacy through your estate

A gift from your estate is an easy way to make a planned gift to the School of Nursing. You retain use of dedicated assets during your lifetime and the ability to modify your wishes. Estate gifts can be made through a will, revocable (living) trust agreement, retirement plan, or life insurance policy.

Much of what the School offers today is the result of estate commitments. Thanks to the bequest recently received from Mary Field and matching University funds, our ability to award scholarships to deserving students just increased by almost 50 percent. The School’s first endowed faculty position, the Cora Meidl Siehl Chair in Nursing Research for Improved Patient Care currently held by Dr. Jean Wyman, was established by bequest in 1982 through the generosity of Eldon Siehl.

If you are considering a planned gift to the School of Nursing, please share your intentions with us. Whether you wish to fund scholarships, endow a faculty position, or support nursing research, we will ensure that your intentions are clearly understood. In addition, you will become a member of the Heritage Society, which recognizes donors who have made a commitment to the school in their wills or estate plans.

If you have already named the School of Nursing as a beneficiary of your estate but have not told us, please contact me at 612-624-2490 or mallo001@umn.edu. Where there’s a will, there’s a powerful way to advance nursing research, education, and service. I look forward to hearing from you.

Best Wishes,

Laurel Mallon
President, School of Nursing Foundation
Development Director

How to Include the School of Nursing in Your Will

When you include the School of Nursing and the Nursing Foundation in your will, you and your attorney should direct your gift through the larger University of Minnesota Foundation, a 503(c)(3) tax-exempt organization that is specifically set up to ensure that all gifts to the University are used exactly as the donor requests. Please be sure to use the legal name and address of the Foundation:

University of Minnesota Foundation
200 Oak Street Southeast, Suite 500
Minneapolis, Minnesota 55455-2010

To ensure that your wishes are fulfilled, your will should clearly state your intentions.

Standard wording that might be useful to you or your attorney is: “I give, devise, and bequeath to the University of Minnesota Foundation, Minneapolis, Minnesota, [the sum, percentage, or description of your gift], which is further designated to benefit the School of Nursing.”

HERITAGE SOCIETY

We are honored to recognize the following Heritage Society members who are making future gifts, including bequests, to the School of Nursing through their estates.

Larry L. Asplin
Myrtle K. Aydelotte
M. Barbara Balk
Shannon Skelley Becking
Karen Johnston Berger
Arlene P. Bowles
Merilys P. Brown
Julie A. Bell Burlingame
Rosalie and Paul* Carlson
Mary Lou Christensen
John and Myrtle* Coe
Frederick and Jean Conrad
Carol & Sheldon Damberg
Connie White Delaney
Helen Ditmer
Sandra and Phillip Edwardson
June I. Engleson
Ruth Ann Foster
Mary and David Hand
M. Isabel Harris
Gloria and Eugene Hayden
Zorada E. Hoge
Delores Huanca
Ann D. Hueller
Marjorie K. Jamieson
Patricia and Dennis* Kane
Marjorie and Robert Kuhl
LuVerne Kuykendall
G. Anne and John W. LaBree
Ruth and Benjamin Leadholm
Sharon L. Lehmann
Katherine R. and C. Walton* Lillehei
Carol A. Lindeman
Audrey F. Logsdon
Susan McKinley
Marie Manthey
Florence and George Marks
Ida M. Martinson

Shirley Hill Merendino
Marilee and John Miller
Patricia Morse
Christine A. Mueller
Eldred Mugford
Betty L. Murray
Eva L. Phelps
Joanna R. Lukens Pierce
Elagrace Reekie
Karen Reimensperger
Denise R. Remus
Virginia and Roger Rowlette
Florence R. Ruhland
Jerry D. Sansby
Carolyn and Clinton Schroeder
Florence M. Schubert
Lisa Buscher Sieling
Elaine and Donald Sime
Mariah Snyder
Alma G. Sparrow
John Spillane
Richard Spurzem
Ruth Stryker-Gordon
Enid* and Kenneth Swanson
Olive O. Swenson
J. Quinn Tierney
Dorothy and Ralph Townsend
Adrienne and Robert Weisbrod
Ruth D. Weise
Helen Wells
Nancy K. Williams
Janice and Curtis Wilson
Renata and John* Winsor
Timothy J. Wittwer
Billie and Dudley * Woehnng
Verna Woodrich
Barbara and Keith* Zell
Anonymous (8)

* Deceased

Where there’s a will, there’s a way.
In celebration of the School of Nursing’s 100th year in 2009, we will honor 100 Distinguished Alumni who exemplify the breadth, diversity, culture, and spirit of the School of Nursing. Help us recognize deserving alumni for this important distinction (you may self-nominate).

