

MIZZOU
FALL 2009

Nursing

a magazine of the Sinclair School of Nursing ■ University of Missouri Health System

*Nurturing and Growing
a PhD program*





Judith Fitzgerald Miller

Judith Fitzgerald Miller, PhD, RN, FAAN
Dean, Sinclair School of Nursing
University of Missouri

The Power of the Mizzou Connection

Dear alumni, friends and colleagues,

What's in a PhD degree? You might immediately conjure up images of hours of study, philosophy of science, research methods courses, literature syntheses, dissertation development and facing a committee that you think at times is testing your perseverance and obtaining pleasure from watching you revise and revise the revisions. Well here at the University of Missouri Sinclair School of Nursing the PhD means development of nurse scientists; nurses with expertise to expand our body of knowledge in nursing.

Students here are supported by faculty scholars who have well-established, funded programs of research. Students are mentored from the time of admission to the completion of the dissertation defense by scholars who match the students' research interests. The Sinclair School of Nursing faculty are research experts with the ability to guide doctoral students. This competence is evident by this noteworthy fact:

IN 2009, FACULTY AT THE SINCLAIR SCHOOL OF NURSING HAVE THE HIGHEST SCHOLARLY PRODUCTIVITY IN THE NATION AMONG ALL PUBLIC NURSING SCHOOL MEMBERS IN THE ASSOCIATION OF AMERICAN UNIVERSITIES.

This means that per faculty member they have the most peer reviewed publications and grants. What a distinction! Who would not want to study with such a wonderfully competent group with such high acclaim? Being at the top means we need to keep up this momentum and this faculty is ready for the challenge.

Our doctoral program has been in existence since 1993. Since that time, doctoral students themselves have contributed to our body of knowledge in many areas. A focus on the elderly has been prevalent since the first graduate in 1996, Karen Hayes, who studied medication instructions for rural elderly discharged from emergency departments. One of our most recent graduates in 2009, Todd Ruppap, studied behavioral feedback using medication caps inserted with micro chips to detect dispensing of the medication. His research was all aimed at providing tailored feedback and improving adherence in elderly with hypertension.

Other early studies focused psychological well-being of family caregivers of persons with dementia; health care use among rural chronically ill; and management of diabetes in Mexican-American immigrants. Contemporary studies of diabetes were completed by the late Jane Cochran in 2009 on "Meta Analysis of Quality of Life Outcomes Following Diabetes Self-Management." A self management intervention for persons with osteoarthritis was studied by Kathryn Burks in 2001.

Other studies were completed on topics such as stress and coping; symptom control in persons with asthma; feeling safe in intensive care; person centeredness in nursing homes; adolescent mothers; and grief in African-American elders after death of a spouse by Sheila Capp in 2009. A complete listing appears on page 16.

These PhD graduates have accomplished a great deal, and with the assistance of their faculty mentors they have impacted our science. With dissemination of their work and ongoing research, they are fulfilling their role as scholars.

Each semester, sixth-semester nursing students are introduced to operating room procedures. This includes hair caps and masks as well as understanding proper sterile techniques.



MIZZOU Nursing

Mizzou Nursing provides a look at the nurses who are influencing today's health care industry.

Vol. 16 No. 2

Fall 2009

FEATURES

5 nursing.missouri.edu owner's manual

Take some time out of your day and explore the School's new Web site.

6 A Night of Promise

The School recognized the excellence of its students, faculty, staff, alumni and friends for the 19th consecutive year on April 24th.

8 Nurturing & Growing a PhD Program

Fifteen years ago, the seeds of a doctoral nursing program were planted. In 2010, a virtual expansion is planned that will open the garden to the world. The timing is perfect. As the nation grays, so does those who are educating the next generation of nurses as well as those nursing researchers who are adding to the knowledge base.

9 Research in Full Bloom

The fundamental goal of nursing research is to improve patient care, both now and in the future. Our researchers are pursuing diverse research projects that will improve the lives of both healthy and ill individuals.

DEPARTMENTS

The Power of the Mizzou Connection

2 Best Practices

■ Donuts with the Dean ■ Unintentional Injuries ■ Good Intentions Aren't Enough ■ Grant Productivity ■ Aloha ■ Simulation Educates Next Generation ■ Helping Nursing Homes Save Millions ■ SON Simulation Lab

17 Class Notes

18 Development Column

18 Calendar of Events

19 Nursing Outreach Conferences

20 Alumni President's Column



Pam Roe

Donuts with the Dean

Nursing students (from left) **Becky Arand, Elizabeth Moore and Jillian Granger** enjoy starting their day with a glazed donut, OJ and a conversation with the Dean. **Dean Judith Fitzgerald Miller** enjoys the informal gathering as a way of touching base with the students so much so that she pays for the event herself.

UNINTENTIONAL INJURIES

Researchers say the majority of injuries are not the result of physical abuse but unintentional injuries, possibly resulting from inadequate supervision.

“Not all children with multiple injury-related ER visits are victims of physical child abuse; physicians should consider the possibility of inadequate supervision,” said Patricia Schnitzer, assistant nursing professor. “When treating children for multiple injuries, physicians should seek information about previous injury-related ER visits, ask about supervision techniques, and home environment.”

Read the entire article at nursing.missouri.edu/magazine.

by the MU News Bureau

Good Intentions Aren't Enough

Caregivers of older women often evaluate crime risk and home security, but fail to identify women's intentions to reduce intrusion risk. In a new study, a nursing professor has found that in order to feel safe at home, older women need to recognize safety risks and perceive themselves as capable of preventing intrusions.

“To ensure that older people avoid victimization at home, health care providers often focus on providing recommendations such as locking the doors and installing security systems,” said nursing professor Eileen Porter. “However, it is not enough to ask if they are locking their doors, because the meaning of that term varies among people. Some women, who affirm that they are ‘locking the door,’ are locking their front door at night and during certain seasons of the year, but otherwise leaving front and back doors unlocked.”

Porter interviewed 40 homebound women, ages 85 to 95 and living alone, about their perceptions of feeling safe at home and precautions to protect themselves. The women reported various intentions about reducing intrusion risk, perceived capabilities in intrusion situations, and frequency of carrying devices that enable them to reach help quickly. Their main intentions to reduce risks at home were keeping watch, keeping out of harm's way, preventing theft and vandalism, discouraging people who might want to get in, and keeping those people out. Porter says these issues are important to consider when developing assessment questions and safety interventions.

“Caregivers and nurses should develop individualized safety interventions based on older women's intentions to protect themselves and reduce intrusion risks,” Porter said. “Nurses should conduct multiple interviews and ask questions about safety perceptions, potential reasons for reaching help quickly and how to reach help immediately.”

Read the entire article at nursing.missouri.edu/magazine.

by the MU News Bureau



GRANT PRODUCTIVITY

The value of current multi-year grants in the School exceed \$17 million. Below is a list of the most recent grant awards.

Jane Armer	\$22,870
<i>Mid-Missouri Affiliate of Susan G. Komen for the Cure and MU Sinclair School of Nursing Partnership for Breast Cancer Awareness and Survivorship Education from the Komen Mid-Missouri Affiliate</i>	
.....	\$40,000
<i>Human Genome Wide Association Analysis: Post-Breast Cancer Lymphedema from the Research Board</i>	
.....	\$76,656
<i>American Lymphedema Framework Project from the American Cancer Society</i>	
Tina Bloom	\$7,460
<i>Stress Among Rural, Low-Income Mothers At High Risk for Adverse Pregnancy Outcomes from the Research Council</i>	
.....	\$7,000
<i>A Collaborative, Intersectional Approach to Pregnancy Health Disparities in Rural Women from the Summer Research Fellowship</i>	
Shirley Farrah	\$3,000
<i>Prevention of Violence Against Women and Girls Project from the Regional Offices on Women's Health</i>	
Deborah Finfgeld Connett	\$408,155
<i>Optimal Treatment-recovery Frameworks for Women with Substance Abuse Problems from the National Institutes of Health</i>	
Yaowarat Matchim	\$2,500
<i>A Qualitative and Quantitative Study Examining Effects of Mindfulness-Based Stress Reduction on Physical and Psychological Well-being Among Breast Cancer Survivors from the Sigma Theta Tau Alpha Iota Chapter</i>	
Roxanne McDaniel	\$57,544
<i>HRSA Advanced Education Nursing Traineeship 2009-10 from Health Resources & Services Admin.</i>	
Judith Miller	\$110,027
<i>Graduate Programs in Nursing for Non-Nurses from the National Council of State Boards of Nursing — Center for Regulatory Excellence</i>	
Lori Popejoy	\$15,000
<i>Exploring Older Adult Hip Fracture Patients' Transitional Care Needs from the University of Iowa</i>	
.....	\$120,000
<i>Building Academic Geriatric Nursing Capacity - Claire M. Fagin Fellowship from the American Academy of Nurses</i>	
Marilyn Rantz	\$360,000
<i>Quality Improvement Program for Missouri 2009-2010 from the Missouri Department of Health and Senior Services</i>	
Cindy Russell	\$15,000
<i>A Pilot Intervention to Improve Treatment Adherence in Adult Hemodialysis Patients from the American Nephrology Nurses Association</i>	
Amy Vogelsmeier	\$15,000
<i>Describing Barriers to Medication Reconciliation in the Nursing Home from the University of Iowa</i>	
.....	\$120,000
<i>Building Academic Geriatric Nursing Capacity - Claire M. Fagin Fellowship from the American Academy of Nurses</i>	

Mizzou Nursing is published semi-annually for the alumni and friends of Missouri nursing by the Sinclair School of Nursing, University of Missouri.

