

MIZZOU *Nursing*

Spring 2012

News from the University of Missouri Sinclair School of Nursing



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RESEARCH BUG 9**

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PHOTOS BY SHOSHANA HERNDON

The MU Sinclair School of Nursing graduated 63 baccalaureate, 7 master of science and 3 doctoral students in its Dec. 16, 2011, commencement. Far left, baccalaureate candidate Caroline Peterson, delivers one of the student addresses; above, 2011 baccalaureate candidates and friends Staci Martin, left, and Whitney Martin prepare to receive their diplomas.

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The School and the Nursing Alumni Organization will recognize six dedicated women in April.

Alumni Awards:

Susan Donnell Scott, BSN '88, MS(N) '94, Citation of Merit

Sue Ann Vest Wright, BSN '78, Alumna of the Year

Joannie Welsh Ericson, BSN '08, Alumni Achievement

Marilyn Craigmiles Thomas, BSN '66, Humanitarian Award

Sherry Snell Forsee, Honorary Alumna

Distinguished Friend of the School:

Eileen Meehan Dyer, BSN '68

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Please join us at the 2012 Banquet and Awards Ceremony. Return your registration in the enclosed envelope ASAP to reserve your seat.



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ON THE COVER:



Student Laura Remy, left, was the School's Ann Crowe Essig Undergraduate Nursing Research Mentorship Program recipient in 2011. She worked with Jane Armer, nursing professor, on lymphedema research. Here, Remy records arm volume measurements for healthy volunteer Kandis Smith, research associate with the lymphedema research team, assisted by Melinda Reisenleiter-Hawkins, research nurse. PHOTO BY SHOSHANA HERNDON.

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MU Sinclair School of Nursing

University of Missouri Health System

The Power of the Mizzou Connection

Instilling zeal for knowledge discovery is an important dimension of academic programs in the MU Sinclair School of Nursing. This research knowledge and skill development begins at the undergraduate level not only with formal courses like a required nursing research course, but also through mentoring relationships that help engage students in research projects. As we develop leaders for the nursing discipline, readying our students to pursue advanced study, we afford undergraduate students opportunities to engage in research with our nationally and internationally-recognized nurse research faculty.

In this issue of *Mizzou Nursing*, we focus on one student's research work. Laura Remy began working with Jane Armer in summer 2011 through the Ann Crowe Essig Undergraduate Nursing Research Mentorship Program. Research mentorships add tremendous value to an undergraduate's Mizzou nursing education. Beyond developing clinical competence through this academic program, they are able to scrutinize research reports, discern the soundness of the research process and determine relevance of the findings for practice. They are able to review and determine the best evidence to underlie select nursing interventions. Our students have had the opportunity to engage in research, undertake projects of their own or work on a piece of their mentor's project. The mentoring relationship often includes coaching undergraduates to successful completion of MUSSON doctoral programs.

For example, one of Dr. Armer's former BSN mentees received the National Institutes of Health Graduate Partnership Program and is completing her doctoral dissertation on the NIH campus in Washington, D.C. Faculty take great pride in preparing quality graduates from the School. The support provided is beyond routine, with faculty and staff going out of their way to enable all here to excel.

We are very grateful to the generosity of Dr. LeRoy Essig who established the Ann Crowe Essig Undergraduate Nursing Research Mentorship Program that supported the work of Laura Remy and many other undergraduate students. Another endowment recently established by Dick and Donna Otto will support student research at TigerPlace. We are grateful for their foresight in providing this funding.

Lastly, congratulations to the 2012 Nursing Alumni Organization and School award winners. They truly exemplify the excellence of the Sinclair School of Nursing. Excellence in all we do is simply the "Mizzou way."



DEAN JUDITH FITZGERALD MILLER
PhD, RN, FAAN

A handwritten signature in black ink that reads "Judith Fitzgerald Miller". The signature is written in a cursive, flowing style.

SCHOOL TO HOST ACCREDITATION EVALUATION FOR DNP PROGRAM

Examiners from the Commission on Collegiate Nursing Education (CCNE) will evaluate the Sinclair School of Nursing's doctor of nursing practice (DNP) program March 14 - 16, 2012. The online DNP program, begun in summer 2010, offers post-baccalaureate and post-master's options. Designed for nurses seeking a terminal degree in nursing practice, the program offers an alternative to a research-focused doctoral program. Students prepare for an advanced nursing practice role through direct patient care using evidence-based practice, evaluation of practice to improve health care outcomes and cultivation of expertise in health policy and organizational and systems leadership. Speciality DNP areas include nurse practitioner (NP) preparation in pediatrics and family psychiatric and mental health and clinical nurse specialist (CNS) preparation in pediatrics and adult.

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SERVING MISSOURI NURSING

Clinical instructor receives MONA Hall of Fame Award

A tireless advocate of Missouri nursing, Marcia Flesner received the Missouri Nurses Association (MONA) Hall of Fame award at MONA's Biennial Convention Oct. 8, 2011, in Osage Beach, Mo. A clinical instructor, Flesner, PhD, RN, has worked diligently to advance nursing practice in the state including work toward legislation allowing prescription-writing privileges for advanced practice registered nurses in Missouri and mutual compact licensure which allows nurses who hold a nursing license in Missouri to practice in states that are also members of the Nurse Licensure Compact.

"Marcia's advocacy for nursing through her work at MONA and the state of Missouri has been stellar," said Dean Judith Fitzgerald Miller who also commended Flesner for her support for advancing nursing, ability to facilitate change for the profession and political savvy regarding legislation involving nursing practice in Missouri.

The MONA Hall of Fame award recognizes outstanding nurse leaders in the state of Missouri for their commitment to advancing nursing in the state, providing leadership toward advancing the goals of the association and for activities that have led to improvements in health care.

Flesner served as MONA president in 2008. Within the Sinclair School of Nursing, Flesner guides the Alpha Iota Chapter for Sigma Theta Tau, the national nursing honor society. She also serves on the School's Diversity Task Force.



MARCIA FLESNER
PHD, RN

GRANT PRODUCTIVITY

The value of current multi-year grants in the Sinclair School of Nursing exceeds \$21 million. The most recent grant awards are below.

Jane Armer	\$349,979
<i>The Lymphedema and Gynecologic Cancer (LEG) Study: Incidence, Risk Factors and Impact, from Sloan-Kettering Institute for Cancer Research – NIH subcontract</i>	
Shirley Farrah	\$50,000
<i>Preventing Healthcare-associated Infections, from Mo. Dept. of Health and Senior Services</i>	
.....	\$10,000
<i>Women's Health Conference, from U.S. Dept. of Health and Human Services</i>	
Rebecca Johnson	\$151,500
<i>Dog Presence and Children's Stress During Forensic Interviews for Child Abuse, from National Institutes of Health</i>	
.....	\$23,610
<i>Puppies for Parole: Mo. Dept. of Corrections as a National Model, from Mizzou Advantage</i>	
Judith Fitzgerald Miller	\$149,540
<i>Nursing Education Incentive Grant, from Mo. Dept. of Higher Education</i>	
Amy Vogelsmeier	\$7,249
<i>Patient Safety Measurement Across the Continuum, from Mo. Center for Patient Safety</i>	

INSTRUCTOR RECOGNIZED FOR LEADING NURSING STUDY ABROAD PROGRAM

Nurses serve an increasingly diverse patient population, and an MU Sinclair School of Nursing (MUSSON) program offers students overseas opportunities to grow their cultural competence. The MU Study Abroad Advisory Council (SAAC) honored Lynelle Phillips, MUSSON instructor and field placement coordinator and instructor for the MU Master of Public Health Program, for her work developing the study abroad component of the undergraduate nursing community health course. Phillips, MPH, RN, received the annual Award for Excellence in Short-term Study Abroad Programming during a reception for faculty program leaders Nov. 15, 2011.

The new program in Ghana in western Africa was held during 2011 January and Summer Intersessions and 2012 January Intersession.

"Lynelle Phillips has consistently focused on solving problems of the underserved," said Dean Judith Fitzgerald Miller. "She has really pioneered to set up this community health nursing practicum experience in Ghana. It has been life-changing for the students and for Lynelle."

Phillips worked with Lise Saffran, MPH, MFA, MU Master of Public Health program associate director, and Jason Kinnear, assistant director of study

abroad in the MU International Center, to develop the new opportunity as part of a collaborative effort between the bachelor of health science (BHS) and the bachelor of science in nursing (BSN) programs. Nursing students have not traditionally had study abroad opportunities provided through campus programming.

Thirty-two nursing students have studied in Ghana since the program started in 2011. During each two-week program, students performed health outreach and screenings with several non-governmental organizations (NGOs) already in Ghana. Organized in conjunction with ProWorld, each trip fulfilled the clinical requirement of the community health course. In addition to observing primary and labor and delivery care, the students taught classes on hygiene, infectious diseases and sexually transmitted diseases; helped screen for HIV/AIDS, diabetes and hypertension; and trained community members to educate others about health issues.

The interprofessional learning opportunities for nursing and MU School of Health Professions students are a useful component of the program. "Being abroad with non-nursing students provided the nursing students with a good opportunity for interprofessional communication. The non-nursing students were also able to



PHOTO BY KATIE WOOD

see what nursing is all about," said Valerie Bader, MN, CNM, a MUSSON instructor who served as nursing faculty during the January 2012 Ghana experience. Saffran and Shannon Canfield, MPH, a senior research specialist in the MU School of Medicine's Department of Family and Community Medicine, taught the non-nursing students.

The study abroad program is now an option for BSN students, and another program is being planned for August 2012.

Learn more about the inaugural Ghana trip as featured in the spring 2011 edition of *Mizzou Nursing* at <http://nursing.missouri.edu/magazine/features/2011/community-health/ghana-trip.php>.



