

MISSOURI  
SPRING 2009

# Nursing

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



## SOCIETY'S SAFETY NET

SCHOOL NURSES HAVE BECOME THE FIRST LINE OF DEFENSE IN THE HEALTH OF OUR CHILDREN FROM PRE-K THROUGH HIGH SCHOOL.

LINDA EVANS, BSN, MS(N) STUDENT, IS THAT DEFENSIVE LINE FOR THE LARGEST HIGH SCHOOL IN THE STATE OF MISSOURI.



*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 an exciting first semester for me at the University of Missouri, Sinclair School of Nursing! We have embraced changes and challenges; with our tremendous faculty, staff and students, we continue to thrive and are reaching new heights.

### FIRST THE CHANGES AND CHALLENGES

■ Soon after my arrival in Fall 2008, the academic health science structure was revised with the Schools of Nursing, Medicine and Health Professions as well as University Physicians and University of Missouri Health Care (UMHC) all reporting to a Vice Chancellor, Dr. Hal Williamson. Since we are still integral to the MU campus, nursing also reports to Provost Brian Foster. This change has been positive. We participate in shaping health care; continue research collaboration; and plan a new building, among other activities. I am personally involved at many levels at UMHC including the new Board, UMHC Expanded Executive Committee, and five other committees and task forces. Anita Larsen, CNO and Interim COO and I make rounds to the clinical units on a routine basis.

■ The strengths of the University of Missouri Health Sciences are numerous and nursing continues to be the beneficiary.

■ Sinclair Home Health Care, previously owned by the School and most recently by University Hospital, is being sold. So as not to disrupt the flow of care and the millions of research dollars as well as contributions to the “economic development” set as a clear goal for the University, the School has assumed case management/care provision at TigerPlace and Lenoir (our Aging in Place initiatives).

■ The economic downturn has been a challenge for our nation and world. MU has not been spared. Given the cutbacks, we have enhanced the cost effectiveness of our operations.

### NEW HEIGHTS

■ Research funding is at an all time high at this School. We continue to be ranked among the top in the nation in terms of scholarship productivity. Current research projects total \$17 million with another \$10 million under review.

■ There is increased emphasis at the University System level to use teaching technologies to deliver programs where students reside. We have been the leaders with distance education having had all MS programs and RN-BSN program on-line since the early/mid 90s. In addition, our PhD program will become distance mediated by Summer 2010.

- Of note is the fact that our School has ranked among the top 20 schools in the nation for e-learning.

- New teaching technologies are being used by Nicole Bartow and Gretchen Gregory in our Clinical Simulation Learning Center including interdisciplinary learning activities with medical, respiratory, pharmacy and health information students.

- The volume of faculty publications is at an all time high.

- Increased funding from the Hearst Foundation has been received to grow their endowment to \$300,000, interest from which is used to provide scholarships for accelerated students.

# MIZZOU Nursing

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

Vol. 16 No. 1

Spring 2009

## FEATURES

### 6 ハイディ・ホワイトを紹介します

Heidi White keeps her Japanese fluent by reading the Harry Potter series only in Japanese. Unlike books written in English, Japanese books are read from the right to left. Title translation: Meet Heidi White.

### 7 Working Together

In August, University of Missouri System President Gary Forsee announced his vision for a consolidated health system, bringing together the School of Health Professions, Sinclair School of Nursing, School of Medicine, University Physicians and University of Missouri Health Care.

### 8 Society's Safety Net

School nurses have become the first line of defense in the health of our children. They have to assess and handle all health care issues that present themselves throughout the day.

### 13 Alumni Award Recipients

The recipients of this year's alumni awards are **Mary Beck**, Citation of Merit; **Sherri Simms Homan**, Alumnae of the Year; **Ardith Finke Harmon**, Alumni Achievement; **Susan G. Taylor**, Honorary Alumnae; and **Ginger Holmes Robinson**, Humanitarian.

## DEPARTMENTS

### The Power of the Mizzou Connection

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1963 nursing alum Jean Thompson's passion is to prepare exquisite food and pamper her guests. For the last several years, Thompson (standing on right) and Donna Otto, the School's alumni director (standing left), have hosted TigerPlace residents for a holiday tea.

# ABUSE INCREASES INFANT CARE

Pregnant women who experience intimate partner violence (IPV) before, during or after pregnancy often suffer adverse health effects, including depression, post traumatic stress disorder, anxiety and chronic mental illness.

Nursing researcher Linda Bullock has found women who experience IPV are more likely to seek health care for their infants than non-abused women. Awareness of mothers with frequent infant health concerns can help health care providers identify and provide aid to women in abusive relationships.

“Health care providers should view frequent calls or visits for common infant health concerns as red flags. Providers have a chance to help mothers who may not voice concerns about intimate partner violence,” Bullock says.

Read the entire article at [nursing.missouri.edu/magazine](http://nursing.missouri.edu/magazine).

by the MU News Bureau

## Avoiding nursing homes

Many older adults want to age in their own homes and avoid moving to institutions or nursing homes.

Nursing researcher Marilyn Rantz’s research is using sensors, computers and communication systems, along with supportive health care services to monitor the health of older adults who are living at home.

Motion sensor networks installed in seniors’ homes can detect changes in behavior and physical activity, including walking and sleeping patterns. Early identification of these changes can prompt health care interventions that can delay or prevent serious health events.

As part of the “aging in place” research at MU, integrated sensor networks were installed in apartments of residents at TigerPlace, a retirement community that helps senior residents stay healthy and active to avoid hospitalization and relocation. MU researchers collected data from motion and bed sensors that continuously logged information for more than two years.

The researchers identified patterns in the data that provides clues in predicting adverse health events, including falls, emergency room visits and hospitalizations.

Read the entire article at [nursing.missouri.edu/magazine](http://nursing.missouri.edu/magazine).

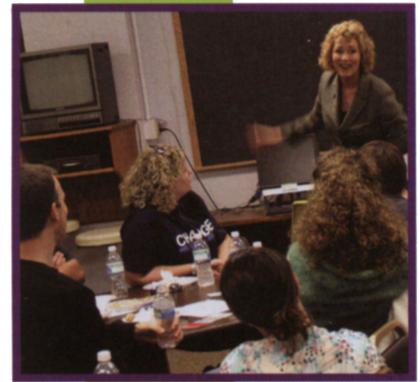
by the MU News Bureau



Pam Roe

## Furry Instructor

Students in nursing professor Rebecca Johnson’s Human-Companion Animal Interaction class can’t wait to get their hands on Teddy, a 6-year-old Newfoundland. The guest speaker Sue Worsowicz, Teddy’s owner, led a discussion about animal therapy and Teddy’s skills as a service dog. To read about Johnson’s innovative class, go to [nursing.missouri.edu/magazine](http://nursing.missouri.edu/magazine).



## FUNNY BONE

When passing through Columbia last semester, Karyn Buxman, MS '90, stopped at the School to entertain students and faculty. As Buxman points out to students entering the career, having a sense of humor is essential. After a 12-year career as a bedside nurse, Buxman is now entertaining those she worked with.

Buxman learned early on that when learning the ropes and routines of nursing that humor proves its value.

“The humor we need — for ourselves, and for our patients — is therapeutic humor,” she says.

If you were in school during the 90s, you might remember the *Journal of Nursing Jocularity (JNJ)*.

After not being published for a decade or so, Buxman has revived *Jocularity* in an on-line format. For less than a cup of coffee a month, you can tickle your funny bone. Visit [www.journalofnursingjocularity.com/](http://www.journalofnursingjocularity.com/) to register.

## Check Us Out

Come check out our new look and navigation at [nursing.missouri.edu](http://nursing.missouri.edu). We launched our new Web site at the beginning of the year and we’d love to hear what you think about it.



# 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.

<b>Jane Armer</b> .....	<b>\$9,780</b>
<i>South African Partnerships Program from MU South African Educational Program Committee</i>	
<b>Jane Bostick</b> .....	<b>\$370,091</b>
<i>Post-Master's Certificate in Child/Family Mental Health from Health Resources &amp; Services Admin.</i>	
<b>Shirley Farrah</b> .....	<b>\$18,687</b>
<i>National Bioterrorism Hospital Preparedness Program from Mo. Dept. of Health &amp; Senior Services</i>	
<b>Jean Krampe</b> .....	<b>\$8,000</b>
<i>Dance-Based Therapy in Older Persons: Does Participation Effect Balance and Mobility from the MU Interdisciplinary Center on Aging</i>	
<b>Kay Libbus</b> .....	<b>\$422,343</b>
<i>Health Care Needs of Over-50 Women in Rural Missouri: A Comprehensive Assessment from the Missouri Foundation for Health</i>	
<b>Roxanne McDaniel</b> .....	<b>\$52,123</b>
<i>HRSA Advanced Education Nursing Traineeship 08-09 from Health Resources &amp; Services Admin.</i>	
<b>Lorraine Phillips</b> .....	<b>\$15,000</b>
<i>A pilot study of TimeSlips in nursing home residents with dementia from the Iowa Gerontological Nursing Interventions Research Center</i>	
<b>Lori Popejoy</b> .....	<b>\$7,719</b>
<i>Missouri Discharge Planning Survey about Hospitalized Older Adults from the MU Interdisciplinary Center on Aging</i>	
.....	<b>\$2,180</b>
<i>Challenges of Discharging Hospitalized Older Adults from the STT Alpha Iota Chapter</i>	
<b>Eileen Porter</b> .....	<b>\$61,295</b>
<i>Describing the Experience of Self-Managing Close-Calls for Old Homebound Women from the National Institutes of Health</i>	
<b>Marilyn Rantz</b> .....	<b>\$360,000</b>
<i>Quality Improvement Program for Missouri 2008-2009 from the Missouri Department of Health and Senior Services</i>	
.....	<b>\$92,832</b>
<i>Primaris Nursing Home Quality Improvement Consulting Services from Primaris</i>	
<b>Todd Rupp</b> .....	<b>\$2,500</b>
<i>Interventions to Improve Medication-Taking Behavior in Older Adults with Hypertension: An Exploratory Study from the STT Alpha Iota Chapter</i>	
<b>Cindy Russell</b> .....	<b>\$15,000</b>
<i>An Intervention to Improve Medication Adherence in Older Renal Transplant Recipients: A Pilot Study from the Iowa Gerontological Nursing Interventions Research Center</i>	

## LYMPHEDEMA RESEARCH PROJECT

The Lymphedema Research Project at Ellis Fischel and Sinclair School of Nursing provides research opportunities for breast cancer survivors to participate in oncology nursing research. The studies are funded by the Lance Armstrong Foundation and the National Institutes of Health.