EDITORIAL STAFF

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Ardith (Finke) Harmon
'03 BSN, '06 MS(N)
Nursing Alumni Organization President

Cover illustration: Jennifer Dine, BSN-PhD student, measures the circumference of Heather Arth's arm during a lymphedema visit in Jane Armer's research lab. Armer's research focuses on lymphedema, a side effect of breast cancer, and how to treat it.

All historic photos throughout this publication are courtesy of MU's University Archives, collection C:15/1/3.

Changing address? Please notify us of your address and e-mail changes. We want to be sure you continue to receive school announcements of special events, lectures and continuing education opportunities as well as Mizzou Nursing magazine. This is also a good way to maintain contact with classmates and friends. Send to Mizzou Nursing, S218 School of Nursing, Columbia, MO, 65211 or e-mail MizzouNursing@missouri.edu

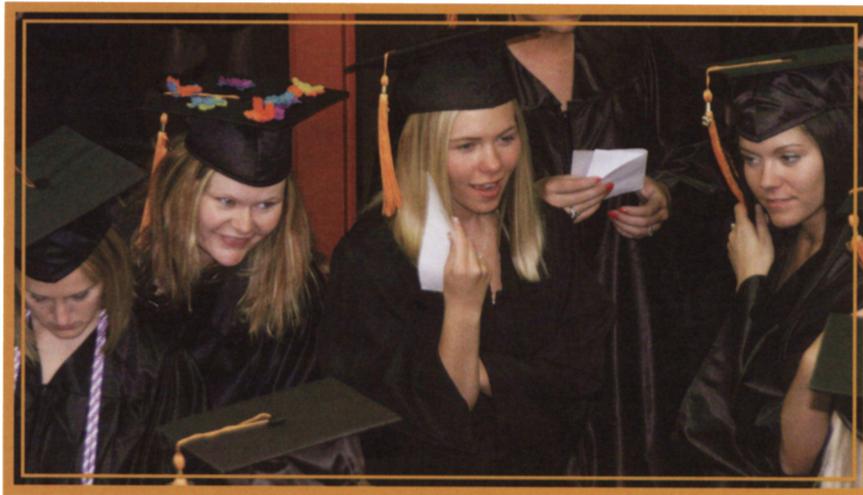
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RESEARCH COLLABORATIONS

These are grants where School faculty are the Principal Investigators but the award is made to a division other than the School of Nursing.

Bonnie Wakefield

Caregiving Appraisal in Caregivers of Chronically Ill Veterans from Dept. of Veterans Affairs Health Services Research & Development Services through the Harry S. Truman Memorial Veterans Hospital



Pam Roe

Aloha

The Hawaiian-themed party the night before the graduation ceremony spilled over onto accelerated nursing student Cory Prashc's cap and flip flops. The spring ceremony is held in Jesse Hall Auditorium each May and it houses the largest graduating nursing class. This year, the School handed out diplomas and certificates to 68 Bachelor of Science (59 traditional and nine RN/BSN), 34 Master of Science, three PhD, and five Post-Master's students.

Simulation Trains Next Generation

University of Missouri medical, nursing, health professions and University of Missouri-Kansas City pharmacy instructors are using medical simulation to train students to recognize safety risks, communicate effectively and work with other health professionals.

MU medical and nursing students, respiratory therapy students, health management and informatics students, and UMKC pharmacy students participate in interdisciplinary simulations that mimic busy emergency rooms. A typical simulation is hectic — crying babies, people shouting in pain and asking for help. Students are orientated to the scenario and then must work together to efficiently treat several patients. Students are instructed to identify and alleviate various safety risks while communicating with the 'patients' and each other.

"Health care students don't have many opportunities to train together and interact with pharmacists and hospital managers until they are in a professional setting — the students' lack of experience and confidence can affect patient care," says Gretchen Gregory, nursing instructor. "Group simulation requires students to interact with other health professionals and care for patients as a team."

The first inter-professional simulations took place in February at the Russell D. and Mary B. Sheldon Clinical Simulation Center. Instructors are evaluating students' feedback to identify best practices and areas for improvement. Continuing evaluation will ensure the most effective techniques are used to train future students, Gregory says.

To read the entire release, go to nursing.missouri.edu/magazine.

by the MU News Bureau

HELPING NURSING HOMES SAVE MILLIONS

In a new study, a nursing researcher found that long-term care facilities in Missouri saved more than \$6 million in the past three years after implementing a quality care improvement program. Savings for the facilities were more than 10 times the program costs.

Marilyn Rantz, professor, completed a three-year analysis of the Quality Improvement Program of Missouri (QIPMO) and found significant improvements in overall care quality of residents in participating facilities.

Last year, a total of 990 residents avoided developing clinical problems, including pressure ulcers, depression symptoms and weight loss, resulting in a total savings of \$3.7 million statewide for facilities and health care providers in the state.

QIPMO was created to pair facilities with gerontological nurse experts. One of the nurses' primary functions is to identify "best practices" for care procedures.

Rantz found that the cost savings for each year exceeded the total program cost by more than \$1 million. The cost per facility to use the program was less than \$3 per bed.

For more information about QIPMO statistics, visit: <http://www.nursinghomehelp.org/stats.html>.

To read the entire release, go to nursing.missouri.edu/magazine

by the MU News Bureau

NURSING SIMULATION EXPERIENCE

Nursing instructors Gretchen Gregory and Nicole Bartow are incorporating high-fidelity simulation into the students' lab experience. They are doing this by purchasing time at the School of Medicine's Sheldon Center since the School doesn't have a lab equipped with the same type of tools.

High-fidelity manikins react to nursing actions thus showing the students cause and effect. "Simulation doesn't replace patient care," Gregory says. "It creates an even playing field for the students by making random events happen more often in a safe environment."

However, monetary gifts are necessary to keep this experience going.

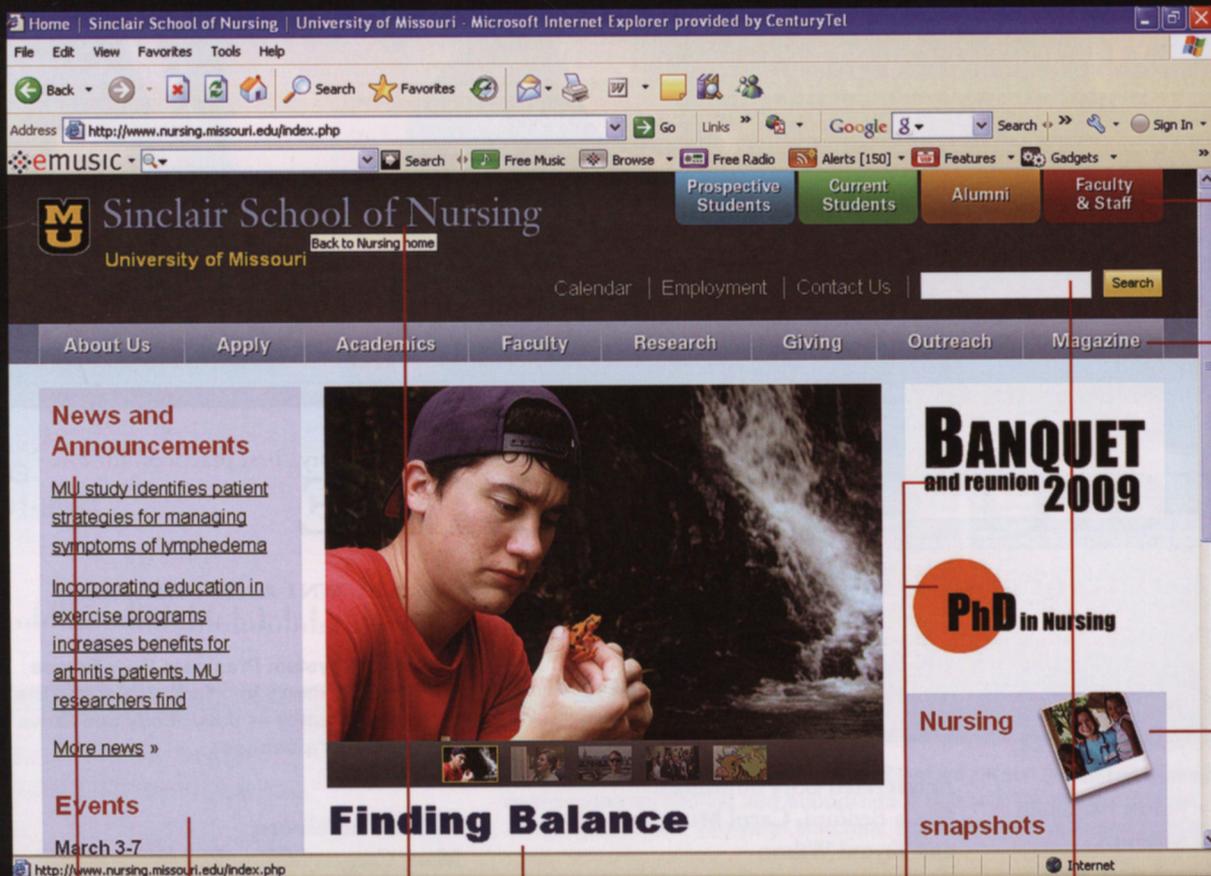
"The items addressed during a simulation go far beyond basic skills," says Ardith Harmon, alum and donor. "Students are able to experience working with a distraught mother, an angry patient, a dying patient, a difficult co-worker — the list is endless. And those things are real life. Simulation is a bridge between the 'real world' and the 'nursing school world.'"

