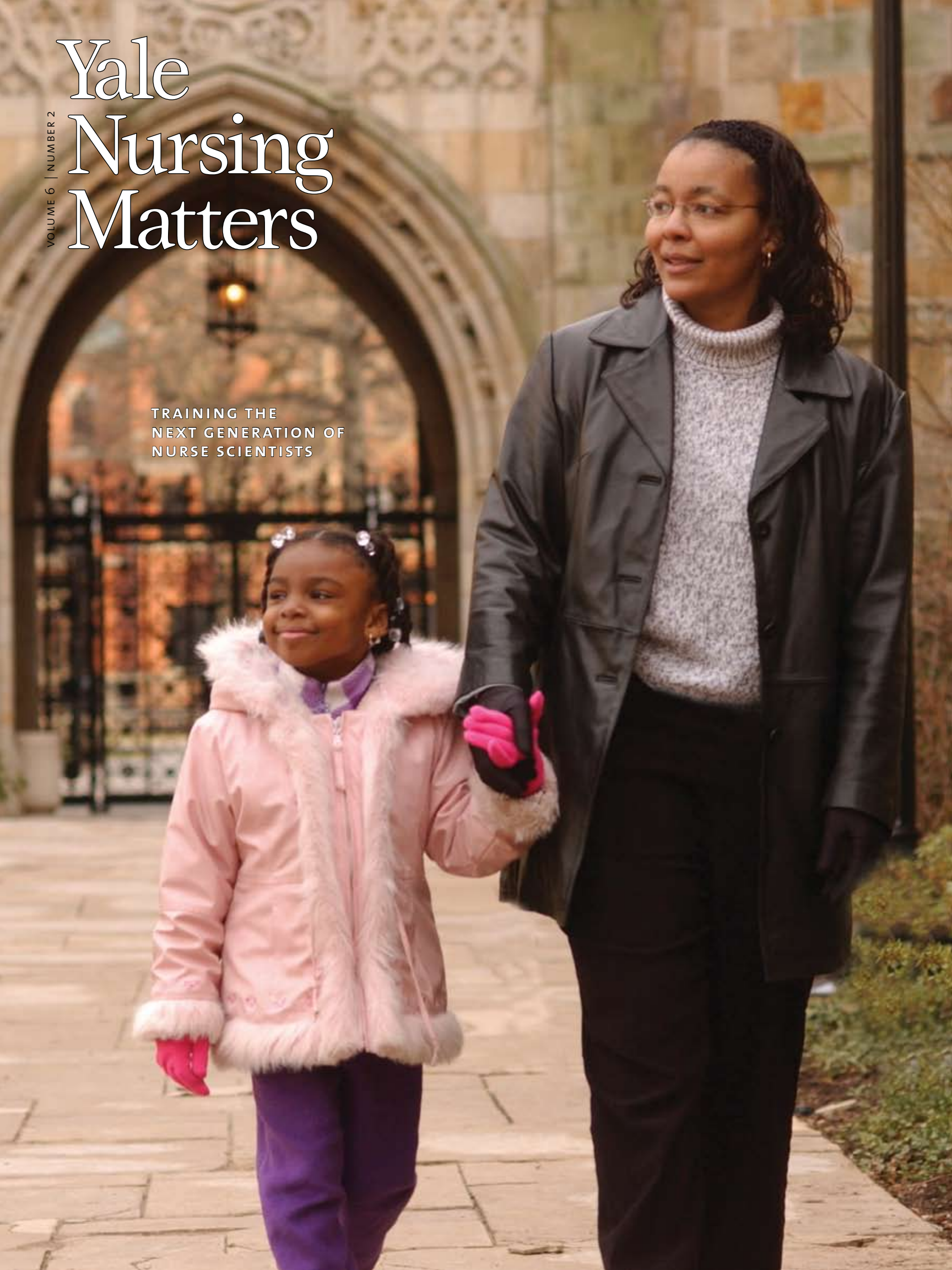


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Yale Nursing Matters

TRAINING THE
NEXT GENERATION OF
NURSE SCIENTISTS







Yale Nursing Matters

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In November, 2005, Sigma Theta Tau International, The Honor Society of Nursing, selected *Yale Nursing Matters* Magazine to receive the Pinnacle Award for Best Magazine in the Public Print Media Category. The magazine was selected as "best of the best" from entries that have won regional recognition during the previous year, as well as from new national and international entries.

