



MIZZOU *Nursing*

News from the University of Missouri Sinclair School of Nursing

Fall 2012

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STUDENTS MAKING A DIFFERENCE

Fifteen students and three faculty members took an active role in the political process Feb. 22, 2012, when they attended the 26th Annual Missouri Nurses Association Nurse Advocacy Day in Jefferson City. More than 550 students, faculty and nurses across Missouri traveled to the state's capitol to learn how to advocate for nurses and patients through the political process. "As nurses, we're trained to be advocates for our patients," says Gregg Bush, BSN '12, a graduate of the accelerated BSN program and one of the Robert Wood Johnson Foundation New Careers in Nursing Scholars who attended the event. "This was a great opportunity to practice how we can be an advocate for our community beyond a clinical setting. Nurses are public servants too." Students were joined by faculty members Sherri Ulbrich, Val Bader and Glenda Nickell. "It is very important for nurses to realize how their practice will be influenced by the political process," says Bader, clinical instructor of nursing. "Nursing practice, especially advanced practice, opportunities and regulations are incredibly restricting in Missouri, much more so



SUBMITTED PHOTO

Front row: Lauren Shipley, Grace Miller, Brittanye Daniels, Brittany Delaney, Ebonyck Allen and Melissa Leimer; Back row: Jose Gamboa, Shelby Peek, Anna Casey, Gregg Bush, Alysa Cainer and Katie Disinger.

than in other states. If new nurses want to stay in Missouri, they should know how to participate in the political process as part of their professional education."

A contingent of students attended the National Student Nurses Association (NSNA) Annual Convention in Pittsburgh, Penn., in April with faculty advisors Donna Otto, Heidi Holtz and Val Bader, as well as Dick Otto, MU SSON supporter. Pre-nursing and clinical nursing student attendees from the school's Student Nurses Association (SNA) took active roles in the convention. Emily Miller, SNA 7th semester representative, was elected as a regional director on the 2012-2013 NSNA Board of Directors. Other student achievements included the NSNA House of Delegates passing the resolution "Seek to increase awareness of educational and clinical benefits of high fidelity simulations in pre-licensure students" submitted by Abby Williams, SNA 2nd vice president, and Samantha Brattin. MU SSON students also received the Bylaws Award for the project, "So you want to be a bylaws know it all," a game Williams initiated with the SNA membership to increase



SUBMITTED PHOTO

Front row from left: Val Bader, instructor of nursing; Amanda Meineka; Brittany Greeses; Chelsea Bryant; Lauretta Myers; Emily Miller, SNA 7th semester representative; Abby Williams, SNA 2nd vice president; Melissa Leimer, SNA president; Courtney McLain, SNA Sinclair success chair; and Donna Otto, instructor of nursing. Back row from left: Samantha Brattin; Heidi Holtz, instructor of nursing; Taylor Burger; Laura Remy; Alysa Cainer, NSNA liaison; Rebecca Veazey; Megan Wasser, SNA historian; Lindsey Gray, SNA community service chair.

awareness and knowledge about SNA bylaws. Alysa Cainer was recognized as a Project In-Touch Super Recruiter for her work increasing membership in SNA. Student delegates included Abby Williams, Courtney McLain, Laura Remy, Megan Wasser and Rebecca Veazey and alternates Taylor Burger, Lauretta Myers, Chelsea Bryant and Amanda Meineka.

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ON THE COVER:

Animals provide comfort, entertainment and unconditional love and are welcome at TigerPlace. Kathy Hillenbrand, 67, a TigerPlace resident, enjoys the outdoor spaces at the facility with her dog Millie, right, and Jax, whose owner, Katy Musterman, BSN '08 and current DNP student, is care coordinator at TigerPlace. Read more, page 9.

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 **Sinclair
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The Power of the Mizzou Connection

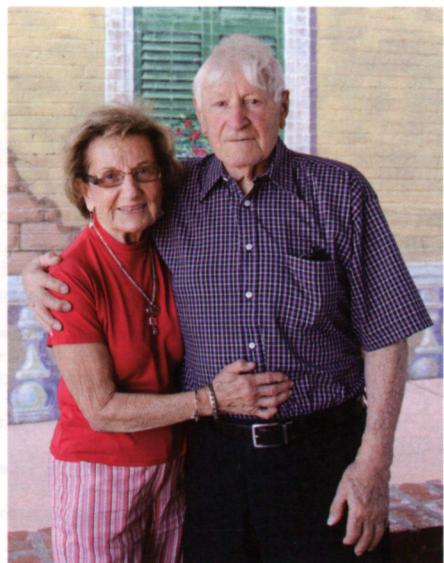
How can we assure that healthy aging takes place? Nurse researchers at the University of Missouri Sinclair School of Nursing (MU SSON) are contributing to the science of healthy aging. As noted within this issue, some 13 MU SSON faculty have programs of research with a focus on maintaining or improving the health and well-being of older adults. Their specific emphases include the use of information technology to meet clinical standards of care; use of gait mats and fall detection; use of noninvasive sensors to record movement patterns; evaluation of sensors for early illness detection; exercise and maintenance of physical activity; family relationships among older adults; human animal interaction; well-being improvements for the hearing impaired; transition care needs; achievement of excellence in nursing home care; medication reconciliation in nursing homes; medication adherence; and care coordination. The Aging in Place model of care, developed at the MU SSON by Dr. Marilyn Rantz and her team, is implemented at TigerPlace which is featured in the lead article in this issue. The MU SSON staff is responsible for providing care to the residents at TigerPlace. As residents' care demands increase, more care/services are provided. As they recover, become stronger and more independent, services are "backed off." This model of care enables older adults to "age in place" and not be transferred to an acute care setting or nursing home as their care needs vary. Cost savings occur and comfort of residents and their families is enhanced. How wonderful is that? Maintenance of independence is vital for all older adults and this is achieved at TigerPlace by these coordinated care services. Five of our faculty have/had postdoctoral awards from the John A. Hartford Foundation which has enhanced their depth of knowledge and research competence related to older adults.

Also within this issue is a tribute to Ben and Gloria Gambaro, parents of Dr. Sandra Shelley (BSN '74). Sandra generously established an endowment in the school for entrepreneurship in nursing to honor her parents. As a nurse entrepreneur herself, this was a fit for Sandra. The Gambaros live on "The Hill" in St. Louis, a close-knit community of persons of Italian origin. The Gambaros manifest healthy aging. Gloria, 88, walks about "The Hill" with such gusto, that her companions, including me, cannot keep up. As noted here, she plays bocce, works in the bakery and oversees her family, assuring their close ties are maintained. I wish for all of you to have a relationship with someone with vitality and sharp wit such as Gloria and the gentleness of her husband, Ben Gambaro.



DEAN JUDITH FITZGERALD MILLER
PhD, RN, FAAN

A handwritten signature in black ink, appearing to read "Judith Fitzgerald Miller".



Near left: Sandra Gambaro Shelley, BSN '74, honored her parents, Gloria and Ben Gambaro, by establishing the Ben and Gloria Gambaro Faculty Endowment in Entrepreneurial Nursing. Read more, page 14.

Far left: Dean Judith Fitzgerald Miller, center, prepares for a bocce game with Gloria Gambaro, left, and Sandra Gambaro Shelley, right, on The Hill in St. Louis.

PHOTOS BY SHOSHANA HERNDON

RESEARCH & BEST PRACTICES

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GRANT PRODUCTIVITY

The value of current multi-year grants in the Sinclair School of Nursing is nearly \$10 million. The most recent grant awards are below.

Jane Armer

Aqua Lymphatic Therapy, The Tidhar Method© - Risk Reduction and Overall Well-being for Breast Cancer Survivors, Susan G. Komen for the Cure \$32,309

Gretchen Carlisle (PhD student)

Social Skills of Children with Autism Spectrum Disorder who have Family Dogs, Sigma Theta Tau \$2,500

Erin Cattoor (PhD student)

CARES Online Training for Certified Nurse Assistants to Improve Knowledge in Caring for Residents with Alzheimer's Disease in Long-Term Care, MU Interdisciplinary Center on Aging \$2,000

Jo-Ana Chase (PhD student)

Hartford Patricia G. Archbold Fellowship, American Academy of Nursing \$49,465

Interventions to Increase Physical Activity Among Older Adults: A Meta-analysis, National Institutes of Health \$30,331

Meta-analysis of interventions to increase PA behavior among adults age 60 and older, MU Interdisciplinary Center on Aging \$2,000

Shirley Farrah

Enhanced Leadership Development Academy — Amendment 2, Missouri Dept. of Health & Senior Services \$21,200

Kari Lane

Frequency Modulation System Use in Older Persons with Hearing Loss, MU Interdisciplinary Center on Aging \$8,000

Judith Fitzgerald Miller

Nurse Faculty Loan Program, Health Resources & Services Administration \$83,033

New Careers in Nursing, Robert Wood Johnson Foundation \$50,000

Jonas Nurse Scholar Program, Jonas Center for Nursing Excellence \$20,000

Judith Fitzgerald Miller & Sherri Ulbrich

New Careers in Nursing Pre-Entry Immersion Program, Robert Wood Johnson Foundation \$5,200

Marilyn Rantz

2012-13 Quality Improvement Project for Missouri (QUIPMO), Missouri Dept. of Health & Senior Services \$820,000

Amy Vogelsmeier

Medical Error Reporting and Patient Safety Improvement, the Missouri Center for Patient Safety \$14,769

Bonnie Wakefield

Usability of a Web-based Symptom Monitoring Tool, the MU Interdisciplinary Center on Aging \$8,000

The school is involved in a grant with the MU School of Medicine. The \$13.3 million grant from the Centers for Medicare and Medicaid Services, titled "Leveraging Information Technology to Guide High Tech, High Touch Care," was awarded for a three-year period. Jan Sherman, adjunct associate professor in both schools, will work as coordinator of curriculum development and training for the first 6 months of the grant. Lori Popejoy, nursing assistant professor, is a co-investigator and will be associate director for education/workforce development.

