

MIZZOU Spring 2014

Nursing

News from the University of Missouri Sinclair School of Nursing



Celebrating Excellence **6**

You're invited ...

24th Annual Nursing Banquet **18**
& Awards Ceremony

JEFFERSON CLUB BOARD VISITS

On Sept. 6, 2013, the Jefferson Club Board of Trustees visited the Sinclair School of Nursing for a presentation from Dean Judith Fitzgerald Miller and a tour. The trustees visited with students and participated in activities in the Essig Clinical Simulation Learning Center. More pictures: bit.ly/19PAMJ9.



PHOTOS BY SHOSHANA HERNDON

Above, pictured from left: Aaron Davis, BSN student; David Sisson; and Sandra Shelley, Jefferson Club Board Trustee.

Left, from left: Student Elise Eihausen and Jefferson Club Trustees Russell Smith II and Christy Seabaugh Montgomery.

THAI ALUMNI RETURN

University of Missouri Health System



The MU Sinclair School of Nursing welcomed several visitors from Thailand in September and October 2013. For a week in September, the school hosted two visitors from Ramathibodi School of Nursing at Mahidol University in Bangkok, Thailand, to learn more about e-learning – Dr. Poolsuk Janepanish Visudtibhan, associate director, and Dr. Suporn Wongvatuny, MS(N) '98, PhD '03. Top left, from left: Associate Dean Roxanne McDaniel, Wongvatuny,



PHOTOS BY SHOSHANA HERNDON

Dean Judith Fitzgerald Miller, Visudtibhan and PhD student Chantra Promnoi. View more photos: bit.ly/16H9zdG.

In October, Dr. Sang-Arun Isaramalai, PhD '02, from Prince of Songkla University in Thailand, returned to Columbia to meet with faculty about research on older adults and spend time at TigerPlace. Top right, from left: Professor Jane Armer and Isaramalai. A reception was held in Isaramalai's honor on Oct. 7, 2013. View more photos: bit.ly/17qgubP.

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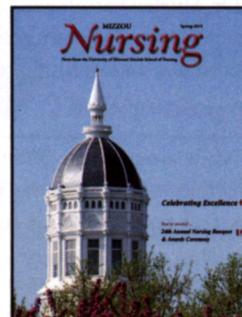
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ON THE COVER:

Jesse Hall

MIZZOU Nursing

Vol. 23 No. 1 Spring 2014

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Mizzou Nursing is published twice a year for the alumni, students, parents, faculty, staff and friends of the University of Missouri Sinclair School of Nursing.

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 Sinclair
School of Nursing
University of Missouri Health System

The Power of the Mizzou Connection

Excellence characterizes all that we do at the Sinclair School of Nursing. It is one of the four pillars of our great University of Missouri: respect, responsibility, discovery and excellence. Excellence is manifested specifically in the work of faculty, staff, students and alumni. Select examples are highlighted in this issue of *Mizzou Nursing*.

Researchers at the Sinclair School of Nursing are transforming health care and safety of older adults. For example, Dr. Gregory Alexander is examining the use of information technology in nursing homes to enhance quality outcomes and eliminate negative occurrences that influence physical, psychological and cognitive decline in residents. His work is supported by the Agency for Health Care Research and Quality. Dr. Marilyn Rantz and her team recently received another NIH R01 award to expand their studies on non-invasive sensors with older adults in assisted living centers.

Drs. Todd Ruppard and Tina Bloom have been selected as Robert Wood Johnson Faculty Scholars. This award supports their innovative research. Dr. Ruppard is studying health disparities and medication adherence, and Dr. Bloom has focused her program of research on intimate partner violence. Determining the most effective interventions to address a problem relies on a research method called meta-analysis. Our own Meta-Analysis Research Center is headed by Dr. Vicki Conn, associate dean for research. She continues her own funded meta-analysis research as well as mentoring others, teaching the doctoral class and summer institute on this research method.

Our faculty continue to achieve national acclaim such as the induction of Dr. Maithe Enriquez as a fellow into the American Academy of Nursing (AAN). Dr. Marilyn Rantz was not only inducted into the Institute of Medicine but also received the AAN Edge Runner award for her Quality Improvement for Missouri's Long-Term Care Facilities (QIPMO) work. She is the only scholar in the United States to receive this national Edge Runner recognition twice. Her first Edge Runner award was for the Aging in Place Coordinated Care model at TigerPlace.

Other faculty award recipients include Dr. Shirley Farrah who was inducted into the Missouri Nurses Association Hall of Fame. Numerous faculty members have been recognized by all-university awards. Noted in this issue as well is a sampling of excellence of our students and alumni.

We ask you to continue your pride in your alma mater. We have reached new heights and continue to have truly great accomplishments, influencing the future of health care and nursing education. Stay tuned with us and continue your support. Your connection with the school is deeply appreciated.



DEAN JUDITH FITZGERALD MILLER

PHD, RN, FAAN

The Sinclair School of Nursing is thrilled to join in the University of Missouri's 175-year anniversary. The celebration officially starts Feb. 11 with a Founders Day kickoff event in the MU Student Center and virtually via the Web and social media. Learn more about the campus-wide celebration and 175 years of Mizzou history: bit.ly/HUFJ3



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GRANT PRODUCTIVITY

The value of current multi-year grants in the Sinclair School of Nursing exceeds \$25 million. The most recent grant awards are below.

Gregory Alexander

A National Report of Nursing Home Quality Measure and Information, Agency for Healthcare Research and Quality\$982,987

Maithe Enriquez/Debbie Mercier (PhD student)

Understanding the Barriers to and Facilitators of Hepatitis C Treatment, Bristol Myers Squibb \$20,000

Shirley Farrah

Health Care Associate Infections (HAI) - Infection Control, Mo. Dept. of Health and Senior Services \$50,000

Enhanced Leadership Development Academy 4, Mo. Dept. of Health and Senior Services \$220,000

Judith Fitzgerald Miller

2013 HRSA Nurse Faculty Loan Program, Health Resources and Services \$92,436

Advancing Professional Nursing for Rural Missouri, Mo. State Board of Higher Education/State Board of Nursing\$150,000

Todd Rupp

Nurse Faculty Scholar, Robert Wood Johnson Foundation\$350,000

Sherri Ulbrich

New Careers in Nursing - PIP, Robert Wood Johnson Foundation \$5,500

Amy Vogelsmeier

PerceptiMed SBIR Evaluation.....\$389,126

nursingoutreach.missouri.edu



CONFERENCES

MU NURSING OUTREACH

Where continuing education and continuing competency meet

ABSTRACT CALL: 7th Annual EBP on the Frontline Conference, April 16-17, 2014

Take advantage of this professional development activity and add to your professional resume, and at the same time share your EBP project to promote excellence in practice. Visit nursingoutreach.missouri.edu for guidelines and application. **Due: March 1.**

2014

- 7th Evidence-Based Practice on the Frontline: Building a Culture of Quality, Safety and Nursing Professionalism April 16-17
- Clinical Oncology Symposium April 25
- 10th Annual Women's Health Update for APNs June 12-13
- 17th Annual Office/Clinic Nursing Update Sept. 18

Visit nursingoutreach.missouri.edu for a full 2014 conference schedule.

