

VOLUME 8 | NUMBER 1
Yale
Nursing
Matters

耶鲁大学护理学院



Yale Nursing Matters

Yale Nursing Matters is a publication of Yale University School of Nursing and Yale University School of Nursing Alumnae/i Association.

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Fall 2007 *Yale Nursing Matters*

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mat·ter *n.* Something that occupies space and can be perceived by one or more senses; a physical body, a physical substance, or the universe as a whole. A subject of concern, feeling, or action. Something printed or otherwise set down in writing. *v.* To be of importance or value. Signify.



This issue of *Yale Nursing Matters* covers the events that took place from winter 2006 through summer 2007.



As we go to press, Dean Grey is scheduled to meet with YSN international partners. Her activities include:

OCTOBER 24
Yale-China Association's 6th Annual Chia Family Fellowship Health Conference, held at the Central South University Xiangya School of Medicine in Changsha, Hunan Province. Dean Grey will give a presentation focused on diabetes prevention.

OCTOBER 26
A visit to Central South University School of Nursing, where she will give a speech, "Integrating Research and Nursing Practice."

OCTOBER 29
She is giving a talk at Hong Kong Polytechnic University.

Evidence that Yale Nurses are carrying out our mission, "better health care for all people," can be found all over the world. This issue of *Yale Nursing Matters* focuses on our new Center for International Nursing Scholarship and Education, established in 2006. Featured stories relate to Yale University School of Nursing's long-term relationships with programs in China, Thailand, Nicaragua, and South Africa, including faculty exchanges, international symposia, clinical placements for YSN students, research partnerships, as well as the provision of direct patient care for the most needy around the world.

One of the longest relationships is with Mahidol University in Bangkok, Thailand. This issue profiles a PhD student from Mahidol who spent the past academic year at Yale, working on her dissertation proposal on diabetes care with YSN faculty. Although they will never complain, imagine what it must be like to be many thousands of miles from home for a year in a country whose customs and language are very different from your own trying to write a dissertation proposal in that second language. Yet, this is what it takes to do truly international work. Concomitantly, our faculty needs to do more than travel. They must learn the culture, establish relationships, and do their work collaboratively in the context of the culture and the language.

Yale University has had a long tradition of leadership in promoting understanding and advancing knowledge throughout the world. This was exemplified recently with the Yale China 100 trip. In May, Yale President Richard Levin led 100 Yale students and faculty to China as the personal guests of Chinese President Hu Jintao. Two YSN students and one faculty member went as part of the delegation.

The world continues to shrink, and Yale Nurses are at the forefront of bringing about better health care for *all* people. This is the case here in New Haven, in health care settings throughout the United States, in universities and medical centers all over the world, and even in remote villages with little access to health care.

We know Yale Nurses are special. Every day, more and more people throughout the world are discovering that fact. If you would like to help us to support more of these activities, I hope you will let me know.

Margaret Grey, DrPH, RN, FAAN
Dean and Annie Goodrich Professor of Nursing Research

New faculty join YSN



Nancy S. Redeker, PhD, RN, has been appointed Associate Dean for Scholarly Affairs and Professor. She comes to YSN from the University of Medicine and Dentistry of New Jersey, School of Nursing, where she served as Professor and Associate Dean for Research. Dr. Redeker's program of research is focused on sleep, sleep disorders, and circadian rhythms of activity-rest in persons who have heart disease. She has also conducted studies on self-management strategies used by home care clients with heart failure and psychosocial responses of patients with heart disease.



Nancy Reynolds, PhD, RN, C-NP, FAAN, has been appointed Professor. Her NIH-funded program of research focuses on improving quality of life outcomes of persons living with HIV. She is a member of several multi-site, interdisciplinary teams and is currently testing interventions to augment adherence to antiretroviral medication and smoking cessation in clinic populations who are HIV-positive.



Leslie Neal-Boylan, PhD, RN, CRRN, APRN-BC, has been appointed Associate Professor. She is a certified family nurse practitioner, rehabilitation nurse, and home health nurse. Her current research relates to registered nurses with physical disabilities.



Meredith Wallace, PhD, APRN-BC, has been appointed Associate Professor. She is an adult nurse practitioner and currently maintains a practice in primary care with a focus on chronic illness in the elderly. Her research interests focus on the psychosocial needs of men with prostate cancer, especially those undergoing active surveillance.

YSN participates in Yale-China 100 trip



Yale President Richard Levin recently led a delegation of 100 Yale students, faculty and administrators to China at the invitation of Chinese President Hu Jintao. The trip included visits to Peking University in Beijing and Fudan University in Shanghai, interaction with Chinese students and scholars, meetings with government leaders, tours of major cultural and historical sites in Beijing and Shanghai, as well as visits to historical sites in the ancient city of Xi'an. YSN Professor Lawrence Scahill (pictured above, back row, second from right) and students Kate Allard '09 and Julie Womack '11 were members of the delegation. Read more online at: yale.edu/chinatrip/

Lois Sadler wins prestigious Elm-Ivy Award



YSN Associate Professor and Assistant Dean for Academic Affairs Lois Sadler '79, was recently presented with a prestigious Seton Elm-Ivy Award by Yale President Richard Levin (pictured with her, at left). Dr. Sadler was honored for her work since 1979 with teen parents in New Haven and for teaching parent education classes at the Polly T. McCabe Center, a transitional school for pregnant students in Grades 8 through 12. Read more online at: nursing.yale.edu/News/Features/2/

Annual Nightingale Awards honor YSN contributions



Alison Moriarty Daley and Vanya Hamrin, flanked by YSN's Lois Sadler and Barbara Guthrie at the awards banquet

Two YSN faculty members, Alison Moriarty Daley and Vanya Hamrin, were recently selected as winners of the 2007 Nightingale Award for Nursing Excellence in Connecticut. This VNA of South Central Connecticut program honors nurses who make special contributions to patient care. YSN Assistant Professor Linda Pellico '89 delivered the keynote address at this year's Nightingale Awards banquet. You can read Dr. Pellico's tribute to Florence Nightingale by visiting the Nightingale website at: nightingaleawardsct.org/region_newhaven.htm. Also in connection with this program, a member of YSN's Class of 2007, Cathryn Imperato, was awarded one of five Nightingale Scholarships in recognition of her potential as a practicing nurse upon graduation. Read more and view photos of the event online at: nursing.yale.edu/News/Features/SlideshowNite/

Research Symposium focuses on translation science



The Center for Self and Family Management of Vulnerable Populations held its 3rd Annual Research Symposium on May 17, 2007, at YSN. Marita Titler, PhD, RN, FAAN, delivered a keynote address, "Innovations and Translation Science." Dr. Titler is the Director of Research, Quality and Outcomes Management, Department of Nursing Services and Patient Care at University of Iowa Hospitals and Clinics. Following her keynote, there was a respondent panel of experts in community-based care. The symposium also featured senior YSN research faculty, a leading patient outcomes expert and poster presentations of Center-funded pilot studies.

Bellos lecture casts nurses at center of the "perfect storm"



YSN's 2007 Sybil Palmer Bellos lecture featured a talk by Dr. Jane Metzger, who described how health care's rapidly changing forces are coming together to create a critically important juncture for the profession of nursing. Her lively presentation, "Approaching the Perfect Storm," is now available as an audio file that you can download and listen to on your iPod or computer. Links to this dynamic content will continue to expand in the coming months, and are included in a new section of our website, the YSN Multimedia Collection, at: nursing.yale.edu/News/Media/

Yale-Howard Scholars present research



Each year, the Yale-Howard Partnership Center on Health Disparities brings nursing students from Howard University to Yale for an intensive research internship. The 7th Annual Yale-Howard Presentations at YSN featured this year's group of three scholars presenting their research. Shunta Beed, Nalini Balram and Adebayo Arowolaju (pictured at left) are Howard University Division of Nursing (HUDON) students who participated with YSN faculty mentors in the six-week summer internship that wrapped up with the presentations on July third. A recent gift from the Josiah Macy, Jr. Foundation will expand this innovative partnership to other health professionals (e.g., nursing, medicine, public health) to promote interest in research careers, beginning in 2008. Read more online at: nursing.yale.edu/News/Features/4/



Expanding nursing practice in South Africa



Regina Longinotti had not even stepped on a plane bound for Tugela Ferry, South Africa and was already talking about going back to the Zulu village. She knows the need is that great.

Over the summer, Longinotti joined fellow YSN student Kun Lu on a three-week community health rotation in Tugela Ferry, which is in the province of KwaZulu-Natal, to work with and learn from volunteers and nurses who provide home-based care to HIV/AIDS patients throughout the region.

They worked primarily with Philanjalo, a nonprofit organization created by a group of doctors and community members from the Church of Scotland Hospital (COSH). Philanjalo has organized roughly 300 local women to serve as “home carers,” to visit people living with AIDS in their homes,

bringing them comfort and basic nursing care. The home carers work under the guidance of nurses at the hospital. The program also distributes accurate information about the disease and an opportunity to discuss prevention with family members. “I feel that you have to practice nursing within different environments,” Lu says. “We are citizens of a global community.”

This will be the first time YSN will be directly collaborating with Yale Medical School’s HIV/AIDS initiative in KwaZulu-Natal. Dr. Gerald H. Friedland, Professor of Medicine and Epidemiology and Director of the AIDS Program at Yale, has worked there for five years with Dr. Tony Moll, who leads the HIV/AIDS program at COSH, on a study examining the relationship between HIV and tuberculosis infections. Former YSN faculty member Terri Clark set up an innovative program in the maternity ward at COSH for YSN midwifery students. Both of these projects have led to the growth of a strong and mutually beneficial relationship between Yale and colleagues in Tugela Ferry.

Susan Barringer, associate director of the Yale Center for International Nursing Scholarship and Education, made an assessment visit to the area to learn about the Philanjalo program

last year and to lay the groundwork for clinical exchanges. “It’s a very challenging setting,” she says. “There is so much poverty and illness, so many unsolvable problems and cultural differences. It can be overwhelming to students, not to mention seasoned providers.”

While in KwaZulu-Natal, the YSN students learned about the interaction between Philanjalo, the hospital, and the hospital’s thirteen health clinics, which are spread throughout the region. They made home visits, participated in community health education sessions at the clinics

and observed nursing practice in rural settings where nurses are the de facto primary care providers for most health needs. For these nurse practitioner students, this proved to be an inspiring experience. The goal was to give them an understanding of community health practices in a rural region and to make them think critically about the challenges of delivering health care in this particular community.

“We’re offering an experience in which they can begin to understand the health care system and see how it is delivered in a very culturally different setting,” Barringer says.

Longinotti says she hopes to practice in underserved community health settings and believes that she will get valuable experience while in South Africa.

“One of the reasons I chose Yale was because of its international work,” Longinotti says. “I want to go back to these areas throughout my life and I would like to learn as much as I can from these trips. As nurses, if we can help in any way, I think it’s our job to do that.”



**Meeting
the challenges
of nursing
care in**

Nicaragua

BY DANIEL CHAMPAGNE



SN professor Patricia Jackson Allen, MS, RN, PNP, FAAN, had a plan in mind for showing the children of Managua, Nicaragua how to protect themselves against lice.