RESEARCH & BEST PRACTICES

MNRS: FACULTY MEMBER RECOGNIZED, OTHERS PRESENT

Several faculty members traveled to the Midwest Nursing Research Society conference in Dearborn, Mich., this March. Kari Lane, assistant professor, received the 2012 MNRS Gerontological Nursing Research Section Dissertation Award. Other faculty members gave presentations and/or served as session co-chairs or moderators:

- Vicki Conn, associate dean for research
- Marilyn Rantz, Curators' Professor
- Todd Ruppar, assistant professor
- Lorraine Phillips, assistant professor
- Rebecca Johnson, professor

Eight doctoral students also participated with paper/poster presentations and involvement in interest groups.



KARI LANE
PHD, RN, MOT

AQUATIC THERAPY BENEFITS POST-BREAST CANCER TREATMENT



Dorit Tidhar, right, instructs Thea van Schoor, left, a DNP student, and Jennifer Dine, front, a PhD candidate, on the Tidhar Method during a pool session.

BY SHOSHANA HERNDON

Breast cancer patients and survivors often manage post-treatment complications such as shoulder stiffness, changes in sensation in the arms and armpits and lymphedema. Lymphedema may occur when lymph nodes are removed during treatment for breast cancer. It is a swelling of the affected body parts, often the arms, due to a buildup of protein-rich fluid. Regular therapy involves wearing compression garments to reduce swelling. A complementary therapy option, Aqua Lymphatic Therapy (ALT), provides lymphedema patients with a self-care option to aid in management and reduction of lymphedema symptoms.

In May, a group of trained lymphedema therapists gathered in Columbia, Mo., to become certified aqua lymphatic therapists. The 7-day course known as the Tidhar Method, the first ever offered in the United States, was presented by program developer and trainer, Dorit Tidhar, a clinician and instructor at McGill University Health Centre's Lymphedema Clinic in Montreal, Quebec.

Trained aqua lymphatic therapists can "give patients more options for their total care of lymphedema risk and management," says Jane Armer, nursing professor. ALT combines aquatic exercises and self-massage, utilizing the hydrostatic pressure

provided by the water which is comparable to the pressure provided by compression garments used in regular lymphedema therapy.

"Because of the water environment, you get a boost of reduction [in swelling] every time you get out," Tidhar says.

People practicing ALT in a group setting also benefit from the group support and have an improved quality of life, Tidhar says.

The program included classroom and discussion sessions covering general lymphedema therapy, lymphedema maintenance problems, clinical support for lymphedema therapy, measurement of ALT treatment results, how to combine ALT with conventional treatment, pool practice and training sessions and a final pool and theoretical examination.

Program graduates came from central Missouri, Illinois, Georgia and South Africa.

The program was presented by the MU Sinclair School of Nursing and Ellis Fischel Cancer Center in partnership with the Susan G. Komen for the Cure of Mid-Missouri.

More information about the Tidhar Method and Aqua Lymphatic Therapy is available at www.aqua-lymphatic-therapy.com.

1ST META-ANALYSIS INSTITUTE HELD, PLANS UNDERWAY FOR 2013

The school's Office of Research hosted its first Summer Institute on Meta-analysis June 11-15. Meta-analysis helps researchers statistically identify patterns among completed research studies. Sixteen health scientist participants from across the country enrolled in the intensive one-week seminar taught by Vicki Conn, associate dean for research, and assistant professors Lorraine Phillips and Todd Ruppar. The office is planning another Summer Institute on Meta-analysis as well as a Summer Institute on Meta-synthesis, both to be held in 2013.

LEARNING TOGETHER NOW TO WORK TOGETHER LATER

Professors use innovative methods for interprofessional education

BY SHOSHANA HERNDON

Throughout their careers, nurses work with professionals from a variety of disciplines. It seems logical that these students should learn alongside each other while on campus in order to work together better in the clinical setting, but students have not always had this opportunity.

MU, however, offers a 6-hour, 4-week interprofessional curriculum for students in five disciplines – medicine, nursing, pharmacy, health administration and respiratory therapy. The course began in 2003 with an emphasis in medical fallibility and patient safety and has since undergone many revisions of content and teaching methods. Gretchen Gregory, an instructor of nursing and director of the Essig Clinical Simulation Learning Center, and Carla Dyer, assistant clinical professor and clerkship director of internal medicine in the MU School of Medicine, made major revisions in 2009, introducing simulation components to the Interprofessional Education in Quality, Safety and Teamwork curriculum.

Gregory's inspiration to redesign such a course? Observing a lack of communication from nursing students



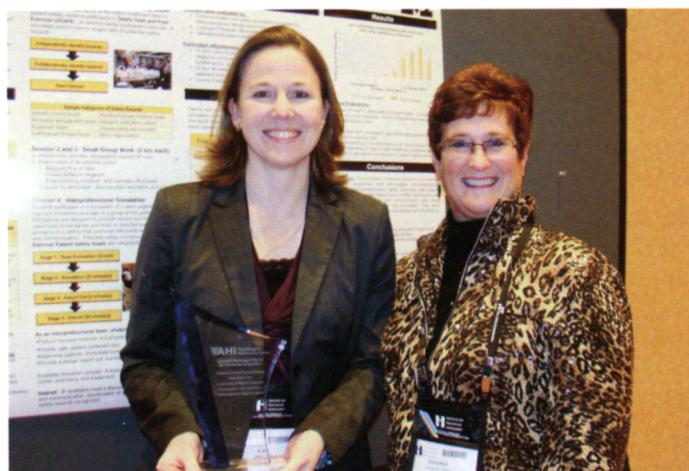
Interprofessional simulation exercises give students the opportunity to work with standardized patients and students from other disciplines. Nursing student Kelsey Franklin, right, and medical student Hannah Enloe determine the best care for a standardized patient.

during an interprofessional group project. "Very confident, intelligent nursing students would sit at the table quietly and not voice their opinion with students from other disciplines," she says. "That was my stimulus to say every part of the team is valued and we can improve patient care if we talk." Now, students learn about patient care, teamwork and communication in the classroom and through interactive, hands-on simulations. The simulations focus on problem-based case scenarios such as triaging multiple patients in an urgent

care setting and include pre- and post-simulation briefings. Simulations immerse students in "real life, low risk" experiences that encourage interprofessional teamwork and communication while promoting safe patient care. After simulations, students report

higher confidence in working as part of a multidisciplinary team and communicating with other health care professionals as well as recognizing and reacting to potential patient safety concerns. Gregory has observed this boost in confidence among students in the clinical setting and says they more easily transition to the professional nurse role. From the five disciplines involved, more than 270 students complete the course each year and about 80 faculty and staff are involved in the curriculum and simulations.

This interprofessional curriculum was recognized in December 2011 with the Duncan B. Neuhauser Curricular Innovation Award at the Institute of Healthcare Improvement's 17th Annual International Scientific Symposium in Orlando, Fla. The award recognizes innovative new curricular materials with the potential to significantly impact teaching improvements in healthcare and the ability to be adopted by other schools and disciplines. Gregory and Dyer are currently participating in a faculty development grant with faculty from other universities across the country to provide training so other schools can implement interprofessional education.



SUBMITTED PHOTO

From left: Carla Dyer, MD, and Gretchen Gregory, MS(N), RN

SCHOOL NAMES FIRST DR. ROSEMARY T. PORTER FACULTY SCHOLAR

BY SHOSHANA HERNDON

The MU Sinclair School of Nursing (MU SSON) has named Sherri Ulbrich, assistant teaching professor, as its first Dr. Rosemary T. Porter Faculty Scholar. The position honors Dean Emerita Rosemary T. Porter, PhD, RN, FAAN, who gave 29 years to the school as a faculty member, associate dean and then dean. After retiring from the school in 2008, she continued her service to the university as interim dean in the College of Education for two years.

The \$100,000 endowment, which became fully-funded this spring after a five-year campaign, is the result of nearly 200 donations. "I believe the greatest honor the faculty, staff, students, alumni and friends gave me was funding the Dr. Rosemary T. Porter Faculty Scholar Fund," Porter said. "I treasure them and feel very humble." As dean, Porter focused on keeping faculty salaries competitive. Named faculty positions allow the school and university

to attract and retain top-notch faculty in today's competitive job market through salary and research stipends. An annual stipend is generated from the interest earned by the corpus of the endowed fund, which is used to support the selected faculty member.

The MU Chancellor's Fund for Excellence helped complete the endowment. This unrestricted fund supported by alumni donors helps the chancellor with Mizzou's greatest needs and priorities including benefiting faculty.

The award recognizes a faculty member who manifests excellence in teaching, actively participates in scholarly activities such as research and publication, uses evidence-based practice, has positive student evaluations and is a contributing and encouraging citizen in the school. "Sherri is an excellent role model for clinical decision-making, has a vast knowledge base related to the theory and practice of nursing and teaches students to use evidence and know about best practices in caring for patients," says Dean Judith Fitzgerald Miller, PhD, RN, FAAN. "She brings expertise to the school, demanding much from her students in order to prepare them to be excellent nurses. Many of her students say she is the best teacher they have ever had."