To contribute, contact the Development Office at (573) 884-0421.

nursing.missouri.edu

OWNER'S MANUAL

In January 2009, the School launched its new look for its Web site at nursing.missouri.edu. Take some time out of your day and explore the new site and give us feedback on the good, the bad and items you'd like to see incorporated.



NAVIGATION BY AUDIENCE

TACTICAL NAVIGATION

Links to academic programs, School applications, nursing outreach, development, faculty, research and Mizzou Nursing

NURSING PHOTOS

Check out our Flickr page where you can view and order photos on-line

SITE SEARCH BOX

as well as employment and contact links

STAY IN CONTACT

Send us your e-mail address so we can keep in contact with you electronically

ROTATING FEATURE ARTICLES

Articles about students, alums, donors, research and faculty

HOT LINKS

The titles and logo are respectively hot linked to the MU and School's home pages on every page throughout the site.

HIGHLIGHTS

These "real estate ads" connect you to upcoming events, the current on-line magazine and other items being showcased by the School

DATES AND DEADLINES for the School and MU

CURRENT NEWS STORIES and School Announcements

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A NIGHT OF PROMISE

THE SCHOOL'S 2009 BANQUET HONORS STUDENTS, FACULTY, STAFF, ALUMNI AND FRIENDS

The School recognized the excellence of its students, faculty, staff, alumni and friends for the 19th consecutive year on April 24.

Those attending also welcomed the School's newest dean — Judith Fitzgerald Miller to Mizzou and to Missouri.

"Judy hasn't looked back once since becoming a Tiger even when her previous employer, Marquette University, played Mizzou in the Elite Eight championship in March," said Provost Brian Foster during his welcoming remarks. "Her drive and energy are perfect for leading the school to build on the impressive statistics it receives on an annual basis."

A list of this year's nominees and award recipients (recipients listed in bold) are listed below. To read the complete biography on the award recipients and peruse the photographs, please go to nursing.missouri.edu/magazine.

RN-BSN nominees:

Tiffany Armes, Tiffany Greiman and **Patrick O'Dell**

Accelerated BSN nominees:

Justin Bedford, **Carol Murphy** and Teyoni Wilson

5th-semester nominees:

Brittany Dickemann, Kayla Hartman and Sarah Roos

6th-semester nominees:

Becky Arand, Amanda Duessel and Kirstin Novosel

7th-semester nominees:

Sadie Jones, Sarah Ward and Andrea Winberg

8th-semester nominees:

Ashley Jones, Stephanie Oetting and **Christine Wagner**

Above: UM System President Gary Forsee and his wife Sherry join Dean Miller and the Richardson family — Sally, Molly and Steve — at this year's banquet.

Master's nominees:

Mary Creger, Melissa Pickett and Abigail Schulte

PhD nominees:

Laurel Despina, **Yaowarat Matchim** and Leesa McBroom

SON Staff nominees:

Brenda Dudley, Gayle Epple, **Tracy Feller**, Laura Mackey, Jessica Mueller and Todd Winterbower

Interdisciplinary Faculty recipient:

Norma Fisk

Faculty Teaching nominees:

Greg Alexander, Gretchen Gregory and Sara Revelle



1966 nursing grads Marilyn Thomas, left, and Martye Barnard, right, make the School's banquet an annual get-together.



1969 nursing classmates and roommates Ruth Bax Edwards, left, and Carrie Pike, right, reconnected at the banquet.



Steve and Sally Richardson were presented the School's Distinguished Friends award by Dean Judith Fitzgerald Miller.

Clinical and Community Preceptor recipients:

Tony Cook and Nancy Hoeman

Faculty Research nominees:

Lorraine Phillips and Lori Popejoy

Faculty Service nominees:

Denice Mendenhall and Marilyn Rantz

Betty Crim Faculty nominees:

Nicole Bartow, Gretchen Gregory, Anne Heine and Donna Otto

Alumni Awards

- Sherri Homan—Alumnae of the Year
- Ardith Harmon—Alumni Achievement
- Ginger Robinson—Humanitarian
- Susan Taylor—Honorary Alumnae
- Mary Beck—Citation of Merit

Friends of the School

Sally and Steve Richardson



photos by Pam Roe

After receiving the Outstanding PhD Student Award, Yaowarat Matchim (holding plaque) is surrounded by friends and supporters. From left: Sirinat Sriumporn, Robin Shook, Jennifer Dine, Jane Armer, Yaowarat Matchim, Bob Stewart and Ausanne Wanchai.

mark these dates

April 23 & 24

These are the dates for the next annual Banquet and Awards Ceremony, and we want you to celebrate with us. Start socializing before the banquet beginning at 5:30 p.m.; dinner at 6:30 p.m.

2010 INVITATIONS

To save money, the School is going to incorporate our annual banquet's invitation with Mizzou Nursing.

The next edition will have a wrap-around cover which will contain the Banquet, Nightingale Society and Alumni Reunion information and RSVP card.

DOCTORATE

nurturing and growing a PhD program

by Pam Roe

A thought is a seed — a source of grander ideas, full of promise that brings forth a new landscape.

Fifteen years ago, a handful of individuals planted the seed to develop a Doctor of Philosophy in nursing. They saw it growing in the fertile research-based ground of the nursing school on the University of Missouri campus.

Today that seedling has gone beyond growing strong. That one plant has become a well-cultivated garden full of blossoming opportunities for all those who wander its many diverse paths. Next year, a virtual expansion is planned that will open the garden to many across the state, nation and world.

This expansion could not come at a better time. As the nation grays, so do those who are educating the next generation of nurses as well as those conducting nursing research.

CREATING FERTILE GROUND

However, preparing the academic soil with the proper ingredients to create a strong and viable program took nearly

20 years. In 1976 the first named dean of the School, Gladys Courtney, set in motion the development of faculty scholarly research by inviting Drs. Harriet Werley, Susan Taylor and Elizabeth Geden to the School.

“Bringing Harriet Werley on as faculty member had a big impact on the trajectory of the School and its research focus,” says Linda Bullock, professor, researcher and PhD committee chair. “She was one of the foremothers of nursing research.”

With her team assembled, Courtney’s primary goal was to plant nursing research next to the firmly established academic-based curriculum. As the research seeds went into the ground, so did the entire reframing of the academic work and discipline around which the School was centered.

“Up to that point,” says Geden, the associate director of research in the 70s, “nursing faculty had heavy teaching and clinical loads. The mere thought you would parse that out to do research was not a part of the culture at that time.”

But then, just as today, the School was poised to be leaders in the profession.

Before the 70s, there were less than

500 PhD-prepared nurses, and throughout the United States only five nursing doctoral programs. And similarly in the late 80s, tough economic times had struck the country causing administrators to look closely at programs to eliminate duplicity.

That’s when a new cross-breed was created — the cooperative PhD program.

CONDITIONING THE SOIL

As the School’s research base broadened with the number of PhD faculty hired, the tiny seedlings of the MS and PhD programs were beginning to peek through the soil. Discussions surrounding the different practice areas of the PhD and nurse practitioner programs were happening at the same time the School was trying to establish its independence from the School of Medicine.

“Gladys lost her job due to her stance on independence. She believed that nursing education should be independent of the medical education,” Taylor says. “She was the School’s first dean who wasn’t under the control of the School of Medicine.”

continued on page 13

in full bloom

RESEARCH

The fundamental goal of nursing research is to improve patient care, both now and in the future. Our researchers are pursuing diverse research projects that will improve the lives of both healthy and ill people.

Research in the School achieved phenomenal growth during 1995-2005. Annual grant awards received by nursing faculty increased by an amazing 1,576 percent during this period. The School has also progressed in faculty scholarly productivity. Rising from third to first among all nursing schools in the Association of American Universities ratings. National data as a basis for scholarly productivity, indicates that the School is among the top in the country.