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 autumn 2005 through spring 2006.



This issue of *Yale Nursing Matters* focuses on the training of the next generation of nurse scientists. Since the time a YSN student conducted the first clinical trial on nursing care, we have always been at the forefront of clinical nursing science and our growth in the past decade has been remarkable. In this issue, we focus on the outstanding work of our doctoral students and postdoctoral fellows, in this country and abroad.

Not a place that easily rests on its laurels, YSN has been busy developing new initiatives that will keep us at the cutting edge of nursing science. Recently, our proposal to transition the DNSc program to a PhD program was unanimously approved by the Yale University Faculty of Arts and Sciences. The PhD program will begin this fall. We also will be announcing the opening of our new Center for International Nursing Scholarship, led by Professor Ann Williams. The Center will enhance our ability to link research, clinical practice, education and health policy and to further our mission and Yale's strategic agenda to be a global university.

The National Institutes of Health are the main source of funds for biomedical and health research. Director Elias Zerhouni recently announced a new program, the "Roadmap to Remake Clinical Science." A major emphasis of this program has been on interdisciplinary training for clinical research and the development of interdisciplinary research teams to enhance the translation of research into practice. YSN has been an active participant in these activities on the Yale campus, with several of our faculty having leadership roles in new interdisciplinary research training programs and in the soon-to-be-opened Yale Center for Clinical Investigation.

The support of our alumni and friends has been and will continue to be critical to our mission of better health care for all. Training the next generation of nurse scientists is an important part of that mission, so that care can be based on evidence that demonstrates the impact of nursing on health. I invite you to talk with me about how you can help us have even more of an impact on the health of the public.

A handwritten signature in black ink that reads "Margaret Grey". The signature is fluid and cursive, with the first name and last name clearly distinguishable.

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



Lawrence Scahill appointed Acting Associate Dean for Scholarly Affairs

In the fall of 2005 Dean Grey appointed Lawrence Scahill, MSN '89, PhD, as Acting Associate Dean for Scholarly Affairs. Dr. Scahill is Associate Professor of Nursing and Child Psychiatry at Y&S. He is also the Director of the Research Unit on Pediatric Psychopharmacology (RUPP) at the Yale Child Study Center. More information about Dr. Scahill can be found at: nursing.yale.edu/Faculty/scahill.

Yale, Harvard and others to collaborate on study of behavior therapy for adults with Tourette syndrome

The National Institutes of Health has awarded a multisite grant to Yale, Harvard and UHealth Sciences Center, University of Texas at San Antonio to evaluate a Comprehensive Behavioral Intervention for Tics in Adults with Tourette syndrome. Yale researchers, led by Y&S's Dr. Scahill, launched the four year study on October 1, 2005. More information about the study can be found at: nursing.yale.edu/News/Press/121.



New study from the National Library of Medicine will explore nursing, history and health care policy

Y&S's Cindy Connolly is part of a small group of nurse historians who have received a major three-year grant from the National Library of Medicine. Their group, American Academy of Nursing's Expert Panel on Nursing History, received funding for a project entitled "Nursing, History and Health Care Policy: A Web Resource." The website will be designed to place nursing policy issues being debated in the legislative and executive branches of the federal government in historical perspective. Subject matter will change regularly in response to shifting issues being debated in Congress. "This website will provide those who shape

and write legislation with an historical sense of the outcomes, as well as intended and unintended consequences of legislative initiatives and decisions made in the near and distant past," explains Dr. Connolly. She will use her Capitol Hill experience as a fellow for the late Senator Paul Wellstone to help design a "staffer friendly" website and contribute content expertise in the areas of children's health, infectious disease history, public health, nursing policy and politics. Dr. Connolly is Assistant Professor at Y&S and Assistant Professor, History of Medicine and Science, Yale School of Medicine.