Students thrive in Ulbrich's clinical groups and have shown their appreciation through multiple student-given awards. Ulbrich, PhD, RN, CCRN, received the Student Nurses Association Outstanding Clinical Faculty Teaching Award four times in the past five years and received the Betty Crim Faculty Enhancement Award in 2011. "Sherri is not only a mentor but a source of inspiration for the unlimited potential within all of her students," says Brittanye Daniels, a 2012 graduate of the accelerated bachelor of science in nursing program, a 15-month program for students with a degree in another field. "Sherri sets her expectations high,



Sherri Ulbrich, left, is the first Dr. Rosemary T. Porter Faculty Scholar. Also pictured from left: Gregg Bush, Jose Gamboa, Brittanye Daniels and Brittany Delaney practice their nursing skills on the school's high-fidelity manikin. The students are 2012 graduates of the accelerated BSN program and Robert Wood Johnson Foundation New Careers in Nursing Scholars.

SHOSHANA HERNDON

not because she wants you to fail but because she wants you to see how great you can be. I appreciate her for that."



ROSEMARY T. PORTER
PHD, RN, FAAN

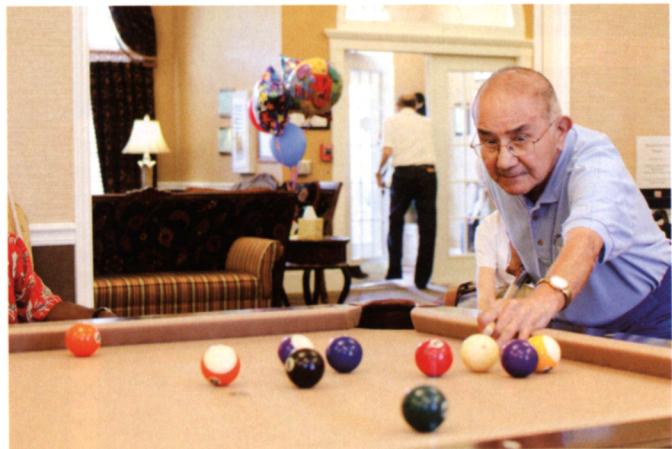
Ulbrich, who will receive the Porter award for the next three years, said she is "absolutely honored" to be the first recipient of the award, especially so because Porter was dean when Ulbrich became a faculty member in 2006. "I really respected her as a dean and a leader of the school," Ulbrich says, noting that Porter focused on being a servant leader and encouraged faculty to do the same. "It really impacted me," Ulbrich says. "Dr. Porter helped the school grow and succeed in so many ways. Knowing her and being a part of that experience helps me appreciate this honor even more."

Ulbrich teaches students in N3670 Nursing of Adults I, a core course for sixth semester traditional and accelerated students. Ulbrich says she loves guiding students through their first experiences providing complete nursing care of hospitalized patients. "You see so much potential at the beginning of the semester — they're excited, nervous and want to use their skills," she says. "They come to the clinical setting and it's a real pleasure to watch their development and growth in term of skills and confidence levels. You really feel like you make a difference in this earlier stage in their nursing development, you have potential to impact their careers in a meaningful way." Ulbrich, who has a passion for critical care nursing, keeps her own nursing skills sharp while working as a staff nurse at Fitzgibbon Hospital in Marshall. Ulbrich also serves as program liaison for the school's New Careers in Nursing program, a scholarship program of the Robert Wood Johnson Foundation.

Aging in Place

ARTICLE AND PHOTOS BY SHOSHANA HERNDON





As Vernon Barr sits in the small Columbia apartment he shares with his wife of 68 years, Jean, he is surrounded by mementos of his life — family photos, images from his service as a pilot in the United States Army Air Corps, and miniature metal vehicles of years gone by. He's also surrounded by his current passions — beautiful pots of flowers and a rock collection that decorate the living room, screened-in porch and patio. The Barrs live in one of 54 private one- and two-bedroom apartments at TigerPlace, an independent living facility designed and run by Americare and the MU Sinclair School of Nursing (MU SSON).

Residents choose TigerPlace for a variety of reasons, but perhaps the most important is that TigerPlace is an Aging in Place (AIP) facility where they can live out the rest of their lives on their terms. TigerPlace provides the care they need while remaining in their apartments and staying in a close-knit social circle. This AIP model, developed through the collaboration of an interdisciplinary team of faculty researchers, staff and students over the past 13 years, is changing the face of eldercare. The faculty visionaries are Marilyn Rantz of the MU SSON and Marjorie Skubic of the College of Engineering. Rantz is AIP director and Interdisciplinary Center on Aging associate director and recipient of the 2011 Nurse Leader in Aging Award from the American Academy of Nursing. Marjorie Skubic is director of the Center for Eldercare and Rehabilitation Technology. Rantz, PhD, RN, FAAN, brings nursing knowledge, and Skubic, PhD, brings expertise in electrical and computer engineering and sensor technology. Together, they have developed a still-evolving model

Previous page: Vernon Barr, 96, has expanded his living space from the TigerPlace apartment he shares with his wife, Jean, to include the screened-in porch and patio area.

Above, top: TigerPlace was designed through a partnership between Americare and the Sinclair School of Nursing. Nurse researchers were able to be involved from the first, helping to design the building and infrastructure to better serve residents and facilitate aging research.

Above, bottom: John Cuellar, 81, was one of several TigerPlace residents, staff and friends who participated in the facility's first pool tournament. TigerPlace offers a variety of extracurricular and learning activities throughout the year, from happy hours and birthday parties to educational seminars and day excursions in the Columbia area.

Top, left: Ebonyck Allen, BSN '12, worked as a personal assistant at TigerPlace while completing the accelerated BSN program. Here, she helps Louis Leonatti, 87, stroll around the facility.

focused on care coordination, improving quality of care, health outcomes, early illness detection and more.

The research is badly needed. The number of elders is growing faster than ever before, according to the Administration on Aging. In 2009, there were 39.6 million adults age 65 or older, representing 12.9 percent of the U.S. population. By 2030, that group will be an estimated 72.1 million, or 19 percent. It's

Aging continued on page 12

PEOPLE AND THEIR PETS

AIP at TigerPlace also applies to four-footed, furry residents. Unlike many housing facilities for elders, TigerPlace is pet-friendly. When Kathy Hillenbrand, 67, moved into TigerPlace 8 months ago, she brought her canine companion, Millie, a 12-year-old bichon frise (see cover photo). The friendly little dog is a major reason Hillenbrand chose to live at TigerPlace. "I wouldn't come here if I couldn't have my dog with me," she says. "I've had her so many years I wouldn't walk away from her."

The connection between people and their pets drives Rebecca Johnson's research. Johnson, professor, PhD, RN, FAAN, holds a joint appointment in the Sinclair School of Nursing and the College of Veterinary Medicine, where she is director of the Research Center for Human Animal Interaction. Through her work, she aims to help older adults remain healthy and independent as long as possible. Research shows that, as long as a person likes animals, human-animal interactions ranging from walking a pound puppy weekly to owning a pet benefit health. Such interactions result in lower blood pressure

and heart rate, increased walking speed and lower rates of depression and anxiety. Beyond these tangible benefits, Johnson says, pets give people unconditional love, another creature to care for, and a reason to get up in the morning, all of which contribute to a higher quality of life. "If you don't have quality of life you're sure not going to have your health," she says. Animals also give people a reason to communicate with others. "Animals have been found in studies to be social lubricants, providing a reason and something interesting to talk about with others," Johnson says. "They can be a trans-generational link for people."

At TigerPlace, 17 pets — dogs and cats — age in place alongside their human companions. They can see an on-site veterinarian in the TigerPlace Pet Initiative (TiPPI) Veterinary Medicine Clinic once a month to check them for early signs of disease and decline. A pet assistant, funded by TiPPI, visits each pet owner three times a week to walk dogs, clean litter boxes and provide transportation to the vet hospital if needed.



Above: Marilyn Rantz, left, UM Curators Professor and director of Aging in Place at TigerPlace, visits with Carrie Wilkins, 85, and her dog, Flash, at TigerPlace.

Left: Stephanie Ford, BSN '12, worked as TiPPI pet assistant while a student. Here, she walks Shadow for TigerPlace resident Jane Meyer.



Above: As part of the research at TigerPlace, residents complete monthly fall-risk assessments to monitor gait and balance. George Hage's, 88, apartment is equipped with passive sensor technology that gathers research data and helps caregivers monitor residents' health.

critical that researchers develop cost-effective and efficient ways to provide care while helping people remain independent longer and postpone and reduce nursing home care. AIP appears to be part of the answer. Research from 1999-2003 in the community showed that the AIP model results in lower costs of care and better health outcomes. Research at TigerPlace demonstrates the same things. "Even though we have this wonderful environment [TigerPlace]," Rantz says, "our costs of care have never approached that of nursing home care, even through the end of life."

AIP research includes looking at sensor technology and its ability to detect illness and health declines in the early stages. The work involves stakeholders and investigators from fields including nursing, social work, physical therapy, medicine, engineering, computer science and health informatics (the study and application of data and technology to health care). This range of disciplines helps foster development of technology that is useable in each discipline's area of responsibility, says Gregory Alexander, PhD, MHA, RN, FAAN, associate professor of nursing. Since 2005, the team has conducted several research studies using sensor system in TigerPlace apartments. Although residents consent to having the sensors in place, the passive technology is so unobtrusive that residents go about their routines without noticing that they are part of research studies. "The research is up in that corner and in that box there," Barr says, pointing to the Xbox Kinect hidden in a corner above the front door and a white box the size of a small side table next to the back door. "We just don't really think about it. We just live our normal lives." Residents take part in interviews twice a year and complete fall-risk assessments to monitor their gait and balance monthly.