While the School has achieved a national reputation in gerontological nursing, its researchers are also developing emerging strengths in smoking cessation, domestic violence and infant outcomes, toddler injury risks, innovative alcohol modification intervention, circulation and wound healing, and lymphedema.

The many projects led by School investigators provide diverse opportunities for graduate and undergraduate students to experience the excitement of developing new knowledge. Faculty assist students in securing funding for their studies and projects as well as serve as role models for the spirit of inquiry that research fosters. Principal investigators at the School have developed strong interdisciplinary teams with university, national and international colleagues. Disciplines involved in nurse-led projects vary from veterinary medicine to engineering to psychology.

In the following special section, you'll learn about our studies in several key research areas. Research does make all the difference in the lives of individuals.

IMPACT OF AGE, EXERCISE AND THE QUALITY OF LIFE

There are hundreds of journals that publish thousands of articles on a huge array of topics. Which ones do you trust?

Thank goodness there's a meta-analysis on your topic. Researchers who use this technique do the work for you. Meta-analysis involves combing through the tangled web of research and creating a summary and conclusion regarding the current wisdom on any given subject.

At the School, Professor Vicki Conn is the expert on meta-analysis. And she is putting that expertise to good use by continuing her pursuit of exercise interventions.

"There are so many individual studies out there, and it looks like the finding are contradictory," she says. "One study looks at self-monitoring, one adds walking with a friend, another adds a reward for exercising,



Vicki Conn

How do you compare these different interventions?"

Conn is dedicated to the impressive improvements to quality of life for the population that exercise equipment and gym marketers largely ignore. Through all her research projects, Conn says with a laugh that "my purpose is to get people who don't look too good in spandex to exercise anyway."



Linda Bullock

CURBING DOMESTIC VIOLENCE FOR BABY'S SAKE

Bolstered by more than \$5 million from the National Institutes of Health, Linda Bullock, professor, is working to improve the health of babies in violent homes by testing two different interventions.

Bullock's previous research examined how stress fuels the urge to smoke among pregnant, low-income women.

Yet she noticed more than one in three of the participants in her study were victims of intimate partner violence (IPV), a major source of stress that contributed to their desire to light up.

The Baby BEEP for Kids study is testing whether the telephone calls delivered during pregnancy and up to two

years post-delivery helps women to be better parents as measured by their infants growth and neurodevelopment.

The other NIH trial is testing an empowerment intervention delivered by public health nurses to women experiencing IPV. They want to know if helping women stay safer will lessen the detrimental effects of the exposure to violence has on the children.

"I know our nurses are making a difference with the rural low-income women they are working with—making them safer and better mothers," Bullock says. "The children are benefiting from the interventions."

CREATING USER-FRIENDLY TECHNOLOGY

Greg Alexander, PhD, RN, assistant professor, is keeping multiple studies and projects afloat. However they all center on his primary area of expertise: technology implementation, design, and its use, individually and in community settings, to better assess health.

He's explored how technology can assess activity among the elderly.

"We actually created images that were silhouettes of the people exercising, which allowed us to track their range of motion and posture," Alexander explains.

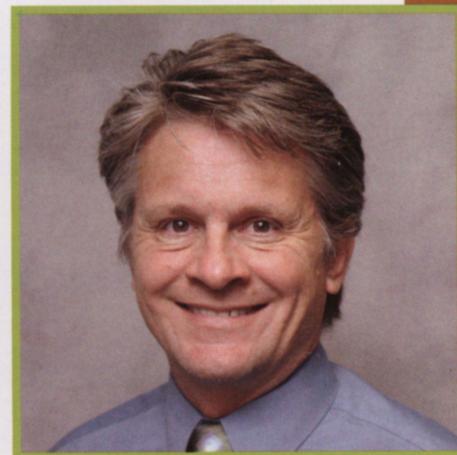
For health care providers the digital imaging system is useful in assessing pa-

tients' ability to safely use various types of equipment.

Even as Alexander looks at new and innovative ways to use technology for the benefit of older exercisers, he continues exploring the use of technology in nursing homes and assisted living facilities.

"We're using sensors to detect changes in residents' health conditions, especially around certain factors, like changes in medication or after a fall," he says.

Alexander's role centers on creating technology that can be both effective and user-friendly.



Greg Alexander

TRACKING MEDICATION ADHERENCE

An associate professor, Cynthia Russell is using a high-tech device to track the medication-taking habits of more than 200 renal transplant recipients.

Each patient in her study, which is funded by a \$220,500 grant from the National Institutes of Health, takes anti-rejection medicine from bottles topped with a special cap that contains a computer chip. The chip records each time the cap is removed from the bottle, and Russell downloads the information to her computer.

Without diligent medication management, a transplant patient's body will treat the new organ as a foreign

substance and attack it, destroying the organ and potentially killing the patient.

Russell hopes that her study will uncover patterns or commonalities among patients who fail to take their drugs properly, offering insights that may lead to useful interventions.

"One of the heartwarming things that surprised me is that people are so willing to become involved in order to help other transplant patients and society at large," Russell says. "They feel they've been given a gift and they want to give back. That's one of the reasons I like research in this field — the people are unique and wonderful."



Cynthia Russell



Rebecca Johnson

PETS EASE TRANSITION TO NURSING HOMES

Entering a nursing home is a scary transition for many elderly people. So anything that can help ease the anxiety that comes with such a tremendous lifestyle change is worth exploration.

That's why Rebecca Johnson is putting new nursing home residents in touch — literally — with dogs.

The Millsap Professor of Gerontological Nursing and Public Policy and associate professor of nursing, Johnson also holds joint appointment with the MU College of Veterinary Medicine and is director of the MU Research Center on Human-Animal Interaction.

Her study on “testing a dog visit protocol with newly admitted nursing home residents” was funded by a \$7,500 grant from the MU Research Council.

“I've been studying relocation issues since 1992,” she says. “The same things keep happening to people when they enter nursing homes. It's extremely stressful and just not good for older adults.”

Her research into how animals help improve human health continues with three new grants investigating the effects of dog-walking on physical function in older adults and the role of fostering a shelter dog in promoting physical and emotional health in retirement residents.

IMPROVING OUTCOMES FOR NURSING HOMES

The National Institutes of Health awarded Professor Marilyn Rantz more than \$3.1 million to continue her groundbreaking work on improving outcomes for nursing home residents.

Rantz is confident nursing home administrators will welcome the opportunity to improve resident outcomes. Not only is it a matter of good care, but it's a matter of good business, she says, having found that homes with better outcomes are also more cost effective.

“We can help them learn how this works, and it will save them money,” she says. Rantz attributes this cost-saving phenomenon to the fact homes with

outstanding outcomes tend to have less staff turnover, which reduces hiring and training costs.

“Good care leads to better resident function,” she adds. “It's less expensive to maintain people's abilities than it is to let people become more frail and then have to provide more care.”

For instance, residents who are encouraged to walk are able to care for themselves better, requiring less nursing care. More independent, healthy residents also decrease supply costs for such things as incontinence products and nutritional supplements.



Marilyn Rantz



Eileen Porter

OLDER WIDOWS MAINTAINING INDEPENDENCE

Moving to a nursing home or assisted living facility, no matter how clean, well-run and pleasant, is not the intention of many older women.

Professor Eileen Porter talked with them during her five-year study of “Older Homebound Women's Experience of Reaching Help Quickly” funded by a \$1 million grant from the National Institute on Aging. Her study focused on the women's perspective — a natural but somewhat unusual way to collect data.

Older women, who feel independent despite accepting some help from family, friends, and health-care providers, would

prefer not to “bother” others if they need help quickly for health or other emergencies. Some had plans for reaching help, but most had vague ideas or had not thought about it. “Some women whose children lived nearby knew that ‘someone would be by in time’ to check on them.”

Porter's research teaches valuable lessons. “Ask older people what they would do if they needed help quickly,” she says. “Provide information, but let them come up with answers that suit them.”

Through her data, Porter hopes that others will better understand the unique lives of older women.



Deidre Wipke-Tevis

VARIATIONS IN CARDIOVASCULAR DISEASE

Cardiovascular disease is the number one cause of death in the United States.

Seasonal variation in cardiovascular disease morbidity has been observed for 80 years. Yet with up to a 50 percent higher winter occurrence, the physiological parameters have not been defined.

Hematocrit, plasma nitric oxide and/or plasma endothelin-1 impact how the circulation responds to periods of low blood flow.

In preliminary research on healthy men, Wipke-Tevis' found that hematocrit peaks while plasma nitrite/nitrate troughs in late fall/early winter.

Since it is known that an imbalance between nitric oxide and endothelin-1 may lead to a heart attack or stroke, she is currently conducting a year-long study that evaluates these substances in a control group to identify links to the known seasonal variation.

An understanding of the seasonal rhythms of these important cardiovascular parameters will lay the foundation for the development of future innovative pharmacologic and/or lifestyle interventions tailored to seasonal physiology and designed to decrease the incidence of cardiovascular disease.