SUBMITTED PHOTO

January 2012 Ghana session nursing students front row from left: Carrie Kampelman, Claire Peterman, Chelsey Franquemont, Emily Kvitle, Katelyn Pennebaker, Katie Gainor and Valerie Bader, nursing instructor; back row from left: Stephanie Ford, Colleen Carter, Kayla Clayton, Mauri Lane and Amanda Vanslyke.



PHOTO BY LISE SAFFRAN

The 2012 Ghana session gave nursing and non-nursing students opportunities to work and learn together. Above, Sara Ringling, health sciences student, left, and Katie Gainor, a nursing student, screen local residents.

MISSOURI WOMEN'S REPORT REVEALS GENDER BIAS IN WAGES, HEALTH INSURANCE

Thirty-six percent of Missouri women live in poverty. Of these, 32 percent age 19-64 are uninsured. Health insurance coverage and access to quality health care may be a by-product of the fact that Missouri women earn 74 cents on the dollar compared to men and often work jobs where health insurance is not offered. These findings are among many about the status of Missouri women found in the *Missouri Women's Report* to be released in March 2012.

"There are several counties that have a high level of insured women but do not always have the best health outcomes," said Kristin Metcalf-Wilson, assistant professor of nursing. For example, in Missouri's bootheel counties, a high percentage of women in poverty are insured, but the counties still have high infant mortality rates. Metcalf-Wilson, DNP, WHNP-BC, who worked on the report as part of completing her doctor of nursing practice, says such data can help health care providers, legislators and women's advocates see where health program improvements and policy changes can be made to improve women's health and lives. "In a time with limited resources, it is critical for public servants to utilize such reports to create solutions that will improve

overall quality of health and improve health outcomes," she said.

Commissioned by the Women's Policy Alliance and produced by the MU Office of Social and Economic Data Analysis, the report is the first in-depth study focused on the status of women to be completed by a state organization. It is a follow-up to a national study done by the Institute for Women's Policy Research in 2004 which gave the status of Missouri women an overall grade of C minus. The 2004 report compared Missouri to other states. The *Missouri Women's Report* compares results by county across the state.

The overall well-being of women is understood and accepted as a way to gauge the quality of life for communities and families. The 74-page report examines how women are faring in terms of health care access and well-being, workforce and education, economic justice and civic engagement based on responses from female focus groups in five geographic areas

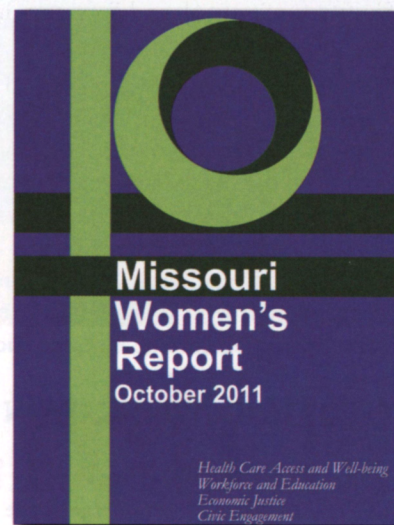


KRISTIN METCALF-WILSON
DNP, WHNP-BC

of Missouri.

The *Missouri Women's Report* will be released to the public on March 7, 2012, in booklet and electronic form. On March 7, view the report at <http://missouriwomensreport.org>.

Metcalf-Wilson, who also serves as Women's Policy Alliance secretary, gave presentations about the report at the 2011 MU Women and Gender Studies Alumnae Anniversary Dinner and the Oct. 13, 2011, American Association of University Women Chapter meeting in St. Louis.



ONCOLOGY SYMPOSIUM SLATED FOR APRIL 6

The April 6, 2012, Clinical Oncology Symposium will feature speaker Theresa Brown, an oncology nurse, writer about health care issues and author of *Critical Care: A New Nurse Faces Death, Life, and Everything in Between*. Her book focuses on the critical role played by nurses as health care providers. A native of Missouri, Brown, BSN, RN, OCN, originally received a PhD in English from the University of Chicago and has taught at MIT and Harvard. After starting her family, she earned a bachelor of science in nursing from the University of Pittsburgh. She has worked as a floor nurse in oncology for the past few years. She has been a leading contributor to the Well Blog of the *New York Times* and has also published pieces in the *New York Times*, *Pittsburgh Post-Gazette* and *Scrubs Magazine*.

To submit a poster abstract or register for the symposium, visit: nursingoutreach.missouri.edu/oncology12.htm.

nursingoutreach.missouri.edu



2012 CONFERENCES MU NURSING OUTREACH

Where continuing education and continuing competency meet

- 2012 Clinical Oncology Symposium April 6
Building a Culture of Quality, Safety and Nursing Professionalism
- 5th Evidence-Based Practice on the Frontline April 19
- 8th Annual Women's Health Update for APNs. June 14-15
- 15th Annual Office/Clinic Nursing Update Sept. 20
- 20th Annual Perioperative Clinical Update Oct. - TBD
- 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

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STRONG LEADERSHIP NECESSARY TO PROVIDE MORE SOPHISTICATED CARE FOR AGING POPULATION

Strong leadership, communication and teamwork are essential to successful organizations, especially health care facilities. But the ways in which those organizations achieve improvement is not clearly understood, says Amy Vogelsmeier, assistant professor of nursing. She found that leadership is critical to supporting open communication and relationship building to generate improvement, such as enhanced safety practices and new technology adoption, in health care organizations.



AMY VOGELSMIEIER
PHD, RN, GCNS-BC

The Patient Protection and Affordable Care Act and the American Recovery and Reinvestment Act include mandates and incentives to promote the use of new technology in health care.

“Although technology plays a role in improving resident safety, technology alone isn’t the answer,” Vogelsmeier said. “The reality is that implementation is much more complicated than people realize. It will take strong leadership within organizations to implement technological systems in ways that will enhance patient safety rather than hinder it.”

Current challenges for health care providers and facilities include helping patients transition to nursing homes and long-term care, managing chronic illnesses, such as diabetes and heart

disease, and coordinating care from different sectors, including hospitals, community clinics and specialists.

Vogelsmeier analyzed data from an intervention study of nursing homes that implemented electronic medication systems and focused quality improvement efforts to enhance medication safety practices. She compared how nurse leaders from the highest- and lowest-performing nursing homes differed in their communication and teamwork strategies.

Nurse leaders from the highest-performing nursing homes encouraged team members to share their perspectives and ideas for solving problems. Leaders provided accurate and timely feedback, which motivated team members to work together and establish common goals. As input and feedback occurred, improvement in the nursing home occurred. The nurse leaders from the lowest-performing homes did not value the team’s opinions, resulting in disengagement and lack of improvement in the nursing home.

Vogelsmeier is a John A. Hartford Foundation Claire M. Fagin Fellow. The study, “Achieving Quality Improvement in the Nursing Home: Influence of Nursing Leadership on Communication and Teamwork,” was published in September 2011 in the *Journal of Nursing Care Quality*. It was funded by the Agency for Healthcare Research and Quality.

MU News Bureau

INTEGRATING MEDICATION REGIMENS INTO DAILY ROUTINES CAN IMPROVE ADHERENCE

For medications to be effective, they must be taken in the correct dosage at the right time, as prescribed by health care providers. The World Health Organization estimates that half of patients take their medications incorrectly, costing the U.S. health care system and consumers about \$300 billion each year. In a 2011 article, MU Sinclair School of Nursing (MUSSON) researchers say medication non-adherence interventions should be based on a personal systems approach that focuses on integrating medication taking into daily routines and involving supportive people who encourage taking medications correctly.

MUSSON researchers Cynthia Russell, associate professor, and Todd Ruppap, assistant professor, say educating patients about the dangers and potential costs of taking medications improperly is not enough to change their behavior. Rather, Russell and Ruppap recommend taking a personal systems approach that involves assessing individuals’ daily routines, proposing ways to make medication regimens easier, tracking adherence and evaluating if the individual took the medications correctly.

“Previously, the focus has been on the personal characteristics of the patient such as knowledge about how the medication works,



CYNTHIA RUSSELL
PHD, RN, FAAN

motivation to take it, depression and other cognitive barriers,” Russell said. “Instead, we need to give patients practical ways to adhere to their medication regimens, like putting pills next to the coffee maker as a reminder to take them each morning or using technology like cell phones or computers to set reminders to take medications.”

Russell and Ruppap say there are high costs associated with non-adherence, including hospitalizations, surgeries and wasted medications.

“Patients often go back to their health care providers saying their health has not improved, so they assume that their medication isn’t working,” Ruppap said. “Prescribers usually start with one drug, then recommend a combination of medications. However, if the problem is poor adherence, helping patients improve their medication-taking may mean they wouldn’t need the additional drugs.”

Michelle Matteson, PhD ’11, contributed to the research. The article, “Improving Medication Adherence: ‘Moving from Intention and Motivation to a Personal Systems Approach,’” was published in *Nursing Clinics of North America*.



TODD RUPPAR
PHD, RN, GCNS-BC

MU News Bureau



Bitten by the Research Bug

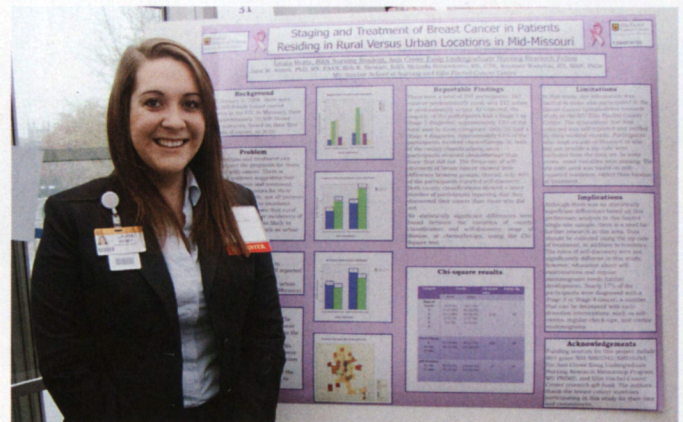
An undergraduate student's search for cancer education needs stems from personal goals and family experience with breast cancer

ARTICLE AND PHOTOS BY SHOSHANA HERNDON

With a quick and slightly nervous smile, Laura Remy easily explains passionately about her interest in breast cancer research and the need for more education, especially among rural and underserved populations. The nerves come from the situation – Remy was presenting her first research poster at the 2011 MU Health Sciences Research Day in November. The passion comes from Remy's new-found love of research and a family experience with breast cancer.