Above: An Xbox Kinect is one piece of the sensor technology allowing researchers and health care providers to monitor residents' mobility and health unobtrusively.

Left: Radar for walking analysis is housed in a small box on the floor.

Some of the sensors capture data on walking gait, while bed sensors measure restlessness, and rates of pulse and respiration. Algorithms extract patterns of activity from the data and generate alerts for care providers that indicate potential health changes. The sensor technology does not replace or reduce nursing care — it enhances it. When nurses see an alert, they use traditional methods to evaluate the residents.

After visiting with Barr in his apartment and helping unpack a shipment of plants just before Mother's Day, Rantz reflected on the importance of using both traditional and technological monitoring methods. "As I was watching Vernon, I was looking at skin color, assessing his weight, looking for edema," Rantz says. "I probably automatically assessed 20 or more different things about him. The technology just adds to that. If there was something brewing with him, chances are I would have gotten an alert to check on him."

The technology is especially impressive for its accuracy in detecting early signs of impending health events, Rantz says. "We can detect changes that are impacting health implications four days, two weeks, 40 days before a health event, including falls and development of acute or chronic illness," she says. The detection rate has greater than 95 percent accuracy and a false alarm rate of 30 percent — low enough to be acceptable to care providers.

The sensor research has had such profound results that Rantz and Skubic are working toward a commercial version of the technology for use in personal residences in the next 5 to 10 years. For people living alone or away from family, the technology could provide a sense of well-being as well as offer alerts to warn of a potential problem, just as they do at TigerPlace.

Barr, who has fallen three times since moving into TigerPlace, sees the value in participating in the research, if not for himself, then for others. "We may not live long enough for it to help us," he says, "but I like knowing that the research is going on and may help someone else."

Learn more about AIP at agingmo.com and eldertech.missouri.edu.

Many faculty members have programs of research that focus on the aging population. They are shaping the knowledge base of older adult care. To learn more about each faculty member, visit the school's faculty list — nursing.missouri.edu/faculty.



GREGORY ALEXANDER

WHO: Gregory Alexander, PhD, MHA, RN, FAAN
TITLE: Associate professor
RESEARCH FOCUS: IT sophistication and achieving clinical outcomes in nursing homes



MYRA AUD

WHO: Myra Aud, PhD, RN
TITLE: Associate professor
RESEARCH FOCUS: Promotion of health and safety in long-term care residents; fall detection technology



VICKI CONN

WHO: Vicki Conn, PhD, RN, FAAN
TITLE: Associate dean for research & Potter-Brinton Professor
RESEARCH FOCUS: Interventions to increase exercise behavior and improve medication adherence



MARICA FLESNER

WHO: Marcia Flesner, PhD, RN
TITLE: Clinical instructor
RESEARCH FOCUS: Improvement of care outcomes for residents in long-term care



LAWRENCE GANONG

WHO: Lawrence Ganong, PhD
TITLE: Professor of nursing; professor and co-chair, Dept. of Human Development and Family Studies
RESEARCH FOCUS: Family relationships among older adults; health and safety of older rural women



REBECCA JOHNSON

WHO: Rebecca Johnson, PhD, RN, FAAN
TITLE: Professor; Millsap Professor of Gerontological Nursing and Public Policy; associate professor and director, Research Center for Human Animal Interaction, MU College of Veterinary Medicine
RESEARCH FOCUS: Human-animal interaction; relocation of older adults



KARI LANE

WHO: Kari Lane, PhD, RN, MOT

TITLE: Assistant professor

RESEARCH FOCUS: Improvements for the hearing impaired



LORRAINE PHILLIPS

WHO: Lorraine Phillips, PhD, RN

TITLE: Assistant professor and John A. Hartford Foundation Claire M. Fagin Fellow

RESEARCH FOCUS: Maintaining and improving physical function among older adults



LORI POPEJOY

WHO: Lori Popejoy, PhD, APRN, GNS-BC

TITLE: Assistant professor and John A. Hartford Foundation Claire M. Fagin Fellow

RESEARCH FOCUS: Care coordination and transition care needs for older adults



MARILYN RANTZ

WHO: Marilyn Rantz, PhD, RN, FAAN

TITLE: Curators' professor and Helen E. Nahm Chair; University Hospitals and Clinic professor of nursing; executive director, Aging in Place (AIP) at TigerPlace; associate director, MU Interdisciplinary Center on Aging

RESEARCH FOCUS: Quality improvement in older adult care; AIP and technology



TODD RUPPAR

WHO: Todd Ruppar, PhD, RN, GCNS-BC

TITLE: Assistant professor & John A. Hartford Foundation - Atlantic Philanthropies Claire M. Fagin Fellow

RESEARCH FOCUS: Medication adherence in older adults



AMY VOGELSMIEIER

WHO: Amy Vogelsmeier, PhD, RN, GCNS-BC

TITLE: Assistant professor & John A. Hartford Foundation Claire M. Fagin Fellow

RESEARCH FOCUS: Medication reconciliation in nursing homes



BONNIE WAKEFIELD

WHO: Bonnie Wakefield, PhD, RN, FAAN

TITLE: Associate research professor and clinical coordinator, e-Health Quality Research Initiative Center, Dept. of Veterans Affairs

RESEARCH FOCUS: Improving nursing care of older adults

ALUMNA HONORS PARENTS WITH ENTREPRENEURIAL NURSING ENDOWMENT



Sandra Gambaro Shelley, BSN '74, center, honored her parents, Ben and Gloria Gambaro, by establishing the Ben and Gloria Gambaro Faculty Endowment in Entrepreneurial Nursing.

ARTICLE & PHOTOS BY
SHOSHANA HERNDON

Growing up on The Hill, an Italian American neighborhood in St. Louis, Sandra Gambaro Shelley, BSN '74, learned the value of hard work, the spirit of entrepreneurship and the importance of community. Her parents, Ben and Gloria Gambaro, lifelong residents of The Hill, lived out these qualities daily while raising six children and operating the family business, the Missouri Baking Company, then owned and operated by Ben. The six Gambaro children — Stephen, Sandra, Mimi, Derio, Chris and Jeff — worked at the bakery from the time they were tall enough to see over the cash register — about 12 years old. "All the kids worked

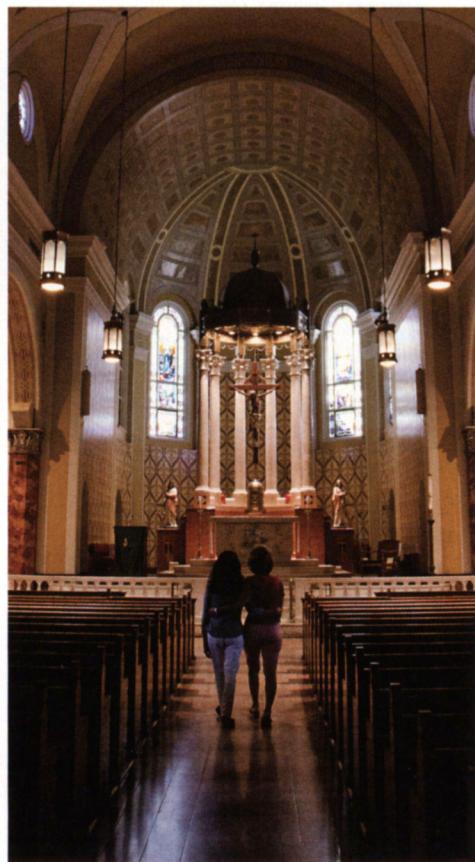
at the bakery to get the knowledge of dealing with the public and dealing with money," Gloria says. The children also saw how hard their parents worked. Ben started his bakery shift at 1 a.m. and returned home about 3 p.m. Gloria helped at the bakery, raised her children and ran a dress design business out of their basement, serving the elite of St. Louis. Even after long, full days, Ben and Gloria insisted on family dinners. "I don't care what we were doing at 5 o'clock, we had to be around the dinner table," Sandra says. "It was a really

important part of growing up." The Gambaro family remains tight-knit, with three of Ben and Gloria's children raising their own families on The Hill. Chris and Mimi now co-own the bakery; Derio is an engineer currently in sales and previously served as a Missouri state representative; Stephen is also an engineer, now retired from the pump distribution company he owned and operated; Jeff is a chemist and currently an executive with a protein food source company; and Sandra is a nurse entrepreneur running a health care consulting business, Sandra Shelley and Associates Inc.

Ben and Gloria, married for 63 years, are understandably proud of their children. A humble, unassuming man, Ben refuses credit for his children's successes, instead praising his wife and their children's own diligence. Gloria, a ball of energy, loves to show visitors cherished family landmarks on The Hill — the Catholic church and school where her mother, she, her children, and many of her 15 grandchildren were baptized and attended school, the local bocce club where she and Ben have spent many hours playing the lawn bowling game beloved by Italians and the local shops and restaurants, including the family's own bakery. The couple is proud of their community and instilled a sense of responsibility for the community in their children. "If you live in a community, it doesn't just sustain itself by good luck, you need to give back to the community you grew up in," Sandra says.

Sandra, whose daughter Emily is a 2006 Mizzou nursing





Far left: Gloria Gambaro tallies points in a friendly game of bocce.

Center: Sandra Gambaro Shelley, left, and her mother, Gloria Gambaro, visit St. Ambrose Roman Catholic Church on The Hill — the family's church for generations.

Above: Sandra Gambaro Shelley and her mother, Gloria, rest outside St. Ambrose Roman Catholic Church.