nursingoutreach@missouri.edu



MU Nursing Outreach

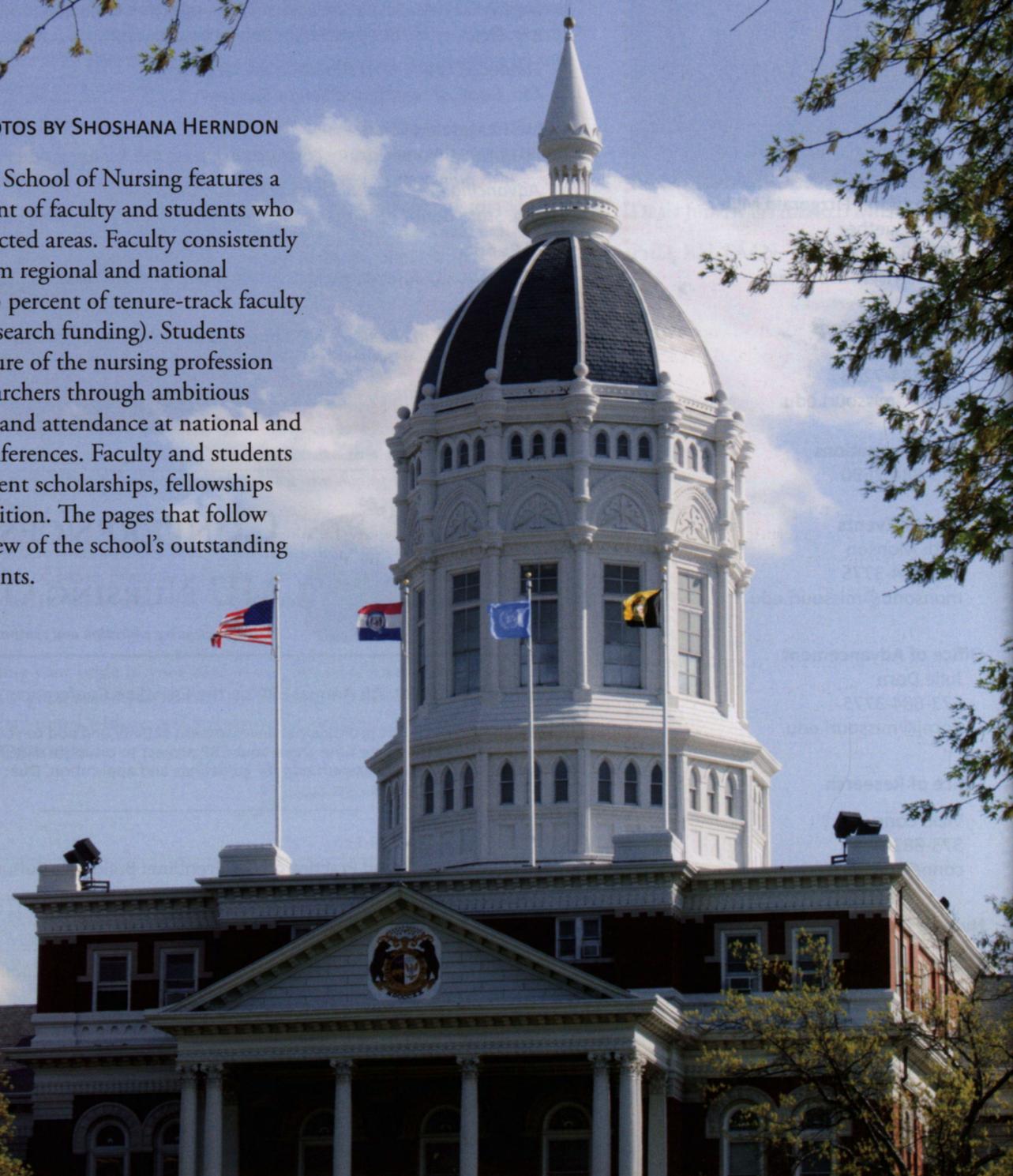


MUNursingCE

Celebrating **EXCELLENCE**

STORIES & PHOTOS BY SHOSHANA HERNDON

The MU Sinclair School of Nursing features a broad complement of faculty and students who excel in their selected areas. Faculty consistently garner grants from regional and national organizations (95 percent of tenure-track faculty currently have research funding). Students represent the future of the nursing profession and nursing researchers through ambitious research projects and attendance at national and international conferences. Faculty and students also earn prominent scholarships, fellowships and other recognition. The pages that follow showcase just a few of the school's outstanding faculty and students.



META-ANALYSIS

Individual research studies can reveal which health care interventions are most effective; however, results from other studies may present conflicting information. This point of tension is where the Meta-Analysis Research Center (MARC) shines. Nurse researchers with MARC, an on-site institute at the MU Sinclair School of Nursing, use meta-analysis, a quantitative method of analyzing multiple research studies (usually hundreds), to statistically determine which interventions are most effective. "It's a way of identifying patterns among research studies," says Vicki Conn, MARC director and MU SSON associate dean for research. "You can answer questions that no single research study can answer. If you want to compare all these different kinds of interventions, you can't do that in one study. I think that makes meta-analysis especially interesting."

Meta-analysis is relatively rare in nursing research, something Conn would like to see change. She sees meta-analysis as a way to conduct important research in a climate where research funding is more difficult to garner. "Meta-analysis projects offer an option to review multiple studies at once," Conn says. "This method allows us to use the research that's already been done to the fullest extent possible. Meta-analysis can also reveal when more research on a topic is no longer needed. That's important to know so people don't keep studying the same thing." The end goal, of course, is evidence-based care for patients even if the results are surprising. "Sometimes the findings are not what you expected," Conn says. "I remember when we first found patient education didn't work to change physical activity behavior. I was sure there was a problem in the analysis." What worked instead? Patient behavior change such as specific goal setting for physical activity – walking on certain days of the week, leaving physical activity cues such as putting tennis shoes by the door and offering rewards for physical activity.

Lorraine Phillips, MARC associate director and an associate professor, is using meta-analysis to determine which physical activity interventions work best for older adults in long-term care settings. The results may help with restructuring physical activity guidelines for that specific population based on meta-analysis research.

To start a meta-analysis project, the researchers begin by finding studies. "We spend a lot of time searching for studies," Conn says. "It's at least half the work and we have to ensure we have an unbiased sample." Once the studies are selected, data from each study is extracted and entered into a comprehensive meta-analysis software package. Then, researchers can run analyses on multiple variables and start answering research questions.

Conn, Phillips and Todd Ruppap, MARC associate director and an assistant professor, conduct their own research studies but also offer training to other researchers looking to gain meta-analytic skills. Each spring in even years, a distance-mediated graduate-level course is offered and attendees can complete a pilot meta-analysis. The most recent course was held in January. In odd number years, a residential 1-week summer institute is held on campus. In previous years, students have represented a diverse mix of researchers, from advanced doctoral students to faculty from other universities, to nurses and professionals from other disciplines.

MARC also offers consultation for a fee on projects.

Visit the MARC online: meta-analysis.missouri.edu.



VICKI CONN, PHD, RN, FAAN
DIRECTOR



LORRAINE PHILLIPS, PHD, RN
ASSOCIATE DIRECTOR



TODD RUPPAR, PHD, RN, GCNS-BC
ASSOCIATE DIRECTOR

Greater IT Sophistication May Yield Higher Quality of Care

Long term care facilities have been fairly slow to adopt information technology for widespread management of health information, although this trend seems to be changing. Associate Professor Gregory Alexander, in a new multi-year research project, will analyze how more than 1,500 nursing home facilities across the nation are adopting various IT options and how adoption is affecting quality measurements. IT refers to comprehensive systems that convert paper medical records to electronic health records.

The study is funded by a 4-year Agency for Health Care Research and Quality R01 grant totaling \$982,897. "There's a growing need for long term care services, and we want to be able to provide the best care we can for individuals using these services," Alexander says. "We need the best systems to help us improve the quality of care in these facilities. There are different models of care being implemented using different types of IT systems in nursing homes. This project will explain how trends in IT adoption in nursing homes are related to quality measures over a three-year period." A preliminary project Alexander conducted only examined Missouri facilities. This new project allows a broader look at IT adoption and quality measures at the national level.

Alexander and his team will assess IT sophistication at each facility annually, while also monitoring nationally reported nursing home quality measures quarterly with the goal of finding any relationships between IT adoption and quality measures. IT sophistication involves three dimensions – resident care, clinical support and administrative activities. Furthermore, IT sophistication also takes into account the functionality of different IT systems, the extent of IT use in each dimension, and how well IT is integrated with internal and external systems. Quality measures include the percentage of residents whose need for help with daily activities has increased, who have a urinary tract



Gregory Alexander's, center, research team includes Graduate Research Assistant Pericles Giannaris, left, and Program Coordinator Keely Wise.

infection, who lose too much weight and who have moderate to severe pain, among others. Alexander will use the IT sophistication measures and look for relationships with quality within and across systems. "We'll be able to determine if there are specific types of technologies that impact quality measures," he says. "There are no links currently in large publicly reported national data sets that measure IT adoption and quality measures." Alexander will be the first to explore trends among these variables while at the same time using national datasets.

The project comes on the heels of the American Reinvestment and Recovery Act in which the federal government provided \$25.8 million for health information technology adoption. Current IT use in long term care includes a range from partial to complete electronic health records and sharing of this information within a facility as well as between a facility and a resident's physician or hospital. The ultimate goal, Alexander says, "Is to develop an electronic tool that can illustrate trends in IT adoption in nursing homes and impact on quality measures. Further, we hope to understand if there are important IT variables that could be useful for reporting in large national publically available datasets. Finally, we hope to be able to explain relationships between different models of IT implementation and quality, which could drive future educational initiatives about IT implementation in nursing homes."

SENSOR TECHNOLOGY IMPROVES, RESEARCH EXPANDS



SUBMITTED IMAGES

A new grant for Curators' Professor Marilyn Rantz is expanding Aging in Place research on embedded sensor technology to a group of assisted living facilities in Missouri. The \$1.7 million National Institutes of Health (NIH) Research Project (R01) will study early illness alerts in senior housing. The project expands the research Rantz and her team conducted with an earlier National Institutes of Nursing Research (NINR) grant at TigerPlace, an Aging in Place facility in Columbia, and a project at a Cedar Falls, Iowa, facility. "We need to reach out beyond TigerPlace now," Rantz says. "With a randomized clinical trial we can draw better conclusions." Researchers will track vital signs via bed sensors for 70 clinical intervention group residents at seven independent housing settings run by Americare for a year. Another 70 residents will be in the project's control group.