Remy, a 7th semester undergraduate nursing student, knows what families go through after a cancer diagnosis. Her mother, Janice Davis, was diagnosed with breast cancer five years ago while working as a nurse at Ellis Fischel Cancer Center (she now works at University Hospital).

"It was really hard. I thought, 'what are we going to do?'" Remy said. Remy recalls her mother's "haircut party" – the day Davis decided to have a celebration at a salon while having her head shaved to avoid her hair constantly falling out. "She turned



Above: Laura Remy presented her research, "Staging and Treatment of Breast Cancer in Patients Residing in Rural Versus Urban Locations in Mid-Missouri," at the MU Health Sciences Research Day Nov. 3, 2011.

Top: Remy, right, discusses Geospatial Informatics Systems (GIS) research showing locations of trained lymphedema therapists and locations of breast cancer survivors within Missouri with Jane Armer, center, and Christine Shyu Xu, MU graduate student in informatics.

around and I lost it," Remy said. I remember her with curly long blond hair and now she was bald. It got really real very quick."

Throughout radiation and chemo, Remy said her mother remained positive about her condition while continuing to serve others. "She was very supportive of me and that seems backward; she's a nurse and she knows how to be there for people," Remy said. That selflessness gave Remy more of a push into nursing. "I could see how tired chemo made her, but she's a trooper," she said. "I knew if I could be half the nurse she is I could be a great nurse."

Remy started college as a journalism major, but after taking a little time off from school she came back determined to be part of the Mizzou nursing program and was accepted on her first attempt. "Nursing is definitely my calling," she said. "It's where I fit in, where I feel confident." Now, Remy takes every opportunity to expand her experiences as she completes her studies in preparation for graduation in December 2012. Two such experiences were discovering an interest in research and considering graduate programs.

Undergraduates are encouraged to get involved in research at the MU Sinclair School of Nursing. Remy was a 2011 recipient of the School's Ann Crowe Essig Research Mentorship (see page 11 for details on the mentorship). Students in the program work with faculty members on their research while also exploring their own interests and completing further investigation. The variety of research nursing faculty members perform offers students opportunities to find their niche.

Due in part to her mother's cancer diagnosis and work as an oncology nurse, Remy had an interest in oncology nursing. She paired up with Jane Armer, MUSSON professor and researcher,

in summer 2011, working 20 hours a week on a lymphedema and breast cancer study. Armer's research focuses on breast cancer and lymphedema, a post-treatment swelling of the affected body parts, often the arms, due to a buildup of protein-rich fluid. Lymphedema can occur when lymph nodes are removed during treatment for breast cancer. "Breast cancer is the most common cause of secondary lymphedema," said Armer, PhD, RN, FAAN. The study is in its tenth year following patients after diagnosis.

Armer's research team is housed at Ellis Fischel Cancer Center where Remy has spent many hours volunteering since her mother's diagnosis. As part of the Essig program, Remy also explored her own research interests, using data from Armer's research. Remy completed a cross-sectional study using biostatistical analysis to look at patients' self-discovery of cancer, chemotherapy treatment, rural residence and stage of disease to see if there was a need for more community education for early detection and treatment.

Although she did not find a strong association among the variables with rural residence, the experience of creating and presenting her first research poster was good in itself. And she remains determined to find ways of providing outreach and education to populations in need. After the mentorship ended, Remy continued working for Armer as an undergraduate research assistant, and she looks forward to exploring more of her own research questions.

The work with Armer's research has also given Remy a new perspective on cancer. "The word cancer, that's a scary word," she said. "When my mom was diagnosed, it just meant to me that she's going to die. Now I'm doing cancer research and have a whole new view of oncology."

RESEARCH CONTINUED, PAGE 12



Left: Jane Armer, left, holds frequent research team meetings and includes Laura Remy and graduate students working on the research in discussions.

Right: Research isn't always reading articles and sorting data. Remy, right, also meets with patients and records data as it's gathered. Also pictured are Melinda Reisenleiter-Hawkins, research nurse, left, and healthy volunteer Kandis Smith, PhD, research associate.

ANN CROWE ESSIG UNDERGRADUATE NURSING RESEARCH MENTORSHIP PROGRAM

Undergraduate students interested in participating in nursing research can apply for the Ann Crowe Essig Undergraduate Nursing Research Mentorship Program. The program honoring the late Essig, BSN '71, provides a stipend during the 8-week summer session and gives three students each summer the opportunity to conduct research with a faculty member on research 20 hours a week.

"It's a wonderful way for students to have hands-on experience doing nursing research," said Associate Dean Roxanne McDaniel, PhD, RN. Students have worked on projects including the relationship between lymphedema and tamoxifen therapy; microvascular circulation research; and Behavioral Education Enhancement in Pregnancy (Baby BEEP), a weekly telephone support service for low-income pregnant women. The mentorship helps students explore their own research interests and questions.

At the end of the session, students complete an oral or poster presentation and written description of their project. Students also have the opportunity to present their findings during the MU Health Sciences Research Day, the MU Undergraduate Research and Creative Achievements Forum and the Undergraduate Research Day at the Missouri State Capital.

For more information, visit nursing.missouri.edu/paying-for-education/research-mentorships.



SUBMITTED PHOTO

Laura Remy, right, sees mom Janice Davis' devotion to nursing and upbeat attitude with patients as the prime example of the kind of nurse she wants to become. Remy is already being recognized for her interest in oncology. She received the Verna Adwell Rhodes Oncology Nursing Society (ONS) Scholarship at the January 2012 meeting of the ONS Mid-Missouri chapter.



Remy has benefited from being part of nursing research, both through her own learning and through development of the mentoring relationship with Armer. “I’ve never had an adult besides my family speak so highly of me,” Remy said. “She wants things for me I didn’t know I wanted. Armer says she also has benefited. “It’s really a privilege to work with a student, especially a student like Laura who takes the educational opportunity there and expands her skills. She takes advantage of opportunities that are presented to build toward her future. I think that’s a very mature attitude,” Armer said.

Remy credits MUSSON faculty for pushing students to excel. “There is a Sinclair attitude of being professional,”

Remy says. “I feel like I’ve switched to the adult professional role.” That culture of professionalism tends to guide students toward pursuing more education. “They’re grooming us to be the leaders in health care,” Remy said. “I think that’s what happens when you leave Mizzou, you’re the nurse leaders.”

Remy plans to pursue a master’s degree in nursing and possibly a doctorate in public health. “I just love to learn,” she said. “You never stop learning as a nurse.” After graduation, she hopes to find a staff nurse position in Columbia and plans to enter a graduate program. “I aspire to be a selfless nurse who can help in a community,” Remy said.

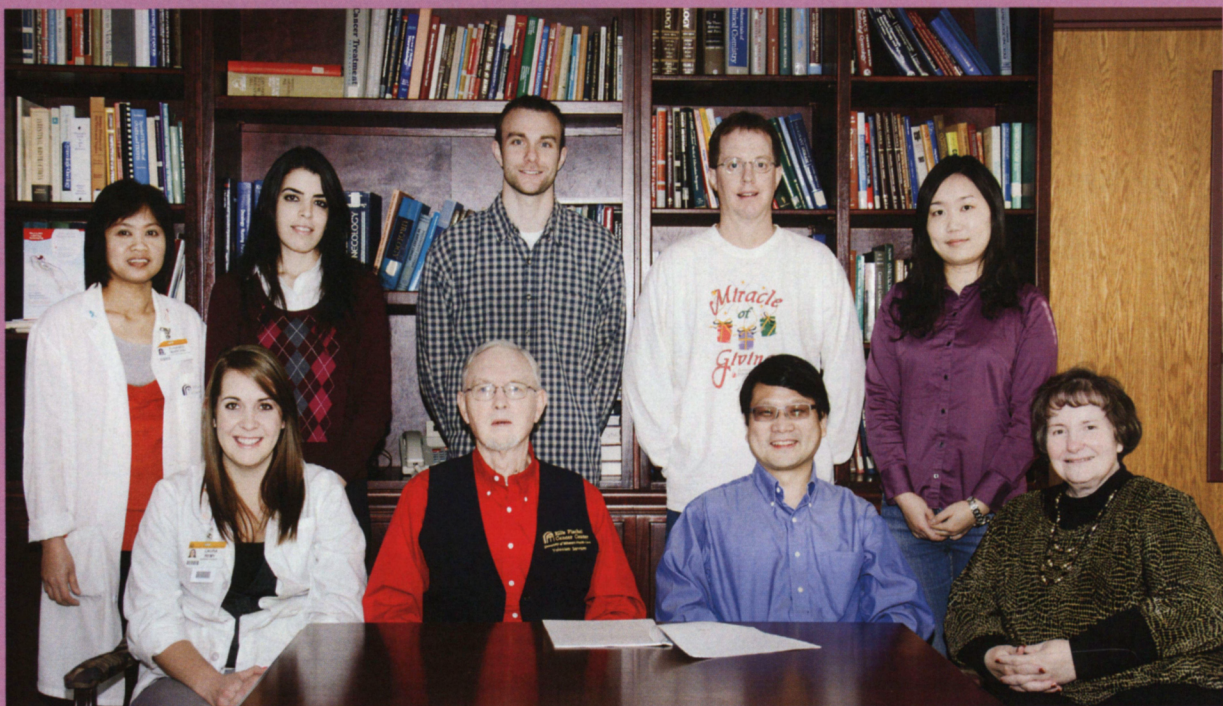
“I just feel really blessed I’m doing what I love,” she said. “I can’t think of anywhere else I’d rather be right now.”