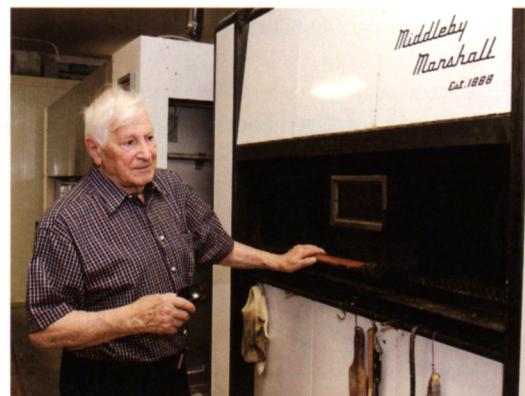
Below: Ben Gambaro, far right, spent more than 12 hours a day at the Missouri Baking Company when he ran it. Now, his son and daughter, Chris and Mimi, co-own the bakery, offering a variety of treats throughout the year. Ben still drops by occasionally to visit with his children and check on the kitchen operations.

graduate, chose to give back to the community of nursing and honor her parents' role in her success by creating the Ben & Gloria Gambaro Faculty Endowment in Entrepreneurial Nursing in the MU Sinclair School of Nursing. The endowment provides support for nursing faculty to investigate entrepreneurial nursing models, participate in entrepreneurial ventures related to nursing care and help faculty introduce new cross-disciplinary concepts and modalities while sharing experiences and insight with other faculty and students. This May, the fund brought speaker Donna Zazworsky to the school to discuss nursing entrepreneurship and innovation in care coordination and payment models. Through this endowment, Sandra hopes to give students and faculty the opportunity to see innovative ways to use their nursing knowledge and skills.

Despite growing up in an entrepreneurial family, Sandra planned to become a traditional, bedside nurse. Instead, after earning her Mizzou nursing degree, Sandra first worked as a

staff nurse, then went on to earn a master's degree in psychiatric nursing from Boston University and a doctorate in nursing (PhD) from Rush University. Her varied career included serving as vice president of nursing at DePaul Health Center and Children's Hospital, both in St. Louis. She started her consulting career at Ernst and Young, a professional services firm in Chicago, before starting her consulting business in 1993. "I never dreamed I would be doing what I am doing now," she says. "That's the fabulous thing about nursing, the dream just evolves. A nurse has limitless possibilities." Sandra says the Ben & Gloria Gambaro Faculty Endowment in Entrepreneurial Nursing enables nurses to pursue their own evolving dreams, breaking out of the conventional mold to invent the future for nursing and health care.

Sandra represents the Chicago area on the Jefferson Club Board of Trustees and is a member of the Nightingale Society, the school's gift society. Her daughter, Emily, is also a member of the Jefferson Club and the Nightingale Society.



Celebrating the MU Sinclair School of Nursing Community

The MU Sinclair School of Nursing celebrated the accomplishments of its alumni, faculty, staff, students and friends during the 22nd Annual Banquet and Awards Ceremony April 27 at the Holiday Inn Executive Center in Columbia with about 280 people in attendance. Dean Judith Fitzgerald Miller, PhD, RN, FAAN, and Nursing Alumni Organization (NAO) President Terry Jackson, BSN '78, presented the school and NAO awards.

"This annual event gives the school and the Nursing Alumni Organization the opportunity to recognize outstanding individuals who have elevated the reputation, research, teaching and service of the Sinclair School of Nursing," Miller says.

Find out more about the school at nursing.missouri.edu.



ALUMNI AND SCHOOL AWARDS

CITATION OF MERIT
Susan Donnell Scott, BSN '88, MS(N) '94

ALUMNA OF THE YEAR AWARD
Sue Ann Vest Wright, BSN '78

ALUMNI ACHIEVEMENT AWARD
Joannie Welsh Ericson, BSN '08

HUMANITARIAN AWARD
Marilyn Craigmiles Thomas, BSN '66

HONORARY ALUMNA AWARD
Sherry Snell Forsee

DISTINGUISHED FRIEND OF THE SCHOOL
Eileen Meehan Dyer, BSN '68

STUDENT AWARDS FOR OVERALL EXCELLENCE

RN-BSN
Ruth Rowden

ACCELERATED BSN
Kelli Meyer

SEVENTH SEMESTER
Emily Miller

EIGHTH SEMESTER
Cassie Johanningmeier

MS(N)
Angela Igo

DNP
Lisa Boggs

PHD
Jo-Ana Chase

STAFF AND FACULTY AWARDS

STAFF AWARD FOR OVERALL EXCELLENCE
Gayle Epple

FACULTY AWARD FOR EXCELLENCE IN TEACHING
Val Bader

FACULTY AWARD FOR EXCELLENCE IN RESEARCH
Jane Armer

BETTY CRIM FACULTY ENHANCEMENT AWARD
Gretchen Gregory



1

NAO 2012 award recipients: Marilyn Thomas — Humanitarian Award, Sherry Snell Forsee — Honorary Alumna, Sue Ann Vest Wright — Alumna of the Year, Joannie Welsh Ericson — Alumni Achievement, and Susan Scott — Citation of Merit.

2

MU SSON Dean Emerita Rosemary T. Porter and UM System President Timothy Wolfe.

3

Martha Underwood Bernard, BSN '66; Shirley Farrah, BSN '66, assistant dean of Nursing Outreach; Marilyn Craig-miles Thomas, BSN '66, Humanitarian Award recipient; Donna Otto, BSN '72, MS(N) '81, instructor emerita and director of alumni relations; Eileen Meehan Dyer, BSN '68, Distinguished Friend of the School; Darlene Huff, BSN '65, MS(N) '79, NAO Board member; and Ginny Beall.

4

Gary Forsee, former UM System president; Sherry Snell Forsee, Honorary Alumna Award recipient; and MU SSON Dean Judith Fitzgerald Miller.

5

Todd Ruppar, assistant professor of nursing; Rebecca Ruppar; Lori Popejoy, assistant professor of nursing and Faculty Excellence in Teaching nominee; and Sid Popejoy.

6

Jennifer Hulett, BSN '95, MS(N) '99, and Armer's current PhD advisee; Jane Armer, MU SSON professor and Faculty Award for Excellence in Research recipient; Verna Adwell Rhodes, BSN '54; and Armer's former student Ausanee Wanchai, PhD '12.

PHOTOS BY SHOSHANA HERNDON

Save these Dates: April 5&6, 2013

APRIL 5: 23rd Annual Banquet and Awards Ceremony

APRIL 6: Alumni Reunion

WHERE: Columbia, Mo.

Watch for the spring issue of Mizzou Nursing for your invitation and more details.

From the Alumni President

T

his fall brings many exciting happenings at the University of Missouri. While our sports fans and student athletes look forward to new competitors as part of the Southeastern Conference, our dean and faculty look forward to welcoming new undergraduate students to the clinical portion of our program.

As many of you are aware, the number of qualified students that apply for our program exceeds the school's capacity each semester. This year, our dean received funding from campus to support faculty for an additional 20 fifth semester clinical major students. This is truly exciting news!

One of the primary missions of the Nursing Alumni Organization (NAO) is to support and develop lifelong relationships with each and every student that graduates from our program. One of the traditions that began in the fall of 2001 was to welcome each undergraduate student into the nursing profession at a brunch given in their honor. At this brunch, the NAO presents each student an attaché case that proudly boasts the MU logo and NAO. The continuance of this tradition truly lies in your hands and your generosity.

The 2000 movie *Pay it Forward* depicts a seventh grade student challenged by his teacher to do something to change the world for the better. His idea sets off a chain of events doing something kind for three people and asking them for nothing in return except for each of them to do something kind for three others. I am asking you to please consider this concept. Please take a moment to consider all of the experiences and opportunities your degree from the Sinclair School of Nursing has brought you in both your professional and personal experiences. If you are a graduate that received one of these attachés think back to the brunch where you received it and how excited you were when your name was called. Could this be your opportunity to "pay it forward"?

If you are wondering how to give back to the NAO or looking for an additional opportunity to support the NAO, please consider a donation to the gift fund, any amount would be appreciated. We are truly grateful for your continued support. Another way to contribute is by purchasing an attaché (see below); proceeds from this sale will be used to purchase additional cases for incoming students. You may make a donation by writing a check to the MU School of Nursing, indicating gift fund, and mail it to Donna Otto, S428 School of Nursing, Columbia, MO 65211; if you have any questions, please contact Donna (ottod@missouri.edu) or me (terryjacksonrn@yahoo.com) for more information.

Let's make sure this tradition continues! GO TIGERS!

The MU Nursing Alumni Organization has presented attaché cases to undergraduates beginning clinicals for more than 10 years. You can purchase a case for yourself and show your Mizzou nursing pride. Cases are 19 x 14 x 4 inches, with interior padding to support a laptop computer.



\$50 + \$5 SHIPPING

Please make checks payable to the MU Sinclair School of Nursing and mail to Donna Otto, S428 School of Nursing, University of Missouri, Columbia, MO 65211.

For more information, contact ottod@missouri.edu or 573-884-7293.



TERRY JACKSON

BSN '78

GIVE BACK WITH SERVICE

The school needs people with a love for nursing, Tiger pride and hearts for service. The Nursing Alumni Organization is currently accepting nominations for membership on the Alumni Board. Members serve 2-year terms to start in July 2013. Please send nominations by April 2, 2013, to:

Donna Otto, Director of Alumni Relations
S428 School of Nursing
Columbia, MO 65211
(573) 884-7293 or ottod@missouri.edu

It's Back to School We Go



Alumni returned to Mizzou for the 2012 Nursing Alumni Reunion April 28.

Top, left: Kathleen Drew, BSN '84, discovers how nursing students use the iPad in the clinical setting.