New NIH-funded study will look at how lifestyle change helps prevent type 2 diabetes

Robin Whittemore has been awarded funding from the National Institutes of Health/National Institute of Diabetes, Digestive and Kidney Disorders for a study titled "A Lifestyle Change Program to Prevent Type 2 Diabetes." The purpose of this two year grant is to modify the successful Diabetes Prevention Program collaboratively with nurse practitioners for implementation in primary care settings; evaluate the preliminary efficacy of the revised lifestyle change program on clinical, behavioral and psychosocial outcomes in adults at-risk for type 2 diabetes and evaluate the process of implementing this lifestyle change program in the primary care setting.

“Not a place that easily rests on its laurels,
YSN has been busy developing new
initiatives that will keep us at the cutting
edge of nursing science.” — **DEAN MARGARET GREY**

FOR MORE YSN NEWS VISIT NURSING.YALE.EDU

YSN celebrates the legacy of philanthropist Beatrice Renfield

On April 4, YSN celebrated the legacy of philanthropist Beatrice Renfield through whose generosity YSN established The Beatrice Renfield-Yale School of Nursing Clinical Initiatives Fund. The event featured presentations by the four inaugural award recipients, who discussed their research findings. Their presentations were as follows:

Deborah Chyun '82, PhD, RN, FAHA
Developing and Disseminating
a Multidisciplinary Intervention for
Asymptomatic Myocardial Ischemia



From left to right: Barbara Hackley, Angela Crowley, Joseph Renfield (Foundation Director), Dean Margaret Grey, Deborah Chyun, M. Tish Knobf, and Jean Renfield Miller (Foundation President).

Angela Crowley, PhD, APRN, CS, PNP
Improving Child and Family Health
through Child Care Health Consultation

Barbara Hackley, RN, MSN, CNM
An Exploratory Study of the Factors
Related to Weight Gain and Weight
Retention for Pregnant and Postpartum
Black and Hispanic Women

M. Tish Knobf, PhD, RN, FAAN, AOCN
Breast Cancer Survivorship Rehabilitation:
Development of an Educational-Support
Nursing Intervention

Newly funded pilot studies

In 2005, three new pilot studies were funded out of the Yale Center for Self and Family Management of Vulnerable Populations:

Early Identification of Medical Traumatic Stress and Its Impact on Children Recently Diagnosed with Type 1 Diabetes and Their Parents
Jodie M. Ambrosino, PhD

This study will evaluate the potential traumatic nature of the diagnosis and treatment of Insulin Dependent Diabetes Mellitus/T1D in children and their parents, and track the trajectory of posttraumatic stress symptoms in families managing a new diagnosis of T1D. The secondary aim is to investigate the impact of these symptoms on self and family management of T1D. Finally, this study will explore how children and their families experience this diagnosis and its intense treatment.

More information about these and other research activities at YSN can be found at: nursing.yale.edu/Research.

The Integration and Chronic Illness Questionnaire (ICIQ): Instrument Development
Robin Whittemore, PhD, RN

This study will develop and evaluate the content validity of an instrument to measure integration as it relates to adults with a chronic illness.

Improving Transfer of Care for Older Adults between Hospitals and Nursing Homes
Meg Bourbonniere, PhD, RN

This study will examine transfer of care for chronically ill older adults admitted to skilled nursing facilities (SNF) following hospitalization. Specifically, the study aims to describe the work of licensed nurses in SNFs when hospitalized older adults are transferred to their care and to minimize negative consequences associated with care complexity and changes in nursing care settings and providers.