"Lymphedema has a profound impact on health and well-being, but often goes undiagnosed and untreated by physicians and patients," Armer says.

"Understanding the ways that people self-manage the chronic symptoms of lymphedema is essential to facilitate an improvement in the use of treatments and the quality of life of these people."

MU researchers maintain a database of participants for future studies; interested participants for breast cancer and/or lymphedema research may submit their contact information and will be contacted if they meet the criteria for current or new studies.

To read more about the project, go to [nursing.missouri.edu/news](http://nursing.missouri.edu/news)

## MIZZOU Nursing

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

**Pam Reo**  
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**Courtney McLain**  
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executive editor

**Annette Lueckenotte, '72 BSN**  
Nursing Alumni Organization President

Cover illustration: MS(N) student and RN, Linda Evans is the first line of defense for many of the students attending Hickman High School in Columbia, Mo. Hickman is the largest high school in the state with more than 2100 students.

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

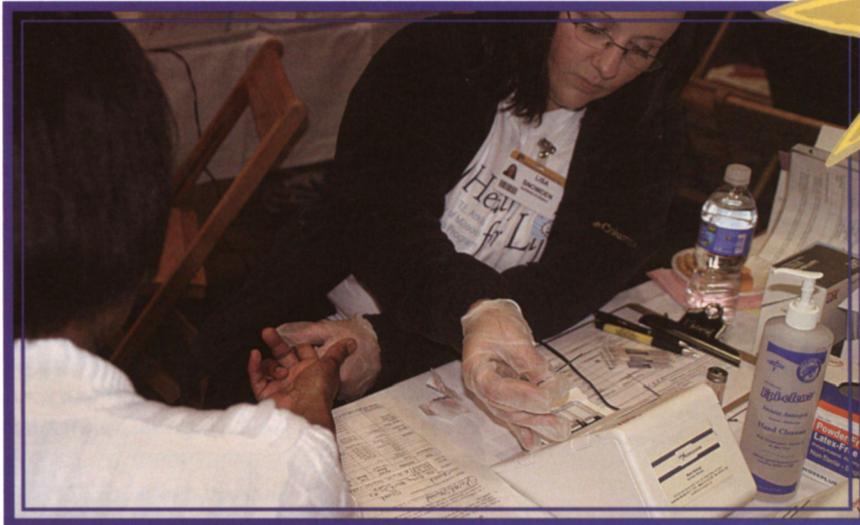
Changing address? Please notify us of your address and e-mail changes. We want to be sure you continue to receive school announcements of special events, lectures and continuing education opportunities as well as Mizzou Nursing magazine. This is also a good way to maintain contact with classmates and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

An equal opportunity/ADA institution

## Calendar of Events

- Nightingale Society Brunch  
April 24, 10 a.m., Holiday Inn
- 19th Annual Nursing Banquet and Awards Ceremony  
April 24, 5:30 p.m., Holiday Inn
- Alumni Reunion  
April 25, 8 a.m.  
University Hospital lobby
- Commencement  
May 15, 4 p.m., Jesse Hall

Pam Roe



## PBS STAR

On October 24, PBS examined the root causes of the nursing shortage and innovative efforts to reverse the trend.

The following is an excerpt from recent MU graduate Joannie Welsh's emails and journal she kept for PBS.

*"Oh, how I miss my days at the Sinclair School of Nursing! However, I couldn't be happier with my decision to move to New York City and to work in the Burn Intensive Care Unit at Presbyterian Hospital.*

*Every day that I walk into the hospital I pray that I can have the strength and intelligence to make it through the day.*

*This past week proved to be the most challenging week of my nursing career.*

*I had spent the week taking care of a pediatric ICU patient. The emotions, screaming and crying involved with performing burn care on a child is a lot for any nurse to handle. However, my preceptor was always there for questions.*

*Three shifts later ...*

*After a brief overview of safety and expectations, my preceptor made her way to the exit. The thought made me nauseous.*

*The doctor had just poked his head in the door stating he needed 1 unit of platelets, with a unit of PRBC's to follow, a stool guaiac, gastric PH, an ABG drawn, and a number of other orders."*

*To read Joannie's full journal and see the PBS NOW video, go to [www.pbs.org/nov/shows/442/index.html](http://www.pbs.org/nov/shows/442/index.html)*

## Racing Update

Lisa Snowden, a Dec. 2008 nursing graduate, helped check blood glucose levels at the University Hospital Wellness Clinic last fall. Featured in the Spring 2008 issue as a nursing student who drives race cars, Snowden revealed her future plans: she's getting married, starting her nursing career in Kansas City as well as fixing her race car that she wrecked last racing season. To read Snowden's "Hot Rod" article go to the magazine's archive section of the School's Web site ([nursing.missouri.edu](http://nursing.missouri.edu))

## MENTAL HEALTH STATS

### THE NUMBERS:

- Five percent of APNs were nationally certified in psychiatric mental health nursing in 2004
- Only 27 Mo. APNs have certification in child/family mental health nursing

*HRSA's Bureau of Health Professions*

- One-fifth of U.S. children have a mental disorder
- Only one-third of these children get professional attention

*The Child Health Care Crisis Relief Act*

To address the shortage of mental-health nurses, the School will offer a post-master's certificate in child/family mental health. Beginning spring 2009, the certificate program will educate graduate students in providing mental health services to adults and children. Go to [nursing.missouri.edu](http://nursing.missouri.edu) to learn more.

## EDUCATION EXERCISE

Two Mizzou researchers found that arthritic adults who receive exercise interventions with educational components greatly increased their physical activity levels and experienced improvements in pain and physical functioning.

"Educational components can be incorporated into exercise programs in any setting that are currently suggested by physicians, nurses and other care providers," said Vicki Conn, lead author of the study, nursing professor and associate dean of research at the School.

To read the entire release, go to [nursing.missouri.edu](http://nursing.missouri.edu)

*by the MU News Bureau*

## Family Man

Originally from Atlanta, Scott Sapoznick combined a bug collecting hobby and a passion for nature in an undergraduate biology degree at Lee University in Cleveland, Tenn.

A biology professor at Lee fused his two passions during a world-wide research expedition. The two of them studied various countries environmental impacts on amphibians and insects. It was then that he was bitten by the travel bug.

This is when age and wisdom caught up with his passion and desire. A biology foundation, a desire to help others, and the need to serve humankind equaled a nursing degree.

To read about more about Scott, go to [nursing.missouri.edu/magazine](http://nursing.missouri.edu/magazine). *by Courtney McLain*