WOMEN'S CANCER ISSUES NOT INVISIBLE

Jane Armer, PhD, FAAN, RN, professor, studies women who suffer from lymphedema, a localized swelling of the arm or shoulder that may occur as a result of breast cancer treatment.

From personal experience, Armer discovered that lymphedema is both underdiagnosed and undertreated even though this chronic condition has tremendous impact on a woman's quality of life.

"As our treatments become more successful, there are more cancer survivors. In the past, we've focused on the fact that they are survivors and we have not looked at what they deal with after they

survive acute cancer treatments. Now there's more interest in cancer survivorship issues," she says.

After establishing current lymphedema incidence rates, Armer plans to research risk factors, risk-reduction activities, and optimal lymphedema management strategies.

"For health professionals, it is important to be aware that lymphedema is an on-going issue," Armer states. "And we hope that women who have lymphedema become aware that what they experience is of concern and is no longer an invisible condition."



Jane Armer



Patricia Schnitzer

EXPLORING CHILDREN'S SAFETY

An associate professor specializing in public health and epidemiology, Patricia Schnitzer's work focuses on the role parental supervision plays in preventing childhood injury.

Parents of children 4 or younger who sought emergency care at University Hospital for an unintentional injury were asked whether they would be willing to participate in the study.

"We framed our questions in light of the challenges inherent in raising young children," she continues. "We want to hear the parents' story about what happened and why."

Schnitzer admits that it's not possible to completely quantify how well a parent

can multitask. However, the degree of distraction based on the activity of the parent at the time of the injury is an important piece of information.

Although she has yet to complete her data analysis, Schnitzer hints supervision alone may not prevent as many childhood injuries as we might think.

"It's important to look at ways in which we can reduce child injuries," Schnitzer says. "After all, nurses are important because the injury prevention messages they share with patients do make a difference. Eventually, we hope our work will lead to new interventions and programs that will help inform those messages even better."

The 80s saw few PhD programs conceptually based in nursing. “In those early days, that base was our strength. Our curricula were viewed on campus as outstanding programs,” Geden says.

From the program’s inception, the School’s faculty worked hard to stay on the cutting edge of research, education and practice.

“To this day, our doctoral students are well grounded in research skills and methods,” says Kay Libbus, professor and current doctoral program director. “They now have six hours of research practica with hands-on experience in obtaining those skills.”

She believes that as researchers become more involved in their specific areas they become an invaluable resource in the classroom.

“As the nursing profession evolves, we recognize that research is strengthening and changing the best practices we use daily,” she says. “This shows that nursing needs to be taught from a research base. All nursing students need to view nursing as a discipline that grows and changes. They are here to become educated critical thinkers.”

As experts in their profession, PhD graduates bring a passion to the classroom that is palatable. It is that same passion that created the cooperative PhD program.

NEW CROSS BREED IN EDUCATION

In the late 80s, programmatic reviews at the campus and system levels addressed concerns about programs duplicity. It was also during this time that the School’s faculty helped the MU St. Louis faculty establish their undergraduate nursing program.

“It was in our best interest to help them build a good, solid program,” Taylor says. “So when the other Missouri campuses started thinking about doctoral programs, the only response University Hall could have was to establish a cooperative program.”

At that time, cooperative academic programs were rare at the University and throughout the nation. But it met the

needs of the Board of Curators and once again the School was in a leadership role. The first students were admitted in 1993.

“We were so hungry for the doctoral program that it became irrelevant that the three campuses weren’t on equal footing,” Geden says. “It was apparent that if we wanted this program then establishing it cooperatively was the only we were going to achieve that. Dean Toni Sullivan was able to keep that end goal in mind as she negotiated those initial meetings. She was remarkable in this regard; and we wouldn’t have the program we have today without her strength and Gladys’ vision.”

In 2005, all three schools decreased their dependence upon one another in the cooperative program effort.

BACK TO BASICS

Once the doctoral framework was established, the three specialty areas were identified as health restoration and support; health promotion and protection; and health care systems.

In those early years, faculty members took a specific number of students and mentored them.

“In the beginning, the program was a little more general,” says Eileen Porter, professor and former PhD program director. “We focused more on these general concept areas and didn’t worry too much about which mentor the student was assigned. Later we thought more about how specific mentors and students matched up and we had the students meet the faculty before they could apply.”

Today, the application process still hinges on that unique student-mentor relationship.

“The mission of the School and the land-grant University is to cultivate practicing nurses and faculty members,” Libbus says. “Our PhD program meets both of those goals. We are exposing undergraduate students to individuals who, due to a research base, have roles beyond the traditional baccalaureate-prepared nurse. This is crucial to our discipline’s future.

“If we can capture the student’s atten-

tion so they realize these other roles, then maybe we can attract a younger student base at the graduate level who can in turn educate more nurses,” she continues.

This is the critical point in nursing education — educating research-based nurses at the graduate level who return to the classroom. As it’s been reported, there is a nursing shortage that will continue as the baby-boomer generation ages. The graying of nursing faculty — a niche that the PhD program is trying to fill, contributes to the shortage.

SQUARE-FOOT GARDENING

Back in the program’s formative years, nursing faculty such as Geden and Taylor were diligently working with their colleagues on the MU campus to ensure there was support for doctoral students in course work in other disciplines.

Currently graduate nursing students are required to take 6-12 hours of course-work in other disciplines to support their nursing focus. “Because nursing students don’t have detailed knowledge in these outside areas, we had to do the ground-work to make sure faculty in other areas would accept our students,” Geden says.

Since nurses are exceptionally good at building relationships, the faculty’s hard work paid off. Doctoral students in nursing are now accepted throughout the myriad of disciplines available across the campus.

“Our personal relationships, the work we’ve done with other departments, and the quality of our students are what permits these successful relationships to continue to this day,” Libbus says. “We still continue to do a lot of work to make sure our students have access to the appropriate courses.”

However, Geden points out that acceptance was a hard-earned right. “Initially when we approached other departments they looked at us like we had four heads,” she says. “They didn’t see the connection between their departments and nursing.”

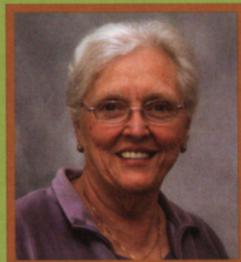
By looking at the varied dissertation titles (see page 16), nurses are now playing an essential role in research and education

MASTER GARDNERS

LANDSCAPERS



Dean Gladys Courtney



Susan Taylor



Beth Geden



Larry Ganong



Kay Libbus



Dean Toni Sullivan



Harriet Werley



Eileen Porter



Linda Bullock

throughout the MU campus. Another one of the goals the faculty had was to be full members of the University faculty. This was accomplished by having nursing students fully engaged with others throughout the campus. Faculty members today enjoy all the benefits planted by colleagues during the last couple of decades.

As nurses, states Bullock, we are so much a part of the system that many don't know or appreciate the cultivation that went into creating interdisciplinary goodwill and relationships across this University.

"Faculty today do not have to explain their presence here," Geden says. "We had to explain why we should even have a presence."

Today, seeds are being planted in the doctoral program in the fertile soil created by Deans Courtney and Sullivan. Bullock and Libbus and other nursing faculty are now initiating and teaching interdisciplinary courses at the doctoral level, as well as conducting research, that engage students from various disciplines.

"Twenty-five years ago, nursing faculty were petitioning for nursing students to be included," Libbus says. "Today, we are engaging students from all disciplines in

research ethics and grant writing. We have engineers, nurses, educators and human developmental studies represented; and the students loved the diversity."

MASTER GARDENERS

In those early days, the faculty found themselves in a leadership role that many on campus had never personally experienced. Taylor and Geden drew up course descriptions, outlines, programs of study, core areas and the "whole nine yards."

"These items had to be approved by the Graduate School, biological sector and the graduate nursing faculty before we could move forward," Geden says. "It was a difficult hoop to get through, and it had to be accomplished before the cooperative program could begin."

One critical change that faculty made to the original PhD curriculum was to institute a required advanced research practicum course that students had to complete before conducting their supervised dissertation research. Porter explains that this innovative mentored research experience has been well received by students and faculty and has led to many joint publica-

tions in top journals.

During this same time period, when Porter and Larry Ganong, professor, were co-directors of the program, the Forms and Formalities handbook was also created to document the program's academic policies for students.

"We also developed a template to keep track of our student's progress on an individual basis," Porter says. "Both the tracking template and student handbook were recognized as exemplars of excellence by the dean of the Graduate School and they became models for the other graduate programs on campus."

However, being master gardeners was not new to the School or its faculty. This School was one of the first on the MU campus to have graduates complete a program of study on-line. The RN-BSN program, which began in 1997, went on-line in 2001. Next year, the School continues the tradition of being in the forefront of educational trends by offering its PhD and Doctor of Nursing Practice program on-line as well.

"Taking the PhD program on-line has a lot to do with our clientele," Libbus says. "Individuals who come for advanced degrees in nursing are not usually 23 years

old. They are usually older, settled into a community and raising a family. They find it much harder to pack up and move to Columbia for five years.”