She was going to teach them how to properly shampoo their heads, but then she realized once the children went back home, their siblings or parents would just spread the lice right back to them.

She was going to teach them to properly wash their bed sheets, but then she realized many of the children weren't sleeping on sheets, but on pieces of cardboard on the floor.

And suddenly Allen realized something else. In order to make a change in this area of the world, she would need to change her style of teaching. "It challenges us all to think creatively, but also to really understand the public health implications of working in that country," says Allen, who is the director of the pediatric nurse practitioner specialty at YSN.

Overcoming those initial challenges is one of the most difficult parts of beginning a new international project such as the one that seven YSN students and four faculty members started at a small school in Managua this past May.

Allen and Susan Barringer, Associate Director of YSN's Center for International Nursing Scholarship and Education, traveled to the area in January to see if the project would be beneficial for both the students at YSN and the students at La Escuelita, a concrete, three-room, privately founded school with an enrollment of ninety students ages 3 to 18.

While YSN has been involved in community health projects in Nicaragua since 2002, the relationship with La Escuelita may never have come to be if not for a chance meeting between an American and a YSN alumna already making a difference in the area.

Alumnae Angie Rogers '03 and Bethany Golden '03 created a nonprofit organization for human rights projects and women's health initiatives in Nicaragua in 2002. Their work, which was profiled in *Nursing Matters* in the winter of 2003, began in support of the Mama Liche Clinic in Esteli, a women's health clinic run by local resident Alicia Fuente out of her home. Once a year, six community health students from YSN volunteer at the clinic in Esteli.

On a bus in Nicaragua in 2006, Golden met someone who told her about La Escuelita and its health care needs. News of the little school soon made its way back to New Haven. Penn Garvin, an American with a history of health advocacy, is the contact person for YSN in Managua.





Three Nicaraguans created the school in 1995 as a way to educate children of people who worked in the Oriental Market, a large section of town with bustling street commerce. The school's creators are not trained teachers, but they are educated.

Barringer says the area is much poorer and less developed than she expected. A massive earthquake devastated the downtown area of Managua in 1972 and it was never completely rebuilt, according to Barringer. Then in 1998, another hurricane destroyed much of the area's agriculture, she says.

"Most of the children whose parents work in the Oriental Market could not afford to go to public schools because they simply didn't have the money to pay for the required uniforms. As a consequence, these children were not getting health services and they were not getting education," Barringer adds.

Once La Escuelita was established, the teachers found that they were also quickly becoming the primary health care resources for their students. As issues arose,

"When we arrived, we found only six records of any immunizations at the school and those records were in tatters."

the teachers would scramble to find the answers and counsel the students and their parents, according to Barringer. She says, "The teachers try to address these health issues, but they just can't because they aren't trained health care providers."

When the YSN's Niacaragua Project members arrived in May, they brought toothbrushes, toothpaste and vitamins for the children of La Escuelita. Oral hygiene was one of the most common problems seen at the school. A local dentist who knew of the project volunteered her time each day to give all of the children basic dental exams and cleanings. The children were also taught dental hygiene.

Roughly one-third of the students had lice and more had skin diseases and parasites. The group was able to bring in parasite medication within a few days.

Fifteen students had signs of upper respiratory disease with symptoms consistent with asthma. A local clinician heard of the efforts by YSN and brought in fifteen Albuterol inhalers. Unfortunately, the students had a difficult time adjusting to their new devices. So Allen tried to obtain spacers, which are attachments for the inhaler that allow children to breathe in the proper amount of Albuterol. There were none in the area, and, once again, Allen had to change her plans.



As the YSN Nicaragua Project continued, more local clinicians came forward and offered their services to the students.



She instructed the YSN students to make their own spacers out of plastic juice bottles and the fifteen children with asthma symptoms quickly had a bit of relief. Allen says, “Before the inhalers, the parents of these children with asthma simply had to wait out the attack and hope it was not too serious. Now they could use the inhalers to treat attacks and will have to resort to emergency medical care much less frequently.”

As the YSN Nicaragua Project continued, more local clinicians came forward and offered their services to the students. A community health brigade stepped in along with the Ministry of Health. Members of YSN also met briefly with faculty and students from the School of Nursing at the Polytechnic University in Managua who have offered to help at the school. By the end of the week, all ninety of the students in La Escuelita, including a few additional walk-in patients, had been given a health assessment.

One of the largest and most important undertakings of the group while in Managua was creating health records for each

child in the school. “When we arrived, we found only six records of any immunizations at the school and those records were in tatters,” Allen explains.

The YSN Nicaragua Project then worked with the Ministry of Health to put together cards for the children so their teachers and local clinicians would be able to see their health care history before they are treated. Barringer explains that a birth has to be registered in order to get certain benefits through the Ministry of Health system, but in poorer neighborhoods, families may not have been registered for several generations. “This project created the records these families will need in order to get care,” she says.

The cards will also allow YSN students and faculty to see the progress of students as they continue to visit La Escuelita year after year. “I think the experience over time will be that as we continue to watch individual students, we will also be seeing YSN’s relationship with La Escuelita grow,” Barringer said. For the nursing students who take part in the YSN Nicaragua Project as it moves forward, Barringer also sees a benefit. She says, “I think it’s a richer experience for the students because that’s how change really happens. It doesn’t happen in a one-week visit to observe something. It takes time.”

Even with yearly visits, the project’s plan was always to give the teachers in Managua enough information so they could guide their students’ efforts in basic hygiene and health throughout the year by reinforcing behaviors such as hand washing and checking for lice. The YSN group also gave the teachers a copy of *Where There Is No Doctor: A Village Health Care Handbook*, which Barringer described as “the bible for community health and rural health care providers.”

“Teachers are very interested in it,” Barringer says. “They don’t want to become primary health care providers, but they also understand that as the teachers, they play a huge role in the lives of these children.”

According to Barringer, building long-lasting and mutually beneficial relationships is just as important as the health care itself. She says, “These trips are not a one-shot deal or simply a line on a resume. These initial trips are about building up trust with people who are inviting others into their private lives even though they may come from vastly different cultures and don’t speak the same language.”

That trust, Barringer feels, can be developed only by continuing to visit the area and providing basic health care to the people of Managua. “We went down there and said a lot in January, but they were probably wondering if we were going to deliver,” she says. “Well, we did. Now they’re probably wondering if we’re going to come back. Yes, we’re going to come back. You build this trust over time. We’re not just going to observe and look around. We’re going to offer something because we really believe that we have a lot to offer.”

A sense of mission

BY COLLEEN SHADDOX

First night dinners tend to involve much smiling and nodding. Yale-China Executive Director Nancy Chapman expected this evening would be no different, with the Chinese nurses being deferential to the YSN visiting faculty, generally older and certainly authority figures, who had come to do a workshop on blood borne pathogens. As the only person at the table fluent in Chinese and English, Chapman anticipated a quiet evening. Instead, she could barely eat for the demands on her to interpret.

“Do you have to burn the mattress after a person has died from AIDS?” one Chinese nurse asked.

Dozens of questions followed. It was 2003, and China’s government had only recently acknowledged the presence of HIV in the country. No training and little information were available to these nurses working along a heroin route where injecting drug use was creating a growing HIV-positive population.

Chapman thought to herself: “We are in the place we need to be.”

The Yale-China Association has been in China for more than 100 years. Nursing was central to the organization’s work in its earliest days. Since the 1990s, nursing has again played a prominent role at Yale-China, as nurses in the People’s Republic work to expand and elevate the profession.



“We are in the place we need to be.”

Yale-China was and is independent of the university, though based in New Haven with obvious close ties. The organization began as a Christian missionary effort but was always characterized by a respect for Chinese culture and a desire for true collaboration. In 1902, Yale Secretary Anson Phelps Stokes directed that its work should be “entirely undenominational and sympathetic towards all that is best in China and Confucianism.” The group’s mission was to develop Western-style schools and health professions education in Changsha, the capital of Hunan Province. The spot was chosen in part for its tradition of producing national leaders.

Yale-China schools alternately flourished and were threatened for their very existence by political upheavals and war. Drusilla Poole, YSN ’47, who served as an instructor at Hsiang-ya Nursing School in Changsha, vigorously fought plans to evacuate staff during the Chinese Civil War. Chapman notes that while Yale-China quickly steered away from proselytizing, volunteers retained a strong sense of mission.

“I am a nurse, and my job will not change no matter what happens,” Poole wrote in 1948. “I came to China for better or for worse and just because it got a little worse, I’m not convinced it’s time to leave.”

Ann Williams, YSN’s Helen Porter Jayne and Martha Prosser Jayne Professor of Nursing, remembers holding Poole’s letter and being deeply moved by it. Williams began working with the Yale-China Association in the 1990s and is now one of the organization’s trustees. She says that she was eager to collaborate with Yale-China because of its long-term commitment to the people of Changsha. “The depth of the relationship is what’s special,” she explains. That depth is epitomized by Poole’s stirring words and willingness to put herself in harm’s way.

“China’s need for nurses will become no less acute just because of the present crisis,” Poole had written. China still needs nurses, Williams says, and it needs to give them the tools for an expanded role.

Nursing lends itself to international collaboration, says Williams, because “nursing work is the same everywhere in the world. What people need is the same.” But the way the profession is organized varies widely around the globe.

As in most of the world, baccalaureate preparation for nurses is not the standard in China. Most Chinese nurses receive their training at what is high school age in the United States. Nursing schools are often directed by physicians who teach the medical model.

In her native Changsha, YSN doctoral student Shan Lui met many intelligent, dedicated nurse managers. But not many happy ones. “There was no opportunity for them to develop themselves,” she explains. Some wanted to become doctors, a route that Lui



briefly considered. Instead, she decided she would be a different kind of nurse, an educated professional ready to conduct research to change practice.

When Lui was a master's student in China, she met then-YSN Dean Catherine Gilliss, who was visiting Changsha on a Yale-China trip. Gilliss urged her to apply to YSN's doctoral program. "She wished me to be a leader," Lui recalls.

That goes to the heart of YSN and Yale-China's strategy: build long-term relationships with health professionals who are poised to take leadership roles and reform nursing in China.

"There is no question that the technical/mechanical skills of the Chinese nurses are as good if not better than the U.S. nurses. They can start IVs, operate machinery, respirators, draw blood and are quite skillful at all of these things," says Jane Burgess, who had conducted many trainings in China as a YSN research associate. "The areas that could be developed are less technical: more assessing, synthesizing, problem solving and evaluating."

That development is happening at Central South University School of Nursing in Changsha, Shan Lui's alma mater. The school, a successor to the Yale-China-founded institution where Drusilla Poole taught, is in the process of building a doctoral program in nursing. Williams was recently appointed to the faculty at Central South and is already serving as a dissertation adviser to several students.

Williams was also the faculty member leading the delegation in 2003, when Chinese nurses showed such eagerness to learn about HIV transmission. In research and practice, Williams specializes in AIDS care for vulnerable populations. She and her research team found rich opportunities to collaborate with Chinese professionals, who were seeing the epidemic emerge much later than it had in the United States. It is those collaborations that make the work exciting for her.

"It's a great privilege to travel to another country and another culture in order to work with colleagues," says Williams. "You develop deep and positive relationships based on your shared commitments."