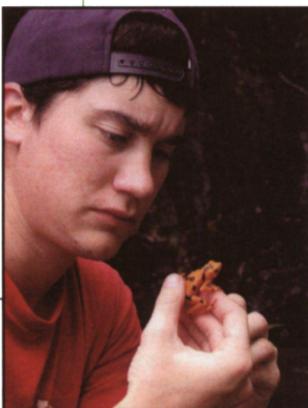
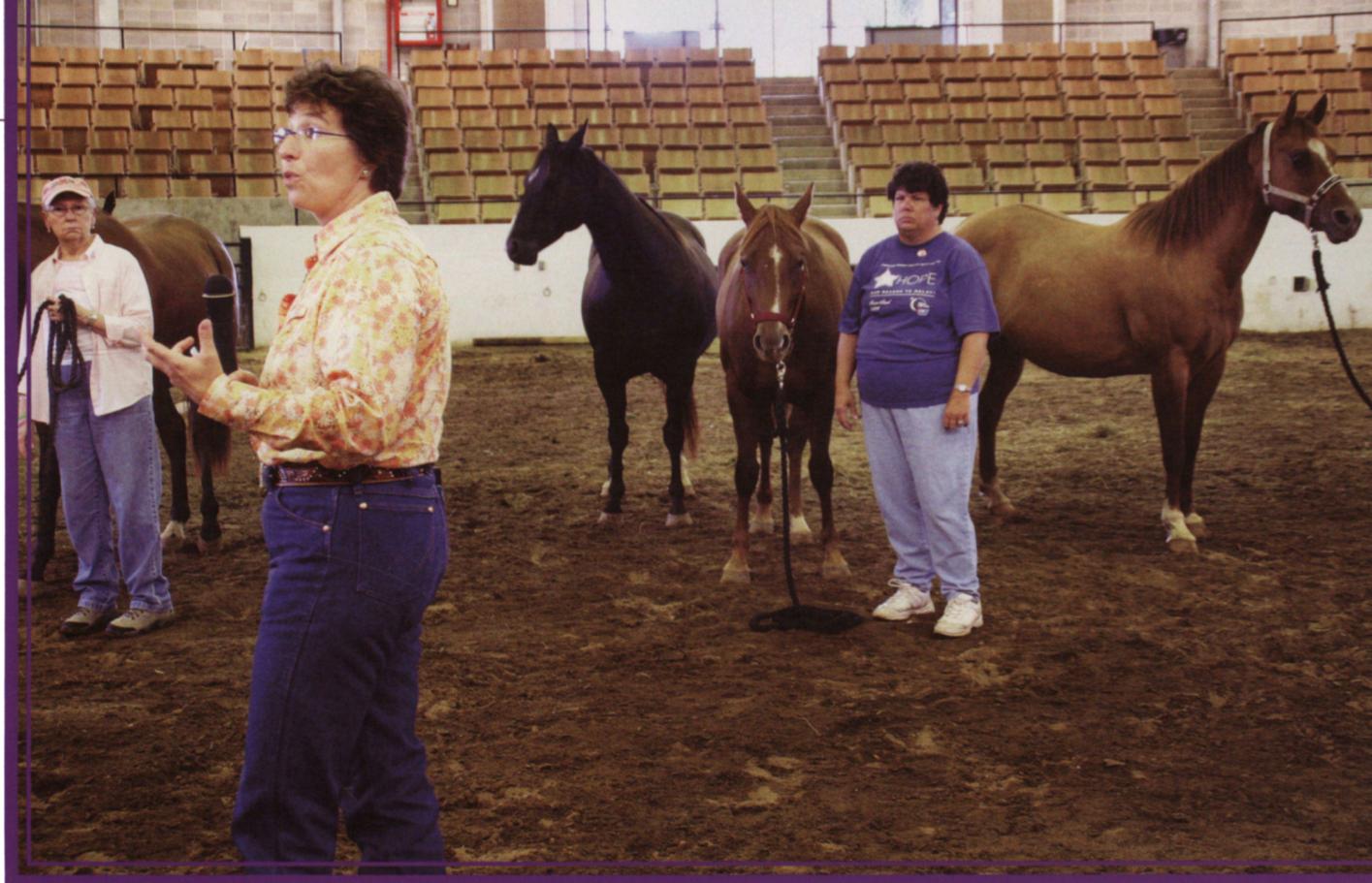
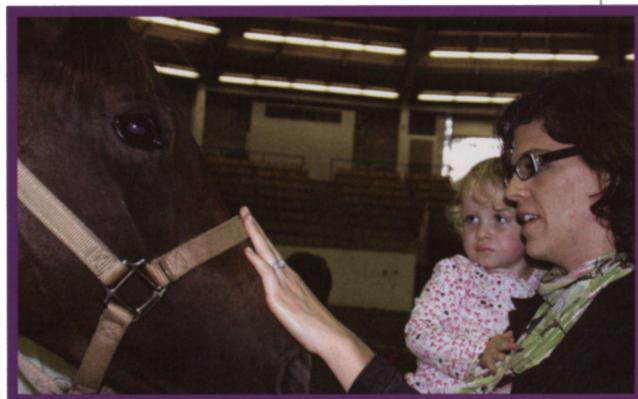


photo courtesy of Scott Sapoznick



# HORSING AROUND

## FOR A CAUSE



The dust slowly settled as the six mares came to a standstill on the east side of the arena. There they stood being assessed by the five women who shared their space.

“We are using the horses as a metaphor for these cancer survivor’s fear of their disease,” says Anna Schwartz, PhD, RN, equine therapist and nurse practitioner. “These women might have a fear of horses and that’s okay because they need to work through this fear like they did when facing their cancer.”

Schwartz’s equine therapy workshop was brought to MU through a dream visualized by Gayle Lierheimer, BSN ’01. Lierheimer faced her own

cancer battles, but before her death in 2006 she focused on serving as many people as she could, both through her nursing career and her faith.

After attending an equine therapy workshop, Lierheimer spent the last year of her life laying the foundation for a soul-healing clinic in mid-Missouri with nursing researcher Jane Armer.

“By holding this first workshop we have made her dream a reality. It also fulfills a personal goal of mine to honor such a wonderful woman and good friend,” Armer says.

To read the rest of the article and see photos from the clinic, go to [nursing.missouri.edu/magazine](http://nursing.missouri.edu/magazine).

**Top: Anna Schwartz, PhD, RN, equine therapist and nurse practitioner, led four breast cancer survivors through a short version of equine-assisted therapy. This therapy is a growing field in the equine industry and is used to treat people with a variety of health, learning, developmental and behavioral problems.**

**Bottom: Kara Cabezas tries to convince her niece, Ella Rose Lierheimer, to pet one of the equine therapy horses. Cabezas is Gayle Lierheimer’s daughter and 2004 alum (BSN), who drove from her Tennessee home to be here for the two-day event with her family.**

*Story and Photos by Pam Roe*

# ハイデイ・ホワイトを紹介します

Translation:  
Meet Heidi White



Heidi White keeps her Japanese reading skills fluent by reading the Harry Potter series in the language. Japanese books are read backwards according to American standards — you are looking at the cover in the photo above. The text is also printed from top to bottom and read from right to left. See a close up of the text, cover and illustrations at [www.nursing.missouri.edu](http://www.nursing.missouri.edu).

The heroine of our story is much like that of any modern-day novel.

From all outer appearances, Heidi White looks like the everyday college student — light brown hair, well spoken and studious demeanor. What you learn as you read between the lines is that she is well versed in world travel, has a curiosity for foreign cultures and cares deeply for people.

The 22-year-old nursing student's upbringing also taught her the skill of going with the flow. This skill allowed her to adjust to the different cultures her father's military-connected career exposed her to.

His adventurous job required the White family to live in Spain for five years and Japan for four, which led our heroine to dress like a flamenco dancer and develop a flare for languages.

"I learned Japanese by reading comic books," White says. "Since the Japanese language is one that builds on itself, you learn the more complex symbols as your vocabulary expands."

Back in the States, she's kept her Japanese semi-fluent by reading the Harry Potter series both

in Japanese and English. Unlike books written in English, Japanese books are read from the right to left. To Americans it would seem White was holding the book backwards — starting at the back cover. The language is not only read from the right to left, but from top to bottom.

"Some of the more complex symbols in the Japanese language are actually Chinese," White points out. "These Chinese symbols were incorporated into the language and they've remained, but it does make learning the language harder."

She reads the books out loud to her cat BB — never in public, she smiles — to keep her speaking skills somewhat fluent.

In addition to staying fluent in Japanese and graduating in December, White is also working toward her long-term goal of becoming a nurse practitioner and running a fertility clinic.



White donned Spain's iconic Flamenco dancing dresses while living in that country for five years.

To read the entire article about Heidi and see more photos, go to [nursing.missouri.edu/magazine](http://nursing.missouri.edu/magazine).

In August, University of Missouri System President Gary Forsee announced his vision for a consolidated health system, bringing together the School of Health Professions, Sinclair School of Nursing, School of Medicine, University Physicians and University of Missouri Health Care.

He appointed Harold Williamson Jr., MD, MSPH, a School of Medicine faculty and Family and Community Medicine Chair to oversee the group. In his new role as vice chancellor of the health care system, he reports to MU Chancellor Brady Deaton.

"My role is really two parts," Williamson said. "First, I'm helping the president and chancellor create the job, understanding what it needs to be. Secondly, doing the job involves ensuring the coordination of activities across the three schools, between the physicians and the hospital system."

By creating a health system, there is an acknowledgement that learning, research and patient care are intertwined.

For example, faculty members at the Sinclair School of Nursing instruct students at clinics or hospitals in the health system and physicians who are members of University Physicians are also faculty members in the School of Medicine.

Researchers at all three schools also play an integral role in scientific discoveries that can ultimately bring better clinical care to the bedside.

"Teaching collaboration makes perfect sense," Williamson said. "When I practice as a physician, I work with lots of different professionals — nurses, respiratory therapists, occupational therapists and others — and the patient is at the center.

"Right now when we're teaching students, they learn in their different units. We expect them to be able to put that all together when they start taking care of patients. I think the faculty, and certainly the deans of the schools, are excited about the possibilities."

Williamson and the health system leaders are routinely meeting to discuss concerns and opportunities to work together in strategic planning.

To read the entire article and more about team leaders, go to: [http://www.muhealth.org/news/archives/Archives\\_JanFeb09.pdf](http://www.muhealth.org/news/archives/Archives_JanFeb09.pdf)

by Archives, University Hospital

# Working together



**Harold Williamson, Jr., MD**

Vice Chancellor — University of Missouri Health System  
Hometown: Heron Lake, Minn.  
Hobbies: Woodworking, fly fishing, hiking and riding  
Pets: Labrador-mixed breed  
Favorite books: *Good to Great* and *Riders of the Purple Sage*  
Favorite music: Jazz and cowboy songs



**Judith Fitzgerald Miller, PhD**

Dean — School of Nursing  
Hometown: Milwaukee, Wis.  
Hobbies: Art appreciation, sports and gardening  
Favorite book: *A Painted House*  
Favorite music: Symphonic, Irish and baroque



**Richard Oliver, PhD**

Dean — School of Health Professions  
Hometown: Wellsville, Mo.  
Hobbies: Photography  
Favorite book: *Three Cups of Tea*  
Favorite music: Jazz and acoustic guitar



**Robert Churchill, MD**

Interim Dean — School of Medicine  
Hometown: Rockford, Ill.  
Hobbies: Golf Pet: Australian Shepherd mix  
Favorite book: *Sarum*  
Favorite music: Classical; 1940s, 50s and 60s



**Hung Winn, MD**

Chair — University Physicians  
Hometown: Thanh Hai, Vietnam  
Hobbies: Golf, tennis and traveling Pet: Shih tzu  
Favorite book: *Good to Great*  
Favorite music: Classical



**James H. Ross**

CEO — University of Missouri Health Care  
Hometown: Memphis, Tenn.  
Hobbies: Fishing and golf Pet: Cocker spaniel  
Favorite book: *Crucial Conversations*  
Favorite music: Blues



# SOCIETY'S SAFETY NET

Each morning as the sun breaks over the horizon, Edith Finke kisses her husband Loyd goodbye, leaves their farm and drives her Mercury Mariner into town. As the school nurse at North Shelby School, Finke oversees 400 students, teachers and staff that call the K-12 buildings home during the academic year.