Top, right: Members of the Class of 1982 — Susie White, Karen Hackmann, MS(N)'98, Laurie Whiteley, Greg Weaver, Christine Heady, and Stephanie Dallam, MS(N)'88 — gather around the school's high-fidelity SimMan® manikin that sweats, breathes and responds to medication.



PHOTOS BY SHOSHANA HERNDON

CALLING ALL GRADUATES OF YEARS ENDING IN '3'

Lost touch with nursing classmates? In spring 2013 we invite you to reunite with classmates while touring the refreshed hospital and school facilities. The reunion focuses on classes ending in '3' — 2003, 1993, 1983, 1973, 1963, 1953, 1943, but all graduates are welcome. Watch your mail and check the spring 2013 edition of this magazine for more information.

MARK YOUR CALENDAR NOW:

WHAT: Reunion

WHEN: Sat., April 6, 2013*

WHERE: Sinclair School of Nursing, Columbia, Mo.

*In conjunction with the Annual Banquet & Awards Ceremony on Fri., April 5, 2013.

Join the Mizzou Nursing Alumni Organization

Get connected while supporting students, campus programs and faculty.

Memberships are now tax deductible.

Fill out and send this form or visit mizzou.com/joinNursingAlumni to join today!

Individual, \$45 Dual, \$65

New grad (1-3 yrs), Senior (65+), MU Faculty/Staff

Individual, \$35 Dual, \$50

Student

Student/True Tiger, \$25 Dual, \$35

I would like information about Life Membership

Make checks payable to:

Mizzou Alumni Association or charge:

Visa MasterCard Discover

Card No. _____

Exp. _____

MU Student Charge

MU ID# _____

Signature _____
(required for credit card use)

Name _____

Email _____

Address _____

Mail to 123 Reynolds Alumni and Visitor Center, Columbia, MO 65211

UNA

CLASS NOTES

ALUMNI

1940s

Eileen Smith Hacker, BSN '43, received the 2011 Woman of Achievement Award from the Missouri Athletic Club in St. Louis for making a positive impact on the St. Louis region. "I treasure my nursing education at Mizzou and am proud of the school," Hacker says. She and her husband, Alden, recently celebrated their 69th wedding anniversary.

1960s

Mary Eleanor Farrell, BSN '62, received the Women of Courage Award at the Gateway Area Chapter of the National Multiple Sclerosis Society's 4th Annual Women on the Move Luncheon,



MARY ELEANOR FARRELL

May 3, 2012. Farrell, of Washington, Mo., has battled the symptoms of MS for five decades. An RN and nurse practitioner, she uses a witty sense of humor and compassion for others to manage her own struggles and support those newly diagnosed with MS. She offers herself selflessly to many volunteer projects. Ten years ago she teamed up with two other women to create the Franklin County Backpacks for Kids program to provide backpacks with overnight essentials and a stuffed animal to children when they are placed in foster care. Farrell received the school's Humanitarian Award in 2004 for her work with Backpacks for Kids. She is a longtime member and past president of Mercy Hospital Auxiliary in Washington.

1970s

Sheila Adams-Leander, BSN '73, PhD '11, had her dissertation, "The experiences of African-American living kidney donors," published in the Nov.-Dec. 2011 issue of *Nephrology Nursing Journal*, 38(6).

Laura Catherine Altobelli, BSN '74, is a public health professional providing her expertise to research, evaluate, develop and implement programs to improve international maternal child health and nutrition. After graduation she served as a Peace Corps volunteer

in Ecuador and has worked and consulted across Latin America in the years since. She currently is Peru country director for Future Generations, a U.S.-based international non-profit organization promoting local empowerment for development, and a professor in both the School of Public Health and Administration of the Peruvian Cayetano Heredia University in Lima and the Future Generations Graduate School. Altobelli previously served as World Bank health and nutrition advisor from 1999-2002. She holds a master's and doctorate in public health from The Johns Hopkins University where she also completed a post-doctoral fellowship. She is married with one daughter who recently graduated from Wellesley College.

Cathy Connell Cartwright, BSN '73, MSN '79 (UMKC), RN, PCNS, received the Kansas City March of Dimes Future of Nursing Award for Pediatric Nursing in Oct. 2011. She is an advanced practice nurse in neurosurgery at Children's Mercy Hospital in Kansas City.

1980s

Thelma Sweezer, BSN '88, a staff nurse at Ellis Fischel Cancer Center, received a DAISY Award for Nursing Excellence in May. She was nominated by a cancer survivor who recalls Sweezer from 2002.



facebook.com/
MizzouNursing

STAY IN TOUCH WITH THE SCHOOL AND FELLOW ALUMNI THROUGHOUT THE YEAR — JOIN US ON FACEBOOK. WE CAN'T WAIT TO SEE YOU THERE!

1990s

Mei R. Fu, BSN '97, MS(N) '00, PhD '03, has been promoted to associate professor with tenure in the College of Nursing at New York University.

Angela Story, BSN '91, MS(N) '12, was appointed as director of nursing at the Missouri Orthopaedic Institute. Story received her MS(N) in leadership in nursing and health care systems.

Silvia Tribble, BSN '92, received the DAISY Award for nursing excellence in June. She has worked as a staff nurse in University Hospital's Medical and Neurosurgical Intensive Care Unit since 1994 and was nominated for the award by the son-in-law of a patient.

2000s

Emily Barnett, BSN '08, BSBA '06, RN, CCRN, BSBA, has accepted a new position as surveillance and triage nurse in the Department of Quality and Safety at the University of Kansas Medical Center. In her new role, she hopes to advocate for patients by promoting practice and quality

RESIDENCE FLOORS NAMED FOR NURSE ALUMNI

Residents of Galena Hall's nursing community recognized **Donna Otto**, BSN '72, MS(N) '81, and **Mary Beck**, MSN '84, on April 30 by naming two of the floors in their honor. The fourth floor was named for Otto, instructor emerita and director of alumni relations, and the third floor for Beck, vice president of patient care services at Boone Hospital Center in Columbia.



DONNA OTTO



MARY BECK

Otto retired on May 31 but will continue her work with the school as an instructor and director of alumni relations. She received the honor of teaching instructor emerita. She began working at University of Missouri Health Center after receiving her bachelor's degree, and became chief nurse executive in 1985. She joined the school as an instructor in 2001. She has coordinated and taught in the RN-BSN program, facilitated work at TigerPlace and supported the Student Nurses Association.

improvements to affect patient outcomes. Barnett has worked in the medical transplant ICU at KU Medical Center since 2008 where she also has gained clinical leadership experience as the ICU representative for the Department of Nursing Quality Council. In 2011, she was recognized with a national Daisy Award for nursing excellence. She is pursuing an advanced practice nursing degree at the University of Missouri—Kansas City, specializing in adults and geriatrics.

Kathy Palen, BSN '08, MS(N) '12, accepted a family nurse practitioner position within the internal medicine section at the Ferrell-Duncan Clinic in Springfield, Mo.

2010s

Jessica Libla, BSN '11, co-wrote the paper, "Lowering physical activity impairs glycemic control in healthy volunteers," that was published in the Feb. 2012 edition of *Medical Sciences in Sports and Exercise*, 44(2), pp. 225-231.

Ashley Probst, BSN '10, a nurse at University Hospital since 2007, received a DAISY Award in February. She was nominated by a patient who sends her holiday cards each year. Probst currently works in the emergency department but has also worked in the hospital's Cardiac Intensive Care Unit.

ALUMNI HONORED WITH

GREAT CATCH AWARD

Anne Cotton, BSN '11; Lisa Blakemore, BSN '83; and Mike Brown, BSN '97, were recognized with University of Missouri Health Care's Great Catch Award for recognizing and coordinating the appropriate care of a patient when the patient's condition changed unexpectedly.

FACULTY

Greg Alexander has been selected to serve on the American Medical Informatics Association Public Policy Committee. He also gave several presentations during the first half of 2012; he presented "How mobile technology is improving health in long term care globally" at the 30th annual International Interprofessional Technology Conference in

April at the Rutgers College of Nursing and gave a presentation on long-term and post-acute care and health information technology adoption at the Center for Disease Control and Prevention's National Center of Health Statistics in June.

Jane Armer, professor, PhD, RN, FAAN, was nominated for the 2012 Oncology Nursing Society Distinguished Researcher Award.

Myra Aud, associate professor, PhD, RN, and Carla Dyer, assistant professor of clinical medicine, MD, in the MU School of Medicine, attended the Josiah Macy Jr. Foundation Conference on Interprofessional Education in April in Alexandria, Va. The pair presented the poster, "Using fall prevention for bedside lessons in patient safety," and two papers: "Faculty development for interprofessional education" and "Teaching quality and patient safety interprofessionally."

Maithe Enriquez, associate professor, PhD, RN, ANP-BC, presented the paper, "The need for routine HIV testing in the Latino community: Silence Is Not Golden Anymore," at the 11th Annual Conference Cambio de Colores (Change of Colors) Latinos in the Heartland — At the Crossroads: ¿Incorporation or Marginalization? in Columbia, Mo., in June.

Robin Harris, MS(N) '06, joined the school as assistant teaching professor in August. She holds an associate's degree and bachelor of science in nursing from Lincoln University where she was on the nursing faculty since 2003. Her MSN program prepared her as a clinical nurse specialist in maternal/child nursing. She received a doctor of nursing practice in nursing administration from Rush University in June 2012. Harris' clinical/teaching background includes maternity, pediatrics and medical-surgical nursing.

Urmeka Jefferson joined the school this fall as assistant professor. She specializes in maternal-child nursing, and her research focuses on factors impacting infant mortality. She completed her PhD at St. Louis University in Dec. 2011. Her dissertation topic was "Attitudes, Subjective Norms and Intentions Regarding Infant Feeding Methods Among Black College Students."