One such relationship exists between YSN Associate Research Scientist Kristopher Fennie and Chen Xi, a physician and epidemiologist in Changsha. Chen's current title is chief of the divisions of HIV/AIDS/STD Control at the Hunan Provincial Centre for Disease Control. When he and Fennie met, Chen was essentially a one-man bulwark against HIV/AIDS in Hunan. The Chinese government had not yet acknowledged AIDS. But because of Chen's work in sexually transmitted diseases, he was seeing the virus and fighting to understand it and stop its spread.

Fennie remembers having a 10 p.m. meeting with Chen in Changsha, which the physician had to leave to go to another meeting at 11 p.m. "It reminded me of the way doctors worked in the early days of AIDS here," Fennie recalls.

Chen's work has been made much easier by the government's new commitment to fighting AIDS. Williams describes



the Chinese as having “turned on a dime” in their response to AIDS. The People’s Republic is now committed to giving antiretroviral therapy to everyone who needs it. Chen has instituted needle exchange programs and condom promotion. He has opened more than fifty methadone clinics and oversees surveillance of commercial sex workers, injection drug users and mother-to-child transmission.

“He’s not interested in reinventing the wheel. He figures out what’s going on around the world and adapts it to Chinese culture,” Fennie says.

When Fennie and Chen differ, their opinions tend to be based on their professional rather than cultural differences.

“He’s a public health worker, and I’m a researcher who does a lot of applied research,” says Fennie.

Translation: Chen wants to implement programs rapidly while Fennie wants to test interventions thoroughly. But their mutual respect and affection make it “a fun challenge,” Fennie says. The two are working on funding proposals to do joint studies on partner disclosure about HIV status.

AIDS is not the only health issue to make a later appearance in China than in the United States. As rural populations migrate to the cities where food is more plentiful and the options more caloric, childhood obesity is on the rise in the People’s Republic.

YSN Clinical Trial Director Marita Holl and Lin Qian, a public health professor from Central South University, are working together to test a dietary intervention in Changsha elementary schools. The program is based on work done by YSN Dean Margaret Grey in American classrooms. A “food pagoda” replaces the “food pyramid” that educators use with American children, says Holl.

She’s found that, just as when the intervention’s American cousin was tested in New Haven, teacher and principal buy-in is essential in Changsha. In both time zones, small class size makes the nutrition lessons more effective. While American schools are often cutting physical education and recess, however, frequent calisthenics are built into the Chinese school day. The disparity in physical activity provides rich subject matter for researchers concerned with childhood obesity.

The Chia Fellowship also encourages research collaboration. The Yale-China fellowship brings women in the health professions to New Haven for research opportunities. Most have been nurses and were based at YSN and mentored by the school’s faculty. The current Chia Fellows are looking at subjects such as depression in the elderly and diabetes prevention.

Shan Lui is writing her dissertation on symptoms in post-surgical gynecological cancer patients. She’s been interested in pain management for years and believes it is an area where nurses can assume a leadership role. Like so many who have participated in Yale-China collaborations before her, she has a sense of mission.

“I’m inspired by the research at YSN,” she says. “I think things can be changed in nursing.”

Nurturing New Relationships in Hong Kong



The School of Nursing at Hong Kong Polytechnic University (HKPU) was founded in 1977. With its emphasis on innovative ideas and techniques for teaching and research, the school has assumed a role as leader and advocate in Hong Kong’s professional health care community. The school is committed to developing highly qualified nurses who contribute to the well-being of the Hong Kong community through the use of integrative health therapies and evidence-based practice.

YSN is excited about building a partnership with colleagues at HKPU because our schools share values and have common interests. Their Integrative Community Health Centre (IHC), established in 2004, takes advantage of telecommunications technologies and health informatics and uses human-computer interfaces, in addition to health care professionals, in order to deliver multidisciplinary, integrative health services that aim to provide health protection and therapeutic modalities at the community level. The Centre offers a wide spectrum of services including self-administered health assessment, diabetic retinopathy screening, primary eye care, consultation, integrative weight management, integrative pain management and integrative aromatherapy and foot reflexology, all under one roof. Besides providing low-cost clinical services, IHC also serves as a center for nursing practice and health-related research.

HKPU wants to both build the capacity for training Nurse Practitioners and advocate for the NP role in Hong Kong, and has sought us out to help them fulfill this mission. Current plans for an exchange of ideas and expertise include YSN faculty Diane Viens teaching Advanced Health Assessment in Hong Kong in February 2008. At YSN, we’re excited that Sunshine Chan, a nurse practitioner, and Sonny Tse Hing Min will offer an intensive seminar in Traditional Chinese Medicine on our campus in the spring. We are looking forward to offering the opportunity for YSN students to observe clinical practice at IHC in Hong Kong.

Welcoming future leaders to advance health care around the globe

BY JOHN POWERS

Thailand is known throughout the world as the “Land of Smiles” because of the extremely friendly nature of its citizens.

For YSN doctoral student Chatsiri Mekwiwatanawong, her first impression of New Haven made her feel right at home. She had just arrived to begin her one year of study as a PhD student from Thailand when her landlord welcomed Chatsiri to her new home.

“How do you like New Haven?” the landlord asked.

“I had only been in New Haven for a few hours and already he wanted to know what I thought of his city,” Chatsiri comments. “That is the sign of a friendly place.”

Chatsiri is the latest example of a long and fruitful collaboration between YSN and Mahidol University in Bangkok.

Begun in the early 1970s, the relationship between YSN and Mahidol has continued to flourish. Poolsook Sriyaporn '73 came to YSN's Pediatric Nursing program as a student and has continued her connections with faculty and mentors since returning to Thailand shortly after commencement. Now a faculty member at Mahidol's Ramathibodi Department of Nursing, Poolsook continues to work and enhance this partnership. She was followed to Yale by Wantana Maneesriwongul, part of YSN's first doctoral class in 1998. Dr. Wantana was just recently named Thailand's “Nurse of the Year.”

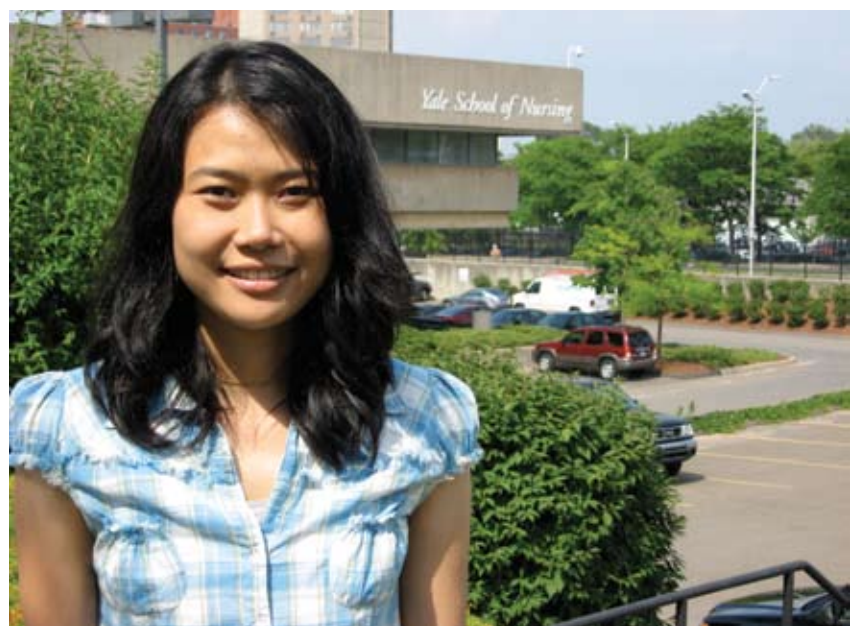
This cooperative venture has continued with faculty exchanges and a major conference held in Thailand in January 2006 that brought together scholars from Asia, Europe, the Middle East and North America. Since the mid-1990s, doctoral candidates like Chatsiri spend one year at YSN to work with senior faculty who serve as mentors with their dissertations and research.

“The Thai students have so much to offer us here at YSN,” states Margaret Grey '76, Dean and Annie Goodrich Professor. “They bring such a rich culture, extremely competent health care practices, and the opportunity for us to have cross-cultural research opportunities.”

Once the Thai students finish their year of study, research, and dissertation work at YSN, they return to Mahidol to complete their doctoral program. Faculty from YSN take part in the dissertation committee with these students, either participating via digital teleconferencing or actually traveling to Thailand to be present at the dissertation defense.

Funding for this program comes directly from the King of Thailand, His Majesty King Bhumibol Adulyadej. Mahidol is

YSN has hosted a series of scholars from Thailand, including: Chatsiri Mekwiwatanawong (below); Poolsook Sriyaporn '73, and Wantana Maneesriwongul '98 DNSc; Pawana Keeratiyutawong and Kusuma Khuwatsamrit; Somsiri Athaseri, Malatee Rungruangsiripan, and Apinya Siripitayakunkil; and Nuchanad Jeangsawang, and Suchira Get-Kong, pictured with Dean Margaret Grey '76.



the King's University, and the longtime revered monarch has dedicated funding from his government to provide tuition, travel, fees, and expenses for the Thai students studying at YSN.

While at YSN, Chatsiri has been mentored by Gail D'Eramo Melkus, Independence Foundation Professor of Nursing at YSN and Associate Director for the Center for Excellence in Chronic Illness Care. Dr. Melkus has dedicated her career and research to studying adults with Type 2 diabetes, which coincided with Chatsiri's research interests.

Unfortunately, as Thailand becomes more Westernized and developed, urban sprawl has come to this nation and obesity is a growing problem. With obesity comes diabetes and cardiac disease, now major health concerns for the Thai people.

“Chatsiri's work mirrored my research on Type 2 diabetes in adults,” comments Melkus. “Standards of care for diabetes are necessary in both the United States and Thailand.”

“There is now an epidemic of diabetes in Thailand,” states Chatsiri. “The diet has changed to fast foods, leading to diet changes, obesity, and poor health.”

Her goal is to further research dissemination on diabetes and healthy living to the masses in Thailand, to make a tangible difference in the lives of her people.

Traditionally, two or more Thai students come to YSN for the year of study, but for a variety of reasons, Chatsiri was here alone.



“This is the very exciting thing about being at Yale, that you often find yourself in a room with someone who just may be changing the course of history in an entire country.”

Her fellow YSN doctoral students jumped right in and made her feel at home.

“I loved her amazement at our weather and how she coped with the cold,” says Moira O’Neill ’12, a fellow doctoral student at YSN. “We bought her some layers to wear and she invested in two snow jackets that she wore at the same time.”

“All of the PhD students at YSN became my friends and they took good care of me,” Chatsiri adds.

O’Neill had a unique and interesting perspective on Chatsiri’s native land, having traveled throughout Thailand for several months back in the 1980s.

“Chatsiri described to me an epidemic of diabetes related to significant changes in the Thai diet,” explains O’Neill. “The most interesting thing to me was learning from her how things had changed. When I was there I never saw an overweight person.”

“Meeting Chat was akin to meeting a national leader who has taken on a very important role for her country, to figure out solutions for improving the health of her countrymen through adjusting the way systems function, the knowledge and preparation of health care professionals and paraprofessionals, and the knowledge of healthy living among the population in general,” O’Neill continues. “This is the very exciting thing about being at Yale, that you often find yourself in a room with someone who just may be changing the course of history in an entire country.”