Please submit your nominations using the criteria and nomination form on the following page. Award recipients will be honored at the School of Nursing Centennial Gala on November 5, 2009.
UNIVERSITY OF MINNESOTA SCHOOL OF NURSING
100 Distinguished Nursing Alumni Nomination

ELIGIBILITY
Living alumni with nursing degrees from the University of Minnesota who have profoundly affected families, communities, the college, or the nursing profession at the local, state, national, or international level.

CRITERIA
In 250 words or less, please describe how the nominee contributed in one of the following ways:
- A sustained and profound impact on patient, population or community health
- A significant innovation that transformed health care or education
- A life-long contribution that has advanced the science of nursing
- An extraordinary impact on the School of Nursing

SELECTION
The Centennial Awards Selection Committee will review all nominations and make the final selection of the award recipients.

NOMINATION PROCESS
Individuals may nominate one or more people. Self-nominations are welcome. Nominations are not confidential and nominees will be contacted to provide supporting information. The nomination deadline is September 30, 2008. Return completed nomination forms to:
School of Nursing
Attention: Cathy Konat
5-140 WDH
308 Harvard St. SE
Minneapolis, MN 55455
E-mail: kona0006@umn.edu

100 Distinguished Alumni Nomination Form

NOMINATION DEADLINE: SEPTEMBER 30, 2008

Date of submission

NOMINATOR'S INFORMATION

FIRST NAME ___________ MIDDLE INITIAL AND/OR MAIDEN NAME ___________ LAST NAME ___________

ADDRESS

CITY ___________ STATE ___________ ZIP ___________

DAYTIME PHONE ___________ HOME PHONE ___________

E-MAIL

YOUR RELATIONSHIP TO THE SCHOOL OF NURSING

YOUR RELATIONSHIP TO THE NOMINEE

NOMINEE'S INFORMATION

FIRST NAME ___________ MIDDLE INITIAL AND/OR MAIDEN NAME ___________ LAST NAME ___________

If known, please list nominee's

ADDRESS

CITY ___________ STATE ___________ ZIP ___________

DAYTIME PHONE ___________ HOME PHONE ___________

E-MAIL

NOMINATION STATEMENT (please be as complete as possible in 250 words or less)
On a separate page, describe why the nominee is deserving of this recognition based on the criteria listed. Please give specific examples. If the nominee is selected, we may edit this information for clarity, content, and length for possible use in a publication. All nominees will be notified of their nomination and asked to submit additional information.
The third Annual Speed Mentoring Event held in the Twin Cities February 7, was another rousing success. Nearly 35 students and 16 nurse mentors filled the room with conversation and career connecting. Using the speed dating format, students had six minutes with each nurse mentor representing a specialty area before moving on to the next mentor. The pace was fast and the fun was apparent for both students and mentors.

This past fall, the Speed Mentoring Event was taken on the road for the first time to the Rochester campus. Feedback from participating students and nursing alumni tell us that we’ll be back again next fall!

Speed Mentoring Momentum Continues

Lynn Assimacopoulos, BSN ’62, wrote I Thought There Was A Road There. In the book, Lynn shares insights of her ordinary, but fascinating life. Lynn is also the publisher and marketer of the book.

Florrie Deaner, BSN ’67, stepped down as coordinator of the School Health program for the Polk County Florida Health Department in May 2005. She is now a part-time school nurse for seven schools, six of which have full-time LPNs.

Carolyn Garcia, PhD ’04, MPH ’97, RN ’94, led the Red Cross Disaster Health Services response to the I-35W bridge collapse in Minneapolis on August 1. Dr. Garcia directed a team of health volunteers, including nursing students, who focused on identifying and contacting all disaster victims in order to provide follow-up services.

Meghan Gaspar, BSN ’02, earned her Juris Doctor from Hamline University School of Law. She will begin practicing medical malpractice defense with Gislason & Hunter in Minneapolis this fall.

Samuel Stone, PB ’03, was promoted to director of Plaza Endoscopy at the CentraCare Digestive Center in St. Cloud. He will manage the business of Plaza and outreach endoscopy, which has grown to more than 10,000 procedures annually. Samuel began his career as an orderly at St. Cloud Hospital and now has degrees in biomedical science, nursing, and health care administration.

Ruth Stryker-Gordon, BSN ’48, joined the Board of Directors for Stratis Health. Stratis Health is a Bloomington-based non-profit quality improvement organization that collaborates with providers and consumers to improve health care.

Sherry Pontious, PhD, MS, ’73, RN, CNE, Associate Dean and Professor, Florida International University College of Nursing and Health Sciences, became NLN Certified as an advanced practice nurse educator in August 2007. In July 2007 she, as the PI, was awarded an Advanced Education Nursing Grant from HRSA entitled “A Culturally Competent Post-MSN Nurse Educator Program” from July 1, 2007 through June 30, 2010.