In her 30+ years of nursing, Finke has seen her role expand from simple administration of medicine to managing complex health issues both on an individual and public health basis.

The '72 graduate's school is in the rural northeast portion of the state; and over the years she's developed her philosophy on

school health – keep students healthy so they can keep learning.

“Every day I try to reach two primary goals,” Finke says. “As a nurse, I should be involved in the entire school's health as well as the community's. The second is that students with illnesses still need an education.”

In fact, the number of students with disabilities attending public schools has increased substantially during the years. Typically school nurses have been the ones that handle the delicate balance of health care and education required by these high-need students.

According to the 2007 U.S. Census Bureau, a quarter of the U.S. population

was under age 18. With the majority of those children in school 8-9 hours per day during the work week, how school nurses manage their health care is essential to their education and lives.

“It's not a glamorous job, and since there aren't many school nurses they don't get a lot of attention,” says Ardith Harmon, BSN 03, MS(N) 06, former nursing instructor at the School, and Finke's daughter. “Part of the reason for low numbers is when students are in nursing school they aren't paying close attention to their public-health coursework. They are focused on the glitz and glamour of hospital nursing.”




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*“Hopefully I am teaching them healthy lifestyle skills that they will carry with them for the rest of their lives.”*

*- Carisa Atkins  
MS(N) student and School Nurse Fellow*

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The glittering world of hospital nursing does provide new grads with a world they are comfortable in — new technology, following specific pre-determined protocols as well as being surrounded by a support group of peers.

School nurses work at the other end of the spectrum — using minimal technology, thinking on their feet as varied situations call upon their vast knowledge, and making independent decisions.

Although these nurses humbly compare their roles to other health care managers just in the school setting; it's a little more complicated than that.

## CREATING A SAFETY NET

The memory most have of their school nurse is of them placing a bandage on a scraped knee or sitting in the office with a thermometer in their mouth.

But in today's school system, those thoughts are just that — a memory.

Finke and other school nurses have become the first line of defense in the health of our children from pre-K through high school. They have to assess and handle all health care issues that present themselves throughout the day.

“Having a broad knowledge base is very important trait in school nurses,” says Susan Robinson, former coordinator of

**Above: Carisa Atkins' checks Kuriston White's hearing during an annual routine screening. School nurses not only administer screenings of hundreds of students, but they also create and manage individualized health care plans for students with chronic illnesses.**

**Previous page: Edith Finke (left) watches as nursing student LaCosta Scott checks an elementary school student's insulin pump. As the RN for North Shelby School District in Shelbyville, Mo., Finke has two primary goals — being involved in the entire school's health and making sure those students with illnesses obtain an education.**

## OUNCE OF PREVENTION

With a career based in public health nursing, nursing instructor Glenda Kelly gladly took on the challenge of pairing her community health capstone class last semester with a March of Dimes grant.

The Missouri Department of Health and Senior Services was awarded two March of Dimes grants. One of them, *An Ounce of Prevention Community Curriculum Intervention* project, paired senior nursing students from the School with high school teachers and school nurses throughout mid-Missouri.

The students provided folic acid education and promoted the use of multivitamins containing 400 micrograms of the mineral among women of childbearing age to reduce the risk of birth defects.



Glenda Kelly

health services for the Columbia Public School (CPS) district. “But knowing, understanding and using the nursing process is an essential skill school nurses rely on every day; even more so than hospital nurses. Many times in the hospital setting the nursing protocol is already written, but in the school setting there is much more individualization needed.”

A niche area under the public-health umbrella, school nursing is population-based care with its focus on a targeted group. However, school nurses also take on a community focus role because they connect students and families to health providers, policy makers and advocacy groups.

“School nurses are in such leadership roles,” says Carisa Atkins, the nurse at Oakland Junior High School in Columbia, Mo. “You have to collaborate with everyone. You also have to be an advocate for your students. Sometimes they just need someone to speak for them. There is also the public health part of the job — assessing needs, planning, implementing and evaluating.”

Atkins, who monitors the health needs of 750 14 and 15 year olds, sees health education as one of her major responsibilities.

“I like this age group because they are like sponges,” she says. “They come in with questions and they really want to know the answer. If you can teach them, then you feel like you’ve helped them. Hopefully I am teaching them healthy lifestyle skills that they will carry with them for the rest of their lives.”

Teachable moments occur every day for Atkins and other school nurses. And so they touch the lives of everyone in their community on a daily basis.

Big picture concepts are often difficult for task-oriented individuals to understand; however, leaders and decision makers are often those who do see the big picture.

“Working independently of other nurses and health care professionals, yet maintaining communication; making and revising decisions; and then taking responsibility for your actions are crucial components in this field,” says Louise Miller, associate teaching professor at the School. “School nursing allows those who like independence and self-direction to flourish.”

## MINI CLINICS

If independence and self-direction are essential for a school nurse, Linda Evans sets the perfect example. Evans is the RN for the largest high school in the state of Missouri. She oversees the more than 2,100 students enrolled at Hickman High School, in Columbia, Mo.

“I love working with the older students,” the 12-year Hickman veteran and current MS(N) student says. “These students have such a maturity about them, and we are moving them to adulthood, which means more independence.”

During these uncertain times when all areas of government are facing economic challenges, public school systems across the nation are also feeling the pinch. Administrators and school boards are making tough decisions regarding our children’s education. This includes deciding if school nurses will stay on staff.

Even without the tight economic times, Evans admits that the nurse’s office is much like a small clinic.

“Many families who don’t have health care or have been laid off tell their children to go to the school nurse,” Evans says. “I use my nursing assessment and critical-thinking skills every day.”

## FAMILY MENTAL HEALTH PROGRAM

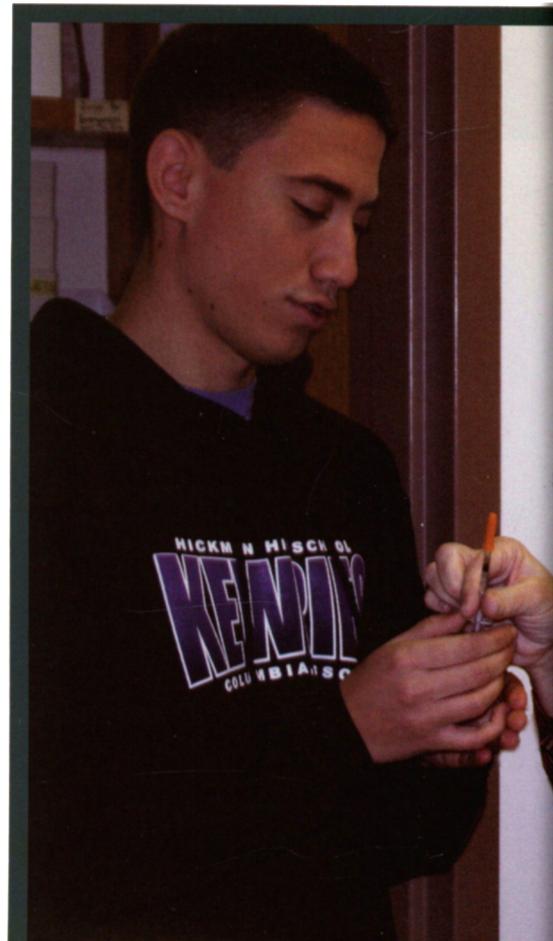


Jane Bostick

The Health Resources and Services Administration awarded the School a \$370,000 grant to develop a certificate program in child/family mental health.

“The goal is to provide children with more complete care by increasing the number of family/child mental health nurses,” says Jane Bostick, associate teaching professor and program director. “Many families rely on primary care physicians, school counselors and teachers to provide mental health services for their children.”

The distance mediated program is a collaboration with the MU College of Education. Bostick said the partnership encourages relationships among nurse practitioners, school teachers and psychologists.



These skills are acquired through the nursing education RNs obtain when they go through a baccalaureate program (BSN). Not that LPNs, and first-aid trained individuals aren't an important part of the puzzle, they are; however, the BSN- or MS-prepared nurses' skill set is essential to the health of our children.

Federal guidelines state that the optimum nurse-to-student ratio is 1 to 750; and although Columbia Public Schools are fairly close to that guideline, they still haven't achieved that goal. In 2006, almost half the schools in the nation (55%) fell short of the federally recommended nurse-to-student ratio, a Center for Disease Control prevention survey showed.

Research is now being published that shows a correlation between having an RN on staff and increased student attendance.

"First-aid providers can only call the parents," says Atkins. "An RN can assess the student and decide if they can stay in the classroom and keep learning."

## INCREASED SCHOOL LIABILITY

"In larger cities, like Columbia, schools have the luxury of being a couple minutes

away from a paramedic," Harmon states. "But those in rural communities are more likely to be 15-20 minutes away from additional help."

So the lack of school nurses places pressure on school districts in terms of liability, but it also places increased responsibility on the individualized teacher.

"Not only are teachers suppose to be teaching, but they then have to manage their student's health care as well," says Harmon, who spent several years working as a CPS nurse. "For the district, not having a school nurse creates increased liability. For example, you have a student who goes into a diabetic coma or has a high blood sugar reading and the school nurse isn't there. Only an RN can give that student a shot that could remedy the situation. If they aren't in the building, the situation could go terribly wrong."

More reason to have a BSN- or MS(N)-prepared nurse on school premises.

Nurses with this type of educational background are trained to assess a situation and decide on a course of action.