Rantz and her interdisciplinary research team will use updated bed sensors with improved pulse, respiration and restlessness measurements. "With these sensors, we can see the exact pulse and respiration rates while a person sleeps rather than a range of low, average, high," Rantz says. In the pilot study at TigerPlace, the bed sensors were not as sensitive but still were able to detect illness up to two weeks before normal detection by caregivers or residents' self-identification would occur. Rantz expects the more sensitive sensors will lead to further improvements in early illness detection.

Another component of the project is monitoring fall risks and creating fall alerts for residents using Microsoft Kinects. "Most falls happen in residents' rooms," Rantz says. "When a resident is alone, it can sometimes be awhile before the person is found. Installing the Kinects will allow clinicians to receive fall alerts and respond immediately." The sensor monitors gait, posture and sway and automatically calculates the risk of falls. Both the bed sensors and Kinect technology are nonintrusive and residents simply go about their daily activities without having to wear a device. Most residents, in fact, hardly notice the technology. To protect residents' privacy, the Kinect sensor shows an anonymized image of the resident. When a fall alert is sent, nurses can review the images of the fall at the nursing station or on their smartphone. This review enables nurses to see what body parts were potentially harmed in a fall and the context of the fall. "I think the clinicians will find this a lot more specific and hopefully detect problems sooner," Rantz says. "You can see near falls and when fall risk is increasing." Researchers are also focused on improving the accuracy of the algorithms used to determine fall risk and fall alerts. Sometimes the sensor sends a fall alert when a fall has not occurred, such as

Above: In sequence from left to right, a resident, represented by the orange figures, who is upright initially suffers a fall as depicted in the far right image. When a fall alert is sent, nurses are able to view anonymized images such as these and respond appropriately.

when a dog jumps off the couch or a resident drops something on the floor. Adjustments to the algorithms may help reduce these false alerts. When a resident is at risk or has fallen, the clinicians will introduce interventions to help reduce further risk such as strength training, improving mobility, physical therapy evaluations, etc.



MARILYN RANTZ
PHD, RN, FAAN

The project also will monitor accumulated costs of care and conduct a cost analysis to see if and by how much the sensor interventions reduce health care costs for residents. It has previously been shown that early illness detection can help curb health care costs because expensive interventions for acute illness are reduced.

The final component of the project is making the sensor technology and the information gathered more accessible to residents and their families. "We want to refine the interface for how sensor information is displayed to develop a way for families and residents to get information in a way that is helpful for them," Rantz says.

OF NOTE:

- Rantz was inducted to the Institute of Medicine in 2012
- Rantz is the first nurse scientist to twice be recognized as an Edge Runner by the American Academy of Nursing.

Read about these recognitions: bit.ly/1a35zm6

ROBERT WOOD JOHNSON AWARD SUPPORTS JUNIOR FACULTY RESEARCH

Proper medication dosage and timing can make a tremendous difference in health outcomes, but many people do not take their medicine as prescribed. Assistant Professor Todd Ruppap, PhD '09, is conducting research to determine the most effective interventions to improve appropriate medication-taking in patients from minority populations with high rates of hypertension-related morbidity and mortality. "Cardiovascular disease remains the leading cause of mortality in this country. Dr. Ruppap's project to determine appropriate health behavior change interventions that successfully reduce health disparities in hypertensive patients is urgently needed to improve public health," says Vicki Conn, associate dean for research.



Todd Ruppap, PhD, RN, GCNS-BC

The Robert Wood Johnson Foundation Nurse Faculty Scholars program has funded Ruppap's study with a three-year, \$350,000 award. Ruppap is one of 12 faculty across the nation selected as a Nurse Faculty Scholar for the 2013 cohort. "This award from the Robert Wood Johnson Foundation provides a wonderful opportunity to study the factors related to antihypertensive non-adherence among underrepresented minority populations," Ruppap says. "Ultimately, my collaborators and I will use this information to develop tools to integrate adherence assessments and interventions into health care settings."

The project focuses on health disparities and blood pressure control in medication adherence among underrepresented minorities. "Black and Latino populations have higher rates of high blood pressure and worse rates of uncontrolled blood pressure even when you control for other factors that might affect them," Ruppap says. Most medication adherence research has focused on predominantly white population samples. The project will examine the correlation between factors such as medication beliefs, self-efficacy, depression, financial constraints, and a person's beliefs about his or her illness and patients' medication adherence and blood pressure outcomes. Once the initial research analysis is complete, the next step will be to implement best practices through an assessment intervention program that can be used in the clinical setting. "We will be able to use this information to design, develop and make recommendations for approaches that are specific to these cultures and hopefully begin to reduce the disparities," Ruppap says.

In a parallel project funded by the PhRMA Foundation, Ruppap is conducting a meta-analysis of intervention studies to improve medication adherence and clinical outcomes in patients with heart failure.

ROBERT WOOD JOHNSON NURSE FACULTY SCHOLAR, 2011-2014

Tina Bloom, PhD, MPH, RN
Assistant Professor

Assistant Professor Tina Bloom was named an RWJF Nurse Faculty Scholar in 2011, receiving 3 years of funding for her project focused on testing an Internet-based intervention for rural, pregnant survivors of intimate partner violence (IPV). The intervention is a safety decision aid allowing pregnant women to access individualized safety planning from the privacy of any safe computer. More than 1 in 3 American women are affected by IPV at some point. Bloom has initially found that pregnant abused women, including those in rural locations, can safely go online to access help for violence. As Bloom continues the project, she is now working to establish recruitment partnerships with rural health department and clinic administrators and seeks funding for a study on the long-term impact of the Internet-based safety decision aid on maternal-child health. Read the original story on Bloom's RWJF appointment and research project: bit.ly/H86fSi.



TINA BLOOM
PHD, MPH, RN

RECENT FACULTY HONORS

FACULTY MEMBER INDUCTED AS AAN FELLOW

Associate Professor Maithe Enriquez was inducted as a Fellow in the American Academy of Nursing Oct. 19, 2013, at the Academy's 40th annual meeting in Washington, D.C. Enriquez, a nurse practitioner, volunteers one day a week at Truman Medical Center in Kansas City, where she provides primary care for adults living with HIV disease. She has focused her research and clinical career on enhancing health outcomes for underserved low-income individuals of color and individuals living with HIV disease. Her research largely centers on medication adherence among HIV patients.

“Dr. Enriquez enriches our complement of faculty here at the Sinclair School of Nursing,” says Dean Judith Fitzgerald Miller. “She provides a great service through her expertise as a nurse practitioner and commitment to the inner city population. Her research is grounded in practice and has immediate relevance and applicability.”

Enriquez is one of 16 MU SSON faculty and emeriti who are AAN Fellows.



Maithe Enriquez
PhD, RN, ANP-BC, FAAN

ASSISTANT DEAN INDUCTED TO HALL OF FAME

Assistant Dean for Nursing Outreach Shirley Farrah was inducted to the Missouri Nurses Association (MONA) Hall of Fame in 2013. The award recognizes outstanding nurse leaders in the state and the impact of their lifelong commitment and leadership to advance the goals of the association and improve health care. Farrah has led the Nursing Outreach program since 1984 and is dedicated to providing lifelong learning opportunities for the state's nurses.

“Dr. Farrah's leadership and dedication to advance the knowledge, skill and practice competence of nurses throughout the state of Missouri has been tremendous,” says Dean Judith Fitzgerald Miller. “She is passionate about practicing nurses and keeping them up to date.”

Farrah has advanced the practice of nursing as a profession during her 47 years as a registered nurse and a member of the Missouri Nurses Association. During this time, she participated in the evolution of nursing practice by advocating for a nurse practice act that allowed nurses to practice to the fullest extent of their education. Farrah has improved the quality of health care and promoted professional nursing standards through hundreds of continuing education activities presented for Missouri's nurses and out-of-state nurses. Each year, her leadership in the school's Nursing Outreach office touches thousands of nurses and other health care practitioners.

Farrah also received MU's Donald W. Fancher Provost Award for Outstanding Achievement in Extension and Continuing Education in 2013.



SHIRLEY FARRAH
PhD, RN-BC

PHD STUDENT FORGES NEW RESEARCH PATH, FOCUSES ON NATIVE AMERICAN YOUTH

When Deidre Bales-Poirot, BSN '05, MS(N) '08, became a teen mother at 17, she was determined to be able to provide for her daughter. Already interested in nursing and with a rich history of nursing in her family, she became a registered nurse by age 20. She completed the MU Sinclair School of Nursing's RN to BSN program at age 21 and earned a master's degree at MU through the Pediatric Nurse Practitioner program at age 24. Now, she is a doctoral student in the school's PhD program conducting research on adolescent mothers.