This past August, two new Mahidol doctoral students arrived at YSN to begin their year at YSN. Suchira Get-Kong is being mentored by Dr. McCorkle, while Nuchanad Jeangsawang is studying with Tish Knobf and Marge Funk ’84.

What did Chatsiri gain from her time at Yale?

“We are taught how to think at Yale, to learn how to solve problems ourselves with discussion and presentations,” Chatsiri says.

It is the people of Thailand who will eventually benefit from Chatsiri’s time and experiences at YSN.



“Finding nursing” in Australia and New Zealand

BY SHEILA MCCREVEN



Former YSN Dean Donna Diers '64, PhD, RN, FAAN, and current Annie W. Goodrich Professor Emerita of Nursing, has been making international connections for the school for the past fifteen years. By disseminating her research on evidence-based management, she has contributed to shaping health policy in Australia and New Zealand with partners who share her keen interest in examining the way nursing's impact can be measured.

Diers describes how her involvement in this aspect of nursing management began when she made connections with colleagues at Yale. She says, “When I relinquished the deanship here at YSN in January 1985, I took a semester-long sabbatical, which I spent with the Health Systems Management Group (HSMG), a partnership between Yale's School of Management (SOM) and Epidemiology and Public Health (EPH).” The two principals of HSMG, John Thompson, a professor at both YSN and EPH, and Robert Fetter at SOM, were winding up research on what became Diagnosis Related Groups (DRGs), which is the basis of payment used when Medicare pays a hospital.

“John was a hospital administrator, but he was a nurse to start with, so his view of the health care delivery world was very much informed by his understanding of how you get stuff done in hospitals—including the care of patients, but that turns out to be the easy part.”

“Bob was an operations researcher, an engineer essentially. He was also interested in how you get things done. One concept he had learned from his engineering work is that in order to measure the quality of anything you need to be able to describe what the thing is that you are measuring the quality of.” Diers comments that this sounds like it would be easy, “but it's really not, when you're talking about patient care or hospital functions.”

She explains, “At the time—and still today—DRG payment rates did not include any recognition of nursing. So Thompson sought and received funding, and researchers at HSMG set out to see if known methods of measuring nursing—called generically nursing acuity or nursing intensity—could be used to modify DRG payment rates such that they would reflect better the contribution of nursing, both to the cost and to the income in health care settings.”

“I had never done this kind of research and I found it to be absolutely thrilling work,” Diers says. She and her colleagues were

on what she describes as “the bleeding edge of public policy change. I got to talk with people who were actually writing legislation, taking the results of research and putting them into policy.”

This work was being spread throughout the world, where most countries—other than the United States—own the health care system. Thompson and Fetter and the HSMG team started annual conferences, called Case Mix Conferences. By the time Diers attended the Second Annual Case Mix Conference in Australia to present, she recalls, “I had fallen in love with international travel.”

Diers met Debora Picone, the director of nursing in a Sydney hospital at that time (she is now the Director General of Health for New South Wales). Picone seized on the ideas she heard at the conference, and she and her colleagues began to convert nursing intensity measures into “service weights” for Australia's version of DRGs. Her team included an economist, George Palmer, and Chris Aisbett, a statistician. In the late 1980s as they were introducing their ideas in Australia, they invited Diers for a three-week visit during which, each day, all day long, she would present DRG work to audiences of physicians, nurses and hospital administrators as they began to adopt these new ideas of how to measure hospital operations and set budgets for hospitals.

She says, “They picked me to represent ‘the human face of DRGs,’ as they called it. Coming from America, where we had rolled these ideas out years earlier, I could address the negative reactions and fears, and get to the real point of the system—that it provides a way to reveal hospital operations, including nursing.”

Diers continues, “Nursing is hidden, but it can be found in the data that have been kept by hospitals in their billing and medical records coding systems for so many years. When I describe what you can do with data to reveal nursing, that really excites the nurses. I learned how to present data in a way that engages people. Narrative combined with data.”

Back at YSN when her sabbatical ended, Diers developed course work in nursing that paralleled what her HSMG colleagues had been teaching. She continued to teach with them, at one time holding a triple joint appointment as a faculty member at YSN, EPH and SOM, until Fetter's retirement, and later, Thompson's death in 1992.

Diers explains that using administrative data systems to examine nursing is difficult, because there is nothing in these systems

labeled nursing. “You can’t track nursing work to patients, because nurses do not admit patients, for example, so there’s no record of their individual patient assignment. So we began to do data mining to get at the nursing component of care, starting at Yale-New Haven Hospital, and have published on this extensively,” she says.

According to Diers, there are indeed ways to “find” nursing in administrative data systems, “if you’re clever about it,” she says. “And that’s what I’ve dedicated the last fifteen years of my life to revealing.”

“When you do ‘find’ the nursing, my goodness—what fun you can have!” she exclaims. “Guess who gets people in and out of the hospital? It’s not doctors—it’s nurses. Nurses are hospital operations,” according to Diers. This work has come to be known as the theory and practice of evidence-based management.

Diers goes on to explain, “As we got our studies into the literature, I was invited to speak on the topic internationally.” In immersing herself in this discipline, she says, “I got to work all over the world. My focus has been primarily in Australia, and more recently it has widened to New Zealand, as well.”

At the invitation of then-Dean Jill White, Diers spent a semester beginning in January 2000 as a Visiting Professor at the University of Technology, Sydney (UTS), with the Faculty of Nursing, Midwifery and Health. While there, she and another UTS faculty member, Dianne Pelletier, developed two courses on uses of data in decision-making, taught in intensive mode.

“When I learned how to do this in Sydney I knew I had to bring it home with me to share with my colleagues at YSN.”

“We only had the students four full days each, spread out over a six-week period, and in between, the students had assignments.” Diers explains that this is where her present course in YSN’s Nurse Management Policy and Leadership (NMPL) program originates. “When I learned how to do this in Sydney I knew I had to bring it home with me to share with my colleagues at YSN,” she says.

Together with Pelletier, she published work on the teaching program and about the data they analyzed in Australia. She now has spent several years teaching at UTS over the summer months. “We’ve probably put 300 people through the course there,” she estimates.

Diers says it is exciting to work with these students because, like YSN’s NMPL students, most of them are working in hospitals and other care settings full-time, where they have access to their own data. “Once you teach nurses how to look at the data, they find ways to solve problems. They are changing practice because they are now able to reveal a problem that no one knew was there—until they saw it in the data,” she says.

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Kavanaugh, T. J. (2004). Barriers to accessing healthcare among Irish Catholic adults living on the Dingle Peninsula. Master of Science in Nursing, Yale University School of Nursing. Hardcopy and Electronic Copy Available Qualitative Descriptive Study Pellico, Linda International: Irish: Dingle Peninsula Concentration: ANP, FNP, GNP, WHNP

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Ivy Marie Alexander

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Funded Research

Includes ongoing and completed during the period July 1, 2006–June 30, 2007

Arnold, E. (Principal Investigator), **Scahill, L.** Risperidone and Behavior Therapy in Children with Pervasive Developmental Disorder—Follow-up Evaluation. Funded by Autism Speaks, 1/1/07-ongoing, \$15,000 (subcontract with Ohio State University)

Cohen, S. (Principal Investigator). A Pilot Study of Nursing's Influence in State Health Policymaking. Funded by Yale University School of Nursing (Intramural Grant), 1/1/05-ongoing, \$2,721

Connolly, C. (Principal Investigator). A History of the Tuberculosis Preventorium, 1900-1945. Funded by NIH/NLM (G13LM008515), 9/30/04-ongoing, \$156,073

Connolly, C. (Principal Investigator). Pale, Poor, and Pretubercular: Child-Saving and the Antituberculosis Movement, 1894-1943. Funded by Yale University School of Nursing (Intramural Grant), 1/1/05-ongoing, \$4,839

Funk, M. (Principal Investigator), **Fennie, K., Grey, M., Reynolds, H., Sadler, L.,** Reducing Health Disparities by Self & Family Management. Funded by NIH/NINR (P20NR08349), 9/30/02-ongoing, \$1,210,674

Funded Pilot Studies

Dixon, J. (Principal Investigator). Particulate Matter Air Pollution in New Haven, 8/1/05-ongoing

Jenerette, C. (Postdoctoral Fellow) (Principal Investigator), Lauderdale, G. Successful Aging with Sickle Cell Disease, 1/1/05-ongoing

Knobf, T. (Principal Investigator), Green, P., Adderly-Kelly, B. Connecting Sisters: Women of Color with Breast Cancer, 8/1/04-ongoing

McCorkle, R. (Principal Investigator), Adderly-Kelly, B., Chappel-Aiken, L. Nursing's Impact on the Quality of Life Outcomes in Minority Family Caregivers, 1/1/05-ongoing

Scahill, L. (Principal Investigator). Systematic Examination of Treatment Dissemination Efforts Within a Community Mental Health Center, 8/1/05-ongoing

Funk, M. (Principal Investigator). Association of the Availability of ST-Map Ischemia Monitoring Software with Nurses' Attitudes, Quality of Care, and Patient Outcomes. Funded by Philips Medical Systems, 11/1/06-ongoing, \$25,000

Given, B. (Principal Investigator), Given, C., **McCorkle, R.** Family Home Care for Cancer—A Community Based Model. Funded by NIH/NCI (R01CA079280), 4/1/03-3/31/07, \$190,896 (subcontract with Michigan State University)

Given, C. (Principal Investigator), Given, B., **McCorkle, R.** Automated Telephone Monitoring for Symptom Management. Funded by NIH/NCI (R01CA030724), 5/1/03-ongoing, \$206,656 (subcontract with Michigan State University)

Grey, M. (Project Director), The Beatrice Renfield-Yale School of Nursing Clinical Research Initiatives. Funded by The Renfield Foundation, 3/1/02-ongoing, \$1,000,000

Funded Studies

Fennie, K. (Principal Investigator). **Burbonniere, M.,** Schwartz, L., Thompson, S. Translation of a Hospice in Prisons Model to a VA Setting, 4/1/06-ongoing

Funk, M. (Principal Investigator), **Dixon, J.,** Drew, B. Development of a Computer-Based ECG Monitoring Education Program: Phase 3, 1/1/06-ongoing

Knobf, T. (Principal Investigator). Breast Cancer Survivorship Rehabilitation: Development of an Educational-Support Nursing Intervention, 1/1/04-ongoing

Scahill, L. (Principal Investigator), Weersing, R., **Ryan-Krause, P.,** Pachler, M. Anxiety Disorders in Primary Care: Needs Assessment and Feasibility of Brief CBT, 4/1/06-ongoing

Swartz, M. (Principal Investigator), **Meadows-Oliver, M.** Clinical Outcomes of a Pediatric Asthma Outreach Program, 4/1/06-ongoing

Viens, D. (Principal Investigator), **Grey, M.** Expansion of the APRNet: Addition of YSN Faculty to Study YSN Faculty Practice Patterns, 1/1/05-ongoing

Williams, A. (Principal Investigator), Wagner, K. Demonstration of a Nursing Intervention to Improve the Medication Adherence of Patients with HIV/AIDS, 4/1/06-ongoing