"They ask the bigger questions such as why is the child on this medication and why are they taking it a particular time," Finke says. "If a child is having a difficult time paying attention in class, the RN can

have those conversations with the physician and together, with the family and teachers, really assess the situation."

Instructors at the School teach their students not just to look at what their patient needs at that moment or the twelve steps they have to accomplish that day.

They educate them to look at the bigger picture and what their patients are going to need tomorrow. This is what the BSN- and MS(N)-prepared nurses bring to their school district — preventative and coordinating health care.

"School nurses manage an individual student's health care issues, but they still plan for the overall health of the school," Miller says. "They are the first line of defense for our children; and if we are concerned about health care, we need to care about who is educating our students about health care issues."

These nurses are also essential in the overall coordination of school district's emergency plans.

For instance, if you have a child in a wheelchair there has to be an emergency evacuation plan specifically for that student. "You have to know where they are every minute and every second of their school day," says Atkins. "If there's a fire, you have to know where they are and how to get them out of the building."

However, first and foremost, the goals of the school nurse support the teaching mission of the school and school district.

## COMPLEX HEALTH ISSUES

While education is the primary goal of schools, they also form the foundation of our children's physical and mental health as well as their safety. These factors are also directly related to student achievement, states the American Nurses Association (ANA).

The increasing incidence of chronic diseases, behavior disorders and learning disabilities in the classroom has complicated the nurse's job providing for students' health care needs during the school day.

The key to the success of this vital public health function is the professional registered school nurse, states the ANA report.

"The school nurse has a central management role in the implementation of school health services," states the American



**Above: Edith Finke assesses a p.e. injury and prepares an ice bag for a student at North Shelby School.**

**Left: Linda Evans checks the dosage of insulin that Hickman senior Sean Callhan drew for himself. Evans sees between 60-80 students every day with a variety of health concerns.**

**"All my students with chronic illnesses have care plans, and I'm aware of each and every one of them even though they are more independent," Evans says.**

# SCHOOL NURSE FELLOWS

Academy of Pediatrics in 2001, "including acute, chronic, episodic and emergency care as well as health education, counseling and advocacy for students with disabilities."

Barbie Underwood is well aware of the differences between actively involved schools nurses and those just filling the position.

Her son, Derek, was diagnosed with Cystic Fibrosis at 18 months. It was then that the MS-prepared social worker decided to stay at home with Derek and not rely on outside care.

Then Derek entered the CPS district.

"It is crucial that I have a relationship with the school nurse that is built on trust," Underwood emphasizes. "Ardith was one of Derek's first nurses and we all hit it off from the beginning."

Harmon and Underwood talk out Derek's care plan in the summer and his plan was in place before school started.

Those with CF have compromised lung capacity, so exposure to any other type of lung diseases causes more extensive damage. Additionally CF patients carry individualized bacteria in their lungs so they can not be exposed to others with CF due to cross contamination.

And this past fall when whooping cough was diagnosed in the CPS district, Derek's school nurse, Judy, had to know without a doubt if Derek or other CF students had any contact with that student.

She also has to be aware of each CF student's schedule (there are four) and make sure they don't cross paths throughout the day.

"We need a full-time RN at school just to monitor Derek's situation because he turn bad quickly," Underwood states. "For instance, if his feeding tube was pulled out he'd need immediate action to have it put back in. If that didn't happen, it could mean hours in the ER just to replace it."

Derek and those with CF aren't the only students with complex health care needs that school nurses must manage. Today, school nurses are managing students who need life-sustaining medication, those with cardiac problems, cancer, asthma, diabetes and severe food allergies.

According to statistics kept by Robinson's office, in the past four years the number of diabetic students in the CPS

Eight years ago when the CPS district faced budget constraints, Darlene Huff, BSN '65, MS(N) '79, initiated a partnership between CPS and the School to form the School Nurse Fellows program.

The program provides BSN-prepared nurses an opportunity to apply for a tuition-paid master's degree with an emphasis in school nursing which also pays a monthly stipend.

"This valuable collaboration provides the nurse fellows with an excellent opportunity to work in the school setting and acquire hands-on experience while getting obtaining their degree," says Huff.

Because of her years of service as a former school nurse and coordinator of school nurses, Huff is working with the School to establish an endowment that would benefit the nurse fellows or nurses pursuing a degree with an emphasis on school nursing. The endowment would include a memorial designation for Sandy Nichols Mazzocco, who was also a life-long supporter of school nurses and health education.

Find out more about the Fellows Program, go to [nursing.missouri.edu/currentstudents](http://nursing.missouri.edu/currentstudents). To help Huff establish a new endowment to support this effort, contact the Office of Development at 573-884-0421 for more information.



Darlene Huff

system tripled.

And the CDC reports from 1998 to 2004 the number of school-aged children diagnosed with asthma increased half a million. Severe asthma is the largest health threat to today's students; it affects about 1 in 10 students, which means there are approximately two students in every classroom who are asthmatic.

However Robinson says the most alarming statistic is the rising number of students who have severe allergies.

"We are seeing more and more students with severe allergies," Robinson says. "In fact, last year a student was saved by a nurse who used an epi pen."

Due to their theory-based education, BSN and MS(N) school nurses are able to train teachers and other school staff how to handle asthma attacks, seizures and other life-threatening situations until they can get to the student.

"These nurses handle general education of the staff and one-on-one training with teachers who have students with health

challenges in their classrooms," Robinson says. "We have an emergency plan for each student. Everyone is aware of the plan — teacher, staff, families and students."

But as the demand for nurses increases in hospitals and other facilities, and school-district budgets getting tighter paying top dollar for a BSN- or MS(N)-prepared nurse, health care coordinator like Robinson are having to justify the expense.

"With this economy," says Atkins, "we need to demonstrate the positive outcomes that show why our jobs are essential to our children's and their family's health."

So although they hold the same title they did for the last 150 years, the line of defense for school nurses has become more complex to manage.

Their job responsibilities are as varied and different from one another as the communities they live in. However, the one item they have in common is their passion for keeping children strong, healthy and learning.

# Alumni recipients

Every year the MU Nursing Alumni Organization co-hosts the MU Sinclair School of Nursing's annual banquet and awards program. At this event, the organization honors nursing graduates and friends of the school for their passionate, life-long commitment to the profession. The recipients of this year's alumni awards are Mary Beck, Citation of Merit; Sherri (Simms) Homan, Alumnae of the Year; Ardith (Finke) Harmon, Alumni Achievement; Susan G. Taylor, Honorary Alumnae; and Ginger (Holmes) Robinson, Humanitarian.

Please read on to learn more about these extraordinary individuals and their contributions to the profession and the School. Read the complete stories at [nursing.missouri.edu/magazine](http://nursing.missouri.edu/magazine).



**Mary Beck**

MS(N) '84

## Citation of Merit

Throughout the years since Mary Beck obtained her master's degree from the School in 1984, she has held many roles in patient care, education, research and administration.

As her education and career advanced, her passion for pushing those who work for her to gain higher degrees became stronger. Empowering nurses to learn and grow fueled her professional life.

Although she has moved from the bedside to the corporate office, she has become an established and respected administrator at Boone Hospital Center (BHC) in Columbia, Mo. She has taken on the 24-hour commitment of overseeing patient care services at a progressive and busy community hospital while establishing a vision for innovative approaches to care and committing herself to improved bedside nursing practice.

As a member of the senior administrative team, Beck's been able to hone her ability to positively affect the direction of nursing and the hospital as a whole.

"Mary makes an excellent choice for this award simply based on her accomplishments," says Jan Grossmann, previous Executive Director of the Boone Hospital Foundations. "However, I believe that it is her spunk, drive and determination; her passion for doing the right thing; and her continual efforts to develop health care as a profession that truly sets her apart. These are the same factors that have caused her to achieve so much, both personally and the organizations she touches."

Beck became BHC's vice president of patient care services in 1999, and is responsible for the development and integration of hospital-wide patient care programs, standards, policies and procedures.

So her vision is to establish direction for patient care throughout the hospital. She oversees the development and implementation of monitoring strategies for clinical practice guidelines, variance reduction, care management and resource management.

As a member of the five-person BHC's President's Council, Beck also helps develop goals and objectives for the hospital. This includes facilitating effective, efficient services and the highest level of customer satisfaction.

It was also through her leadership that BHC applied for and was awarded the distinguished MAGNET Nursing Award, the highest award of the American Nursing Credentialing Committee for nursing service excellence.

Beck has always juggled her career, supported her alma mater and sought to make nurses feel valued in their role as caregivers. Keenly aware of the shortage of nurses and nursing educators, she works tirelessly to fight attrition and works for job satisfaction at BHC. Under her watch, BHC has become known for its patient service and for taking steps to seek continual improvement in the area of patient satisfaction.

However, she also gives tirelessly back to the School. She sees that BHC plays a supporting role in helping students enter the work force through co-sponsoring the School's Fifth-Semester Brunch, the scholarship-building golf tournament as well as serving as president and board member of the Nursing Alumni Organization.



**Sherri Homan**

BSN '84, MS(N) '87

## *Alumnus of the Year*

Despite not pushing herself to her fullest potential when she started her undergraduate career, when Sherri (Simms) Homan became interested in clinical research there was no holding her back.

"She mentioned to a faculty member that she had an interest in research," says Verna Rhodes, emeriti nursing professor. "Since I had a multi-site, two-state study starting, this individual connected the two of us. And all I have to say is 'What a find!'"

Over the years, Homan's quest for learning has continued both academically and clinically. Both her clinical and research expertise has been strengthened by experiences on cancer prevention and early detection at M.D. Anderson Cancer Center and the Dartmouth-Hitchcock Medical Center in Hanover, New Hampshire.