WHY DO RESEARCH?

It’s a common misconception that research is just reading papers and completing literature reviews, Remy says. “I haven’t read a book [for this research project],” she said. Instead, she helps with data entry, consults Web-based databases for current statistics and recent literature, talks with patients and works in the lab. Working on research with faculty members allows students to build mentoring relationships and discover their own research interests while preparing to join the nursing workforce. “Undergraduate research enhances critical thinking skills and helps students see research that will directly impact the lives of people,” said Associate Dean Roxanne McDaniel, PhD, RN. Jane Armer, nursing professor and researcher, sees exposure to

research as a way to open students’ eyes to other nursing roles. “I think that by being in a research setting a student can see this is a future role for nursing,” said Armer, PhD, RN, FAAN. Typically, students are focused on the role of bedside nurse, but research is also a way to contribute to patient care. “We can be multifaceted – research, teaching, practice,” Armer said, noting that students who participate in research also become better consumers of research.

In addition to the Essig Mentorship, students may volunteer to assist with data collection, library searches, data entry and data analysis, McDaniel said. Students also can contact MU’s Office of Undergraduate Research about further research opportunities. Visit www.undergradresearch.missouri.edu for more information.



Jane Armer’s breast cancer and lymphedema research team members, who include students and faculty from the MU Informatics Institute (*), often meet to discuss research plans, data collection and analysis and manuscripts and presentations in process. From left: Front - Laura Remy, undergraduate research assistant; Bob Stewart, EdD; Chi-Ren Shyu*, PhD; Jane Armer, PhD, RN, FAAN; Back - Ausanee Wanchai, PhD, RN; Zahra Hajhashemi*, master’s student; Jason Green*, PhD(c); Jeff Reneker*, PhD; and Christine Xu*, doctoral student.

Will you marry me?

BY SHOSHANA HERNDON
PHOTOS BY LEA WOOD

By dropping down on one knee and offering a diamond engagement ring, Kollin Craig followed tradition as he asked Brittany Greeves for her hand in marriage. However, the setting was anything but traditional.

In fall 2011, after six years of dating, Greeves, then a sixth-semester undergraduate student, was antsy about getting engaged. Craig, a Marine, was scheduled to leave for California in two weeks for his second deployment, this time to Afghanistan. On Sept. 23, Greeves walked into what she thought was a normal clinical simulation. She began to assess her patient for cardiac distress symptoms while, unbeknownst to her, Craig was in the adjoining room speaking through her patient, SimMan®3G (a high-fidelity manikin with life-like responses and the ability to “speak” via a remotely operated microphone).

As Greeves assessed her patient, she nearly ruined the surprise when she checked on her patient’s right arm, almost discovering the ring box he was clutching. When Craig popped out of the room ready to propose, her friend took over speaking for SimMan®3G. Then, guided to lift the sheet and assess SimMan®3G’s right hand, Greeves picked up a gray velvet box and, with a perplexed expression, looked to Lea Wood, coordinator of the Essig Clinical Simulation Learning Center, who was monitoring and recording the simulation.

“I had no idea what was going on,” Greeves said. She was even



more surprised when Craig entered the room. She stood in awe as he took the ring box, bent down on one knee and asked her to marry him. Too astonished to respond verbally, Greeves said “yes” with a kiss.

Later, Greeves found out her friends and classmates, Samantha Brattin and Abby Williams, participated in the proposal conspiracy, and her entire class knew about the plan. “They all worked it out and kept it secret,” she said.

Greeves is slated to graduate in December 2012 and the couple plans to wed in September 2013.

2011 OPEN HOUSE



The MU Sinclair School of Nursing welcomed a record crowd to its annual open house Sept. 17, 2011. Pre-nursing and clinical students, faculty and staff provided tours, demonstrations and hands-on experiences to family, friends and visitors.

Left: Undergraduate student Kelsey Franklin instructs her grandmother, Joy Bailey, in proper tube insertion.

Far left: Samantha Cooke, 8, daughter of Steve Cooke, accelerated BSN student, steps into her father’s nursing student shoes.

PHOTOS BY SHOSHANA HERNDON

2012

MU NURSING AWARDS

Each year the MU Sinclair School of Nursing and the Nursing Alumni Organization co-host an annual banquet and awards program to recognize graduates and friends for their commitment to the profession of nursing, their accomplishments and their service.

CITATION OF MERIT

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

Although nurses are trained to care for patients, sometimes after a troubling case it's the nurses and other health care workers who are in need of care. Susan Donnell Scott works to improve care and interventions for health care workers who are second victims – those who have been impacted by an unexpected clinical event that adversely affects them professionally and personally. In her role as patient safety manager in the Office of Clinical Effectiveness for University of Missouri Health Care (UMHC), Scott, BSN '88, MS(N) '94, RN, conducts research and implements programs to assist second victims. She founded and leads the UMHc forYOU Team, a peer support network that trains staff and provides interventions and support for health care clinicians suffering as second victims.

This line of work is personal for Scott. In the short time between earning an associate's degree and taking state board exams, Scott had a second-victim experience involving the death of a young child. The only advice she received was from a mentor who said, "Welcome to nursing, honey. You've got to pull it up by the bootstraps and just keep going." With her husband's support and encouragement, Scott took the board exam and started her nursing career. "It really didn't hit me that I was a second victim until I started studying the phenomenon," she said. "Each of the nursing roles that I've held during my career has prepared me for this unique role of supporting second victims," she said. "The education I've received from the Sinclair School of Nursing has increased that depth of knowledge and provided me with insights to be able to help others."

Scott, who has worked with UMHc for 29 years, has presented her work on second victims across the United States and Europe, co-written multiple publications and has been featured in several video documentaries. She was previously the Neonatal Intensive Care Unit nurse manager, served as quality care coordinator at the MU School of Medicine and branch manager/legal nurse consultant. Scott is a member of the American Society of Professionals in Patient Safety, the American Nurses Association, the Missouri Nurses Association, Sigma Theta Tau Alpha Iota Chapter, Midwest Nursing Research Society, Stress and Coping Network and has served as the student representative on the Sinclair School of Nursing PhD Program Committee. Scott and husband, Gary, operations manager of outpatient clinics at Harry S. Truman VA Hospital, have two daughters, Katherine and Erin.



CITATION OF MERIT

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

ALUMNA OF THE YEAR

Sue Ann Vest Wright, BSN '78

ALUMNI ACHIEVEMENT

Joannie Welsh Ericson, BSN '08

HUMANITARIAN AWARD

Marilyn Craigmiles Thomas, BSN '66

HONORARY ALUMNA

Sherry Snell Forsee

DISTINGUISHED FRIEND OF THE SCHOOL

Eileen Meehan Dyer, BSN '68

ALUMNA OF THE YEAR

Sue Ann Vest Wright, BSN '78

Flint Hills Community Clinic opened in 2005 as the only free health clinic in Manhattan, Kan. Clinic volunteers provide care to those without health insurance. Sue Ann Vest Wright served as clinical coordinator, one of two paid positions, for 5 years where she oversaw all the clinic's medical operations – scheduling appointments, reviewing each chart and coordinating care for each patient visit, arranging referrals and coordinating medical volunteers. Wright, BSN '78, RN, saw how much the clinic and its mission served not only the patients but also the health care professionals and other volunteers who donate time and service. “The dual blessing of this place is that it offers health care professionals and others a place to give their time as well as blessing the patients with good care and available care,” she said.

Although Wright accepted the position reluctantly in 2006, she soon found that the responsibilities were the right fit for her talents, skills and sense of purpose. “I would never have applied for this job, partly because I didn't feel qualified,” Wright said. “I didn't have any background in public health and didn't much like public health when I got my degree.” But it turned out to be a calling, she said. “God puts you in places that you wouldn't put yourself.”

Wright credits her nursing degree from the MU Sinclair School of Nursing for the variety of career, volunteer and service opportunities she has enjoyed. “My nursing degree gave me the opportunity to work in a variety of places,” said Wright, originally of Skidmore, Mo. “I was able to explore a variety of areas, from staff nursing to recruiting and marketing, and now in primary care. I've just really been able to do what I envisioned with my life with my nursing degree.” Even when she took time off from a nursing career to raise her children, Wright said her nursing education still helped as she served as a Girl Scout leader and volunteer in her community.

Wright and husband, Keith, a family physician, have three children, Elizabeth, Amy and K.C. Elizabeth, the eldest, also chose nursing as a profession and graduated from Mizzou in 2006. Wright is a lifetime member of the Mizzou Alumni Association. She served on the School of Nursing Alumni Board of Governors and organized the Class of 1978 10-year reunion.



ALUMNI ACHIEVEMENT

Joannie Welsh Ericson, BSN '08

In 2010, a gas line explosion in San Bruno, Calif., sent burn patients to the San Francisco hospital where Joannie Welsh Ericson worked. Near the end of her 13-hour shift at Kaiser Permanente South San Francisco Medical Center, Ericson, BSN '08, RN, heard reports of the explosion and the staff began to prepare for patients. The facility is not a trauma hospital or burn unit, and Ericson was the only health care provider present with burn care experience. "I quickly found myself in a leadership role with colleagues looking to me for direction, a responsibility that set my heart pounding," she said. While her colleagues provided excellent care, Ericson was able to provide guidance with her burn care knowledge and experience.