Although Bales-Poirot started working in general pediatrics with the Indian Health Service shortly after becoming a Pediatric Nurse Practitioner, she discovered she had an easy rapport with the adolescent patients she saw. Because of this, her patient population began to shift. "I knew about teens and how to talk to them," she says. Many of the teens she saw lived at a local federal Native American boarding school. The students were increasingly being bused to her office for health care. Among those patients, Bales-Poirot began noting an increase in behaviors leading to STDs and pregnancy. That led to an interest in research involving risk behaviors in the adolescent Native American population. In addition to the rapport she has with adolescents, Bales-Poirot is able to connect at a cultural level with her patients – she is both Eastern Shawnee and Cherokee.

For her doctoral research practicum, Bales-Poirot worked with a project nicknamed BLING - BeLieving in Native Girls. The project, funded by the Office on Women's Health, is an HIV and risk behavior reduction intervention study for Native American and Alaska Native female adolescents located at an off reservation boarding school in Anadarko, Okla. Each semester students completed an educational intervention focused on improving knowledge and awareness about high-risk behaviors that can increase risk for HIV, STDs and unplanned pregnancy. "I think it's really important to look at adolescent risky behaviors, especially in minority populations," Bales-Poirot says. Little research has been done on such behaviors in this population. "The Native American adolescent population is so different from other minority populations. We need to start at the beginning, start from scratch," she says.

For her doctoral research, Bales-Poirot is focusing on adolescent mothers, citing two alarming statistics – according to recent Indian Health Service reports, approximately 40 percent of the Native American female population experience their first pregnancy or give birth to their first child while still in adolescence; and according to the CDC, approximately 50 percent of adolescent mothers do not finish high school after having a



Deidre Bales-Poirot, PhD Student

VELVET UMBRELLA PHOTOGRAPHY

child. Bales-Poirot is focusing her research on the decision-making processes Native American adolescent mothers use when deciding to return to school after having a child. "I'm looking at their motivations for coming back to school," she says. "What makes these adolescents returning to school different than those who choose not to return, what makes them motivated to go back, and what are the barriers they face?" Knowing the barriers that prevent teens from completing their education is important for primary care providers so they can encourage students to return to school. "School nurses and schools can also use this information to make returning to school and educational completion easier for these adolescents," Bales-Poirot says.

Her research will take place at a Native American boarding school in Oklahoma that has an alternative program to help adolescents finish school. "Deidre is highly motivated to improve the lives of Native American adolescent mothers who attend boarding schools," says Associate Professor Lori Popejoy, Bales-Poirot's faculty advisor. "She is interested in improving the emotional and physical outcomes of these young women by exploring with them their difficult decision to leave their children in their community home so they can return to boarding school and finish their education, thus giving themselves and their children a shot at a better future."

Bales-Poirot earned a Youth Development Specialist graduate certificate from Mizzou in 2012. She writes for the Pediatric Nursing Certification Board (PNCB) Primary Care PNP exam and the Standards Assessment Exams for certified PNP's certified in Primary Care. In fall 2013, Bales-Poirot was one of five students selected for the American Association of Colleges of Nursing Minority Nurse Faculty Scholarship funded by Johnson & Johnson.

HELPING THE OLDER GENERATION LIVE MORE PHYSICALLY FIT LIVES

A combination of working with older patients and watching her parents age spurred Jo-Ana Chase to return to school to become a nurse researcher. "I have a vested interest in helping older adults," Chase says. "It's almost like every older adult reminds me of my parents." Her mother was very active as a director of nursing in a long-term acute care facility while her father was more sedentary in his daily activities. "My mom was running circles around my dad," Chase says. "I started thinking about how to get him more active." Chase also saw the benefits of physical activity for her cardiology patients, dealt with the frustrations of encouraging physical activity but not seeing it implemented by patients, and wanted to know the best methods for increasing her patients' activity levels. "We know that physical activity can help reduce the burden of chronic diseases common among older adults," she says. "Unfortunately, many older adults aren't physically active."

As a student in the MU Sinclair School of Nursing's PhD program, Chase has worked closely with her mentor, Vicki Conn, associate dean for research. "Jo-Ana is a stellar student with outstanding research skills who is pursuing research which will improve the lives of older adults," Conn says. For her dissertation research, Chase is conducting a meta-analysis of interventions to increase physical activity for adults age 65 and older. "Despite the enormous body of research testing interventions to increase physical activity behavior among older adults, we don't yet know quantitatively how effective these interventions are in improving physical activity behavior in this population," she says. The problem is that many individual studies report certain interventions work but there are contradictions between studies about which interventions work best.

"My goal is to take that information and construct an intervention with demonstrated effectiveness, supported by the evidence from existing research," Chase says. Interventions might include supervised exercise programs, clinicians prescribing physical activity or providing education about the benefits of physical activity.

The realm of nursing research has opened up many possibilities for Chase. "I feel like the whole doctoral program has been fun and exciting and another side of nursing I'd never thought of before," she says. "The program has shown me a different facet of nursing I never even dreamed was possible." Upon completing the program, Chase plans to enter academia. "I would like to help build the cadre of future nurses and make sure



SUBMITTED PHOTO

Jo-Ana Chase, PhD Student

they're adequately prepared for the complex disease processes that are out there," she says.

Chase holds two predoctoral fellowships, the Ruth L. Kirschstein National Research Service Award through the National Institutes of Health which provides a 2-year stipend, and a Patricia G. Archbold Predoctoral Scholar Award from the National Hartford Centers of Gerontological Nursing Excellence which provides two years of funding and mentorship components.

LEARN MORE

Want to know more about research at the MU Sinclair School of Nursing? Visit us online:

nursing.missouri.edu/research

PASSION FOR *BREAST CANCER*

RESEARCH TAKES STUDENT TO D.C.

Jenny Dine started working on cancer research in high school. A native of Columbia and graduate of Rockbridge High School, Dine began volunteering at Ellis Fischel Cancer Center after her grandmother was diagnosed with Non-Hodgkin's Lymphoma. There, she began working with Professor Jane Armer whose research focuses on breast cancer survivorship and lymphedema management. "That's where my interest and passion for breast cancer research began," Dine says. She even received a diversity research supplement as a high school student planning to attend Truman State University's nursing program while working on one of Armer's National Institute for Nursing Research (NINR) grants.

Now a student in the MU Sinclair School of Nursing (MU SSON) BSN to PhD program, Dine has been in Washington, D.C., since 2011 as part of the Graduate Partnerships Program (GPP) through the National Institutes of Health (NIH) NINR. She applied for the GPP program while a fellow at the Summer Genetics Institute (SGI) at NIH. The 3-year funding gives Dine the opportunity to study with top researchers while earning her doctoral degree from the MU SSON. She is currently working on breast cancer research in a National Cancer Institute (NCI) laboratory. Dine is studying TRAIL (TNF-Related Apoptosis Inducing Ligand), a pathway that has shown promise in the ability to selectively kill cancer cells without harming non-cancerous tissues. "It seems like a really good therapeutic target to work on," she says. Her research focuses on how TRAIL can be used in breast cancer therapy. TRAIL is a protein that binds to receptors on the cell membrane surface. The study, in the pre-clinical phase, involves the use of cell-based models. In previous clinical trials, TRAIL has not worked well in humans and many types of cancers are resistant to TRAIL. "We want to figure out – is there something that we can manipulate pharmacologically to sensitize people with breast cancer to TRAIL therapy," Dine says. Long-term, researchers want to be able to sensitize people to TRAIL. "We want to identify regulators of this pathway that we can target in order to sensitize breast cancer to TRAIL therapy," she says.

Dine appreciates the connections she has been shown between what is done in the research lab and patient care. "My mentor, Stan Lipkowitz, is a scientist, but he is also a practicing physician working with patients affected by breast cancer," Dine says. "As



Jenny Dine, PhD Student

SUBMITTED PHOTO

a nurse, I feel like it's been vitally important to be mentored by someone like him, whose research program is rooted in real-world application." Lipkowitz, MD, PhD, is a senior investigator with the National Cancer Institute and a practicing physician in medical oncology at Walter Reed Medical Center. He has recently been named acting chief of the Women's Malignancies Branch at the National Cancer Institute.

Ultimately, Dine plans to seek further training in translational cancer research and obtain an academic nursing position. "Jenny is an amazing young person. She is bright, focused and disciplined; in addition, she is willing to step out and accept opportunities that are presented and work hard to meet the challenges she faces," says Jane Armer, her PhD advisor and mentor. "She is a pioneer in many different ways (such as the NINR diversity fellowship, the NINR Summer Genetics Institute fellowship, and now the NIH Graduate Partnerships Program) as the future face of nurse scientists making an impact in biomedical and translational research. She represents the academic excellence of MU and MU SSON in an exemplary fashion."

Dine welcomes questions from students interested in the NIH program and her experiences. She can be reached at: jld3kf@mail.missouri.edu. Learn more about the Graduate Partnerships Program: 1.usa.gov/1bDjKO5.

2014 MU NURSING AWARDS

Each year, the MU Sinclair School of Nursing and the Nursing Alumni Organization co-host a banquet and awards program to recognize graduates and friends for their commitment to the profession of nursing, their accomplishments and their service. Biographies for the 2014 recipients appear on the following pages.