Grey, M. (Principal Investigator), Deatrick, J., **Dixon, J.,** Gallo, A., Knaf, K. Assessing Family Management of Childhood Chronic Illness. Funded by NIH/NINR (1R01NR08048), 5/1/03-5/31/07, \$765,592

Grey, M. (Principal Investigator), Brownell, K., Caprio, S., Irwin, M., **Melkus, G.** Preventing Type 2 Diabetes in At-Risk Youth. Funded by NIH/NINR (R01NR08244), 9/1/03-ongoing, \$2,354,827

Grey, M. (Principal Investigator), Tamborlane, W. Coping Skills Training for Children with T1D and Parents. Funded by NIH/NINR (R01NR04009), 9/15/03-ongoing, \$2,498,605

Grey, M. (Principal Investigator), **Cohen, S., Dixon, J., Funk, M., McCorkle, R., Melkus, G., Sadler, L., Whittemore, R.** Center for Self and Family Management of Vulnerable Populations. Funded by NIH/NINR (P30NR08999), 9/30/04-ongoing, \$2,593,104

Funded Pilot Studies

Ambrosino, J. (Postdoctoral Fellow). (Principal Investigator), **Grey, M.,** Tamborlane, W., Weinzimer, S. Early Identification of Medical Traumatic Distress and Its Impact on Children Recently Diagnosed with Type 1 Diabetes and Their Parents, 10/1/05-ongoing

Bourbonniere, M. (Principal Investigator). Improving Transfer of Care of Older Adults Between Hospitals and Nursing Homes, 10/1/05-6/30/07

Whittemore, R. (Principal Investigator), **Dixon, J.** The Integration and Chronic Illness Questionnaire (ICIQ): Instrument Development, 10/1/05-ongoing

Jenerette, C. (Principal Investigator). Influences on Self-Care Management in Adults with Sickle Cell Disease, 1/1/07-ongoing

Knaf, G. (Principal Investigator), **Fennie, K.,** Friedland, G., **Williams, A.** Modeling HIV Subjects' Electronic Monitoring Device Data. Funded by NIH/NIAID (R01AI57043), 9/1/05-ongoing, \$56,493 (subcontract with Oregon Health & Sciences University)

Knobf, T. (Principal Investigator). Professorship of Oncology Nursing. Funded by the American Cancer Society, 7/1/05-ongoing, \$70,000

Knobf, T. (Principal Investigator). Cognitive Function in Women with Drug- or Surgery-Induced Menopause. Funded by the Oncology Nursing Society, 10/1/04-ongoing, \$75,000

McCorkle, R. (Principal Investigator), **Schulman-Green, D.,** Schwartz, P., Wang, H. Nursing's Impact on QOL Outcomes in Ovarian Cancer. Funded by NIH/NINR (1R01NR07778), 8/1/03-ongoing, \$1,838,906

Piacentini, J. (Principal Investigator), **Scahill, L.** Behavior Therapy for Children with Chronic Tic Disorders. Funded by NIH/NIMH (R01MH070802), 8/5/04-ongoing, \$470,166 (subcontract with Tourette Syndrome Association)

Sadler, L. (Principal Investigator), Mayes, L., Slade A. Home Visiting with High-Risk Teen Mothers. Funded by NIH/NICHD, 8/1/05-ongoing, \$373,189

Santacroce, S. (Principal Investigator), **Grey, M.,** Kadan-Lottick, N. Managing Uncertainty in Childhood Cancer Survivorship. Funded by NIH/NCI (R21CA016748), 9/1/04-ongoing, \$294,300

Santacroce, S. (Principal Investigator), **Grey, M.,** **Knafl, G.** Monitoring Fidelity to Promote Research Integrity. Funded by NIH/NINR (R01NR09357), 9/30/04-ongoing, \$456,165

Scahill, L. (Principal Investigator), Anderson, G., Handen, B., Johnson, C., Martin, A. RUPP-PI Program at Yale University. Funded by NIH/NIMH (U10MH66764), 8/21/02-ongoing, \$2,640,005

Scahill, L. (Principal Investigator), Sukhodolsky, D. Anger Control Training for Youths with Tourette Syndrome. Funded by NIH/NIMH (R03MH67845), 12/1/03-11/30/06, \$100,000

Schilling, L. (Principal Investigator), **Dixon, J.** Measuring Self-Management of Type 1 Diabetes in Youth. Funded by NIH/NINR (R01NR08579), 9/1/05-5/31/07, \$80,506 (subcontract with University of Massachusetts)

Shellman, J. (Principal Investigator). Development of a Peer to Peer Reminiscence Intervention for Older African-Americans. Funded by Yale Center for Clinical Investigation, 3/5/07-ongoing, \$72,706

Whittemore, R. (Principal Investigator). An Expressive Arts Intervention to Promote Psychosocial Health in Adults with Type 2 Diabetes. Funded by the Yale School of Nursing (Intramural Grant), 1/1/05-ongoing, \$5,000

Whittemore, R. (Principal Investigator), **Grey, M.,** **Melkus, G.** A Lifestyle Change Program to Prevent Type 2 Diabetes. Funded by NIH/NIDDK (R34DK070594), 9/15/05-ongoing, \$490,500

Williams, A. (Principal Investigator). Adherence Interventions for Drug Users. Funded by NIH/NIDA (R13DA019794), 3/1/05-2/28/07, \$54,834

Zawalich, W. (Principal Investigator). Phosphoinositide Hydrolysis and Beta Cell Secretion. Funded by NIH/NIDDK (R01DK41230), 7/1/03-ongoing, \$880,003

Funded Training

Includes ongoing and completed during the period July 1, 2006–June 30, 2007

Chyun, D. (Program Director). Creating Careers in Geriatric Advanced Practice Nursing. Funded by American Association of Colleges of Nursing, 9/1/06-ongoing, \$60,000

Cohen, S. (Program Director). Nursing Management, Policy and Leadership. Funded by HRSA/Division of Nursing (D09HP05311), 7/1/05-ongoing, \$677,000

Funk, M. (Program Director). Yale University School of Nursing Doctoral Program in Nursing. Funded by U.S. Department of Education (P200Ao60051), 8/14/06-ongoing, \$506,688

Grey, M. (Program Director). Research Training in Self and Family Management. Funded by NIH/NINR (T32NR08346), 4/1/04-ongoing, \$1,790,928

Grey, M. (Program Director). Professional Nurse Traineeship. Funded by HRSA/Division of Nursing (6A10HP00224-06-01), 7/1/06-6/30/07, \$96,085

Williams, A. (Program Director). Connecticut AIDS Education and Training Center. Funded by New England AIDS Education and Training Center/University of Massachusetts, 7/1/07-6/30/07, \$136,718

Funded Doctoral Student Research

Includes ongoing and completed during the period July 1, 2006–June 30, 2007

Davidson, M. Family Management of Adolescent Obesity. Funded by NIH/NINR (F31NR08082), 9/27/04-9/26/06, \$58,695

Haozous, E. Understanding the Cancer Pain Experience in Southwestern Native Americans. Funded by American Cancer Society (DSCN-04-164), 8/1/04-ongoing, \$30,000

Haozous, E. Exploring Cancer Pain in Southwest American Indians. Funded by NIH/NINR (F31NR09314), 11/16/04-5/15/07, \$84,551

Novick, G. Women's Experience of Group Prenatal Care. Funded by NIH/NINR (F31NR009911), 9/18/06-ongoing, \$98,496

Van Cleave, J. Exploration of Symptoms and Functional Status in Older Adults During Cancer Treatment. Funded by the Hartford Foundation, 9/1/06-ongoing, \$100,000

Womack, J. Contraception & Metabolic Changes in HIV-Positive Women. Funded by NIH/NINR (F31NR009886), 5/1/06-ongoing, \$85,232

Our donors & their gifts

We thank all our planned gift donors for their generous support.

Here is one donor's story.

Betty Ann Countryman '44 M.N.



"Why do I make gifts to a Yale pooled income fund? Because I love Yale!" remarks Betty Ann Countryman '44 M.N. "I'm proud to support the School of Nursing, which is why I make additions to the pooled fund from time to time. I have a large family that includes six children, fifteen grandchildren, and thirteen great-grandchildren. I can always think of a family member I'd like to help with the additional income I receive from the fund."

Betty Ann continues, "Yale changed my life. My first twenty years were all about 'the mind.' I excelled in science courses and loved research. During my senior year at Radcliffe, I made the decision to attend Yale School of Nursing, where I also learned about 'the heart.' YSN opened my mind and awakened my heart."

"I loved working directly with patients and met my husband, Frank '42, '44 M.D., while assigned to a surgical clinic at Yale. It was during World War II and medical units everywhere were shorthanded. As we were about to end our shift, a call came over the loudspeaker requesting that all available personnel report to the emergency room. For many hours, Frank and I worked side by side caring for a mother and her baby who were burn victims. You learn a lot about a person when you are put in that type of situation...we were together as a couple ever since."

Frank passed away in 2006, and Betty Ann now finds it comforting to have so many family members nearby. Her grandson, Nicholas '05 M.D., '05 M.B.A., is a third-year resident in the department of dermatology at Indiana University Medical School. Nick met his wife, Cynthia Darling '03 M.S.N., while he was attending the School of Medicine and she was a student at YSN. Betty Ann concludes, "Their meeting, courtship, and marriage are so reminiscent of Frank's and mine. I call them my Yale déjà vu."

For more information about making a planned gift to YSN, contact Lisa M. Hottin at 203-785-7920 or lisa.hottin@yale.edu.



Campaign Update

NURSING » tomorrow

We sit at the brink of a new health care era defined by a vast increase in the number of people requiring special health care services, the growing complexity of health care delivery, and the availability of complex treatments. At the same time, the proportion of the population who are elderly will reach 20 percent and more preventable chronic conditions will occur, while the nation faces a serious shortage of nurses and nursing faculty.

Yale University School of Nursing has embarked on a campaign to ensure that the best and the brightest nurses are available to care for this changing population and to address the nursing faculty shortage. With a campaign goal of \$20 million, we will be able to continue our leadership in ensuring that society's needs for the highest quality in nursing are met.

SUPPORT FOR STUDENTS:

The campaign seeks \$9 million for financial aid, loan repayment assistance, and research and travel funds for students.

SUPPORT FOR FACULTY:

Our goal of \$9.5 million will establish three new senior faculty chairs and complete funding for the Helen Varney Professor of Midwifery, the first endowed professorship in midwifery in the United States.

SUPPORT FOR NEW MODELS OF TEACHING:

The campaign seeks \$1.5 million to integrate new technologies into the classroom and to support YSN's international activities.

Campaign Update

Nursing Tomorrow
Campaign Goal

\$20,000,000

Funds raised as
of June 30, 2007

\$11,927,255



“Increasing financial aid is the single most critical need facing our students today. The debt load many of our students face at graduation is daunting. Miss Webber’s gift will help to lighten this burden.”

Macy Foundation gift expands Yale-Howard partnership

Under the leadership and vision of Dean Margaret Grey, YSN submitted and secured funding from the Josiah Macy, Jr., Foundation to expand its collaborative partnership with Howard University. The gift will enable YSN to add medicine and public health into its existing nursing program, known as the Yale-Howard Partnership Center on Health Inequity. The program now brings nursing students from Howard University, a historically African American university in Washington, D.C., to Yale for intensive research internships.