Leadership is not new to Ericson, of Lake Tapawingo, Mo. While a Mizzou student, she held several leadership positions: chair of the 2008 Student Nurses Week; vice president of the Pi Beta Phi Administration, Leadership and Nominating Committee; undergraduate representative to the Griffith's Leadership Society for Women; student representative on the Student Admission and Progression Committee; and coordinator of the MUSSON Steering Committee. She also was a member of Sigma Theta Tau.

As a new nurse at New York Presbyterian, Ericson also helped the public better understand nursing through participation in PBS' Nurses Needed, a television piece depicting the national nurse shortage. Ericson praises her Mizzou nursing education for preparing her for the many different situations she has faced as a nurse. "I am constantly reminded of the quality of the nursing program. From the most difficult patient scenarios to the most basic nursing tasks I can hear the voices of my nursing professors." She also hears the encouraging words of her parents and husband, Evan, who have supported her throughout her education and career.

Ericson is pursuing an advanced practice nursing degree at the University of California, San Francisco, specializing in geriatrics. She plans to find a position as a gerontological nurse practitioner. "I have always believed in the holistic and nursing-centered focus geriatrics care encompasses," she said.

Ericson received the School's Janet Joy Thompson Award given to the graduate who demonstrates a natural ability to bring comfort to those who are ill. Last year she traveled to Haiti with GoHaiti, a not-for-profit organization that works with a Haitian orphanage.



HONORARY ALUMNA

Sherry Snell Forsee

Older adults in Columbia and all over Missouri, as well as their caregivers, have benefited from Sherry Snell Forsee's compassion and generosity. Long before her husband, Gary, became president of the University of Missouri System in 2008, Forsee sought advice from Marilyn Rantz, nursing professor and executive director of Aging in Place at TigerPlace, a facility for older adults. Forsee's mother, Vivian Snell, had died from sepsis while living in a nursing home. Forsee and her siblings felt their mother might have lived if her condition had been recognized and treated earlier. Although she is not a nurse, Forsee wanted to do something for seniors.

"It was a great fit when I discovered a person at Mizzou who was an expert on aging and had some ideas about what we could do to benefit older people," she said. After her mother's death, Forsee contacted Rantz and started the Vivian Snell Fund which helped create educational seminars and workshops for long-term care workers. The training covers recognizing changes in residents' conditions, including sepsis. Videos of the workshops were distributed throughout the state through the Quality Improvement Program for Missouri. "I just felt that it was very worthy," Forsee said. "It was important for nursing staffs to be able to watch a video and learn what the red flags are [for sepsis]."

Forsee, an animal lover, believes in the connection people have with their pets after seeing her mother's devotion to a little Schnauzer. "The dog was very important in her life, having something to care for and being responsible for another living thing," Forsee said. Knowing the importance of pets, Forsee and her husband donated a wet-prep examination table for the veterinarian's office at TigerPlace. The donation, Forsee said, seemed the perfect way to help residents and their pets.

Born in St. Louis, Forsee graduated from Southeast Missouri State University with a bachelor of science degree in secondary education. Forsee was active in the Mizzou and Columbia communities while serving as first lady. The family's Mizzou connection extends to the Forsees' two daughters who earned MU degrees — Melanie Forsee Bell, BA '99, and Dr. Kara Forsee Weemhoff, BS '02, DVM '06.



HUMANITARIAN AWARD

Marilyn Craigmiles, Thomas, BSN '66

Teenage girls walking down a path of despair, defiance and self-destruction in the Kansas City area have a place to start over through the dedicated efforts and faith of Marilyn Craigmiles Thomas. In 2005, Thomas, BSN '66, founded and continues as executive director of the Kansas City House of Hope, a Christian residential treatment home affiliated with the National House of Hope. "My heart is really to help these teenagers get back on track before they are 18 so they can find their purpose in life," she said.

Thomas had long dreamed of opening an orphanage but refocused that ambition after researching House of Hope and discovering there was no program like it in the Kansas City area. "It was always in God's plan to have a House of Hope home in Kansas City," she said. "He just used me as His vessel to accomplish it." House of Hope is unusual because it requires parents to participate in the therapy, with the goal of reconciling families. "It's a joy when you see a life changed and the disrespect and rebellion against the family disappear," Thomas said. "The young women usually hate themselves, as well as their parents, when they first come in. When you see their life turn around and they start to walk with the Lord, they know they have a purpose in the future." The young women also learn to give back to others, from raking the neighbors' yards to going on mission trips including one to Haiti in 2010 after the devastating earthquake there. In 2011, the girls traveled to Joplin, Mo., to help clean up after a tornado destroyed much of the city. "Through physically serving others, they learn what it is like to lose themselves and any feelings of entitlement. They come to realize the satisfaction that comes from serving others in need," Thomas said.

Longtime friend Martha Underwood Barnard credits Thomas' determination and faith for the success of House of Hope. "Nothing is impossible for these girls in Marilyn's heart and eyes," she said. "The discipline and love she shows for these girls and their families are felt the moment they enter the front door of the House of Hope."

After graduating from the MU Sinclair School of Nursing, Thomas worked as a staff nurse at the University of Colorado Medical Center in the pediatric and neonatal ICUs and did research with the first kidney transplants in children. She then returned to the Midwest, married and worked as a public health nurse and medical surgical nursing instructor at Research Hospital School of Nursing in Kansas City.

Thomas served as a volunteer in her community through leadership in the PTA and many service organizations while raising her four children and supporting her husband of 34 years who lost his life to cancer in 2001. Thomas has four children – Margi Wilson, Craig Thomas, Katie Squires and Lindsay Severns, and 12 grandchildren.



DISTINGUISHED FRIEND OF THE SCHOOL

Eileen Meehan Dyer, BSN '68

If not for the encouragement, help and foresight of a high school counselor, Eileen Meehan Dyer likely would have attended a nursing diploma program rather than earn a bachelor of science in nursing from the MU Sinclair School of Nursing (MUSSON). "My counselor said the future of nursing was a bachelor's degree," said Dyer, BSN '68, RN. "She said I needed to go to MU." Dyer's high school counselor helped her win scholarships to cover tuition. "There were some wonderful, maturing life and academic experiences," Dyer said of her college career.

Dyer met her late husband, Gary, while she was a nursing student and he a medical student at MU. The couple settled in St. Joseph, Mo., in 1974 where they opened a private dermatology practice. She spent the next 34 years working as a nurse and office coordinator in her husband's office. MU ties run deep in the Dyer family; the Dyers' three children all earned MU degrees – Jonathan A. Dyer, BS '94, MD '98, Julie A. Dyer Brokaw, BHS '98, and Jared T. Dyer, BS '03. Dyer has long supported the school of nursing and MU. "I'm happy to donate time and resources," she said. "It has been a truly rewarding experience."

Dyer is a lifetime member of the Mizzou Alumni Association and has served on the MUSSON Alumni Advisory Committee, the For All We Call Mizzou Nursing Campaign Steering Committee, the MU Development Council, the MU Campaign Steering Committee, the Jefferson Club Board of Trustees and the Chancellor's Fund for Excellence Committee. Dyer also demonstrates her love of Mizzou through philanthropy. She is an annual member of the Chancellor's Fund for Excellence and a sustaining member of the Jefferson Club, the McAlester Society and the Nightingale Society – the giving society for the School.



Find your invitation on the next page →

You are cordially invited

22nd Annual Nursing Banquet and Awards Ceremony

Friday, April 27, 2012
Holiday Inn Executive Center

Reception
5:30 p.m. in the Atrium Lobby

Banquet & Awards Ceremony
6:30 p.m. in the Windsor Ballroom

Business attire requested

Menu and registration information are on the reply envelope in this magazine. Please fill out your choices, enclose a check made payable to the MU Sinclair School of Nursing and return by April 13, 2012. Sponsorship opportunities are available; see page at right for details.

Alumni Reunion

** Featuring graduates of 1942, '52, '62, '72, '82, '92, '02. All alumni are welcome.*

8:30 a.m. - 2:30 p.m., Saturday, April 28, 2012

Class reunions and tours held on the University of Missouri campus

8:30 a.m. - Welcome and registration (University Hospital lobby)

9 a.m. - Hospital tour

10 a.m. - Sinclair School of Nursing tour and simulation learning demonstrations

Noon - Lunch in S455, School of Nursing building

1:30 p.m. - 2:30 p.m. - "MU: Then and Now"

Reply using the envelope in this magazine by April 13, 2012.

2012 Banquet Sponsorship Opportunities

Please check the appropriate level below and return with your credit card information or check made payable to the "MU Sinclair School of Nursing." Mail this form using the postage-paid envelope in this magazine to: MU Sinclair School of Nursing, University of Missouri, c/o Sandra Davis, S212 School of Nursing, Columbia, MO 65201-9984

YES! We/I wish to participate as a:

_____ Platinum Sponsor \$1,000

Platinum sponsor is the foundation that allows this tradition to continue. Donations help offset event related expenses (centerpieces, printing costs, mailing costs, award plaques, audiovisual and supplies). No tickets are included with this level. The full amount (\$1,000) counts as a charitable donation and qualifies the donor to be an annual member in the Nightingale Gift Society. Separate banquet tickets may be purchased at \$45 each.

_____ Gold Sponsor \$750

Gold sponsor enables nursing students and award nominees to attend and offsets event expenses. This level includes **6 tickets** for the sponsor. Less the fair market value of \$270, this donation counts for a charitable contribution of \$480.

_____ Silver Sponsor \$500

Silver sponsor enables nursing students and award nominees to attend and offsets event expenses. This level includes **4 tickets** for the sponsor. Less the fair market value of \$180, this donation counts for a charitable contribution of \$320.

_____ Bronze Sponsor \$250

Bronze sponsor enables nursing students and award nominees to attend and offsets event expenses. This level includes **2 tickets** for the sponsor. Less the fair market value of \$90, this donation counts for a charitable contribution of \$160.