CITATION OF MERIT

Karyn Buxman, MS(N) '90

ALUMNA OF THE YEAR

Lisa M. Lewis, PhD '02

ALUMNI ACHIEVEMENT

Katy Musterman, BSN '08

HUMANITARIAN AWARD

Sandra Sue Shrum Scott, BSN '63

HONORARY ALUMNA

Anne Deaton

DISTINGUISHED FRIENDS OF THE SCHOOL

Ira & Gail Hubbell

CITATION OF MERIT

KARYN BUXMAN, MS(N) '90

An idea in graduate school turned into a dream job for Karyn Buxman, a pioneer in the area of nursing and humor. As a master's student, she began researching the benefits of humor for health. Speaking requests soon flooded in, and she made the decision to leave her job and pursue a speaking career full-time. For more than 20 years, she has helped corporations, health systems and schools learn how to use humor and laughter to improve health and quality of life. As president of HUMORx, Buxman travels the world. She has been published in nursing and popular journals, authored several books for nurses on humor and created videos and audiotapes on the topic. She also enjoys engaging with nursing students. Buxman's latest venture is a virtual 90-day program to help people develop a habit of humor and positive emotions. "People who are happier are more productive at work, healthier, and have fewer sick days," she says.



ALUMNA OF THE YEAR

LISA M. LEWIS, PhD '02

Lisa Lewis' experience seeing health disparities among minority and low-income patients as a hospital nurse led her to pursue a master's degree and doctorate to find answers and solutions. A native of New York, Lewis landed at Mizzou for her doctorate, finding that the faculty members were committed to helping her develop as a nurse scientist. Twelve short years after earning her PhD, Lewis is a leader in public health. A tenured associate professor at the University of Pennsylvania School of Nursing, Lewis focuses on behavioral management of hypertension among blacks and conducts her research and interventions largely in the community setting – in churches and community centers. In 2012, she was inducted as a fellow in the American Academy of Nursing. "Dr. Lewis is a shining star in the nursing academic community. She has both contributed greatly to the field and has much yet to contribute," says Jane Armer, MU SSON professor and Lewis' doctoral mentor.



ALUMNI ACHIEVEMENT

KATY MUSTERMAN, BSN '08

Katy Musterman is driven to improve the lives of aging adults, and her passion for the older population is evident in her dedication to the residents she serves as manager of nursing services at TigerPlace, the school's independent living facility for older adults in Columbia. Demanding on-call hours and often difficult situations do not faze Musterman who shows compassion and leadership in all her interactions. In addition to managing care for all residents, she works with University of Missouri faculty and students from a variety of disciplines and is part of the interdisciplinary team conducting Aging in Place (AIP) research at the facility. The AIP research uses technology and care coordination to monitor residents' health status and detect declines in health early, allowing caregivers to intervene and prevent further decline and illness and reduce transfer rates to hospitals. In addition to a bachelor's degree in nursing, she holds a master's of business administration and is enrolled in the school's doctor of nursing practice program. Musterman is president-elect for the Nursing Alumni Organization.



HUMANITARIAN AWARD

SANDRA SUE SHRUM SCOTT, BSN '63

A devastating bicycle accident in 1968 robbed Sandra Sue Shrum Scott of her nursing profession, mobility and many cognitive abilities but did not alter the central qualities of her personality – a caring heart and desire to encourage those around her. The accident left Scott with severe head trauma just months after beginning service as a Peace Corps volunteer with her husband, Mark, in Ethiopia. Forty-six years later, Scott encourages the residents, staff and visitors in her nursing home with a kind word, witty quip and smile. Scott maintains a deep faith and despite short-term memory loss and much long-term memory loss, she remembers many hymns and sings with enthusiasm. Scott's family keeps the memory of her nursing career alive on the wall in her room with a display of her nursing diploma, original nursing license and a college picture.



HONORARY ALUMNA

ANNE DEATON

Anne Deaton's early appreciation for nurses evolved over her career into passionate advocacy for the profession of nursing. The wife of Chancellor Emeritus Brady Deaton describes her pre-college self as a "wannabe nurse." She instead fell in love with teaching and later earned a master's and doctorate in adult education and aging. Deaton was involved with the early stages of development for TigerPlace, the school's independent living facility for older adults. An adjunct faculty member in the school, she serves on the Aging in Place Advisory Board. The Deatons now concentrate their time on the Brady and Anne Deaton Institute for University Leadership and International Development which Brady Deaton heads. In her role with the institute, Anne Deaton plans to look at aging in developing countries and the impact of modernization on aging populations.

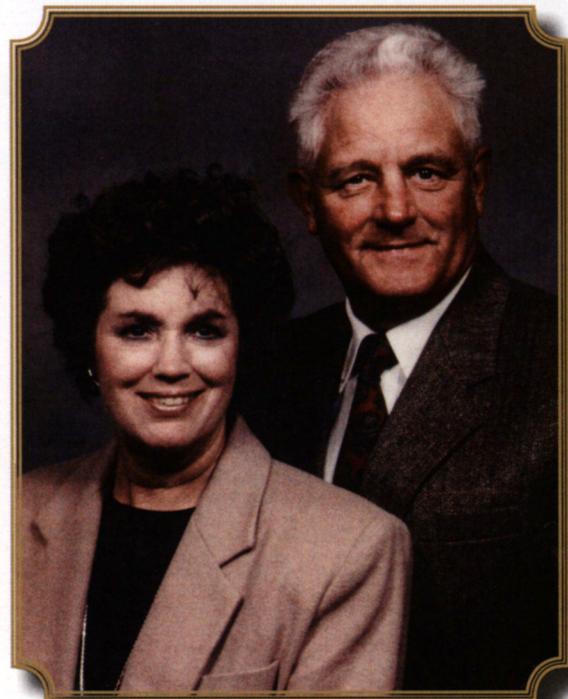


DISTINGUISHED FRIENDS

OF THE SCHOOL

IRA & GAIL HUBBELL

Ira and the late Gail Finch Hubbell devoted themselves to giving back to the community and helping others achieve their dreams. Ira Hubbell, BS EE '56, MS '58, MD '63, spent his career as an anesthesiologist. Gail Hubbell earned a bachelor of arts in English in 1961 and later completed a bachelor of science in nursing at Central Methodist College. The couple, married for 30 years, became devoted community leaders. In 2000, with their support, the Hubbell Home was built at Coyote Hill Christian Children's Home. They were among the original donors of the YouZeum, an interactive health museum open from 2007-2010. "Ira and Gail Hubbell have tirelessly served the local community and Mizzou for many years," says Dean Judith Fitzgerald Miller. In August 2013, the Hubbells established a \$100,000 endowed scholarship fund – the Ira George Hubbell, MD, and Gail Finch Hubbell, RN, Nursing Scholarship Fund – in the Sinclair School of Nursing. The fund supports scholarships for bachelor's and graduate students in nursing. Another earlier gift from Gail Hubbell, the Finch Family Endowment Fund, also provides for student scholarships.



You are cordially invited

24th Annual Nursing Banquet and Awards Ceremony

Friday, April 11, 2014

*Donald W. Reynolds Alumni Center
University of Missouri, Columbia, Mo.*

Reception

5:30 p.m., The Great Room

Banquet & Awards Ceremony

6:30 p.m., The Columns

Business attire requested

Menu options and registration information are on the reply envelope in this magazine. Please fill out your choices, enclose check made payable to the MU Sinclair School of Nursing and return by March 21, 2014. Sponsorship opportunities are available; see page at right for details.

Alumni Reunion

**Featuring graduates of 1954, '64, '74, '84, '94, 2004*

Saturday, April 12, 2014

8:30 a.m. - 2:30 p.m.

*Class reunions and tours held on the
University of Missouri campus*

*Reply using the envelope in this magazine by
March 21, 2014.*

Schedule of Events

<i>8:30 a.m.</i>	<i>Welcome and registration (University Hospital lobby)</i>
<i>9 a.m.</i>	<i>Hospital tour</i>
<i>10 a.m.</i>	<i>Sinclair School of Nursing tour and simulation learning demonstrations</i>
<i>Noon</i>	<i>Lunch in S455, School of Nursing building</i>
<i>1:30 p.m. - 2:30 p.m.</i>	<i>"MU: Then and Now"</i>

2014 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 Beth Monson, S249 School of Nursing, Columbia, MO 65211-4120

YES! We/I wish to participate as a:

*Sponsorships help offset event-related expenses.

_____ Platinum Sponsor \$1,000

Platinum sponsor is the foundation that allows this tradition to continue.

The level includes **8 tickets** for the sponsor. Less the fair market value of \$360, this donation counts for a charitable contribution of \$640.

_____ Gold Sponsor \$750

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

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

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)

No tickets included with this level – entire gift is tax-deductible.

Individual tickets may be purchased for \$45 each if you wish to bring additional guests.

The Nursing Banquet and Awards Ceremony will be held Friday, April 11, 2014, at the Donald W. Reynolds Alumni Center, University of Missouri, Columbia, Mo.