But as the technology has improved, the University’s Educational Technology Director Danna Vessel says the toolbox has expanded as well. These tools have been incorporated into the on-line classroom experience as a part of a relationship-building process. Blogs, discussion boards, wikis and web cameras are all ways the nursing faculty will build a personal relationship with distance-mediated students, says Vessel.

“In the past 9 years, we’ve seen an evolution of placing content on a web page to these different forms of communications and different ways of meeting with students,” Vessell says. “It’s about forming relationships and that’s the important aspect especially with a PhD program. To experience that intensive, mentor-apprenticeship model of learning is one of the reasons students go to graduate school. And that’s why we’re here – to make that experience happen via the computer environment.”

Vessell believes the nursing faculty will quickly adapt to the new technology because throughout the years they have consistently been campus leaders in this regard. “From the technology standpoint, we were already in the forefront because of the RN-to-BSN program,” she says. (see the technology side bar above for more information about this topic)

As the new distance-mediated programs take root, the faculty are forging new ground that keeps students invested in faculty research endeavors, personalized mentoring and gaining hands-on, local research experiences.

“We are also creating a required on-campus research interest summer course that will begin after the launch of the distance-mediated program in 2010,” Libbus states. “This immersion course will provide that intense mentoring between students and faculty members.”

The faculty are also in the process of restructuring the annual research day so that it fits with the distance-mediated model. Students from locations around the world can participate in a synchronistic way, says Libbus.

HARVEST

Although the School has a solid research base, the current challenges facing the PhD program center around attracting a student population to the middle of the state. As Porter points out, that has always been the challenge.

But once again the program’s strength lies within the team. The School’s standards come from a historic conception and implementation of standards at a research one institution.

“Our standards are drawn from our colleagues’ standards on campus and being members of that community,” Geden says. “These are deeply embedded standards.”

So the screening process of potential students is done at a higher level with those standards in mind. This has led to doctoral nursing students being funded at the national level in various ways and receiving top honors and awards. (see the article on Jennifer Dine on the inside back cover)

Another strength of the team is seen in the progression of the School’s faculty scholarly productivity going from third to first among all nursing schools in the Association of American Universities ratings. National data as a basis for scholarly productivity, indicates that the School is among the top in the country.

So instead of incurring a drought, the School is planting new seeds and creating new terrain with a confidence of a natural born leader.

“We are creating an environment for those who are ready to change their career path, fuel their inner passion and make a difference in the profession of nursing and the next generation of nurses,” Libbus says. “And we are using the most advanced technology to make those personal goals fit into their everyday lives.”

Visit the School’s Web site for more information on the PhD and DNP programs.

POSSIBILITIES BLOOM WITH TECHNOLOGY

Taking courses on-line can be intimidating for older students who don’t consider themselves technologically advanced. But the Educational Technologies at Missouri (ET@MO) department has made the process simple and easy.

For the student, the course is viewed in the University’s Blackboard system and visually it looks like a simple Web page. There are navigation tabs, content and links specific for their course.

However, starting with the nursing PhD program in spring 2010, MU cam-

pus is introducing Adobe Connect. This web-cam based software is linked from Blackboard and works similar to Skype.

“With Adobe Connect, all the software and technology issues are on our end,” says Danna Vessell, ET@MO director. “The student doesn’t need anything other than a web cam and have access to Blackboard.”

A camera at the student’s and faculty’s locations makes synchronous communication possible. The camera also helps create a visual connection between mentor and student, which is vital in a doctoral program. A high-speed internet connection is also being required by the School so fluid communication can happen as well.

Setting up distance-mediated courses is nothing new for ET@MO. The department hosts around 2,000 Blackboard course sites a semester, Vessell says.

The School’s IT specialist Asad Khan will be buying and installing the web cameras on the faculty’s computers.

“This entire process has been thoroughly researched and planned,” Khan says. “We are anticipating this to be a smooth transition both for faculty and students. It is exciting to see how we are using the newest technology to connect to students worldwide.”

Students will be given specific guidelines to set up on their end; although, technical support will be available to answer their questions.



Blackboard screen shot

SEEDLINGS TO PROFESSIONALS

(Spring 96)	Karen Hayes	Geragogy-Based Medication Instruction for the Rural Elderly Patient Discharged from the Emergency Department
(Spring 96)	Mary Ellen Simpson	Testing Gender Difference in a Model for Exercise Adherence in U.S. Army Reservists
(Fall 96)	Anna Easter	Preliminary Testing of the Modes of Being Present Scale
(Fall 97)	Suha Kridli	Est. Reliability/Validity of an Instrument Measuring Attitudes, Sub Norms, Per Cont, & Behavior Intentions of Jordanian Muslim Woman Toward the Use of Oral Contraception
(Spring 98)	Martha Bogart	Cardiac Catheterization: The Effects of Early Ambulation on Patient Comfort and Groin Complications
(Fall 98)	Martha Baker	Defining the Relationship between Spirituality, Cultural Affliction, and Self Care Agency in N.E. Oklahoma Native Americans and Euro Americans
(Fall 98)	Julie Calwson	Perceptions about Roles and Obligations in Families in Which the Older Generation Members are Married
(Fall 98)	Nelda Godfrey	Character and Ethical Behaviors of Nurses
(Fall 98)	Willetta Rogers	Psychological Well-being of Family Caregivers of Dementia Patients in Nursing Homes
(Fall 98)	Charlene Romer	Stress and Coping in Women with Osteoarthritis: A Qualitative Study
(Fall 98)	Jill Scott	Study of Health Care Utilization Among Chronically Ill Rural Older Adults
(Spring 00)	Louise Whitenor	Using Hongvivatana's Model to Evaluate Health Care Access
(Fall 01)	Constance Brooks	Impact of People-Centered Team Training on Partic. Engagement in Relationship Requisites of Self-Development
(Fall 01)	Terry Buford	Transfer of Responsibility for Asthma Management from Parents to Their School-Age Children
(Fall 01)	Kathryn Burks	Self-Management of Osteoarthritis
(Fall 01)	Karen Cox	Orem-Designed Nursing System on the Symptom Control in Children with Asthma
(Fall 01)	Stephen Hadwiger	Managing Diabetes According to Mexican American Immigrants
(Spring 02)	Jane Bostick	Relationship of Nursing Personnel and Nursing Home Care Quality
(Spring 02)	Glenda Dahlstrom	Privacy and Confidentiality of Patient Health Information
(Spring 02)	Sang-Arun Isaramalai	Developing a Cross-Cultural measure of the Self-as-Carer Inventory Questionnaire for the Thai Population
(Spring 02)	Tamam Mansour	Teaching Research to Undergraduate Students
(Spring 02)	Sherri Ulbrich	Intervention to Promote Physical Activity in Healthy Adults
(Fall 02)	Lisa Lewis	The Use of Formal Substance Abuse Treatment Programs by Pregnant and Parenting African American Women
(Fall 02)	Suporn Wongvatuny	Mothers' Experience of Helping the Young Adult with Traumatic Brain Injury
(Spring 03)	Vicki Burns	The Experience of Having Become Sexually Active for Adolescent Mothers
(Spring 03)	Marcia Flesner	Person Centered Care: A Model for Nursing Homes
(Fall 03)	Mei Fu	Managing Lymphedema in Breast Cancer Survivors
(Fall 03)	Terranut Hamirattisai	Exercise, Physical Activity, and Physical Performance in Thai Elders After Knee Replacement Surgery
(Fall 03)	Sherry Pomeroy	Increasing Physical Activity in Rural Elderly
(Spring 05)	Wipa Sae-Sipa	Effect of Pressure Duration on Sacral Skin Blood Flow & Sacral Skin Temperature in Healthy Adults and Patients with Either Spinal Cord Injury or Orthopedic Trauma
(Spring 05)	Jantarakupt Peeranuch	The Experience of Men who are Managing Symptoms of COPD
(Fall 05)	Greg Alexander	Human Factors, Automation, and Alerting Mechanisms in Nursing Home Electronic Health Records
(Fall 05)	Jeffrey Gage	The Influence Male Partners have on Smoking Cessation Among Pregnant Women
(Fall 05)	Cynthia Jo Riggs	Measuring Nursing Home Staff Turnover Using Date-Of-Hire from Current Payroll Records
(Spring 06)	Karen Courtney	Privacy and Senior Adoption of Assistive Technology
(Fall 06)	Ben Franciso	Experience of Rural Children Whose Daily Lives are Limited by Asthma
(Fall 06)	Pamela Newland	Multiple Sclerosis: Chronic Illness/Pain Management and Their Effect on the Quality of Life Across Lifespan
(Fall 06)	Benjakul Wunvimul	Assessment of Knowledge and Attitudes Towards Caring for HIV/AIDS Patients Among Senior Nursing Students in Baccalaureate Programs in the U.S. and Thailand
(Fall 07)	Jane Cochran	Meta Analysis of Quality of Life Outcome Following Diabetes Self-Management Training
(Fall 07)	Lori Popejoy	Hospital Discharge Destination Decisions: How Frail Older Adults, Their Family, and Health Care Teams Make Decisions
(Spring 08)	Katherine Kelly	The Process of Making Treatment Decisions for Children with Cancer by Parents who no longer Live Together
(Spring 08)	Amy Vogelsmeier	Leadership, Communication, and Teamwork
(Spring 08)	Jie Yu	Physical Function Among Community Dwelling Older Adults
(Fall 08)	Rita Sue Lasiter	Older Adults' Perception of Feeling Safe in an Intensive Care Unit
(Spring 09)	Sheila Capp	Grief and Mourning Among African American Elders After Spousal Bereavement
(Spring 09)	Shari Kist	Correlates of Pet-Keeping in Residence Halls on College Student Adjustment at a Small, Midwestern College
(Spring 09)	Todd Ruppap	A Behavioral Feedback-Based Intervention to Improve Medication Adherence in Older Adults with Hypertension

1970s

Cathy (Connell) Cartwright, BSN '73, is the current president of the American Assoc. of Neuroscience Nurses. She is also employed by University Hospital in Columbia, Mo.