_____ Contributing Sponsor \$50 (or more and in any amount)

Contributing sponsor donations will help offset event expenses listed under the Platinum category. No tickets included with this level – entire gift is tax-deductible.

Additional individual tickets may be purchased for \$45 each if you wish to bring additional guests. The Banquet and Awards Ceremony will be held Friday, April 27, 2012, at the Holiday Inn Executive Center, Columbia, Mo.

Please contact the special events office at (573) 882-2416 for more information.

To be included in the printed program, sponsors must reply by Friday, April 6, 2012.

Official sponsorship name to read as: _____
(Examples: Dr. & Mrs. John Smith or University Hospitals and Clinics or First National Bank)

Name of Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Contact Name: _____ Title: _____

Email: _____ Phone: _____

Credit Card: MasterCard Visa Discover *(we do not accept American Express)*

Number: _____ Expiration date: _____

From the Alumni President

Spring is in the air and so are plans for the 22nd Annual Banquet and Awards Ceremony to be held Friday, April 27, with the Alumni Reunion to be held Saturday, April 28. At the banquet, the Nursing Alumni Organization (NAO) honors alumni who have contributed to the School, to the nursing profession and to their communities. Awardees are nominated by their peers and selected by the NAO. Please take a few moments to read about these amazing women and their accomplishments elsewhere in this issue. This year's reunion will honor our graduates from years ending in '2': 1942, '52, '62, '72, '82, '92, '02. However, all alumni are invited to attend. Please make plans to attend this April and return your response today; I promise you will not be disappointed!

In the fall of 2001 the NAO started a tradition that has touched every incoming undergraduate nursing student. That first fall, 55 fifth semester students were welcomed into the nursing profession at a brunch given in their honor. At that brunch, the NAO presented each student with an attaché case that proudly boasts the MU logo and NAO. The students were ecstatic over this gift! So the tradition continued as we distributed 110 attachés each year at a welcoming brunch. In the summer of 2003, we added the accelerated students to the program – initially 10 students in the first class, then 20 students in 2004, 40 students in 2005, until 2010 when we increased to 50 students. In 2011, the NAO, with the support of donations from the membership, gave 160 attaché cases!

October 2011 was the 10th anniversary of this wonderful tradition that has touched more than 1,430 students who proudly received an attaché case as they entered the profession of nursing. We want to make sure we are able to continue this fine tradition. To do so, we need your help. Please consider becoming part of this tradition, perhaps you were even one of the 1,430 that received an attaché and are now able to “pay it forward” to the next class of students! To help us make sure this tradition continues, you can make a donation by writing a check payable to the MU Sinclair School of Nursing and mailing it to Donna Otto, S428 School of Nursing, Columbia, MO 65211. Or you can purchase an attaché (see below) and the proceeds of that sale will be used to purchase additional cases for incoming students. Contact Donna or me for more information.



TERRY JACKSON
BSN '78



The fifth semester student brunch is always a hit. Fall 2011 fifth semester students from left: Front - Lauren Healey and Courtney Luna; Back - Kim Mooney, Samantha Manuel, Megan Marzano, Ryeann Callahan, Pat Mello and Eric Howard.

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.



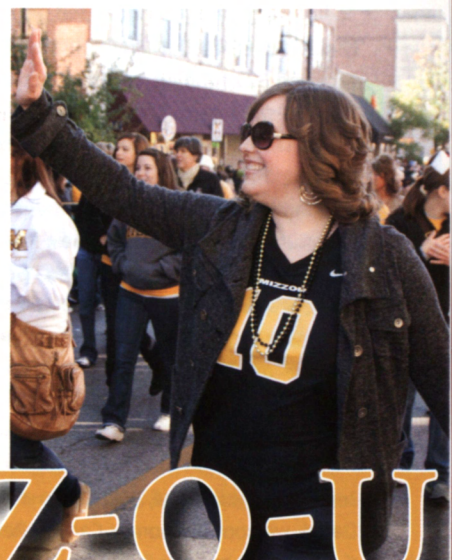
Please make checks payable to the MU Sinclair School of Nursing and mail to Donna Otto, S428 School of Nursing, University of Missouri, Columbia, MO 65211.

For more information, contact OttoD@missouri.edu or (573) 884-7293.

M-I-Z...



MU Sinclair School of Nursing faculty, clinical students, pre-nursing students and alumni joined the celebration of 100 Years of Homecoming at Miz-zou. Stephanie Wilson and Brook Oxandale Hevalow organized a group of about 30 who marched in the Homecoming Parade Oct. 15, 2011, including alumni who returned for the celebration from Washington and Tennessee. **Left**, Dean Judith Fitzgerald Miller joins the nursing crew. **Above**: From left - Instructor Heidi Holtz and students Stephanie Wilson, Brook Oxandale Hevalow and Melissa Leimer. **Right**: Julie Peters returned from Nashville, Tenn., for Homecoming.



Z-O-U

Join the Mizzou Nursing Alumni Organization

Get connected while supporting students, campus programs and faculty.

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

Name _____

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Address _____

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

Memberships are now tax deductible. Fill out and send this form or visit mizzou.com/joinNursingAlumni to join today!

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)

UNA

Class Notes

ALUMNI

1990s

Karen Cox, BSN '90, PhD '01, manager of quality improvement in the Office of Clinical Effectiveness at University of Missouri Health Care, was awarded the 2011 Distinguish Quality Professional Award by the Missouri Association for Healthcare Quality for outstanding performance and dedication to the field of health care quality.

Mei R. Fu, BSN '97, MS(N) '00, PhD '03, received R21 funding from the National Institutes of Health for her research on pro-inflammatory biomarkers and post-breast cancer lymphedema. She credits her MU Sinclair School of Nursing mentorship from Jane Armer, Verna Rhodes, Roxanne McDaniel, Vicki Conn and Eileen Porter for her research success. She is an assistant professor in the College of Nursing at New York University.

2000s

Jennifer Jones Reese, BSN '06, and husband, David, welcomed Thomas Carlton Reese Oct. 6, 2011, at 9 pounds 2 ounces.

Dot Shannon, BSN '08, received the DAISY award in a ceremony at Women's and Children's Hospital in January. Shannon, a nurse in the neonatal intensive care unit (NICU) for the past seven years, is the University of Missouri Health Care's fourth recipient of the award. DAISY founders Mark and Bonnie Barnes and MU Health Care's Chief Nurse Executive Anita Larsen, RN, presented the award. Erica Millbach, the mother of a former NICU patient (now a healthy 2-year-old) nominated Shannon for the award. One of Millbach's favorite memories of Shannon was when the nurse put a bow on her baby's head and decorated her incubator for a visit from friends.

2010s

Laurel Despins, PhD '11, was recognized as a Sinclair Scientist for her research on the intersection of organizational priorities and

Leslie Stacey Lindsay, BSN '01, wrote *Speaking of Apraxia: A Parents' Guide to Childhood Apraxia of Speech*, scheduled for March 2012 release by Woodbine House. Childhood Apraxia of Speech (CAS) is a motor-neurological speech disorder in which children know what they want to say but cannot coordinate their thoughts with the complex sequences needed to speak. When Lindsay's oldest daughter, Kate, was diagnosed with CAS, Lindsay knew little about the disorder. Determined to find out more and learn how best to help her daughter, Lindsay

started extensive research and began presenting the information to parents and grandparents looking for answers. This book is the culmination of many years of research and writing and includes a parent's experience as well as the latest research and professional insights into the disorder. Lindsay, her husband, Jim, and their two daughters, Kate and Kelly, live in the Chicago area where she writes full-time. Previously, Lindsay worked as a staff nurse in child/adolescent psychiatry at the Mayo Clinic in Rochester, Minn. Follow Leslie's blog about parenting, child development, CAS and more at www.leslie4kids.wordpress.com.



PHOTO BY RACHEL LARSON



individual attributes and their impact on the capacity to respond to patient safety risk. She also received the MU Sinclair School of Nursing Dean's Award at the 2011 Health Sciences Research Day in November for her poster on this topic.

Jean Krampe, PhD '10, had her 2012 project, "The Effect of Dance-Based Therapy on Knee and Hip Osteoarthritis: A Pilot Study," funded for \$10,000 by the Hartford Center of Geriatric Nursing Excellence in Iowa. Krampe, RN, CPHQ, is assistant professor in the School of Nursing at Saint Louis University.

Michelle Matteson, PhD '11, presented her poster, "A Pilot Intervention to Improve Medication Adherence in Nonadherent Inflammatory Bowel Disease Patients," at the 2011 Advances in Inflammatory Bowel Diseases Crohn's and Colitis Foundation's Clinical and Research Conference Dec. 1-3, 2011, in Hollywood, Fla., Cindy Russell was her doctoral advisor.

STAFF

Keith Chan and **Jamie Myers** joined the research team as research specialists on the Medication Adherence Meta-Analysis project.

Starsha Ferguson joined the School as administrative assistant in the Student Affairs Office in February 2012.

Adrienne Johnson joined the School as the new academic advisor and diversity recruitment and retention specialist in November 2011. Her dual role includes advising undergraduate students who are not admitted to the clinical major, and focusing on diversity recruitment retention. Johnson will work with MUSSON's Diversity Task Force and campus leaders as she coordinates recruitment of underrepresented students.

Asad Khan, IT user support specialist, received the MU Service Champions Award for August 2011. Khan also was one of four finalists for the 2011 Chancellor's Outstanding Staff Award for technical/paraprofessionals in spring 2011.

FACULTY

Gregory Alexander, associate professor, was appointed to the MU Faculty Advisory Committee on Intellectual Property. He also was selected as a *Journal of Rural Health* Exceptional Reviewer.

Tina Bloom, assistant professor and Robert Wood Johnson Scholar, attended the Nurse Faculty Scholars meeting in September in Washington, D.C., with her mentor, Vicki Conn. Bloom participated in the Outward Bound Executive Experience.