In 2008, Homan was appointed the Interim Chief of the Office of Minority Health at the Missouri Department of Health and Senior Services. As a professional registered nurse, family nurse practitioner and having served as the screening coordinator for the Ellis Fischel Cancer Center for several years, she has a strong clinical background in nursing.

From this clinical foundation laid in her undergraduate and graduate programs at MU, Homan contributes to research endeavors in her areas of expertise.

As Homan continued her education and career, she focused on oncology, chronic disease as well as health promotion and prevention. This included serving as a consultant to a now funded NIH research project on breast cancer lymphedema at MU with nursing researcher Jane Armer.

"Sherri is helping us develop strategies for increasing recruitment and retention of women of color in the study," Armer says. "This is a critical aspect of the study in terms of external validity and the extent to which the study findings can be generalized to fit other population groups."

Armer believes that Homan's leadership and intellectual skills in the arenas of nursing and public health makes her an outstanding role model for all practicing nurses and nursing students.



**Ardith Harmon**

BSN '03, MS(N) '06

## *Alumni Achievement*

Since Ardith (Finke) Harmon stepped into the School on the first day of her fifth semester, she brought passion, determination and enthusiasm with her. She quietly exudes a confidence and authority that lets everyone in the room — hospital room or classroom — know she is in charge.

Her strength and focus comes from her parents, Edith (BSN '65) and Loyd (BS '71) Finke. Growing up in northern rural Missouri, Finke saw how her mother created and cared for the individuals in her community.

Harmon pushed herself to be the best RN in the MU Children's Hospital and Columbia Public School district.

"Ardith was very kind and she took time to listen to my concerns when my son Derek entered elementary school," says Barbie Underwood. "Derek has cystic fibrosis and having a relationship built on trust with the school nurse is crucial for me. She always went above and beyond and was an advocate both for me and Derek."

A School Nurse Fellow in the program's second year, Harmon quickly realized the program was one of the most valuable experiences of her education. For two years, her clinicals hours were the same as the full-time school nurse position and she spent her time building a nursing program in that setting. (see page 12 for more information)

After finishing her master's program, Harmon joined the faculty at the School as an instructor of nursing. The courses she taught focused on her strengths — community health and pediatrics.

"Her dedication, leadership and volunteerism has earned her the respect of students, alumni, faculty and administration alike," says Jean Thompson, BSN '66. "Her 'can do' attitude, warm engaging smile, confidence and poise makes it hard to believe she is so young in her professional career."

In the past year, Harmon has incorporated several new roles in her life. Her biggest life-changing role has come in the simple title of mom. Harmon and her husband, Jamie, are the proud parents of 8-month-old Aynsley. With a change in her husband's career, Harmon moved her faculty role to John Wood Community College and started as a consultant for the Missouri Hospital Association's Nurse Preceptor Academy.



*Susan Taylor*

## *Honorary Alumnae*

From the beginning, Susan Taylor was a natural leader in the School due to her expert power and skills of persuasion. For 24 years, she served an exemplary role model for what it means to be a faculty member at a research intensive university. She consistently demonstrated excellence in teaching, scholarship and service.

As a master's teacher, her knowledge of the ethics and philosophies undergirding health care decision making was phenomenal. Taylor would leave students spellbound as she brought historical and current cases to life as the context for examining underlying ethical principles.

Taylor moved beyond the usual superficial rubric based on having the "right" answer in her classroom in her system of grading assignments. And it came as no surprise that Taylor's expertise in teaching was acknowledged by the University in 1996 when she received the Kemper Fellowship Award for Teaching Excellence.

She is widely recognized, both nationally and internationally, as an expert on nursing theory, in general, and Orem's Self-Care Deficit Nursing Theory (S-CDNT), specifically.

"Many of our graduates integrated the theory into their practice in various health care delivery settings. Masters' students used the theory as a framework for their theses," says Shirley Farrah, assistant dean of nursing outreach. "Every graduate student needs at least one 'Sue Taylor' in their academic program to raise the bar and challenge them to surpass anything they thought they could do."

Next to the theorist for whom the S-CDNT is named, Dorothea Orem, Taylor is arguably the next most recognized expert in the development and use of the theory. She has been involved in international endeavors to help nurses use the theory in their own countries.

"She is first and foremost a professional nurse, a consummate educator and concerned friend. She's helped nurses expand their knowledge and expertise for their personal enhancement and for the advancement of the nursing profession," says Caroline Davis, former School faculty member.



*Ginger Robinson*

BSN '81

## *Humanitarian*

Since their college days, Ginger (Holmes) Robinson (BSN, '81) and her husband, Randy (BA '80), shared a dream of offering their medical services to the most needy individuals.

They married in 1981 and lived in Kansas City, Mo. through the 1980s. Ginger worked as Randy obtained a DDS, MD and a four-year oral and maxillofacial surgery residency. It was during this time the couple had three children — Eric, Scott and Anna. In 1990, they were invited to France. There Randy completed a year-long fellowship with the world's "father" of craniofacial surgery, Dr. Paul Tessier, in Paris.

Their return to the States took them to Colorado where they founded Face the Challenge (FTC) — a non-profit organization whose members travel around the world surgically correcting facial deformities of the world's youngest and poorest. Thus far, FTC's teams and associates have provided approximately 1075 free facial surgeries.

The Robinson's faith plays a dominant role in their personal and professional lives. And they established the organization to show the compassion of Christ by providing medical care primarily for children, but also for adults, in developing countries. They believe that by using the gifts of mercy and the latest skills in health care, FTC can improve the lives with all of whom it come in contact.

Earlier this month, FTC's 23rd international team returned to Vietnam for the 19th time. On most trips they operate at the two main facial surgery specialty hospitals in Ho Chi Minh City. For the second time since 2001 they traveled in vans to Phan Thiet in Binh Thuan Province next to the South China Sea.

Since 1991, Robinson has worked tirelessly in world humanitarian outreach efforts. These efforts culminated in her role as executive director of FTC for 10 years after it's inception in December 1993; she has since served as the organization's president. Throughout the years, her efforts have been recognized by Cambridge Who's Who Executive, Professional, and Entrepreneurial Registry (2009), Great Women of the 21st Century (2006), International Biography Centre's International Health Professional of the Year (2004) and Two Thousand Outstanding Intellectuals on the 21st Century (2003).

## 1950s

**Cordelia M. Esry, BSN '55**, received a MAA Faculty-Alumni Award.

**Sondra (Beauchamp) Weiser, BSN '58**, and her husband Robert celebrated their 50th anniversary.

## 1960s

**Patricia O'Connell, BSN '62**, retired from a career in clinical psych nursing; and she is now a part-time clinical instructor at Penn Valley Community College in Kansas City, Mo.

## 1980s

**Cindy Brooks, BSN '77, MSN '89**, received the University of Missouri Health Care Circle of Excellence award for her leadership skills in helping the system fulfill its mission.

**Sandra Hinds-Franklin, BSN '85**, received her Pediatric Nurse Practitioner master's degree from University of Missouri Kansas City.

**Sherri Homan, BSN '84, MS(N) '87**, was appointed Interim Chief of the Office of

Minority Health at the Mo. Department of Health and Senior Services.

**June Ann Humphrey, MSN '88**, is a Family Nurse Practitioner in Kansas City, Mo.

## 1990s

**Paul Creedon** attended Mizzou from '93 to '95 and is now pursuing his MS in the Family Nurse Practitioner program at the University of Southern Maine.

## 2000s

**Kimberly Poehlmann, BSN '01**, and Richard Siemons were married last summer. They live in the St. Charles, Mo., area.

**Anna Hummel, BSN '05**, and Sam Rademann were married in April 2007. She is enrolled in the FNP program at University of Missouri Saint Louis and expects to graduate this summer.

**Rachel Cornwell, BSN '06**, and Christopher Blake were married in January. She's employed in the PICU at St. John's Hospital in Springfield, Mo.

**Audrea Moore, BSN '03, MS(N) '06**, and Kip George were married in October. She is employed at State Farm Insurance in Columbia, Mo., as an occupational health nurse.

**Ben Francisco, PhD '06**, a nurse practitioner at University of Missouri Health Care, was recently recognized with the Missouri Governor's Award for Innovation as part of a team for improving asthma care training for Missouri schools and child-care organizations.

**Beth Placek, BSN '06**, is employed as a charge RN and preceptor on the acute observation unit at the Little Company of Mary Medical Center in Torrance, Ca. She recently received the Center's Humanitarian award.

**Lindsay Barnes, BSN '07**, and Johnathan Vilbert were married in March. She is employed at St. Lukes West Hospital in St. Louis, Mo.

**Diane Meyer, BSN '08**, and Marc Olive will be married in June 2009. She is employed at the Mayo Clinic in Rochester, Minn.

**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](mailto:MizzouNursing@missouri.edu)

Degree \_\_\_\_\_ Date of graduation \_\_\_\_\_

Name (including maiden): \_\_\_\_\_

Address: \_\_\_\_\_

Business address: \_\_\_\_\_

Phone: \_\_\_\_\_

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

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**Danielle Dill, BSN '02**, and Harold Underwood were married in October 2008. She is a NICU nurse at St. John's Mercy Medical Center in St. Louis, Mo.

**Mei Fu, BSN '97, MS(N) '00, PhD '03**, received the "Excellence in Cancer Nursing Research Award" from the Oncology Nursing Society last fall.

## CURRENT STUDENTS

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**Jennifer Dine**, PhD student, attended the Fifth World Conference on Breast Cancer in Winnipeg, Manitoba, Canada last summer. She was also selected to participate in the regional Clarion competition this spring.

**Jill Granger**, 7th semester, and **Coleen Gordon**, 5th semester, are on the MU swim team competing in the NCAA Championships this spring.