2000s

Tassi Shafer, BSN '07, and Andrew Womack were married July 18 at First Baptist Church in Columbia, Mo. Shafer is currently a RN in Linn, Mo.

Marie Thompson, BSN '08, and Philip Swenson were married Aug. 29 in Columbia, Mo. Thompson is a staff nurse in Columbia, Mo.

OTHER NOTABLE RECOGNITION

In celebration of Nurses Week, MU Health Care named its Excellence in Nursing award winners:

Lisa Beckman, BSN '97; Julie Bonnot, BSN '04; Anne Cotton, current student; **Mary Creger, MS(N) '06**, current PhD student; **Susan Curry, BSN '80; Mary Freiburghaus, BSN '85; MS(N) '95; Vickie Grieshaber, BSN '98;**

Jean Harmon, BSN '85; Shauna Hess, BSN '97; Kim Innes, BSN '85; Kelly Lister, BSN '05; Katie Merrill, current student; **Ruth Morgan, BSN '87; MS(N) '94; Amy Murdock**, current student; **Michele Schutte, BSN '87; Kathy Slaughter, BSN '77; Erin Spears, BSN '93; Julie Starr, BSN '87; MS '08; Linda Sypkens, BSN '87; Jessica Teschner, BSN '07; Joyce Hollis, BSN '89; Kae Dee Schroeder, BSN '04; Dan Smith, BSN '91**

IN MEMORIAM

Ruth Ann Kroth, MS(N) '78 and emeriti professor, passed away in June 2009 at the age of 86. Before coming to MU, Kroth worked in Egypt teaching nursing students. Upon her return she taught at the School from 1957 to 1985.

She received the 2008 Humanitarian Award from the MU Nursing Alumni Organization (NAO). Memorial contributions can be sent to the School to support the NAO. Contact the development office at (573) 884-0421.

Dorothy Cline-Denney, GN '37, passed away in June 2009 at her home in Boonville, Mo.

FACULTY NEWS

Lori Popejoy and Amy Vogelsmeier both received a John A. Hartford Foundation Claire M. Fagin Post-doctoral Fellowship this summer.

Patricia Schnitzer was promoted to associate professor.

NEW INSTRUCTORS OF NURSING

Kathleen Ellis, MS(N). She is currently engaged in the School's PhD program and was a staff nurse in the University Hospital's Burn Unit.

Mary Fete, MS(N) '02. She was the research director for the National Foundation for Ectodermal Dysplasias.

Lynnea Frey, MN. She was the manager of the Intensive Care Nursery and Pediatrics at Boone Hospital Center.

Andrew James, BSN '01, MS(N) '04. He is also currently obtaining his MBA from Walden University.

Paula Mascendaro, MSN. She was a staff nurse at the University Hospital and the Jefferson City Correctional Center.

Keep in Touch — Help us, and your former classmates, keep track of where you are and what you've been up to since graduating by sending in your news. Send to Mizzou Nursing, S218 School of Nursing, Columbia, MO 65211 or submit on-line at MizzouNursing@missouri.edu

Degree _____ Date of graduation _____

Name (including maiden): _____

Address: _____

Business address: _____

Phone: _____

Notes (please include personal or professional activities and achievements): _____

Quick Reference List

Admissions

Undergraduate & MS programs
(573) 882-0277
nursing@missouri.edu

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Vicki Conn
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Nursing Outreach

Shirley Farrah
(573) 882-0215
FarrahS@missouri.edu

Calendar of Events

- First day of school
August 24
- Family Weekend/Open House
Sept. 12, 8:30 - 10:30 a.m.,
Student Lounge and Skills Lab
- Homecoming & Parade
Oct. 24
Downtown Columbia & MU Campus
- Commencement
May 14, 4 p.m., Jesse Hall

from the Office of Advancement

I often get asked what sets our school of nursing apart at MU? What do we do here which impacts citizens of our state and even other schools of nursing?

What often comes to mind is that as a land-grant university, we take seriously our mission to serve the citizens of Missouri. One way of that we do that, is by preparing the educators who go on to teach the number of students needed for the nursing profession.

PhD prepared faculty are at a premium in this country. We get notes everyday from other institutions that are seeking faculty members and administrative leaders who have earned their doctorate. They look to schools like Mizzou with MS(N) and PhD programs to help in that regard.

This year, one of Dean Miller's goals is to move our PhD program into being distance mediated and to grow the number of PhD candidates which we serve, by expanding access candidates have to furthering their education.

Why is this important? Because it demonstrates how in these tough economic times, as the demand for nurses, nursing educators and nursing administrators continues to escalate, the School stands committed to being a part of the solutions to these problems. And at the same time, it allows many employers to retain their valuable workforce while encouraging their employees to obtain their advanced degrees.

In addition to the RN-BSN and MS options, which allow RNs to work toward their bachelor's or master's degree, while

remaining in their home settings and with their employers. The PhD program will be a solution for this population of our students.

If you have your degree from MU and have ever considered working towards your doctorate, you owe it to yourself to see what Mizzou has to offer.

One such inspirational story was of Jane Cochran who, despite all odds, fought valiantly against major health obstacles to attain her personal goal to be an University of Missouri PhD-prepared nurse.

Jane lost her battle in January 2009, but her story reminds us that nurses who set their minds to something — like obtaining a degree — can realize their dreams! Her family and co-workers established a PhD scholarship fund to ensure that others can follow in her footsteps to earning their own degree.

That is why the Office of Advancement works to advance the School. It is more than fundraising — it is "advancing" the story, the mission, the goals, the reputation and the funding which will help all of our students to find their true calling.

Whatever your passion; whatever your career goals; wherever 2009-2010 may take you in your career, the Sinclair School of Nursing is here to help, to encourage and to assist you in attaining your personal best.



**Human-Animal Interaction:
Impacting Multiple Species**
October 20-25, 2009 • Kansas City, MO USA

This conference is connecting human-animal interaction (HAI) researchers and practitioners with the express purpose of stimulating dialogue. For more information about the conference, keynote speakers and registration, go to http://rechai.missouri.edu/izaz_hai09.htm. To contact organizers, send an e-mail to ReChai09Conf@missouri.edu

Join the Mizzou Nursing Alumni Association

Get connected and, at the same time, support students, campus programs and faculty.

Individual, \$40 Dual, \$60 New Grad (1-3 yrs), Senior (65+), MU Faculty/Staff — Individual, \$30 Dual, \$45

Name: _____ E-mail: _____

Address: _____

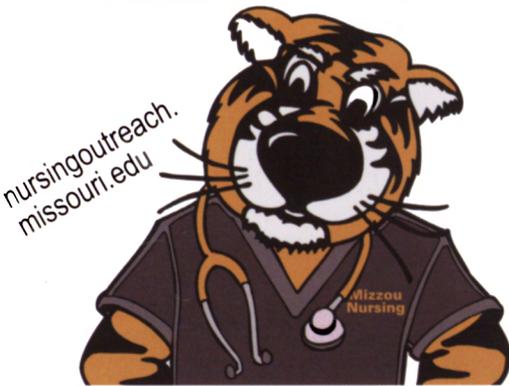
Phone: _____ Class year: _____ Student no. _____

Memberships are now tax deductible. Show your stripes and join today by sending in this form or going to mizzou.com/joinNursingAlumni.

Make your check payable to: Mizzou Alumni Association; mail to 123 Reynolds Alumni and Visitor Center, Columbia, Mo. 65211 or charge:

Visa MasterCard Discover Card no. _____ Exp. _____

Signature _____ (required for credit card use) UNA



2009-10 CONFERENCES NURSING OUTREACH

Where continuing education and continuing competence meet

- 12th Annual Office/Clinic Nursing Update Sept. 24
- 17th Annual Perioperative Clinical Update Oct. 9-10
- Intn. Soc. of Anthrozoology and Human-Animal Interaction Conf. (KC) Oct. 21-25
- 18th Annual Psychiatric-Mental Health Update Nov. 6
- 14th Annual Midwest Regional Nursing Educators Conference Nov. 12-13
- 21st Annual Gerontological Clinical Update Dec. 3-4

BONNIE WAKEFIELD NAMED A FELLOW OF AMERICAN ACADEMY OF NURSING



BONNIE WAKEFIELD

At the annual American Academy of Nursing convention this fall, Bonnie Wakefield will be inducted as a Fellow by her peers.