Phyllis Drennan, former dean of nursing and MU professor emerita, was honored Sept. 23, 2011, with the University of Colorado College of Nursing Alumni Association Lifetime Achievement Award which recognizes her exemplary nursing career. Drennan served as MUSSON dean and professor from 1981-1989 and held the position of assistant division director in the Division of Nursing for University Hospital and Clinics from 1987-1989. While at MU, she assisted former Dean Ruby Potter in writing the *Portrait of Success: A History of Mizzou Nursing, 1901-1989*. She was an honorary member of the Student Nurses Association and the Mizzou Alumni Association. The School established the Phyllis Drennan Endowed Scholarship in Nursing in her honor. From 1974-1981, she was dean and professor at the University of Northern Colorado (UNC) School of Nursing. While dean at UNC, she established a master's of nursing program and chartered the Zeta Omicron Chapter of Sigma Theta

Tau International. The Zeta Omicron Chapter makes an annual monetary award, the Phyllis Drennan Award, to an outstanding UNC nursing graduate student.

Maithe Enriquez joined the faculty as a tenured associate professor in January. She holds a doctorate in nursing, Adult NP preparation and an MSN/CNS – all from the University of Missouri-Kansas City – and a bachelor of science in nursing from Webster University, St. Louis. Her research has focused on vulnerable underserved Hispanic populations, managing sexually infectious diseases and intimate partner violence.

Debra Gayer, associate professor, has been appointed to serve on a faculty task force to address academic issues associated with online/distance education course development at MU.

Kari Lane, assistant professor, successfully defended her dissertation at the University of Iowa Dec. 15, 2011.

Lila Pennington, assistant professor, has been working with legislators regarding APRN practice. She is planning with the Missouri Nurses Association Special Interest Group (MONA-SIG) and the Missouri

Coalition for Nurses in Advanced Practice (MOCAP) for legislative support of APRN burden-free practice. She also participated in a meeting with the American Academy of Nurse Practitioners (AANP) Region 7 on the Multistate Reimbursement Alliance.

Rosemary Porter, dean emerita and associate professor emerita of nursing, was one of 14 recipients of the Mizzou Alumni Association's Faculty-Alumni Award at the 44th Annual Faculty-Alumni Awards Banquet Nov. 11, 2011. She served as interim dean from 1999-2000 and dean from 2000-2008. During her tenure, the RN-BSN and accelerated options were begun.

Marilyn Rantz, professor, executive director of Aging in Place at Tiger Place and associate director of the Interdisciplinary Center on Aging, received American Academy of Nursing (AAN) Edge Runner recognition at the Oct. 14, 2011, academy meeting. She gave a talk about TigerPlace and MUSSON. Rantz was also recognized at TigerPlace on Oct. 16, 2011, for her receipt of the AAN Nurse Leader in Aging Award for 2011. The recognition coincided with the open house for The Neighborhoods at TigerPlace, the third phase of building by Americare on these grounds.

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 _____ Date of graduation _____

Name (including maiden): _____

Address: _____

Business address: _____

Phone: _____

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

Class Notes

Bonnie Wakefield, associate professor, was appointed to the National Quality Forum's Steering Committee on Care Coordination Measures. Phase I work will address factors that limit care coordination measurement and quality improvement by producing a report on critical paths to implementation of such measures. Phase 2 will seek to endorse measures for care coordination, focusing on the three gap areas: transitions across settings and providers, effective care planning

to facilitate care and appropriate and timely follow up.

STUDENTS

Nursing student **Samantha Ritchie** and pre-nursing students **Hannah Anderson**, **Kirsten Dunham**, **Shannon Keith**, **Lauren Smith** and **Megan Wasser** were selected among several hundred applicants to participate with 200 other MU students in the MU Leadership

Academy, a leadership development weekend in November 2011. The academy is dedicated to promoting excellence in leadership, encouraging a positive impact on the local community and providing Mizzou students with the tools to excel in leadership positions.

Ausanee Wanchai, PhD, and **Marilyn Shepherd**, doctoral student, presented at the 2011 MU Health Sciences Research Day in November.

Faculty & Student Publications and Presentations

Alexander, G.L., Rantz, M.J., Skubic, M., Koopman, R., Phillips, L., Guevara, R.D., & Miller, S. (2011). Evolution of an early illness warning system to monitor frail elders in independent living. *Journal of Healthcare Engineering, 2*(3), 337-363.

Alexander, G.L., Wakefield, B., Rantz, M., Skubic, M., Aud, M., Erdelez, S., & Al Ghenaïmi, S. (2011). Passive sensor technology interface to assess elder activity in an independent living facility. *Nursing Research, 60*(5), 318-325.

Armer, J., Brooks, C.W., & Stewart, B. (2011). Limitations of self-care in reducing the risk of lymphedema: Supportive-Education Systems. *Nursing Science Quarterly, 24*(1), 57-63.

Armer, J., Smith, K., Cormier, J., & Stewart, B. (2011). Lymphedema following cancer treatment: Occurrence, assessment, impact and evidence-based management. In J. Lester and P. Schmitt (Eds.), *Cancer rehabilitation and survivorship: Transdisciplinary approaches to personalized care*. Pittsburgh, PA: Oncology Nursing Society.

Berben, L., Dobbels, F., Kugler, C., Russell, C., & De Geest, S. (2011). Which interventions are used by health care professionals to enhance medication adherence in transplant patients? A survey of current clinical practice. *Progress in Transplantation, 21*(4), 322-331.

Bloom, T. (2011). The greatest asset: Addressing maternal-child health

disparities in the United States. [Editorial]. *Western Journal of Nursing Research, 33*(4), 483-485.

Blunk, M., & Williams, K. (2011). Early identification, treatment, and interventions for the prevention of benzodiazepine dependence with anxiety disorders. *Mental Health and Substance Use, 4*, 277-292.

Chase, Jo-Ana D. [Doctoral student]. (2011). Systematic review of physical activity intervention studies after cardiac rehabilitation. *Journal of Cardiovascular Nursing, 26*(5), 351-358.

Clyne, W., Mshelia, C., Hall, S., McLachlan, S., Jones, P., Dobbels, F., Ruppard, T., Siebens, K., Morrison, V., De Geest, S., & Kardas, P. (2011). Management of patient adherence to medications: Protocol for an online survey of doctors, pharmacists and nurses in Europe. *BMJ Open, 1*(1), e000355.

Coleman, M., Ganong, L., & Jamison, T. (2011). Remarriage and stepfamilies. In M. Craft-Rosenberg & S.-R. Pehler (Eds.), *Encyclopedia of Family Health* (pp. 882-886). Los Angeles, CA: Sage.

Conn, V. (2011). Helping patients help themselves: Chronic disease self-management interventions. *Western Journal of Nursing Research, 33*, 159-160.

Conn, V. (2011). New perspectives on old problems: Health behavior change research in the 21st century. *Western Journal of Nursing Research, 33*, 607-608.

Conn, V. (2011). The ghost is in the

In 2011, the *Journals of the American Medical Directors Association* announced this MUSSON faculty and doctoral student paper is the fourth-most cited JAMDA article (42 citations) since 2006:

Bostick, J.E., Rantz, M.J., Flesner, M.K., & Riggs, C.J.* (2006). Systematic review of studies of staffing and quality in nursing homes. *Journal of the American Medical Directors Association, 7*(6), 366-376.

The researchers found a significant relationship between high staffing turnover and poor nursing home resident outcomes around health measures such as pressure ulcers and weight loss. Researchers concluded a nationwide instrument should be developed to measure staff turnover.

*C. Jo Riggs, PhD '05, is an associate professor of nursing at the University of Central Missouri.

WALK A DOG, IMPROVE YOUR HEALTH

The health benefits of dog walking extend to pet and person according to Rebecca A. Johnson, co-editor and co-author of two books published in 2011 related to human companion-animal interaction and wellness. Johnson, PhD, RN, FAAN, is an associate professor of nursing, Millsap Professor of Gerontological Nursing and Public Policy, associate professor in the MU College of Veterinary Medicine and director of the Research Center for Human Animal Interaction (ReCHAI). Both books are available on Amazon.



REBECCA JOHNSON
PHD, RN, FAAN

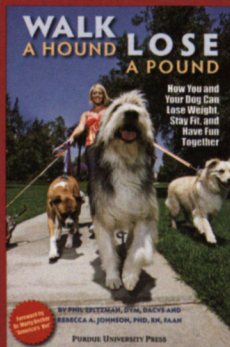
In the preface of *Walk a Hound, Lose a Pound*, Johnson writes:

“Dog walking is uniquely able to help promote physical and emotional health on both ends of the leash. Getting exercise while enjoying nature, giving the gift of joy to your dog or another dog in need, and interacting with other dog lovers makes dog walking a uniquely pleasurable physical activity.”

Walk a Hound, Lose a Pound: How You and Your Dog Can Lose Weight, Stay Fit, and Have Fun Together

By Phil Zeltzman & Rebecca A. Johnson

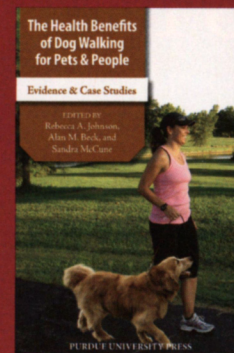
The book details the documented human and animal health benefits of dog walking: weight loss and weight management, improved cardiovascular health and arthritis management. The authors propose an exercise program for readers of varying current exercise levels.



The Health Benefits of Dog Walking for People & Pets: Evidence & Case Studies

Edited by Rebecca A. Johnson, Alan M. Beck & Sandra McCune

The book is a compilation of papers from the one-day symposium “Research meets practice: Human-animal interaction in obesity across the lifespan” embedded in the 2009 18th Annual Conference of the International Society for Anthrozoology, held in Kansas City, Mo. A major goal of the symposium was to foster collaborative projects between investigators of human-animal interaction and health care practitioners. Johnson co-wrote Chapter 6, “‘Walk a Hound, Lose a Pound’: A community dog walking program for families.”