## OTHER NOTABLE RECOGNITION

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The following graduates were recipients of the University of Missouri Health Care facilities 2008 Health Educators award. **Mary Cunningham**, BSN '76; **Tracy Bocklage**, BSN '85; **Shirley Erbschloe**, BSN '82; **Susan Manary**, BSN '91; **Dot Shannon**, BSN '08; **Michele Wright**, BSN '89.

## STAFF NEWS

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**Jenette Hough**, academic advisor, was appointed to the University Advising Assessment Task Force.

**Erin Ford** is a new academic advisor in the school for undergraduate programs.

## FACULTY NEWS

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**Jane Armer**, professor, received a MAA Faculty-Alumni award last fall. She was also appointed to the Scientific Subgroup of the Research Advisory Panel of the Oncology Nurses' Society.

**Myra Aud**, assoc. professor, was elected President of the Board of Nursing Home Administrators for Missouri. She has served on the board for six years.

**Tina Bloom**, asst. professor, received a summer research fellowship for her project, "A Collaborative, Intersectional Approach to Pregnancy Health Disparities in Rural Women."

**Jane Bostick**, assoc. teaching professor, was reappointed to the Board of Directors for Boone County Senior Citizen Services for a three year term.

**Sarah Breier**, adjunct asst. teaching professor, completed the Ford Ironman in Arizona in Dec. 2008. She also received the Gladys Stankowski Sportswoman of the Year award from the Women's Intersport Network of Columbia.

**Deb Gayer**, assoc. teaching professor, has been appointed to the National Pediatric Certification in Nursing Board.

**Anne Heine**, instructor, was recognized by the *Inside Columbia Magazine* as one of Columbia's "Four Fantastic Heroes."

**Rebecca Johnson**, assoc. professor, received the "Rising Stars of Innovation and Entrepreneurship" award from the Missouri Small Business & Technology Development Centers.

**Alice Kuehn**, assoc. professor emerita, retired in 2003 but kept active with her program grants and hospital role to assist with development of their governance structure at UMHC. She retired again effective December 31, 2008.

**Donna Otto**, instructor, assumes coordination of the RN-BSN program, succeeding **Tonya Eddy** in May 2009.

**Marilyn Rantz**, professor, was awarded the School's Helen E. Nahm Chair in Gerontology for three years.

**Patti Schnitzer**, asst. professor, was appointed to the Health Literacy Committee in the Center for Health Policy.

## IN MEMORIAM

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**Diana Ash, BSN '87**, passed away in August 2008 after a four-year battle with breast cancer. She was a cardiovascular surgical nurse for eight years, and for 14 years she and her husband owned and operated Bambino's Italian Cafe in Columbia, Mo. She was 43 years old.

**Gail Benjamin** passed away in December 2008. She was a former faculty member from '79 to '83. She was 74 years old.

**Jane Cochran, MS(N) '87, PhD '07**, passed away in January 2009 after a long battle with cancer. She was an Advance Practice Nurse at the University of Missouri Health Care who specialized in diabetes care and education. Her husband, Steve, with colleagues and friends established a PhD scholarship in nursing in Jane's memory. For information on adding to the fund, contact the Development Office at 573-884-0421.

**Erna Ferraro, BSN '46**, passed away in January 2009. She was one day from turning 90 years old.

**Mary James** passed away in January 2009. The former University of Missouri Board of Curators member and president was a strong supporter of the School. She spent her career in education and health care, and was awarded the School's Distinguished Friend award in 2006. She was 60 years old.

**Rolesta Rogers** passed away in September 2008. She was a social worker and parent educator for Parents as Teachers in Columbia, Mo. She was also a clinical preceptor for the School through Stork's Nest, a community-based program she ran for pregnant adolescents and young mothers.

**Mary Simon, BSN '06**, passed away in February 2009. She was employed with the University Hospital. She was 29 years old.

## Quick Reference List

### Admissions

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## from the Development Office

All of us can remember back to our school days, to one time or another, having sat in a school nurse's office after feeling sick or being injured on the playground.

Having a history of migraines since a child, I saw my share of those offices and came to know and really appreciate the role the school nurses played in the education system.

Today the loads these individuals shoulder has increased dramatically. With increased med management, abuse and neglect on the rise, more children mainstreamed into schools with serious health care conditions, and severe allergies, it is more important than ever to place degree-prepared nurses in the school setting to serve our children.

One such program, the Nursing Fellowship Program, in cooperation with the Columbia Public Schools, could use your support.

By endowing a fund in this area, we could ensure that future generations of nurses will seek employment in our schools and other public-health arenas.

I only hope my daughter will get the kind of wonderful care I remember receiving. By supporting this program, we can make sure all our children do.

For several years, I have updated you on our progress in our capital campaign as a part of the University's historic billion dollar campaign.

This time, I am proud to report that the University met and exceeded that goal — and thanks to all of you, our School met and exceeded our goals as well.

In fact, your staunch support of nursing education, research and practice have taken us over our second goal by more than \$2 million.

Your gifts have enabled us to: establish new innovative programming, purchase and install needed technology, endowed new scholarship funds and faculty positions, remodeled spaces to better facilitate teaching and learning environments for our students, and to pursue research in vital areas like aging and lymphedema that affect our quality of life.

You have enabled us to offer a quality of education we can be proud of for our current students, and those who will follow, to serve our community, our state, and our nation.

So when you think your small gift in the response envelope, your portion of an estate gift left to nursing, or your established endowment might not make a difference, look at the Goals & Accomplishments page on our new Web site, and you will see just what your collective gifts have done over these past eight years — and the next big step you have helped position us for!

I am proud to have been on this journey with you, and I thank you, from the bottom of my heart.

Best regards,



## The Power of the Mizzou Connection (continued from page 1)

Our feature story highlights school nurses who affect the health and well-being of children and the communities in which they live. We probably all have an image of the nurse taking temperatures and applying bandages for playground incidents. Although school nurses are still taking care of these tasks, they are also managing chronic diseases at an unprecedented rate and intensity. They develop plans to pre-

vent pandemics, create a safety net for our most vulnerable and engage in health promotion. Read the article on page 8.

I hope to see many of you at our annual banquet on April 24, 2009. Generous sponsors help us continue making this possible. We are honoring five alums at this event. Read about them on page 13.

Your support and connection to us is vital.

If you have updated an e-mail, please send it to us at [mizzounursing@missouri.edu](mailto:mizzounursing@missouri.edu). If you have e-mail and did not receive a holiday greeting from me via e-mail, we do not have your current address.

PS: I love this School — our mission, values, all that we are trying to accomplish as well as the tremendous climate of the entire University, the people who work here and the persons we serve.

# 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: \_\_\_\_\_

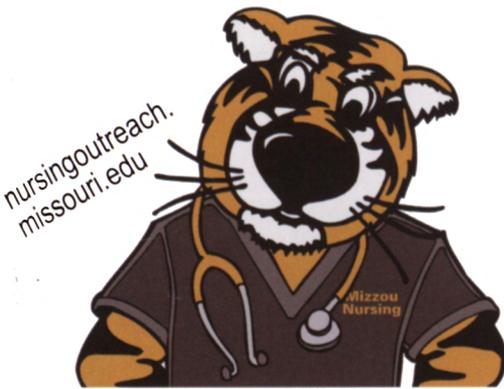
Phone: \_\_\_\_\_ Class year: \_\_\_\_\_ Student no. \_\_\_\_\_

Memberships are now tax deductible. Show your strips and join today.

**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. \_\_\_\_\_

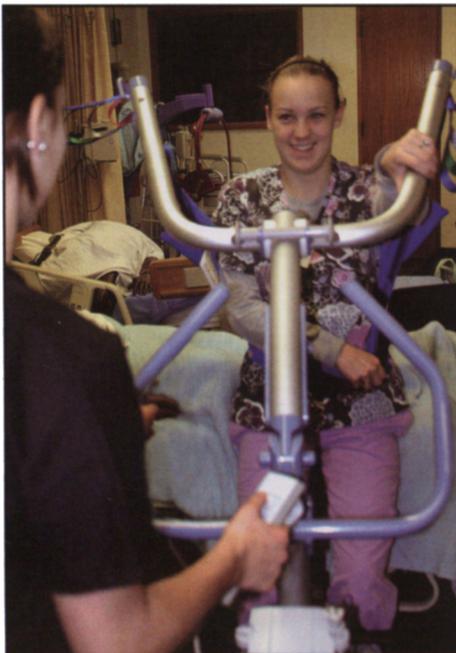
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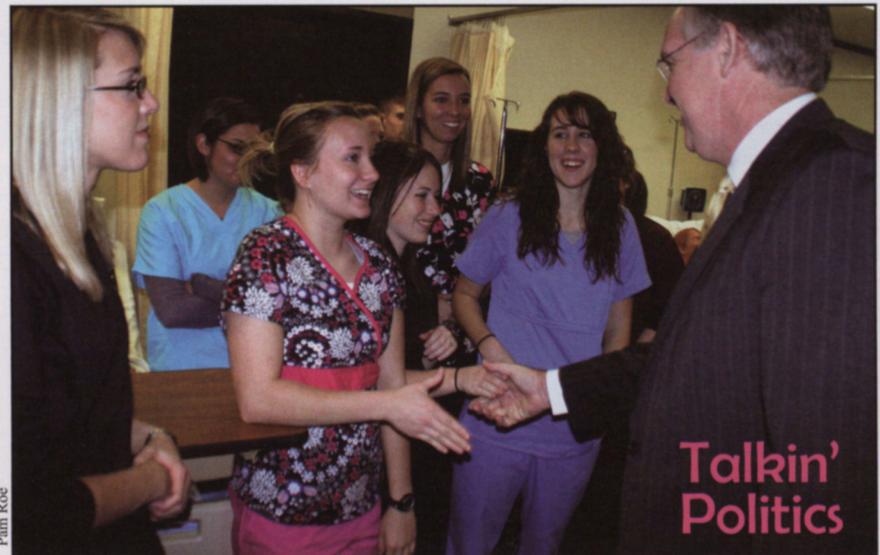
## 2009 CONFERENCES NURSING OUTREACH

*Where continuing education and continuing competence meet*

- 2<sup>nd</sup> Evidence-Based Practice on the Frontline ..... April 23
- 5<sup>th</sup> Annual Women's Health Update for Advanced Practice Nurses ..... June 4-5
- 12<sup>th</sup> Annual Office/Clinic Nursing Update ..... Sept. 24
- 17<sup>th</sup> Annual Perioperative Nursing Conference ..... Oct. 9-10
- Intn. Soc. of Anthrozoology and Human-Animal Interaction Conf. (KC) .... Oct. 21-25



Fifth-semester students, Lauren Schelich (left) and Amanda Grayson (right), uses the lift equipment donated by Prism Medical, Ltd., from both the nurse and patient perspective. Exposing students to such equipment early in their education keeps safety in their minds as they progress through their careers.