In the growing field of health care informatics, Wakefield is working to use telehealth technology to help people manage chronic illness.

Her research involves using videophones and telephone connections to help veterans who have been hospitalized for heart failure successfully recover at home. This also helps conserve resources for the home-health nurses who administer follow-up care.

FAAN membership criteria includes recognition by one's peers of making outstanding contributions to nursing over and above those required in one's position of employment.



photo by Donna Otto

The nursing team took third place in the second annual March of Dimes Tiger Walk/Run in Columbia. Arranged by the Student Nursing Association, the School raised money to benefit the child-advocate organization.

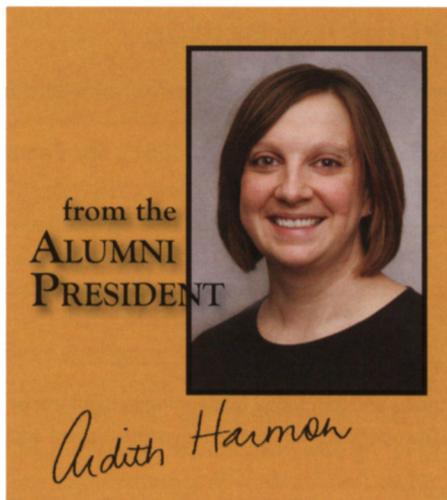
Greetings Mizzou Nursing Alumni!

I am so excited to serve as the Nursing Alumni Organization President for 2009-2011. The amazing things that our graduates are doing astound me all the time. Mizzou Nursing has a strong legacy of achievements and I am honored to play a small role in the continued success of nursing at Mizzou.

As your new president, I'd like to take a few moments to introduce myself. I am a BSN '03 and an MSN '06 graduate of the School. After graduating, I worked as a pediatric nurse, a school nurse and as a nurse educator. Currently I am teaching nursing at a community college and raising my 1-year-old little girl. She is our "tiger in training" and is often seen sporting black-and-gold outfits.

I have also served as a board member for the NAO since graduating. What a privilege to be supporting the School that gave me such wonderful memories, skills and friends.

As a student, I was in the first class to receive the nursing attaché cases during our 5th semester. Now, each semester, I



get to be a part of that special tradition by recognizing their achievements.

As a Mizzou alum, you should be very proud of the difference that our graduates are making every day in the lives of patients. Our graduates are leaving Mizzou with skills that will help them to impact patients, families, communities, politics and many more aspects. This would not be possible without the wonderful support of

you — our alums.

As an active supporter of nursing students at all levels of their education, NAO has established many new traditions that make me proud to be an alum. These traditions create precious connections that bind us to the next generation of nursing alums.

Why don't you come see for yourself? The Family Weekend Open House will be on Sept. 12. This is a great opportunity to meet current students, faculty and other alums while getting an overview of the School's accomplishments.

A historic tradition that the School has recently become involved in is coming up soon — the Homecoming Parade. The students and alumni will be walking in the parade on October 24th. We want to see you there! So put on your black and gold and join us on the parade route. Let's show them what great nursing alumni and students Mizzou has.

NAO will continue to be a voice for the numerous alums of our School. Please contact us if we can do to anything for you. We're proud of our Mizzou Nurses!

Go Tigers!

Nurse's Notes

The Nursing Alumni Organization proudly presents historic "Nurse's Notes." Nurse's Notes feature 10 different historic photos from the MU Sinclair School of Nursing's archives depicting students throughout the last 100 years. To see all images, go to the alumni Web pages at nursing.missouri.edu/alumni.



All funds raised from sales will support the Organization's efforts to create and foster new traditions for nursing students. Please make checks payable to the MU Sinclair School of Nursing and mail to Donna Otto ■ S428 Sinclair School of Nursing ■ University of Missouri, Columbia, MO 65211.

Nurse's Notes are \$10 per package or three packages for \$25 plus shipping and handling. Shipping and handling charges are:

1-2 pkgs.	\$2.50	3-6 pkgs.	\$5.00
7-16 pkgs.	\$5.50	17-24 pkgs.	\$7.00



photo by Donna Otto

A priority set by Dean Judith Fitzgerald Miller when she started at the School a year ago was to meet the alumni throughout the state. She has traveled to many different locals, including Kirksville, to meet that goal.

Picture (from left): Teak Nelson, BSN '95; Rebecca McClanahan, MS(N) '82 and Missouri State Rep.; Sarah Delaware, assistant professor of nursing at Truman State University; Dean Judith Miller; and Carol Cox, associate professor of health and exercise sciences at Truman State University.

Jennifer Dine



HARD WORK AND FOCUS BRINGS STUDENT'S CAREER INTO FULL BLOOM

Although Jennifer Dine had been exposed to nursing her entire life, it was the introduction to oncology research that has had a tremendous impact on her career choice.

"You could say nursing is in my blood," laughs the 23-year-old BSN-to-PhD student. "As an only child and the daughter of two nurses — my mom was a med/surg nurse and my dad is a psych nurse — I was exposed to health care at a very young age."

While on summer break from her undergraduate course work at Truman State University, she returned home to Columbia, Mo., and worked at Ellis Fischel Cancer Center. It was here she met Jane Armer, a nursing researcher studying lymphedema in post-breast cancer patients.

"Working with Dr. Armer introduced me to areas in the nursing profession that most undergrads aren't exposed to," Dine says. "Being involved in her lymphedema research made me realize that knowledge is being generated that helps nurses understand how to make this experience better for their patients."

Until her first degree was completed, she was co-mentored by Mizzou PhD graduate Stephen Hadwiger, who is a nursing researcher and faculty member at Truman State.

Dine sees her personal and professional goals meshing together as she gains research experience and knowledge.

In the summer of 2008, Dine traveled to South Africa with Armer to be trained as a lymphedema therapist.

This past spring, she represented the nursing profession in the interdisciplinary event known as the CLARION competition.

This competition brings together teams of health care professionals from across the country who are judged on how they identify problems in a health care-related situation, develop and implement interventions to address the problems, and determine outcomes to reduce health care errors.

"This was a wonderful opportunity to learn about other perspectives in health care but knowing the end goal is to help the patient," Dine says. "The respect for each unique health care role has always been a part of my nursing education, but this program fosters a greater understanding of why it's important to have all types of professionals involved in the decision-making process."

Since this spring, Dine says she's taken a greater interest in translational research.

"When I read my first study proposal on translational research, it wasn't like anything I had read before. It was my 'ah-ha' moment," Dine says. "The applications for its use at the bedside, or in the home, were tremendous. It hit me as good pragmatic research where I could immediately see its application."

This exposure led her to apply and be selected to participate in the National Institutes of Health (NIH) Summer Genetics Institute in the Washington, D.C. area to learn the basics of molecular genetics research.

With bench-to- bedside research rooted in genetics, this experience will help her develop interventions that have a scientific/bench basis that can be used at the bedside.

Due to this experience, Dine applied for and was accepted into the Graduate Partnership Program (GPP) sponsored by the NIH's National Institute of Nursing Research.

As a GPP scholar, she will complete her initial coursework at Mizzou, then go to the NIH campus in Bethesda, MD, to begin research toward a doctoral dissertation. Her research will be conducted under the guidance of both an NIH intramural investigator and a University mentor.

"This is a tremendous honor for Jenny that she earned with her hard work," Armer says.

Dine plans to finish her PhD in two-and-a-half years and then work with breast cancer research.

"I want to teach and inspire others — become a mentor like Dr. Armer was for me," she says. "I believe it's crucial for students to get support and direction from someone when they want to go into research and make a difference."

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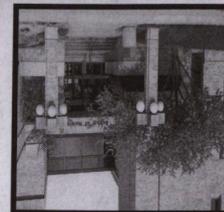
This summer, alumni, friends and donors were invited to hear the School's new dean talk about her vision for the school and nursing profession at three different venues. The individuals and businesses who hosted the events have been directly impacted by the School.

Above: At TigerPlace, Dean Miller engaged her guests in the interdisciplinary research being conducted that is improving the quality of senior's lives.

Left: Nicole Bartow, skills lab director (back left) showed Tony Cook, nursing preceptor (left), and Mary Margaret Bayer, alum (right), how the new high-fidelity manikins educate nursing students.

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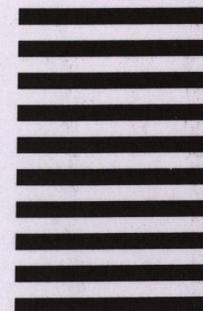




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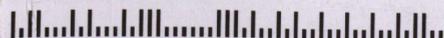


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