Rebecca Johnson, Millsap Professor of Gerontological Nursing and Public Policy and director of the Research Center for Human Animal Interaction in the MU College of Veterinary Medicine where she holds a joint appointment, was promoted to full professor Sept. 1. Johnson, PhD, RN, FAAN, also was recommended to receive the MU Excellence in Education Award.

Laura Kuensting, assistant teaching professor, received Pediatric Clinic Nurse Specialist certification (PCNS-BC), adding this new certification to her other credentials — DNP, APRN, CPNP and CPEN.

Kari Lane, assistant professor, PhD, RN, MOT, was inducted as a 2012 MU Interdisciplinary Center on Aging Fellow, received a READ grant from the center and attended the summer grant writing institute.

Judith Fitzgerald Miller, dean and professor, PhD, RN, FAAN, has been appointed by MU Chancellor Brady Deaton to serve on the MU Strategic Planning and Resource Advisory Council.

Gina Oliver, assistant teaching professor, PhD, APRN, FNP-BC, CNE, has been appointed to be a Mizzou e-mentor for the next three years.

Lorraine Phillips, assistant professor, PhD, RN, gave a presentation on her current research, "Physical activity behavior of older adults in senior housing: Perspectives, patterns and physical function," at the MU Nutrition and Exercise Physiology seminar March 8.

Lori Popejoy, assistant professor, PhD, APRN, GNS-BC, presented her project, "Older adults' transitions after hip fracture: A kaleidoscope of patterns," at the MU School of Medicine's Seminar in Aging Series in Sept. 2011.

Todd Ruppar, assistant professor, PhD, RN, GCNS-BC, traveled to Brussels, Belgium, in Dec. 2011 to share findings from the ABC Project (Ascertainment Barriers to Compliance). Health policy recommendations were made to address medication adherence issues across the European Union. This 3-year project looks at determinants of non-adherence across 16 EU countries and assesses issues affecting adherence from

CLASS NOTES

the perspectives of patients, providers, the pharmaceutical industry, educational institutions and health systems with the goal of developing evidence-based health policy recommendations to better address medication use and medication adherence across the European Union.

Jan Sherman, PhD, RN, NNP-BC, adjunct associate professor in the MU SSON and MU School of Medicine, has been reappointed to the Neonatal Nurse Practitioner Content Team for the National Certification Corporation. This team writes the NNP certification exam and Sherman was one of four selected from more than 5,000 NNPs. In 2012, she has participated in a Children's Care Conference in Krakow, Poland; presented in a poster session at the Pediatric Academic Societies Annual Meeting in Boston, Mass., in April; and presented the lecture "Prenatal Drug Exposure" at the 12th Annual Baby Steps to the Future: Care of the High Risk Neonate conference in March in Pensacola, Fla. Additionally, in March, she presented on immunocompetence and infectious disease, renal physiology, respiratory distress, x-ray case studies and challenging case studies at the National Conference of Neonatal Nursing in Orlando, Fla.

Carol Siem, clinical instructor and team leader of the Quality Improvement Program for Missouri, MSN, RN, BC, GNP, RAC-CT, gave the presentation, "Long term care quality and outcomes: If you build it they will come," at the Pathway Excellence Conference 2012: Positive Environments — Everyday Practices in May.

Bonnie Wakefield, associate research professor, PhD, RN, FAAN, presented the co-written papers, "Evaluating implementation of remote monitoring to improve blood glucose and blood pressure management in primary care clinics" and "Evaluating a verbal order analysis framework using CPOE generated data," at the Health Information and Management Systems Society conference in Las Vegas in February.

STAFF

Laura Anderson, senior academic advisor, was nominated for the MU Advisors Forum Advising Shout Out Award in December 2011

and May 2012. The award recognizes undergraduate advisors who demonstrate the qualities of an outstanding academic advisor such as a caring attitude, ability to help students develop career and life goals and monitoring student progress toward goals.

Linda Green joined the school in May

as grants and contracts administrator. She has worked for MU since 2008, first for the School of Medicine and then for the Office of Sponsored Programs Administration. In both positions she reviewed grant applications to ensure compliance with MU, sponsor and federal guidelines. Prior to coming to MU she worked for more than 15 years in grant development, writing and management for non-profit organizations.

Jordan Hoyt, BA '05, started in May as an academic advisor for the school. She previously worked for the MU Office of Admissions.

Brooke Hudspeth joined the school as an academic advisor in June. She has a master of science degree in student affairs in higher education and a bachelor of science in housing and interior design from Missouri State University. Hudspeth has worked in higher education for the past 5 years.

Linda Huether joined the school in May as assistant to the dean. She has a long career in administrative support including six years with MU's Department of Health Management and Informatics.

Joe Lopez retired in June 2012 as grants administrator in the Office of Research. His diligence ensured that many high quality grants were submitted and funded since he joined the school in 1997.

Mark Reedy joined the school as user



Five RN-BSN program students in Course 4930 — Evidence-based Nursing Practice ,presented at the Evidence-Based Practice Conference sponsored by Sigma Theta Tau and hosted by MU Nursing Outreach. Pictured from left: Jamie Parrott, Michael Weston, Susan Matthews, Jessica Goodman and Michelle Caszatt.

SUBMITTED PHOTO

support analyst expert in July. He worked for University of Missouri Health Center for the past 6 years. Reedy holds a bachelor's degree in computer information systems from Columbia College and attained Dell certification in 2011.

Donna Russell, the school's academic technology liaison with Educational Technologies (ET@MO), published a book on her dissertation study, *Inquiry into Mediated Action: Understanding Collaborative Online Professional Development*. Her dissertation focused on understanding how teachers participate in online collaborative professional development in order to implement a reform-based unit.

STUDENTS

PhD students **Whitney Beaton** and **Jane Scharff** were selected as Jonas Scholars funded by the Jonas Nurse Leaders Scholar Program grant from the Jonas Center for Nursing Excellence. Beaton is a staff nurse in the Pediatric Intensive Care Unit at Women's and Children's Hospital in Columbia. Scharff is an associate clinical professor and Billings campus director at Montana State University College of Nursing.

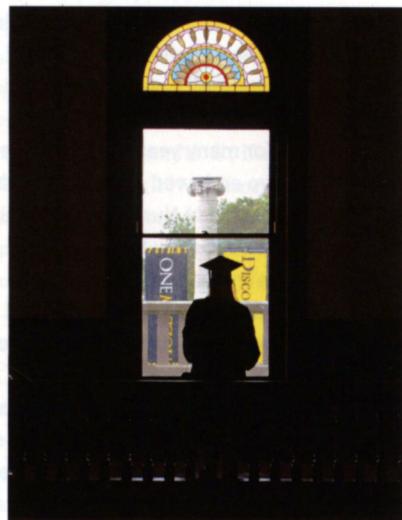
The MU Graduate School awarded **Janet Maria Delgado** the Gus T. Ridgel Fellowship to complete her PhD at Mizzou through the online doctoral program. She is employed at Kaweah Delta Medical Center in Visalia, Calif., and is a nationally certified Adult Clinical

Nurse Specialist, Adult Nurse Practitioner and an Acute Care Nurse Practitioner. She plans to study how improving health literacy levels can improve the outcomes of Spanish and English speakers with heart failure. Delgado will also serve as a teaching assistant for the school's online master's and DNP-level courses.

Rhonda Eickholt, a DNP student in the Family Psychiatric Mental Health Nurse Practitioner option, received a grant from the Ravalli County Prevention Coalition in her home state of Montana to support mental health education and stigma reduction related to alcohol abuse, illegal drugs and inhalant abuse in Ravalli County.

Undergraduate students **Sharon Finn** and **Christina Gailey** were finalists in the diving competition hosted at Mizzou in February. Finn earned 3rd place in 3 meter and 4th in 1 meter; Gailey earned 5th place in platform and 5th in the 1 meter.

Stacey Frasher has been named a 2012-2013 McNair Scholar. She will work as a mentee of Jane Armer, MU SSON professor, on Armer's breast cancer survivorship and lymphedema research team. Frasher is a BSN honors nursing student, Nursing Student Council vice president and Student Nurses Association fundraising chair. She is also active



SHOSHANA HERNDON

The school graduated 231 students May 11. Several faculty and students were honored with awards. Undergraduate students presented **Val Bader**, instructor of nursing, with the Outstanding Classroom Instructor Award and **Sherri Ulrich**, assistant teaching professor, with the Outstanding Clinical Instructor Award. Accelerated BSN program graduate **Jose Gamboa** received the Janet Joy Thompson Award and traditional BSN program graduate **Courtney Miller** received the Geriatric Excellence Award. Eighty students were inducted into Sigma Theta Tau in a pre-graduation ceremony.

in community activities such as volunteering with True North.

Emily Kvitle, BSN '12, represented the school at the Clarion Competition in April. The multidisciplinary team included students from the School of Health Professions, School of Medicine and Health Management and Informatics. Myra Aud, associate professor, was a faculty coach.

Laura Young, a senior in the traditional program, was named one of the 2012 Mizzou '39, the university's elite society of students

who have excelled academically and personally. Young has minors in political science and biology. Young is one of 39 outstanding seniors recognized in 2012 by the Mizzou Alumni Association and Alumni Association Student Board.