Please contact Beth Monson in the special events office at (573) 884-3775 for more information.

To be included in the printed program, sponsors must reply by Friday, March 7, 2014.

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

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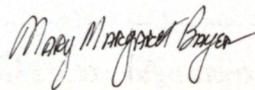
From the Alumni President

As I write this, it is the Wednesday evening before Homecoming. It is an exciting time to be at Mizzou and in the midst of all the campus activities. In addition to the Parade, the Romp, Chomp and Stomp Tailgate and the game on Saturday, the annual blood drive collected 4,588 pints of blood which will help at least 13,566 people receive blood transfusions. This year we surpassed the goal of 4,200, and we, as professional nurses, should be so proud of our students who organize this largest blood drive on a college campus with the American Red Cross. Speaking of the parade, each year our students, faculty and alumni will continue the tradition of participating and raising awareness about nursing and the Sinclair School of Nursing.

Thinking of campus activities, I urge you to make plans to attend the 24th Annual Nursing Banquet and Awards Ceremony on Friday, April 11, at the Donald W. Reynolds Alumni Center. At the banquet, we recognize and honor those alumni who have contributed to the school, the nursing profession and their community. You will find information about this year's award recipients beginning on page 15.

Join us to honor these alumni and visit with your fellow graduates. Nominating graduates for awards is one of the many ways you can participate in your Nursing Alumni Association activities. We always welcome your input into this activity and you may contact Donna Otto at ottod@missouri.edu for further information about the process or use the web link in our nomination request below.

Another tradition is the Alumni Reunion, this year held Saturday, April 12. This year we will especially recognize those in classes ending with '4' – 1954, '64, '74, '84, '94 and 2004. I will join my class of 1964 this year, and I am looking forward to a great time to see old friends and relive experiences. Now that you know how this works, plan for your get together for next year.



MARY MARGARET BAYER
BSN '64

2015 CALL FOR ALUMNI AWARD NOMINATIONS

Do you know an alumna/us who deserves recognition for contributions to the nursing profession, achievements and service? The Nursing Alumni Organization needs your nominations for the 2015 Alumni Awards:

- Citation of Merit
- Alumnus of the Year
- Alumni Achievement
- Humanitarian of the Year
- Honorary Alumnus

Review award criteria and download the nomination form online:

nursing.missouri.edu/alumni/criteria

DUE JULY 1

The MU Nursing Alumni Organization has presented attaché cases to undergraduates beginning clinicals for more than 10 years. Purchase a case for yourself and proceeds support the continuation of this tradition. 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.

MU RECOGNIZES ALUMNA

The Mizzou Alumni Association honored Linda Klein, BSN '74, Oct. 18, 2013, with an Alumni Award. Klein was among 12 faculty and alumni recognized.

Klein is president, CEO and owner of Klein & Company, a medical education and communications company for the biopharmaceutical industry she started in 2002. The business combines her unique background in science, pharmaceutical industry experience and a network of contacts throughout health care. Within four years, she grew it into a multi-million dollar company that won the "Top 25 Under 25" award in Kansas City in 2006 and Kansas Woman-Owned Business of the Year Professional Service Firm by the Kansas Department of Commerce in 2010. She has held clinical, research and academic positions in a variety of settings. Klein serves on the Dean's Advisory Board for Mizzou's Sinclair School of Nursing and received the school's Citation of Merit award in 2013.



PHOTO BY SHOSHANA HERNDON

Linda Klein, center, celebrates her 2013 Mizzou Alumni Association Alumni Award Oct. 18, 2013, with fellow 1974 graduate Karen Ehlman, left, and Donna Otto, MU SSON Director of Alumni Relations.

HOMECOMING

Faculty, staff, students and alumni once again promoted nursing and the Sinclair School of Nursing at the University of Missouri Homecoming Parade held Oct. 26, 2013. Pictured from left: Director of Alumni Relations Donna Otto and students Heather Dale, Alyss Brown, Angela Seley, Jennifer Cannovo, Sarah Bohlman, Marina Steinhauer, Megan Wasser and Kelsey Cyr.



PHOTO BY VAL BADER

Join the Mizzou Nursing Alumni Organization

Get connected while supporting students, campus programs and faculty.

- Individual – \$50 Dual – \$70

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

- Individual – \$40 Dual – \$55

Student

- Student/True Tiger – \$25 Dual – \$35

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Memberships are tax deductible.

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

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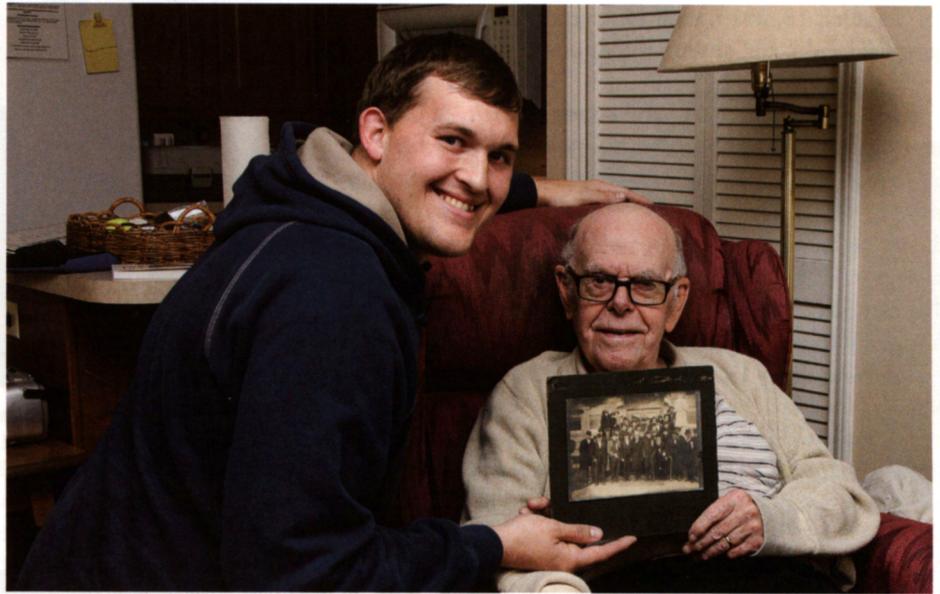
A FADED PHOTOGRAPH & STORIES OF DAYS GONE BY

STORY & PHOTOS BY
SHOSHANA HERNDON

A love for people and stories started it all. John Mowrer, 92, BS '43, PhD '74, was one of the residents Murphy Mastin, BSN '13, helped as a certified nurse assistant at TigerPlace while completing his degree. The pictures that lined Mowrer's book shelves caught Mastin's eye – Mowrer in his WWII uniform; Mowrer and his late wife, Crystal Valdeen Mowrer; and the couple's three children, J. Michael Mowrer, Linda McCollom and Susan Anderson. One image struck Mastin as familiar – a faded black and white group shot of mostly bearded men in an old paperboard cover. The image reminded Mastin of a photograph among his mother's historical records of the family. Mastin has not been able to confirm the pictures are the same, but even without confirmation the picture led to stories and details connecting these two men separated by several generations.

As they talked, Mowrer and Mastin discovered they both come from around Unionville, Mo., near the Iowa border. Over the course of many conversations, more connections accumulated. Mowrer's grandfather, George Washington Acre, served in the 7th Regimental Calvary for the Union during the Civil War. So did Mastin's great-great grandfather, Abram (or Abraham) Clark, although the two served in different companies. Acre and Mowrer appear in the old photograph from a 1927 gathering of the Grand Army of the Republic Encampment (the largest veteran organization of the Civil War). "He was a wonderful person," Mowrer says of his grandfather who raised him with the help of two aunts. "People respected him and look to him for help lots of times."

When Mastin mentions his grandfather, Richard Murphy, Mowrer, who taught vocational agriculture in Unionville and several other small towns, responds, "Oh, I had Richard in high school." Mastin explains his grandfather became a cattle order buyer. "You must have taught him well," Mastin says. "He was pretty well-known for it." Later in his career, Mowrer was a professor at the University of Missouri.



Above: Murphy Mastin, left, and John Mowrer with the photograph that led to many conversations.



Above: John Mowrer, at age 6, is pictured 4th from right in the front row next to his grandfather, George Washington Mowrer, 5th from left, a Civil War veteran.

When asked about his military service in WWII, Mowrer focuses not on where he was stationed or what he experienced but on what he remembers most, coming home to his wife. The two were high school sweethearts who disliked the separation college caused (Mowrer attended the University of Missouri, she headed to the University of Iowa). At Christmas break they decided to marry, says their daughter, Linda McCollom. Mastin's take on the relationship after many conversations with Mowrer – "She was definitely the love of his life."

ALUMNI

1960s

Nancy Duemler Radue, BSN '64, is a 23-year breast cancer survivor, a 2-year T12 fracture survivor and a stroke survivor. She is a 12 Step volunteer and enjoys cooking, gardening and painting. She lives in Nennah, Wis., and has seven grandchildren.