Share your recent achievements, new employment and family news by going to www.nursing.umn.edu/AlumniSociety/ClassNoteForm.

Dr. Myrtle Irene Brown, BA '42, Columbia, South Carolina, on August 2, 2007. She received a BA in Nursing Education in 1942 and during her career studied and researched child health care with Dr. Benjamin Spock. Before retiring in 1980, Brown served as a professor and Associate Dean of Graduate Programs at the University of South Carolina College of Nursing.

Elizabeth Haglund Cort, BSN '46, Santa Rosa, California, on October 26, 2007. Elizabeth spent 38 years with the United States Public Health Service. The last ten years of her career were spent in Washington, D.C., as the assistant to the Surgeon General. She retired with the rank of Rear Admiral. Elizabeth was the recipient of the U of M Outstanding Achievement Award in 1976.


Emiline E. Hauge, BSN '36, Glendale, Arizona, on September 1, 2007.

Kathryn Montgomery, MS '70, Alpharetta, Georgia, on August 6, 2007.


Stephanie Pontious, a 22-year-old senior nursing student, passed away tragically on August 19, 2007.

Emily Rudolph, a student in the Master of Science Program in Nursing, Minneapolis, Minnesota, on December 31, 2007.

Ann (Fee) (Appert) Shiely, MS, Saint Paul, Minnesota, in November 15, 2007. Ann once served as chair of the University of Minnesota School of Nursing Foundation Board.
Mark your calendar for these School of Nursing Centennial celebrations!

With the establishment of the nation’s first continuously-operated, university-based school of nursing in 1909, the University of Minnesota launched a new era in health care. The spirit of innovation that shaped the School of Nursing for a full century is still evident in today’s exciting synergy of research, education, and practice. During our Centennial Year we celebrate the students, faculty, staff, and friends of every era—past, present, and to come—whose scholarship, service, leadership, and creativity continually reinvent this community of learning and ensure that it will continue to strengthen the health of our community, our nation, and our world.

Do you have historic photos to share?

In preparation for the School of Nursing Centennial in 2009, the Nursing Heritage Committee is in search of historic photos. There is a particular shortage of pictures from 1960 to the present. Do you have photos to donate to the Heritage Committee? If so, please use a soft pencil or felt-tipped pen to identify on the back who is in the picture and the date it was taken. Stories about the photo are also welcome—for example, what the event was and where it took place. Please send your photos and stories to Cathy Konat at kona0006@umn.edu or mail to Cathy at: School of Nursing, 5-140 WDH, 308 Harvard Street SE, Minneapolis, MN 55455. Note that since we will be unable to return your photos, you may want to either send us copies or make copies for yourself.
SoN Hosts First Minnesota TIGER Summit

In January, the SoN and MINING, co-hosted the Minnesota Technology Informatics Guiding Education Reform (TIGER) summit. The event drew nurses from all over the state to discuss the application of leading-edge health informatics tools, principles, theories, and practices.

SoN & Girls In Science

In October, the School of Nursing participated in FOX 9’s annual Girls & Science, a one-day, free community event featuring women scientists. SoN students and faculty showed young girls and boys how to listen to their heartbeat, become “germ detectives,” give blood pressure screenings, and start IVs in an artificial arm with a simulated vein.

PHOTOS BY ANEISHA TUCKER
April 11
Nursing Research Day

April 12
Alumni Spring Celebration and Reunion

May 1 | MAY GATHERINGS:
Learning about Research the COOL Way!

May 2 | MAY GATHERINGS:
Research in Action:
Arm Exercise for Leg Pain

May 5 | MAY GATHERINGS:
The Power of Participatory Action Research: Engaging Diverse Communities in Asthma Initiatives

May 12 | MAY GATHERINGS:
PHN Night – Moving from Wisdom to Action: Public Health Nursing’s Role in Health Care Reform

May 13 | MAY GATHERINGS:
Culturally Focused Exercise Intervention in the American Indian Community
Building Bridges: Serving the Hmong Community

May 13 | MAY GATHERINGS:
Families and Long-Term Care: Enhancing Links with the Community Help for the Naked Ear

May 14 | MAY GATHERINGS:
Changing the World: One Megabyte at a Time

May 8
Nursing Grand Rounds presents Florence Schorske Wald Lecture in Palliative and Hospice Care

May 9
Graduate Commencement Ceremony

May 15
BSN Commencement Ceremony

July 28–31
Center for Adolescent Nursing Summer Institute

August 4–8
FLAG Institute (Faculty Learning About Geriatrics)