Additional publications and presentations:

Johnson traveled to Norway in 2011 as a consultant to faculty and doctoral students at the nursing program of Agder University, Grimstad, Norway. She presented to the college’s faculty and the Norway Animal Assisted Therapy Association. She also spoke about her research on human-animal interaction at several locations and events in Missouri in 2011: West Central Missouri Veterinary Medical Association in Concordia; Veterans Center in Columbia; MU College of Veterinary Medicine Open House; MU Senior Teacher Educator Partnerships (STEP) Program; Missouri Adult Day Services Association Annual Meeting, Lake Ozark; and Missouri National Guard, Jefferson City.

Johnson, R.A. (2011, Nov.). Theoretical and practical factors associated with dog walking for older adults. [Paper presentation]. 64th Annual Gerontological Society of America Conference, Boston, Mass.

Johnson, R.A. (2011). Human animal interaction and animal assisted therapy. In R. Davis (Ed.), *Caring for family pets: Choosing and keeping our companion animals healthy* (Ch. 3). New York, NY: Praeger Publishers, an imprint of ABC-CLIO.

Shea, S., Baun, M., & **Johnson, R.A.** (2011, Nov.). Effects of a dog-walking program with older adults in long-term care. [Paper presentation]. 64th Annual Gerontological Society of American Conference, Boston, Mass.

Smarr, K.L., Musser, D.R., Shigaki, C.L., **Johnson, R.A.**, Hanson, K.D., & Chokkalingam, S. (2011). Online self-management in rheumatoid arthritis: A patient-centered model application. *Telemedicine & e-Health*, 17(2), 104-110.

machine: Identifying mediators of intervention effectiveness. *Western Journal of Nursing Research*, 33, 867-869.

Conn, V. (2011). The power of being present: The value of mindfulness interventions in improving health and well-being. *Western Journal of Nursing Research*, 33, 993-995.

Conn, V., & Groves, P. (2011). Protecting the power of interventions through proper reporting. *Nursing Outlook*, 59, 318-325.

Conn, V., Hafdahl, A., & Mehr, D. (2011). Interventions to increase physical activity among healthy adults: meta-analysis of

outcomes. *American Journal of Public Health*, 101(4), 751-758.

Conn, V., Phillips, L., & Ruppert, T. (2011). Meta-analysis CER: Moderator analyses to compare interventions to increase physical activity. [Paper presentation]. Council for the Advancement of Nursing Research: Comparative Effectiveness Research. Washington, D.C.

Conn, V., Phillips, L., Ruppert, T., & Chase, J. [Doctoral student] (2011). Meta-analysis of interventions to increase physical activity among healthy adults. [Paper presentation]. National Institute

of Nursing Research Symposium, Washington, D.C.

Crumley, C. (2011). Post-thrombotic Syndrome patient education based on the Health Belief Model: Self-reported intention to comply with recommendations. *Journal of Wound, Ostomy & Continence Nursing*, 38(5), 648-654.

Remaining 2011 publications (D-Z) will appear in the fall 2012 edition of *Mizzou Nursing*.

Research can be defined as the search for knowledge or as any systematic investigation with an open mind to establish novel facts, solve new or existing problems, prove new ideas or develop new theories. One thing we know for certain is that at the MU Sinclair School of Nursing, research is a top priority for not only our faculty but for our students as well.

This issue of *Mizzou Nursing* has highlighted Laura Remy. Her achievement in undergraduate research has been encouraged through philanthropy. Ms. Remy was a beneficiary of the Ann Crowe Essig Undergraduate Nursing Mentorship Program. This endowment was established by Essig's husband, Dr. LeRoy Essig, after her tragic death in 2004. The program honors one of our 1971 BSN graduates while providing support for undergraduate research opportunities to students in the MU Sinclair School of Nursing, allowing them to work alongside world-class nursing researchers in a summer research mentorship. We hope he is proud of the work Laura Remy has done through her breast cancer research. I imagine his wife, Ann, is proud of her as well.

Our student nurses have a plethora of role models in their faculty mentors. Another little known fact is that the faculty of the MU Sinclair School of Nursing have the highest scholarly productivity in the nation among all public nursing school members of the Association of American Universities (AAU). The research achievements of our School of Nursing continues to put our school in the limelight of what it truly means to be a land grant research university of the highest caliber. Clinicians treat patients, and researchers cure disease. We have much to be proud of here at Mizzou in all aspects of academic health care.



BARBARA J. HASSELRIIS
SENIOR DIRECTOR OF DEVELOPMENT

A Cause, Clubs and Cookies

Fund the Drive for Nurses scholarship recipients offered homemade snicker doodle cookies, cool refreshments and a warm thank you to sponsors and participants in the School's 11th Annual Fund the Drive for Nurses golf tournament Oct. 3, 2011.

Jean Thompson, BSN '63, MBA '71, and secretary/treasurer of the Nursing Alumni Organization, made the cookies.

The 2011 tournament raised more than \$21,000 – bringing the total raised since the event's inception to more than \$200,000. Tournament proceeds benefit Fund the Drive for Nurses Scholarships and the Dean's Fund for Excellence. Thank you to our players and sponsors for supporting nursing education!



PHOTOS BY SHOSHANA HERNDON

From left: Beth Chancellor, MU associate chief information officer and University of Missouri System chief information officer; MUSSON Dean Judith Fitzgerald Miller; DNP student Andrea Leone; and accelerated student Jose Gamboa.



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>.

For more information about how to establish your own Mizzou Legacy

within the MU Sinclair School of Nursing, call 573-884-3775.

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You are cordially invited

22nd Annual Nursing Banquet and Awards Ceremony

*Friday, April 27, 2012
Holiday Inn Executive Center*

*Reception
5:30 p.m. in the Atrium Lobby*

*Banquet & Awards Ceremony
6:30 p.m. in the Windsor Ballroom*

Business attire requested

Menu and registration information are on the reply envelope in this magazine. Please fill out choices, enclose a check made payable to the MU Sinclair School of Nursing and return by April 20. Sponsorship opportunities are available; see page at right for details.

Banquet to do:

- Find invitation, Page 18
- Check my calendar
- Fill out registration
- Review sponsorship opportunities
- Return enclosed envelope today!

MU Sinclair School of Nursing Banquet and Awards Ceremony and Alumni Reunion Registration

Registration deadline April 13, 2012

Name _____	Menu choice <input type="checkbox"/> A <input type="checkbox"/> B	Guest name(s) _____	Menu choice <input type="checkbox"/> A <input type="checkbox"/> B
Maiden name (alumni only) _____		_____	<input type="checkbox"/> A <input type="checkbox"/> B
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E-mail _____			
Nursing alumni class year: BSN _____ MS(N) _____ PhD _____		Please seat me/us with the Class of _____	

Banquet Menu

For each person, please choose an entree and indicate your preference adjacent to the name above.

A) Chicken Au Poivre - Peppercorn encrusted breast of chicken seared and topped with brandy peppercorn cream sauce served with wild rice blend accompanied by green beans amadine, salad, rolls and dessert.

B) Vegetable Napoleon - Assortment of sliced fresh vegetables layered with cheese, baked in a puff pastry and topped with tomato glaze served alongside salad, rolls and dessert.

Friday, April 27

		Totals
Banquet and Awards Ceremony	# _____ \$45 each	\$ _____
Student (MU nursing students only)	# _____ \$25 each	\$ _____
*Sponsorship(s)	# _____ \$50 each	\$ _____

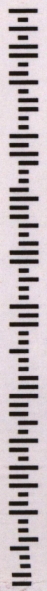
Saturday, April 28

University Hospital and School of Nursing tour	# _____ No charge	
Luncheon	# _____ \$12 each	\$ _____
Virtual Campus tour	# _____ No charge	
GRAND TOTAL		\$ _____

**Registration deadline:
April 13, 2012**

*I would like to make a tax-deductible donation toward the banquet and enable nursing students and award nominees to attend. Sponsorships and donations received by April 6, 2012, will be acknowledged in the printed program.

Make checks payable to: MU Sinclair School of Nursing

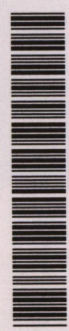


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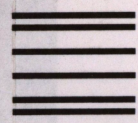
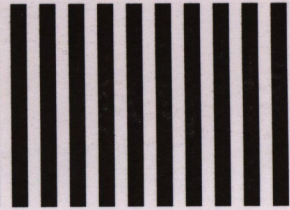
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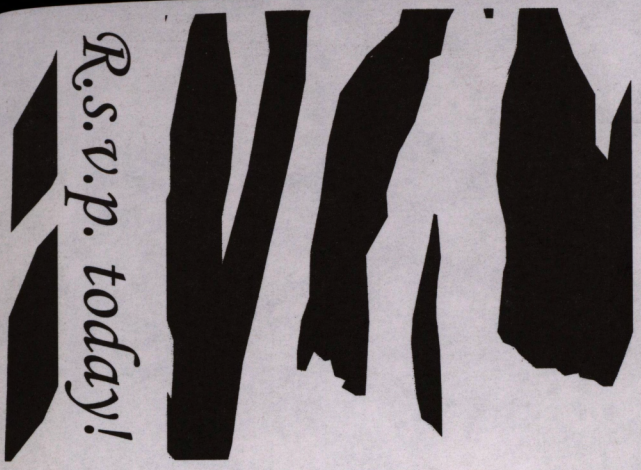


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Join us April 27 & 28, 2012

Don't miss the 22nd Annual MU Sinclair School of Nursing Banquet & Awards Ceremony and Nursing Alumni Reunion. Please fill out the registration information inside and return with your payment by April 13, 2012.

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