1980s

Theresa Boley, BSN '86, MSN '90, is co-author of several manuscripts: Vassileva, C., Boley, T., Standard, J., Markwell, S., Hazelrigg, S. (2013, April 1). Relationship between patient income level and mitral valve repair utilization. *Heart Surgery Forum*, 16(2): E89-95. doi: 10.1532/HSF98.20121105.

Vassileva, C. M., Kwedar, K., Boley, T., Markwell, S., & Hazelrigg, S. (2013, Jan.). Mitral valve procedure selection in patients with rheumatoid arthritis. *Journal of Heart Valve Disease*, 22(1): 14-19.

Grasch, A., Boley T., Todd S., Hazelrigg S., Colle J., Henkle, J. Daily singing practice as a means of improving pulmonary function and quality of life in emphysema patients. *Cureus*, 5(3):e103. doi:10.7759/cureus.103

1990s

Marcia Beck, MS(N) '97, ACNS-BC, CLT-LANA, attended the Oncology Nurses Society Leadership Seminar in Pittsburgh, Penn., July 25-27, 2013. She is the elected Special Interest Group Leader for Lymphedema Management for 2012-2014.

Francine Corwin Edwards, MS(N) '94, RN-BC, CRRN, and Chamelle March, MSN, APRN, FNP, GNP-BC, gave the presentation Success with a Second-Chance Stroke Program at the Association of Rehabilitation Nurses National Conference in Nashville, Tenn., on Oct. 5, 2012.

Peggy Schmitt, BSN '98, is president and CEO of North Kansas City Hospital. She previously served as vice president and general counsel for 19 years.

2000s

Erin Slaughter Wilson, BSN '03, earned a

master of science in nursing from Central Methodist University in 2013 as well as Clinical Nurse Leader certification. Wilson is also a member of the Nursing Alumni Organization Board.

FACULTY

Associate Professor **Gregory Alexander** has been appointed a regular member of the Agency for Healthcare Research & Quality Health Safety and Quality Research Panel.

Mary Creger, MSN, RN, ACNS, AGCNS, CCRN, joined the school as an adjunct instructor.

Adjunct Instructor **Carolyn Crumley** was appointed to coordinate the adult and pediatric Clinical Nurse Specialist area of study. She also has been selected to serve on the National Association of Clinical Nurse Specialists (NACNS) Alarm Fatigue Task Force. The NACNS' mission is to enhance and promote the unique, high value contribution of the clinical nurse specialist.

Martha Hoffman Goedert joined the school as an adjunct assistant professor. She is a family nurse practitioner and certified nurse midwife. In October 2013, she gave the presentation "Helping Babies Breathe: Partnership for Training the Matwon through Midwives for Haiti," at the 36th Annual Global Studies Conference at the University of Nebraska at Omaha.

Lisa Hathaway joined the school as an adjunct instructor assisting in the Essig Clinical Simulation Learning Center. Her nursing specialty is rehabilitation.

Assistant Professor **Urmeka Jefferson** received the Research Abstract Award from the National Association of Neonatal Nurses (NANN) Friday, Oct. 4, 2013, at the NANN's 29th Annual Educational Conference in Nashville, Tenn. Jefferson's research focuses on breastfeeding knowledge and intentions among blacks and the factors associated with infant feeding methods and impact on infant mortality.

Renae McIntosh joined the school as a clinical instructor. She specializes in pediatrics.

Instructor **Heidi Monroe** welcomed baby girl Avalynn Elizabeth Monroe April 24 at 7 lb 14 oz and 21 inches long.

Associate Professor **Lorraine Phillips** is chair of the Student Poster Committee for the Midwest Nursing Research Society. Students interested in submitting abstracts for the 2015 MNRS conference, joining MNRS, attending the conference, etc., may contact Phillips at phillipslo@missouri.edu. MNRS invites students of all levels to join, attend and present (with a mentor) at next year's conference.

Assistant Professor **Todd Rupp**, PhD '09, in June 2013 served on a grant review panel for the Patient Centered Outcomes Research Institute. In November, he gave an invited presentation at the American Heart Association's annual Scientific Sessions conference in Dallas, Texas.

Adjunct Associate Professor **Jan Sherman** gave the presentations "A clinical trial of Lactoferrin to reduce infection in very preterm infants: Safety and efficacy" and "The effect of Talactoferrin on the composition of intestinal microbiota in very preterm infants" at the 11th International Conference on Lactoferrin in Rome, Italy, Oct. 6, 2013.

In 2013, Associate Professor **Bonnie Wakefield** gave two oral presentations:

Wakefield, Alexander, Dellsperger, Erdelez (2013, March). Usability of a Web-Based Symptom Monitoring Tool for Heart Failure. Midwest Nursing Research Society Annual Meeting, Chicago, IL.

Wakefield, Drwal, Scherubel & Groves (2013, March). Patient Reported Self Care Management in Heart Failure. Midwest Nursing Research Society Annual Meeting, Chicago, IL.

And two poster presentations:

Koch, G. (PhD student), Wakefield, B. & Wakefield, D. (2013, March). Assessing Self Care Burden in Patients with Multiple Chronic

Class Notes continued on page 24



Class Notes continued from page 23

Conditions. Midwest Nursing Research Society Annual Meeting, Chicago, IL.

Wakefield, B., Dellsperger, K., Mehr, D., Wakefield, D. & Boren, S.A. (2013, March). Development of a Decision Support Intervention to Improve Symptom Reporting in Persons with Chronic Heart Failure. Midwest Nursing Research Society Annual Meeting, Chicago, IL.

STAFF

Sherry Cass returned to the school as clinical placement and program evaluation coordinator. Cass previously served the school from 2002-2011 as executive staff assistant to the dean.

Maryann Coletti, a clinical instructor and Centers for Medicare and Medicaid Services Interact coach with the Missouri Quality Initiative for Nursing Homes, was appointed by Gov. Jay Nixon to the Missouri Oral Chemotherapy Parity Interim Committee. The committee is charged with studying the disparity in patient co-payments between orally and intravenously administered chemotherapies, the reasons for the disparity, and the patient benefits in establishing co-payment parity between oral and infused chemotherapy agents.

Lea Wood, BSN '09, Essig Clinical Simulation Learning Center coordinator, received an MS(N) in May 2013. She also gave several presentations in 2013:

Wood, L. (2013, May). Integrating IPV [Intimate Partner Violence] Screenings into the Nursing Curriculum using Simulation. The Nursing Network on Violence Against Women International (NNVAWI) Conference. Vancouver, British Columbia.

Wood, L; Russell, D. (2013, May). iPads in Action. Celebration in Teaching Conference. Columbia, Mo.

Wood, L.; Oliver, G. (2013, April). Pop Fly: Smart Technology in the Class and Clinical Setting. Missouri League for Nursing's 60th Annual Convention. St. Louis, Mo.

STUDENTS

Student Nurses Association members attended the Missouri Nursing Students' Association conference in Columbia, Mo., Oct. 11-12, 2013. SNA students won the Outstanding SNA Chapter Award. The SNA also sponsored a bone marrow cheek swab drive for Delete Blood Cancer Oct. 14, 2013. Delete Blood Cancer is the largest bone marrow center in the world.

IN MEMORY

Gail Finch Hubbell, BA '61, passed away Nov. 11, 2013. She was a dear friend and supporter of the Sinclair School of Nursing. She earned a bachelor of science in nursing from Central Methodist College. She was involved in many volunteer activities including Constance Circle of King's Daughters, Delta Delta Delta sorority, Boone County Medical Alliance, and many more. She is survived by her husband of 30

years, Dr. Ira G. Hubbell; son, Gregory Alan Sickal (Sue); grandsons, Thomas Ira Atkins and Andrew Finch Atkins; and a stepson, George Peyton Hubbell (Vicki, Alex, Kate). The full obituary is available online: bit.ly/175t2mh.

Elinor "Ellie" VanDyke Powell, BSN '60, BS '73, M Ed '78, passed away Aug. 2, 2013. She married William Danforth Gaunt while in nursing school. She volunteered for the Red Cross, March of Dimes, MU Alumni Association, Girl Scouts and Missouri United Methodist Church. She had a 31-year career in nursing which overlapped with a 10-year career in music education. She was a nurse at Rusk Rehabilitation Center where she was proud to serve with countless dedicated professionals, helping people when they needed it most. She worked at Rusk as a nursing supervisor until Nov. 2012. Her second husband was Ira "Rocky" Powell, a music teacher at MU. She had a great sense of humor and enjoyed a good adventure. The full obituary is available online: bit.ly/11RDqel.