According to Barbara Guthrie, PhD, RN, FAAN, YSN Associate Professor and Associate Dean of Academic Affairs, “The ultimate goal is to increase the number of racial and ethnic minority biomedical and health scientists who are educationally prepared to engage in interdisciplinary research, with a special focus on the elimination of health inequities.”

The program directors include Dr. Guthrie from YSN, Dr. W. Lee from the Yale School of Medicine, and Dr. Beatrice Aderly-Kelly of Howard University.

Guthrie, who began her nursing education at Howard University’s Freedmen Hospital School of Nursing, comments, “I have wanted to reach back and mentor the next generation of biomedical and health scientists. As one of this program’s directors, I will be able to achieve this goal—and help to ensure that the next generation of health equity research scientists reflects the growing diverse U.S. population.”

The Josiah Macy, Jr. Foundation is a privately endowed philanthropy in Manhattan, which supports programs designed to improve the education of health professionals in the interest of public health and to enhance the representation of minorities in the health profession.

Helene Fuld Health Trust supports GEPN students

As the price of tuition continues to climb, the Helene Fuld Health Trust of New York is making it a bit easier for YSN students to afford their education.

The trust has pledged \$2 million for financial aid for students enrolled in YSN’s Graduate Entry Prespecialty in Nursing program (GEPN).

Jess Theorin, a GEPN student studying midwifery, has received a scholarship in each of her three years at Yale. “I think scholarships are absolutely crucial to higher education,” she says. “It’s just not affordable to many people nowadays. You used to be able to work a summer job and help pay for college, but you just can’t do that anymore. If it weren’t for scholarships, many students would not be at Yale.”

At YSN, Helene Fuld Health Trust scholars will be selected based on demonstrated exceptional academic performance and a commitment to pursuing a career caring for society’s most underserved populations.

“I rely on my scholarships to get me through,” Theorin says. “The expense of education is a hurdle that keeps a lot of people out, but scholarships really allow you to be able to practice your passion.”

The Helene Fuld Health Trust is the nation’s largest private funder devoted to nursing students and nursing education. Dr. Leonhard Felix Fuld and his sister, Florentine, created the Helen Fuld Foundation in 1935 in honor of their mother, Helene Fuld. The foundation was changed to the Helene Fuld Health Trust in 1965 and HSBC Bank (formerly Marine Midland Bank) became its corporate trustee in 1969.



YSN financial aid boosted by alumnae's bequest

Dorothy Webber '45 never forgot her time at Yale University's School of Nursing. Thanks to a generous bequest in her will, more students will have the opportunity to follow in her footsteps. Webber's gift of \$5 million will be used for student scholarships. She died August 9, 2006, at the age of 86.

"We are so grateful for Miss Webber's generosity and foresight," says Lisa Hottin, Director of External Relations for YSN. "For many of our alumnae/i, their Yale experience affected their lives professionally and personally on so many levels. Her gratitude to Yale will directly impact generations of YSN students in a very personal way."

Webber grew up in Fergus Falls, Minnesota and attended Trinity College in Washington, D.C., before transferring to the University of Wisconsin in Madison, where she earned her bachelor's degree in English literature in 1942. She graduated with a master's degree from YSN in 1945.

Webber moved to Honolulu, where she worked as an assistant head nurse at Queen's Medical Center. For a brief period she was at the University of Colorado Hospital in Denver before returning to Honolulu. She ultimately returned to her home in Fergus Falls, where she occasionally worked as a private duty nurse with Lake Region Healthcare Corporation.

She decided to include YSN in her will after reading about the creation of the Margaret Perry Pearce Scholarship Fund at YSN, named after a fellow classmate by Pearce's husband, Herb Pearce, in 1999. "Yale School of Nursing was the best thing that ever happened to me," Webber told former YSN Dean Catherine Gilliss.

"Increasing financial aid is the single most critical need facing our students today," Hottin says. "The debt load many of our students face at graduation is daunting. Miss Webber's gift will help to lighten this burden."



Fuld gift contributes to interdisciplinary simulation center

YSN students will soon have a place to simulate the environment of their future careers. The Helene Fuld Health Trust of New York, the nation's largest private funder devoted to nursing students and nursing education, recently awarded YSN a \$500,000 grant to help establish a simulation center for the education and training of health care teams. The facility will be an interdisciplinary partnership between YSN, Yale School of Medicine and Yale-New Haven Hospital.

"There is a fundamental problem in the education of health care students," says Linda Pellico '89, an assistant professor at YSN who has taught in the Graduate Entry Prespecialty in Nursing (GEPN) program since 1989. "We educate members of teams in silos and expect them magically to find out what everybody's role is when they get out there."

The simulation center will include an intensive care unit designed to the exact specifications of an ICU bed space with ventilators, monitors, oxygen, and all the typical equipment found in a working intensive care unit. There will also be an emergency room, an operating room, offices and a conference room.

"Beyond the goal of developing, refining and evaluating our students' clinical skills and decision making, the center offers us a tremendous opportunity to look at communication and teamwork in a simulated situation," Pellico says. "We are also going to have patient simulation with live actors. We are thinking broadly about simulation. It's not just going to be a dummy tethered to a machine. This center should really help prepare our students for their careers."

Pellico says the location of the simulation center is now being determined, along with the infrastructure requirements for each stakeholder. "Right now, we're just dreaming the dream," she says. Due in part to the Helene Fuld Health Trust, that dream is now closer to reality.

COMMENCEMENT 2007

Becoming nursing leaders

A beautiful spring day ushered a large and excited crowd into the historic Shubert Theater in New Haven on May 28, 2007, to celebrate the 83 members of the Yale University School of Nursing graduating class of 2007.

Margaret Grey '76, Dean and Annie Goodrich Professor, presided over the festivities, which included an enthusiastic keynote address by Loretta Sweet Jemmott, Ph.D, RN, FAAN, van Ameringen Professor in Psychiatric Mental Health Nursing, and Director of the Center for Health Disparities Research at the University of Pennsylvania School of Nursing. Dr. Jemmott encouraged and exhorted the class of 2007 with her talk "Becoming a Nursing Leader: If It's Going to Be, It's Up to Me."



CLASS NEWS



Sally Hitchcock Pullman '44 visited with classmate **Shirley Munson Styles '44** on a recent trip to California. Sally and Shirley (pictured above) reminisced about their families, friends, their Yale days and their service together during World War II. Sally writes, "We were in the southwest Pacific theater for almost two years, New Guinea and Leyte in the Philippine Islands. It meant a lot to have a YSN classmate all the way through our experience. We went in together, shared it all and came home together and have been very close ever since." Sally can be reached at spullm@aol.com.

Ann Gladding Stern '44 writes, "I am happy to report that I finally have a family member who will be coming to Yale. Unfortunately, she is not coming to the School of Nursing, rather, she will be a member of the Yale School of Management's Class of 2009. Her name is Elizabeth Sykes and she is a graduate of Harvard and just spent three years working in the White House. Over the past few years, I have written my memoirs of my Army nursing experience in the Pacific during WWII. At present I am considering whether to publish them. Wish me luck! I live in a retirement community in Wilmington, Delaware, surrounded by friends and have two daughters and five grandchildren. Would love to hear from classmates." Ann's e-mail address is mefas@aol.com.

Adele W. Pike '84 has been selected by the Visiting Nurse Association of Boston as a Practice Change Fellow. This prestigious program is aimed at building leadership capacity among

nurses, physicians, and social workers who have operational responsibility for geriatric care.

Kate Timbers-Coggin '81 is an Assistant Professor of Nursing at Northern Arizona University in beautiful Flagstaff. She also works as an FNP at North Country Community Health Center. In August she traveled to Guatemala as a volunteer with the Flying Doctors. In her spare time she hikes, mountain bikes and skis in the San Francisco Peaks with her husband, Barkley. Kate may be reached at Kathleen.Timbers@nau.edu.

Lynn Price '98 has received two important awards this year: she was Connecticut's State Awardee for the American Academy of Nurse Practitioners award for excellence in practice, research, NP education and community affairs. She will receive the Agnes Ohlsen award for contributions to nursing advocacy at the Connecticut Nurses' Association annual meeting in October. Lynn is presently Associate Professor at Quinnipiac University's Department of Nursing and she retains her relationship with the Fair Haven Community Health Center. She is also a gifted quilter who participates in various art/craft shows locally and elsewhere.

Tracy Renee Webber '03 and her fiancé, Raven Williams, had a baby. Noni Sarai Williams was born August 7, 2007 at 9:54 a.m. at New York Methodist Hospital. She weighed in at 7 pounds, 15 ounces and measured 21 inches long. Tracy is currently a practicing Certified Nurse-Midwife in Brooklyn, New York.



Rhetaugh Dumas '61, the first woman, first African American, and first nurse to be formally appointed as deputy director of the National Institutes of Mental Health, passed away on July 22, 2007, at the Houston Hospice. Dumas, who holds an MS degree from Yale University School of Nursing, was director of nursing at Yale-New Haven Hospital

from 1967 to 1972. She also was among the earliest researchers to use randomized experimental design to study clinical problems in patient care. In 1996, Dumas was appointed by President Clinton to the National Bioethics Advisory Commission.

A native of Natchez, Mississippi, Dumas also served as chief of psychiatric nursing education at the National Institute of Mental Health in Rockville, Maryland. In 1976, she became the NIMH Deputy Director of Manpower and Deputy Director of Alcohol, Drug Abuse and Mental Health Administration. Her career endeavors also included becoming Dean of the University of Michigan School of Nursing, Vice Provost of Health Affairs and Lucille Cole Professor of Nursing at the University of Michigan. In 1997, Professor Dumas was named Dean Emerita and Vice Provost Emerita of the University of Michigan.

She was also a member of the Institute of Medicine, National Academy of Sciences, and charter fellow in the American Academy of Nursing as well as its president from 1987 to 1989. In addition, Dumas served as president of the National League of Nursing, which is the standard-setting and accrediting body for nursing education.



Justine Rizinsky Glassman '51, died on January 13, 2007, after a long illness. Family and colleagues say Justine was known for her generosity and her dedication to students. She graduated from Brooklyn College and earned her MN from Yale in 1951. She went on to become a faculty member for twenty-seven years at Pace University's Lienhard School of Nursing, where she

taught Community Health Nursing at both the undergraduate and graduate levels. Justine was a tireless volunteer within her community and with YSN. She served as Class Agent for fifty years and was honored in 2006 by YSN for her outstanding contributions and selfless devotion to her class and to YSN. Justine received the YSN Distinguished Alumna Award in 1986 and the Yale President's Award.