Gov. Jay Nixon visited the School earlier this year to discuss his new program that addresses both the shortage of health care professionals in Missouri and the need to create good-paying, high-skill jobs in the state.

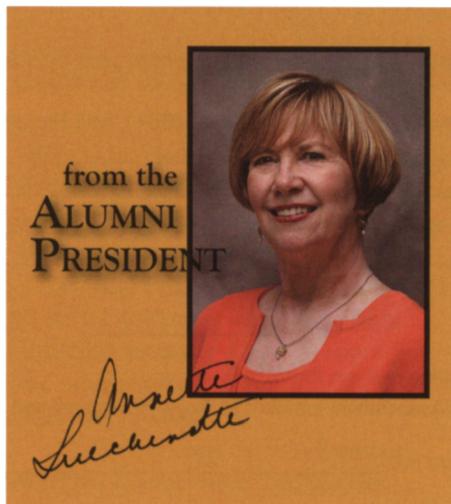
"There are far too many jobs in health care we can't fill in Missouri because our educational system is not producing enough graduates with the right skills," Gov. Nixon said. "Filling these positions is critical to both our effort to build the best possible health care delivery system to care for all Missourians."

Spring is finally in sight, so the School's annual nursing banquet and awards ceremony, and the Nursing Alumni Organization's Reunion is fast approaching!

Everyone at the School is planning a weekend of activities on April 23 -25 that promises to showcase the accomplishments of our great Alma Mater, honor our outstanding alumni recipients and provide you the opportunity to visit the School and witness firsthand why we are a "school on the move!"

Our wonderful new, dedicated and energetic Dean Miller has set a tone and pace for the School that energizes everyone who has come to know her. So if you haven't had the opportunity to meet her yet, this weekend would be the perfect time to do so.

She is eager to share with alumni her passion for continuing to build and



strengthen our already exceptional program. I promise that once you meet Dean Miller, you will fully understand why we are a "school on the move" under her dynamic guidance and leadership.

For those of you who graduated in a year ending in the number "9," I encourage you to make contact with your classmates and plan a weekend reunion with everyone back together again in Columbia. The classes that have previously done this in their designated year will tell you that they have had a truly delightful time reconnecting with each other, while at the same time catching up on what's new at the School and on the campus at large.

The connections made with each other during those special years as nursing students are one of a kind, and being able to rekindle them back at the School and campus is a truly wonderful experience.

So what are you waiting for? Pick up the phone, log on to your e-mail, or drop a note in the mail to get it started for your class, and we'll see you there... at the "school on the move!"

## 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](http://nursing.missouri.edu/alumni).



All funds raised from sales will support the Organization's efforts to create and foster new traditions for nursing students.

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

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.



photo by Donna Otto

Since arriving at the School in August, Dean Miller (blue jacket) has been on a whirlwind tour of the state meeting graduates. Last fall, in Springfield, Mo., Dean Miller met with (from left) Sarah Muegge, Ginny Haymes and Nancy Hoeman.



photo by Pam Roe

Dean Miller, right, celebrates MU's Founder's Day with two of the Nursing Alumni Organization's board members. Jean Thompson, BSN '63, and Caroline Davis, BSN '65, MS(N) '90.

# TEACHING SENIORS HOW TO MANAGE THEIR HEALTH

Early in my nursing career, I became familiar with just how difficult it is for many older adults to effectively manage their health, particularly when working with very limited resources and support.

Then I was introduced to the Institute for Healthcare Improvement and Robert Wood Johnson Foundation's efforts to improve chronic care. It was my first exposure to models of chronic care and self-management support — and I was hooked.

I took on positions that furthered my education and research skills, but in 2005, decided to leave my position at Washington University to pursue my doctoral degree full time.

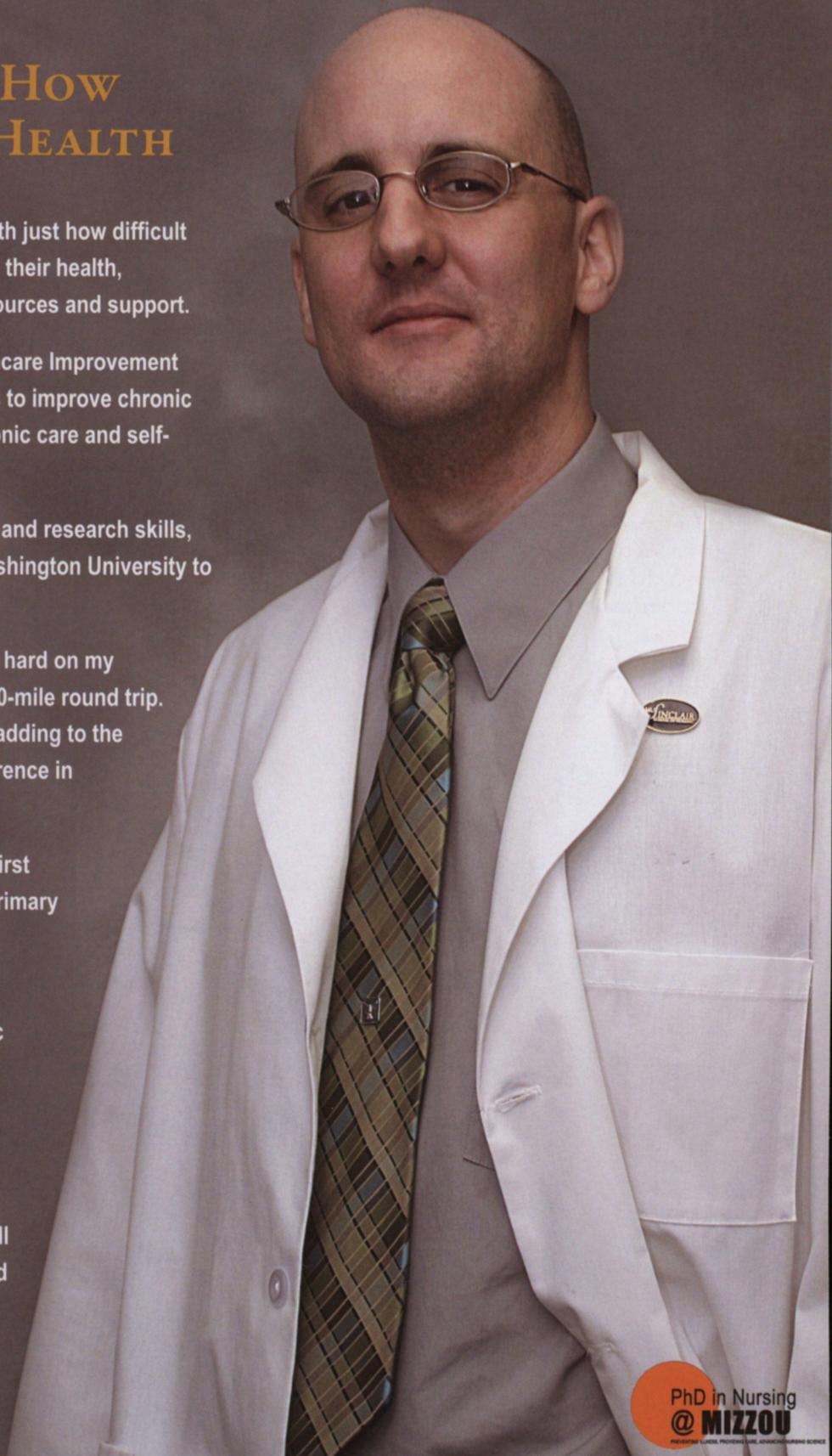
Although the commute from St. Louis has been hard on my family and me, I've found it's been worth the 250-mile round trip. To work side by side with researchers who are adding to the knowledge base and making a substantial difference in patient's lives has been worth it.

Since I started the program, I've published my first journal article and book chapter, and I am the primary author or co-author on several other articles.

I also received pre-doctoral grant funding as a John A. Hartford Foundation Building Academic Geriatric Nursing Capacity Scholar. I intend to continue building on my education when developing a successful career in teaching and research.

Receiving a travel stipend from the Verna Adwell Rhodes International Travel Endowment allowed me to discuss my research in Belgium and Switzerland last winter, and led to a two-year post-doc in Belgium where I will continue to develop my research.

*In addition to their travel fund, Verna and James Rhodes have also established a PhD scholarship endowment in nursing. The V. James and Verna Adwell Rhodes Endowed Nursing Fellowship is just one of several scholarships available to PhD students at Mizzou. Established in 1995 by the Rhodes, this award is designed to assist graduate nursing students who's career plans include a nurse faculty position, preferably in oncology.*



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# KICK NURSING UP A NOTCH!



**Student Nurses Week 2009**

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