LAURA YOUNG

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 by email to MizzouNursing@missouri.edu

Degree(s): _____

Date of graduation: _____

Name (including maiden): _____

Address: _____

Business address: _____

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

CLASS NOTES

IN MEMORY

Gertrude Aufranc Dawson, GN '34, died March 19, 2012, at the age of 100. Dawson and her nine siblings grew up on a family farm south of Columbia and graduated from Hickman High School. She worked as an operating nurse in Chicago, Kansas City and St. Louis, a traveling nurse in Iowa and a nurse piloting a small airplane into the Missouri Ozarks to reach patients. She earned a master's degree in public health at the George Peabody College for Teachers (now part of Vanderbilt University). Dawson's story was featured in the 2011 fall edition of *Mizzou Nursing* and can be viewed online — <http://nursing.missouri.edu/magazine/features/2011/serving-others/100-year-old-alum.php>.

Dona Nella Stiles Gaddy, BSN '41, died July 16, 2012, at the age of 93. From 1961 to

1984, Gaddy was head nurse of the hospital at the Marshall State School and Hospital (now the Habilitation Center). She served on the Graduate Nurse Advisory Council to the school for many years. In 2002, she contributed two endowed scholarships, the Dona Nell Stiles Gaddy Nursing Scholarship and the Herschel J. Gaddy Scholarship in Agronomy in memory of her late husband. This last scholarship is awarded to plant sciences students in the College of Agriculture, Food and Natural Resources (CAFNR). Gaddy was an inaugural member of the school's Nightingale Society. In 2002, she was honored and recognized for her endowed scholarship and for being one of the oldest-known living graduates. She was a member of the Monticello Society, CAFNR's benefactors' organization, and was a distinguished fellow of the Jefferson Club. Memorials may be made to the Dona Stiles Gaddy Scholarship, Sinclair School of Nursing, University of

Missouri, Attn: Stephanie Webster, S249 School of Nursing, Columbia, MO 65211.

Lorna Lee Adam Gatson, BSN '63, MSN '95, died Feb. 19, 2012, due to complications from pancreatic cancer. Gatson earned National Certification in Oncology Nursing and worked many years as evening charge nurse at Audrain Medical Center and worked briefly for University Hospital and Ellis Fischel Cancer Center. She also earned a bachelor's of education in 1973. She was a Sunday school teacher, devotion leader and camp nurse and devoted member of First Presbyterian Church in Mexico, Mo. Gatson was happiest when serving others.

Barbara 'Barb' L. Nittler Morefield, BSN '84, died Feb. 14, 2012, at the age of 48. She worked as a registered nurse at Boone Hospital Center and was a member of the St. Thomas More Newman Center.

Faculty & Student Publications

Below is a continuation of 2011 publications. Publications by authors A-D appeared in the spring 2012 edition of *Mizzou Nursing*. 2012 publications will appear in a future issue.

Enriquez, M., Kelly, P. J., Chenq, A. L., & Mendez, E. (2011). An intervention to address interpersonal violence among low-income Midwestern Hispanic-American teens. *Journal of Immigrant and Minority Health*, 14(2), 292-299.

Enriquez, M., & McKinsey, D. S. (2011). Strategies to improve HIV treatment adherence in developed countries: Clinical management at the individual level. *HIV/AIDS (Auckl)*, 3, 45-51.

Fine, P., Herr, K., Titler, M., Sanders, S., Cavanaugh, J., Swegle, J., Forcucci, C., Tang, X., **Lane, K.**, & Reyes, J. (2010). The Cancer Pain Practice Index (CPPI): A measure of evidence-based practice adherence for cancer pain management in older adults in hospice care. *Journal of Pain and Symptom Management*, 39(5), 791-802.

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Ganong, L., Coleman, M., & Jamison, T. (2011). Patterns of stepchild-stepparent relationship development. *Journal of Marriage and Family*, 73, 396-413.

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Ganong, L., Proulx, C., & Snyder, L. (2011). Research designs and data analysis methods used for family health research. In M. Rosenberg-Craft & S. R. Pehler (Eds.), *Encyclopedia of Family Health* (pp. 886-890). Los Angeles, CA: Sage.

Groves, P., & **Conn, V.** (2011). Writing for publication. In H. Feldman, **G. R. Alexander**, M. J. Greenberg, M. Jaffe-Ruiz, A. B. McBride, M. L. McClure, & T. D. Smith (Eds.), *Nursing Leadership: A Concise Encyclopedia* (2nd ed.). Springer Publishing.

Hogan, T. P., **Wakefield, B. J.**, Nazi, K. M., Houston, T. K., & Weaver, F. M. (2011). Promoting access through complementary eHealth technologies: Recommendations for

CLASS NOTES

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- Kelly, K., & **Ganong, L.** (2011). 'Shifting family boundaries' after the diagnosis of childhood cancer in stepfamilies. *Journal of Family Nursing*, 17, 105-132.
- Kelly, K. P., & **Ganong, L.** (2011). Moving to place: Childhood cancer treatment decision making in single-parent and repartnered family structures. *Qualitative Health Research*, 21, 349-364.
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NIGHTINGALE SOCIETY MEMBERSHIP, 2011

The Nightingale Society allows the MU Sinclair School of Nursing to honor and recognize our donors for their gifts to the school and the Nursing Alumni Organization.

Membership is offered at either the annual or sustaining level. Annual members give at least \$1,000 in any one calendar year, from January 1 to December 31. Sustaining membership is for those who have given \$25,000 or more in their lifetime to the MU Sinclair School of Nursing and/or the Nursing

Alumni Organization.

The Nightingale Society honors its members annually. The 2011 members listed below were recognized at a reception March 3, 2012.

We invite you to join our society and permit us to honor you. For more information, contact Stephanie Webster at 573-884-3775 or websters@missouri.edu.

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ALUMNI ESTABLISH SCHOLARSHIP

Betty Donoho, BSN '64, and her husband, Alvin L. Donoho, BS '58, MS '60, PhD '65, have established a gift annuity that will fund the **Betty T. Donoho Scholarship in Nursing** to support students in the accelerated bachelor of science in nursing program. "I feel there is a great need to bring more people into the nursing profession," Betty says. "The accelerated BSN program is a wonderful way to prepare new nurses in a relatively short amount of time." Accelerated students come into the program with a degree in another field and complete the nursing requirements in 15 months, graduating with a bachelor of science in nursing.

Alvin earned his degrees in the MU College of Agriculture, Food and Natural Resources. The couple married in 1964 and lived in Greenfield, Ind., where Alvin was a research scientist for Eli Lilly Pharmaceutical Company. Betty worked at Hancock County Memorial Hospital and the Hancock County Public Health Office before leaving the workforce to raise the couple's three children. The Donohos are lifetime members of the MU Alumni Association and reside in Indianapolis, Ind.

Planting seeds for the future

Caroline Davis is providing for future nursing faculty through her Mizzou Legacy



D. Caroline Davis, BSN '65, MS(N) '90, knows all about planting seeds for the future. Caroline has been a trailblazer throughout her career at Mizzou and in the profession of nursing. As an instructor of clinical nursing and the first alumni relations and development staffer for the MU Sinclair School of Nursing, Caroline knows how important it is to respect and support the faculty at her school. Caroline accomplished state and national impact through her administrative and lobbying efforts on behalf of her profession as the executive director of the Missouri Nurses Association (MONA). Now, as she considers her Mizzou Legacy, Caroline is giving back to her alma mater by leaving a bequest that will establish the **D. Caroline Davis Junior Research Fellow Endowment**. This gift will support young nursing research faculty who will continue the circle of knowledge for her beloved profession.

"I have had so many advantages because of my experience here at Mizzou. It is a privilege to express my gratitude in this way," Caroline says. "I encourage my fellow alumni to show their spirit of appreciation by joining me in giving back."



LEGACY SOCIETY

You, too, can establish a Mizzou Legacy that fits your financial needs and helps meet your philanthropic goals. To learn more about planned giving and endowments, visit <http://giving.missouri.edu/giftplanning>.

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17TH ANNUAL MIDWEST REGIONAL NURSING EDUCATORS CONFERENCE

Innovations, Quality and Safety in Nursing Education and Practice

Peachtree Banquet Center, Columbia, Mo.
Nov. 8-9, 2012

The MU Sinclair School of Nursing is doing its part toward implementing specific Institute of Medicine (IOM) recommendations. Michael Bleich, PhD, RN, FAAN, a member of the "Future of Nursing" IOM Committee, was a featured speaker at last year's Midwest Regional Nursing Educators Conference where he discussed the specific recommendations from the landmark report on nursing education. The first day of this year's event will focus on "Nurse Residency Programs: Answering the Institute of Medicine's Call for Action." Another hot issue will take center place on the second day, "Quality and Safety Education for Nurses (QSEN): Transforming Education and Practice." A pre-conference workshop, "Beyond Lectures and Posters: Maximizing educational technology in clinical practice," will be held on Nov. 7. Find out more: nursingoutreach.missouri.edu.



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- 15th Annual Office/Clinic Nursing Update Sept. 20
- 20th Annual Perioperative Clinical Update Oct. 19-20
- 20th Annual Psychiatric-Mental Health Update Nov. 2
- 17th Annual Midwest Regional Nursing Educators Conference Nov. 8-9
- 24th Annual Gerontological Nursing Conference Dec. 6-7

2013

- 6th Evidence-based Practice on the Frontline: Building a Culture of Quality, Safety and Nursing Professionalism April 17-18
- Clinical Oncology Symposium April 26
- 9th Annual Women's Health Update for APNs June 13-14
- 16th Annual Office/Clinic Nursing Update Sept. 19
- Professional Nursing Educators Conference (Kansas City) Oct. 18-19
- 21st Annual Perioperative Clinical Update Oct. 18-19 (tentative)
- 21st Annual Psychiatric-Mental Health Update Nov. 1
- 25th Annual Gerontological Nursing Conference Dec. 5-6

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