Marian McNair Arnott '30 BN

Died 3.13.1997

Mary W. Long '33*

Died 9.15.1995

Lily Berman Mostyn '34 BN

Died 11.8.2004

Helen Dann Stringer '34 BN

Died 6.6.2007

Emma Jean McClure Hill '35 BN

Died 2.22.2006

Ruth E. Silcox Lightfoot '35 BN

Died 2.23.2003

Elizabeth Sanborn Comer '36 BN

Died 9.28.2006

Winifred Cushing Harby '37 MN

Died 1.19.2004

Celeste Carver Holloway '37 MN

Died 5.15.2006

Elizabeth Graham Merwin '37 MN

Died 4.10.2006

Elizabeth H. Gould '38 MN

Died 9.14.2006

Jessie Parkinson Spear '39 MN

Died 6.24.2006

Elizabeth Bavis Decker '42 MN

Died 10.4.2006

Marian Davis Dubrule '42 MN

Died 9.12.2006

**Elizabeth Harrington
Martinsen '42 MN**

Died 4.30.2007

Antoinette Brigandi Avedisian '43*

Died 10.9.2006

Helen Bennett Langdon Clark '43 MN

Died 7.12.2006

Mary J. Clapp Ungberg '43 MN

Died 3.15.2006

Ruth M. Elliot '44*

Died 11.10.2005

Doris Connor Oremus '44 MN

Died 3.15.2006

Louise Hadden Mason '45 MN

Died 9.10.2006

Dorothy B. Webber '45 MN

Died 8.9.2006

Ruth Frank Baer '46 MN

Died 3.7.2006

Elouise Collier Duncan '46W MN

Died 4.3.2007

Ethel Schaake Fishel '46W MN

Died 1.16.2007

Carolyn Butler Kremantz '46 MN

Died 4.26.2007

Geraldine Malone Robinson '46 MN

Died 3.8.2006

Alice Sheehan Schmid '46*

Died 1.10.2007

Charlotte Newsom Shedd '46 MN

Died 4.28.2007

Helene Page Woodard '46W MN

Died 11.2.2006

Priscilla Olson Anderson '47 MN

Died 3.21.2007

Marjorie Page Bancroft '47 MN

Died 12.12.2006

Jane Gould Frame '47 MN

Died 12.14.2006

Marjorie Schultz Gerth '47 MN

Died 7.14.2007

Mary A. Bove Kelly '47 MN

Died 2.17.2007

Nancy Duffie Shuster '47W MN

Died 9.12.2006

Ruth Cohen Gardner '49 MN

Died 2.12.2007

Helen Stevens Brandon '50 MN

Died 10.14.2006

Jane de Rochemont Alley '51 MN

Died 8.27.2006

Emily Tarver Bartels '51 MN

Died 5.16.2007

Ramona Garshelis '51*

Died 7.27.2007

Justine Rizinsky Glassman '51 MN

Died 1.13.2007

Susan Gabriel Cunliffe '52*

Date of death unknown

Elizabeth Smith Day '52 MN

Died 5.18.2006

Anne Schnabel Daniels '53 MN

Died 9.16.2006

Myriam Castro Castaneda '55 MN

Died 9.24.2006

Judith Nelson Cates '56*

Died 1.23.2007

Gray Priebe Guilfoil '56 MN

Died 7.12.2007

Vesta Kellam Rich '56*

Died 12.9.2006

Marcia Curtis '57 MN

Died 4.25.2006

Rhetaugh Graves Dumas '61 MSN

Died 7.22.2007

**Georgette Barbaix
Kamenetz '61 MSN**

Died 6.5.2007

Patricia J. Powers '63 MSN

Died 8.21.2006

Margaret V. Maher '65 MSN

Died 6.22.2007

Barbara Nelson Clinton '74 MSN

Died 12.28.2006

Susan Hitchcock Kalma '78 MSN

Died 3.12.2003

Rosemary B. Silk '78 MSN

Died 5.20.2006

Patricia Williams Tauber '82 MSN

Died 6.15.2006

**Karen Ann Showah
Kallstrom '88 MSN**

Died 4.27.2007

Susan Kent Lamar '88 MSN

Died 6.17.2006

Walter Burns '03*

Died 9.13.2004

*INDICATES NO DEGREE

We are deeply grateful to the many donors who have made gifts to Yale School of Nursing between July 1, 2006 and June 30, 2007. Our Honor Roll recognizes the generosity of 1,426 alumnae/i, friends, foundations, corporations and organizations who have given so generously in support of nursing scholarship and research at Yale. The following list recognizes gifts of \$100 or more, including YSN Annual Fund and restricted gifts made during this period. In the preparation of this list, we have made every effort to ensure its accuracy. If we have made any errors or omissions, please accept our sincere apologies and bring it to our attention so that we may correct our records.

The entire YSN community wishes to acknowledge the following individuals for Leadership Gifts made to Yale School of Nursing during 2006/2007.

Anonymous
Virginia M. Brown '50
David Sanders Clark*
James Leitner
Joyce W. Light '66
Evelyn H. Shopp '47W
Evelyn C. Slopansky* '50
Dorothy B. Webber* '45

Dean's Associates (\$5,000+)

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Margaret Grey '76
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Bruce F. Carmichael '82
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Carolyn D. Gibbons '41
Jean B. Milligan '46W
Mary Joanna Thawley '47

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Helen B. Crowell '53
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Stuart J. Sidney
Sandra P. Sterling '07
Jane Rambo Stewart '47
Pamelia P. Tisza '51
Elizabeth T. Welch

Taylor Club (\$500-\$999)

Nina R. Adams '77
Madalon O'Rawe Amenta '57
Mary Angelotti
Margaret S. Benton '55
Kathryn L. Burdett '46
Mavis K. Chittick '57
Milton P. DeVane
Stephanie M. Fleck '86
Constance P. Fisher '73
Bernadette M. Forget '78
Gail Elaine Harwood '56
Elise Herlihy '81
Karen M. Hirschmann '79
Ann O. Howland '51
Thelma L. Joseph '47
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We gratefully acknowledge gifts made to YSN this year in honor of, or in memory of, alumnae/i, family and colleagues.

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Alumnae/i Weekend 2007

The YSN Alumnae/i Reunion Weekend 2007 was held on October 11–13, welcoming back YSN alumnae/i, faculty, and students.

The theme “Educating the Next Generation of Yale Nurses” highlighted new teaching methodologies and innovations incorporated into the curriculum to prepare this generation of YSN students. The weekend began with “speed mentoring,” a take-off on “speed dating” where alumnae/i met with students in five-minute sessions to talk about careers.

The programs included discussions and demonstrations of new teaching methodologies in research, genetics, online teaching, and a workshop on the use and abuse of power in health care relationships.

Linda Pellico '89 PhD, provided the keynote remarks during her presentation, which was held at Yale's British Art Center. She described the challenges and opportunities of teaching the "millennial" generation of students. Drs. Cynthia Connolly and Sandra Talley capped off the weekend with a lively and provocative debate on the new Doctorate of Nursing Practice. In between these sessions, alumnae/i enjoyed reconnecting with their friends and colleagues and meeting the next generation of Yale Nurses.







“A Legacy of Service”

A Costa Rican street boy chooses peaceful negotiation instead of violence. A Nicaraguan schoolgirl decides to become a nurse. Neither young person knows that Catherine Strachan Lindenberg '71 has influenced their decisions. Calling herself “only catalyst and promoter,” she has been one of the driving forces behind improving adolescent health and nursing education in Central America.



Raised by missionary parents who served in Central America, Lindenberg learned early the rewards and challenges of a life dedicated to public service. She attended Case Western Reserve University on a full nursing scholarship, and in 1971, she received the first joint MSN-MPH degree from Yale.

Lindenberg attributes her first job after her YSN graduation to the way she was treated at Yale. She believes that the World Health Organization (WHO) hired her at the age of twenty-seven because her Yale professors treated her as a colleague and valued her perspective. At that time she was also one of few master's-prepared bilingual nurses. While at YSN, she says, “I had the unusual opportunity to learn from nursing leaders Virginia Henderson, Donna Diers '64, and Margaret Arnstein.” She worked for WHO for seven years providing nursing consultation in fourteen Latin American countries.

Lindenberg served as Director of Faculty Research and Development at the University of Massachusetts Boston and as Chair of the Division of Women and Children at Emory School of Nursing. After her husband died, Lindenberg decided to return “home” to Costa Rica. Although she is technically retired from the University of Washington School of Nursing, she still teaches family and child nursing to UW nursing students in Costa Rica during the winter quarter each year. The students provide hands-on care in a local hospital, go door to door vaccinating children and checking on the nutrition of the young and the elderly, and provide health care to children in

a day care center that is open twelve hours a day for the poorest of the poor.

When she is not teaching, Lindenberg is “facilitating and promoting,” as she calls it. She uses her business and academic connections developed over many years of living and working in Latin America to bring two unique programs to the area. Her connections come from her family and her career path. Lindenberg explains that she has the privilege of being the granddaughter and daughter of missionaries who started one of the most prestigious hospitals in Costa Rica. She has been associated with WHO, Yale, Case Western Reserve, John Hopkins (where she earned her doctorate in public health), University of Washington, Duke University (through former YSN Dean Catherine Gilliss), and the Central American Management Institute, where her husband was a dean for eight years.

Lindenberg has been working with TeenSmart International (TSI) for about fourteen years and continues to write peer-reviewed publications from the research generated from the program. Using the power and access of the Internet, TSI provides bilingual (English/Spanish) interactive services to at-risk youth in Costa Rica, Nicaragua, and Guatemala. A computer lab rigged to the back of large trucks is one example of the many youth development organizational settings where young people on the street can confidentially assess their own risk in the areas of alcohol, drugs, tobacco, sexuality, nutrition, accidents, suicide, and exercise. They are taught to use Stephen Covey's “7 Habits of Highly Effective Teens” to reduce their risks in all areas of their lives. If they feel the need for further help, the program also provides referrals to clinicians who can answer their questions about risk in such areas as sexually transmitted diseases or suicide. This year alone, TSI has already served 2,000 young people in Central America.

Most recently, Lindenberg has been facilitating a campaign to strengthen the nursing profession in Nicaragua. “Proyecto Fortalecimiento de la Enfermería” is a private-public sector partnership between a major Central American bank, the largest Nicaraguan telecommunications company, United States Aid for International Development (USAID), Research Triangle International, Duke University School of Nursing, and Pearson Prentice Hall Health publishers. Twelve nursing computer laboratories have been set up across the country and a series of CD-ROMs has been

developed for this initiative, demonstrating 101 basic nursing skills and procedures, translated from English to Spanish. These CDs and computer labs have been inaugurated at all ten nursing schools in Nicaragua. The program doesn't stop with students—150 nursing faculty have been trained and five nursing scholarships have been funded so that graduates can develop more innovative nursing.

In hopes of attracting a new generation of independent and committed practitioners, public service announcements aimed at improving the image of nursing in Nicaragua have been produced to run on radio and TV over the next three years. The futuristic ads will present nurses as health care providers as well as entrepreneurs capable of autonomous practice. The campaign to strengthen nursing has the support of the leadership in the Nicaraguan government and health care system. Unwilling to credit herself with the development of the project over the past two and a half years, Lindenberg says that she is “the catalyst but not the doer.”

Lindenberg traveled through Central America last fall and used her skills as a listener and facilitator. “I listen to what people need and then I think abundance and mutual benefit. I look for the partner who can ante up and I give them all the credit. I have never experienced anything like this synergy we have going with these projects,” she says. She does not believe that anyone should have a “scarcity mentality.” Synergy creates a new math—“one plus one doesn't make two, it adds up to more like 36!” she says. Treated as an equal at Yale, she treats others as equals and she is never disappointed.