INTERNATIONAL HONORS FOR PHD STUDENTS

Two MU SSON doctoral students were recognized with the International Society of Lymphology Presidential Prizes in Sept. 2013 at the 24th International Congress of Lymphology in Rome, Italy. Dorit Tidhar and Jennifer Hulett, BSN '95, MS(N) '99, both also presented at the conference. Tidhar, whose research focus is lymphedema management, gave three presentations on the topic focused on aqua lymphatic therapy, self-bandaging instruction and treatment documentation of lymphedema therapy. Tidhar is focusing her dissertation topic on practice-based evidence research in lymphedema management. Hulett gave a presentation about breast cancer survivors' perspectives over the continuum from diagnosis to 84-months post-treatment; the manuscript was accepted for publication in the ISL Congress Proceedings. Hulett also was selected to receive the John D. Bies International Travel Scholarship from the MU Graduate School. Her dissertation research project focuses on exploring whether a physiological relationship exists between spirituality and the immune function of breast cancer survivors.



From left: Dorit Tidhar and Jennifer Hulett.

SUBMITTED PHOTO



DONUTS WITH THE DEAN



PHOTO BY SHOSHANA HERNDON

Dean Judith Fitzgerald Miller, center, held a Donuts with the Dean meet-and-greet Oct. 31, 2013, for 8th semester and accelerated students. Miller holds the informal sessions once a semester to touch base with students, find out about their experiences in the program and their future plans. Pictured from left: Sean Baumgartner, Hayleigh McLellan, Natalie Martens, Cassie Myers, Dean Judith Fitzgerald Miller, Hannah Anderson, Angelina Koch and Stephanie Cain.

Share Your News

We know our alumni are doing great things. Please let us know about your new job, further education, presentations, publications, entrepreneurial endeavors and anything else great that's going on in your world. Your notes may appear in a future issue of *Mizzou Nursing*, on our Facebook or Twitter and on the website. Fill out the form online: bit.ly/1fSk0M3.



SUBMIT:

- In the enclosed envelope *or*
- To S218 School of Nursing, Columbia, MO 65211 *or*
- mizzounursing@missouri.edu

Name (including maiden): _____

Degree(s): _____

Date of graduation: _____

Address: _____

Phone: _____ Email: _____

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

From the Office of Advancement

I recently celebrated working in the MU Sinclair School of Nursing for one year! During the course of this past year, I have had the privilege to interact with students in the halls and venues as well as at numerous functions throughout the year. I am constantly amazed at how motivated, articulate and bright they are in their quest to become nurses.

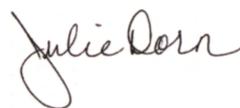
I am not alone in these thoughts! We have recruiters that come from across the country to vie for our students because they exhibit the ability to know why they do what they do and when to question something that does not make sense. These are important skills that make a difference and save lives.

The School of Nursing's Advancement Office is the liaison between alumni/donors and student scholarship recipients. I have heard firsthand many stories of why they became nurses and the challenges current students are facing – stories of being born out of watching suffering in their own families, stories of struggles to be the first in their families to attend college, and stories of sacrifice and determination to juggle careers and families while returning to school to complete their degrees. These are passionate stories that have touched my heart and will no doubt make them fine nurses.

These stories have another side – the chapters that many of you have written as donors who endowed scholarships to enable students to follow in your footsteps. These chapters often tell how you benefited from scholarship support and have now endowed a fund yourself. My goal in the near future is to create opportunities to bring scholarship recipients together with the donors in order to provide them both the chance to see how much they are impacting one another.

If you are already a donor, you receive the heart-felt thank you notes and know how grateful our students are for your support. For everyone else, I challenge you to ask yourself, how might I make a difference? I welcome the opportunity to talk or meet with you to explore the numerous giving options that exist and determine what works best for you. Please contact me with your questions and ideas: 573-884-3775 or dornj@missouri.edu.

Best Regards,



JULIE DORN

DIRECTOR OF ADVANCEMENT

CLUBS FOR A CAUSE

The MU Sinclair School of Nursing (MU SSON) raised \$23,000 for student scholarships through the 13th Annual Fund the Drive for Nurses Golf Tournament Sept. 30, 2013, at Columbia Country Club. Tournament proceeds benefit Fund the Drive for Nurses Scholarships and the Dean's Fund for Excellence. Miller's Professional Imaging/Mpix was the title sponsor for this year's tournament. The tournament drew more than 70 participants and volunteers including Lisa Piccone, a presenting sponsor and owner of PIC-1 Medical, and a team representing presenting sponsors University of Missouri Health Care and University Physicians.



PHOTO BY SHOSHANA HERNDON

Student scholarship recipients handed out cookies to tournament players. Pictured from left: Rick and Karen Litschgi, Lisa Piccone, DNP student Jamie Parrott, Don McCloud, accelerated student Katie Sucher, and Mindy and Travis McCubbin.

BROUGHT TO YOU BY  MILLER'S & 

Enriching Nursing Education & Research

V. James Rhodes & Verna Adwell Rhodes



Professors Emeritus V. James Rhodes, BA '50, and Verna Adwell Rhodes, BSN '54, M Ed '57, EdSp '80, are a true Mizzou couple. They have continued their involvement and support of the University after both retired in 1995 – he from agricultural economics and she from nursing. Collectively they have amassed more than 70 years of service. Verna Adwell Rhodes' career as a nurse, professor and researcher took her around the world and helped put the MU Sinclair School of Nursing on the map in the field of oncology nursing. The Rhodes' financial support has enriched the educational and scholastic atmosphere at the Sinclair School of Nursing. They support the school through three endowments they established to benefit students and faculty: The **Verna Adwell Rhodes International Research Endowment**, the **Verna Adwell Rhodes International Travel Endowment** and the **V. James and Verna Adwell Rhodes Endowed Nursing Fellowship**.

"This is a way for us to fulfill our desire to help our University and the people of the world," Verna Rhodes says. "As we contribute to the lives of the students and faculty, their contributions extend beyond the boundaries of a particular country. We encourage our fellow alumni to show their spirit of support by joining us in giving back."

You, too, can establish an endowment that fits your financial needs and helps meet your philanthropic goals. For more information on giving within the MU Sinclair School of Nursing, visit www.nursing.missouri.edu/giving, or call 573-884-3775.



YOU ARE INVITED!

*Find full banquet details
in this magazine*

- Banquet registration, p. 18
- Alumni Reunion registration, p. 18
- Award recipients, p. 15
- Sponsorships, p. 19

Alumni Reunion

**Featuring graduates of 1954, '64, '74, '84, '94, 2004*

Saturday, April 12, 2014

8:30 a.m. - 2:30 p.m.

*Class reunions and tours held on the
University of Missouri campus*

*Reply using the envelope in this magazine by
March 21, 2014.*

Schedule of Events

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"

24th Annual Nursing Banquet and Awards Ceremony and Alumni Reunion Registration

Registration deadline March 21, 2014

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
Address _____		_____	<input type="checkbox"/> A <input type="checkbox"/> B
City _____ State _____ Zip _____		_____	<input type="checkbox"/> A <input type="checkbox"/> B
Daytime phone _____		_____	<input type="checkbox"/> A <input type="checkbox"/> B
E-mail _____		Please seat me/us with the Class of _____	
Nursing alumni class year: BSN _____ MS(N) _____ DNP _____ PhD _____			

Banquet Menu Options

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

A) Beef and Chicken entree

B) Vegetarian entree

* All entrees are served with a salad, rolls and dessert.

Friday, April 11

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

Saturday, April 12

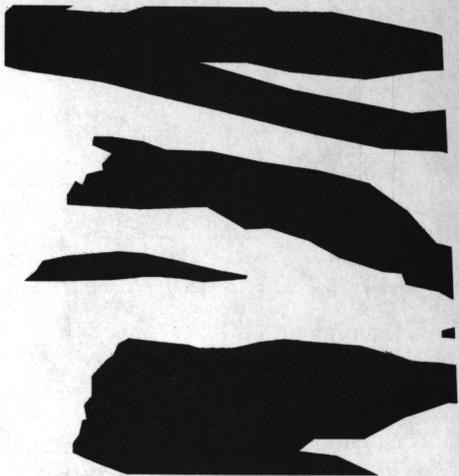
University Hospital and School of Nursing tour # _____	No charge	
Luncheon # _____	\$10 each	\$ _____
Virtual campus tour # _____	No charge	
GRAND TOTAL		\$ _____

Registration deadline:
March 21, 2014

*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 March 7, 2014, will be acknowledged in the printed program.

Make checks payable to: **MU Sinclair School of Nursing**

R.s.v.p. today!



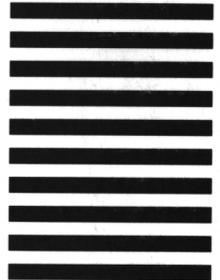
Do not miss the 24th Annual Nursing Banquet & Awards Ceremony and Nursing Alumni Reunion. Please fill out the registration information inside and return with your payment by March 21, 2014.

Join us April 11 & 12, 2014

 Sinclair School of Nursing



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Format Book
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Source ID C:15/00/4 FF11 Box 1
Notes mailer envelope included in this magazine

Capture information

Date captured April 2022
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Color settings 24 bit color
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