When she was younger, Lindenberg felt like she needed to be the one to perform. Now, in her “decade of retirement,” she sees others as the performers. “I wish we could learn that earlier in our lives,” she adds. She used to spend thirty hours preparing a three-hour class. Now, it's a whole new paradigm. She says, “I know that it's the audience members who have all the answers—I just have to ask the question to get them to think and believe in themselves!”



Setting her compass toward north, Lindenberg's day starts at 6 a.m. with a cup of tea and reading something inspirational, followed by playtime with her three dogs, and a daily walk or tennis match. Her time at the computer is spent on professional endeavors, such as sending reports to USAID about training nursing faculty, preparing articles about the TSI data, or organizing a conference on technology. She characterizes her work simply as capacity building, strengthening institutional endeavors, and dream promoting. And she feels that she can do this kind of work because Yale prepared her to believe in herself. For example, Audrey McCluskey, then YSN's community health nursing chair, allowed Lindenberg to develop her own plans to practice in the Hill neighborhood of New Haven and gave her permission to undertake a pioneering study on the nutritional status of children in rural Nicaragua as the basis for both her YSN thesis and her School of Public Health thesis.

Lindenberg's heritage and legacy have come full circle. Her daughter, an inner-city teacher in San Francisco, just finished a Women's Cooperative service project in northern Costa Rica. Lindenberg's son works with Habitat for Humanity and a bank foundation dedicated to public service in Central America.

And Lindenberg continues to shun the limelight—she says that she only makes things happen because, as she says, “I have the privilege of having access to so much goodness.”



“Geography Lesson”

Virginia Morrison '99 practices nursing on two continents. Massachusetts and the Democratic Republic of Congo, an ocean apart, bear little resemblance to one another, geographically or politically. Massachusetts recently mandated health insurance for everyone in its commonwealth. Congo, described by Morrison as one of the most dynamic but war-torn places on earth, is forgotten by most of the world.



But being a nurse practitioner, which Morrison describes as the “perfect intersection between politics and health,” has allowed her to discover that all patients on both continents have a common need—their stories must be told and heard in order to change the health care system and improve their care.

As a student at Colby College in Waterville, Maine, Morrison studied in Zimbabwe for a semester. She felt young, inexperienced, and ill prepared for the environment she encountered in this African nation. Following her college graduation, she served as an English teacher with the Peace Corps in Thailand. There, she was inspired by Thailand's reaction to the AIDS epidemic and the work of local nurses. Working in a women's health clinic back in the United States and encouraged by Yale Nurse Maya Mundkur '87, Morrison soon discovered instead that she wanted to become a nurse practitioner, a decision validated by the work of YSN grad Deborah Van Dyke '86 and Jane Boggini, a nurse practitioner who has worked in crisis situations all over the world.

Morrison knew that she would receive a unique education at YSN. For Morrison, writing her master's thesis on Cambodian refugees' access and use of contraception was not just about the numbers and results; it was about women living in precarious situations who had a universe of ideas, problems, solutions and dreams.

Working as a nurse practitioner for eight years, Morrison has also realized that being an NP enables her to make decisions at a higher level.

“As you talk to patients and spend more time with them, you really understand what it is in their lives that makes it difficult for them to move

forward,” Morrison comments. “On a small level, you may help them reduce their cholesterol, but on a larger scale, you begin to understand how things can change, not just in a clinic, but in the greater health care system what resources people need to take control of their own health.”

Wherever Morrison traveled, whether in Africa or Asia, she was always struck by how much need there was for health care services.

“I feel like these are the problems of our times and I'm always learning about them. So starting at a really basic level by getting to know people's stories is the place to begin,” she adds. For example, the HIV pandemic in central and southern Africa is of gigantic proportion, but Morrison is drawn to the people who can tell her about their struggle with HIV in a place where treatments and resources are scarce or nonexistent.

“Knowing this village's struggle, this young woman's story or the history of this hospital is a way to understand the larger context of how HIV is ravaging a certain region,” Morrison continues. “It can be maddening to see the lack of will on the part of a government, but it is incredibly satisfying to see people able to take initiative to get better and in turn, force change in the system.”

In an e-mail from Congo to friends and family, Morrison writes, “We eat staggered, depending on the hunger. A million ants are always running in and around the food, whole galaxies in the rice and duck if you don't take care to eat early. On my foam mattress on the floor (still covered in plastic to avoid the perpetual bed bugs), I squish around listening to the owl call, the goats scratch their bellies on the fence just beside me, the chatter of kids that stay up late, the baby crying next door, and the ubiquitous drumming.”

When Morrison is not overseas, she practices as an FNP at the Greater Lawrence Family Health Center and the Cambridge Health Alliance. Both employers support her work with MSF and allow her leaves of absence.

Morrison describes her life as a dual existence, working in two worlds. “I love being in both places, but the overseas portion is the work of my heart.” In Massachusetts, she is part of a team of nurse practitioners, physicians, and case managers caring for patients with common problems, such as diabetes, hypertension, and low back pain. In Africa, she is humbled by the persistence, professionalism, and knowledge of the local nurses who, with minimal training and few resources, care for patients with malaria, cholera, meningi-



tis, TB, HIV, obstetric emergencies, sleeping sickness, and severe malnutrition.

In her first and second missions with Médecins Sans Frontières (MSF), also known as Doctors Without Borders, Morrison ran field hospitals in Angola that were first to respond to epidemics of sleeping sickness and Marburg, a virus that causes a hemorrhagic fever like Ebola.

One of the most frustrating things was the lack of treatment options for sleeping sickness. It is caused by the bite of an infected tsetse fly, and is treated with a sometimes deadly, painful, arsenic-based medicine from the 1950s called melarsoprol. Although MSF arranged for a less toxic treatment, the Angolan government was not prepared to train nurses and provide the equipment for this.

“In the end, we had to treat some people with melarsoprol. We took every precaution possible to let them know the side effects and risks and to let them choose if they wanted the treatment or not,” she states.

Following that mission, MSF invited Morrison to speak at a World Health Organization Conference in Mexico City, which included representatives from large pharmaceutical companies. This opportunity allowed Morrison to do what she learned at Yale and loves doing—advocating for people who are suffering and do not have a voice.

Her most recent MSF mission was as field coordinator at a hospital in the middle of a large swamp in the Katanga province of Congo. On a strip of land that was two kilometers long and twenty yards wide—basically a berm of mud in the middle of miles and miles of swamp—the Congolese logistician working with MSF built a hospital, pharmacy, warehouse, outpatient department,



cholera clinic, and maternity ward, all in about a week, constructed only from plastic sheeting, grass, sticks of wood, and papyrus reeds.

A village, not more than thirty minutes downriver from the hospital, had recently been burned to the ground, so security and neutrality were paramount. Morrison describes the story of five women who were ostracized because they were former wives of rebels. They would have been killed if they returned either to the rebels or to their own village. The MSF hospital took them in, cared for them and their malnourished children, and arranged passage for them to another part of Congo where they were not known.

“There is usually no such thing as free, confidential health care in the places where we practice. You have to realize the reality on the ground was there before you came and it will be there after you leave. But if you can integrate into the current structure, it is much easier to do the work you came for: helping people survive through displacement, epidemics and war.”

Overseas is not for everyone, acknowledges Morrison, when responding to those who might say, “I could never do what you do.” She adds, “You shouldn’t do this work out of a sense of guilt. You don’t need to be someone who goes to work with MSF in order to know the issues.” Morrison suggests that reading Paul Farmer’s books, contributing time or money to organizations, and speaking out on issues such as Darfur and the war in Congo, are all integral to making change happen. She says, “Each of us can make that connection with health care in other countries without having to spend three months away from home.”



Jim Leitner and his wife, Sandra

“Nurses play a vital role in our world. Nurses make a concrete and tangible impact on the lives of the people whom they serve. Everywhere there is a desperate need for their services.”

Jim Leitner is a member of the Yale College Class of 1975. He is Founder and President of Falcon Management Corporation and serves on the Yale University President’s Council on International Activities as well as the Yale University Investment Committee. He and his wife, Sandra, are committed to investing in the future of nursing.

Nurses are key players in the trends toward globalization in health care. Our world is rapidly becoming more interdependent. Technological innovation, free trade, the rule of law, and democratization are driving this interconnectedness. The mobility of labor forces across borders is unprecedented. Doctors Without Borders has become a potent international phenomenon. The need for skilled, educated nursing leaders and nurse clinicians is less widely known but perhaps more urgently felt, from U.S. communities and throughout the world.

Nurses are emigrating in record numbers from the developing world to Western countries to satisfy the dire need for skilled practitioners and to further their own professional goals. These nurses gain skills, knowledge, and valuable experience. Down the road, many of them return to their countries of origin and will be equipped to add significant value by leveraging these resources. Expatriate nurses also send money back home. These remittances serve as a lifeline for families and communities as well as a catalyst for investment and growth as they filter through the economic system.

However, globalization is a two-way street. Immigration also has adverse outcomes for developing countries. “Brain drain” is a serious drag on productive capacity in the third world. Immigration of nurses—even temporarily—is depleting the health care capacity of developing countries, leaving ever-scarcer numbers of skilled medical practitioners to care for fast-growing populations confronting grave health conditions.

Sponsoring Yale nursing students to spend time in developing countries has a double positive impact. It helps compensate for the erosion of health care systems in the third world. Nursing students are equipped to provide critical services to those most in need. They share their skills with local counterparts and the communities in which they work. This transfer of skills can provide a sustainable, structural improvement in health care quality and human resource capacity.

In addition to the clear benefits to local communities, perhaps the most significant boon is to the students themselves. Students who go abroad inevitably return home having gained at least as much as they’ve given. A stint in the developing world broadens their

horizons and perspectives, accelerating personal and professional growth. Nursing students have the opportunity to gain exposure to new areas of medicine and to confront novel public health challenges. Severe skills shortages and dire circumstances may enable them to assume leadership roles and grapple with the level of responsibility that comes with working in these settings under the tutelage of faculty and seasoned local nursing professionals.

The synergy for students and communities is striking. YSN has long believed in the benefits that accrue to all parties when its students participate in international clinical rotations. The programs in Esteli, Nicaragua, Palmerston, New Zealand and Tugela Ferry, South Africa, in particular, have history and depth and offer rich learning experiences.

In Tugela Ferry, South Africa, YSN had a midwifery clinical rotation for the past five years that brought together students committed to working in the global health arena and a staff of seasoned traditional midwives, a winning combination that led to the strengthening of skills and knowledge on both sides. There are now new relationships between YSN and nursing administration at Church of Scotland Hospital that have the potential to grow into a wide range of clinical opportunities for our students and the South African nurses.

The South African site is just one example of how nursing students from Yale make a meaningful impact on underserved communities while simultaneously adding a challenging and unique set of clinical experiences to their resumes.

Sending nursing students abroad is a win-win situation. Both the students and the local communities who receive them realize tangible, long-term benefits from the exchange. Nurses provide an under-recognized, underappreciated service that is critically important for the development of every society. I firmly believe that high-level, macro approaches to promoting development must be coupled with grassroots, bottom-up, direct-service efforts. A fundamental human right to health can only be as effective as the human capital and physical infrastructure available on the ground to implement it. Nursing students are the prospective stewards of our health and well-being. What better investment could we make in our future?





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