Recently the following pilot studies were funded through the Beatrice Renfield-Yale School of Nursing Clinical Initiative Fund:

Development of a Computer-Based ECG Monitoring Education Program: Phase 3
Marjorie Funk '84, PhD, RN, FAHA, FAAN

Clinical Outcomes of a Pediatric Asthma Outreach Program
Martha Swartz, PhD, APRN, CPNP

Clinical Demonstration of a Nursing Intervention to Improve the Medication Adherence of Patients with HIV/AIDS
Ann Williams '81, EdD, RNC, FAAN

Anxiety Disorders in Primary Care: Needs Assessment and Feasibility of Brief CBT
Lawrence Scahill '89, PhD, RN, FAAN

Translation of a Hospice in Prisons Model to a VA Setting
Kristopher Fennie, PhD



YSN INTERNATIONAL COLLABORATIONS



New international web pages unveiled

As part of YSN's continuing commitment to strengthening international collaborations, the "YSN in the World" section of the school's website has recently undergone some changes. We invite you to visit the newly redesigned site, at nursing.yale.edu/World, to explore YSN's partnerships and read more about the experiences of students studying abroad. An additional feature on these pages is an "International Happenings" collection of short news items, updated frequently, to describe in brief the many events and initiatives involving YSN faculty and students as they contribute to the improvement of health care around the globe.

In October 2005, YSN Professor Ann Williams received a five year appointment as a guest Professor of Nursing at the Xiangya School of Medicine, Central South University. The appointment reflects the century-old relationship begun by Yale-China Association, which established a hospital and nursing and medical schools in Changsha at the beginning of the 20th century. In recent years, numerous YSN faculty have participated in Yale-China sponsored projects, including clinical training and educational exchange in the areas of HIV/AIDS, infection control, community health, psychiatric health and cardiac critical care. More information about Yale-China Association programs can be found at: www.yalechina.org

YSN OFFICE OF INTERNATIONAL AFFAIRS



Sponsored by Yale-China Association, Sandra Talley, PhD, APRN, BC, FAAN and Nora Goicoechea participated in a conference on Mental Illness in China: Status, Needs, and Strategies, held in Changsha, Hunan, P.R.C. in October, 2005. Dr. Talley spoke about psychiatric mental health as an area of nursing specialization and met with colleagues from across China to discuss the development of psychiatric nursing in China.

Heather Reynolds '80, MSN, RN, FACNM, Kristopher Fennie, MSC, MPH, PhD and Ann Williams '81, EdD, RN, FAAN spoke at the 4th Annual Chia Fellowship Health Conference in Changsha, Hunan, P.R.C. The Chia Family Health Fellowship Program seeks to improve health outcomes in defined communities in Hunan province through a variety of health education programs, and to further the professional careers of Chinese women in the health professions. Sponsored by Yale-China Association, a number of YSN faculty have served as mentors for Chia Fellows since the program began in 1998. Each year a meeting is held in Changsha, bringing together previous Chia Fellows, Yale mentors and Chinese public health professionals. This year's meeting addressed challenges in moving from health research to practice. More information about the Chia Fellowship Program can be found at: www.yalechina.org.

YSN's Ann Williams and Karina Danvers led a recent HIV/AIDS workshop held in the Krasnogvardevskii District of St. Petersburg, Russia. Their visit was sponsored by the St. Petersburg/New Haven Partnership for HIV/AIDS Care, Treatment and Support, which was launched in September 2004. This partnership sponsors exchange visits, with teams of U.S. participants traveling to St. Petersburg to train their Russian



colleagues and teams of Russian participants coming to New Haven for training. The partnership's goals include training Russian health care professionals in HIV/AIDS clinical management, developing the HIV/AIDS health care system, shaping attitudes and policies relating to substance abuse, decreasing the stigmatization of and discrimination against individuals with HIV and histories of injection drug use, and emphasizing the value of integrating HIV care and prevention.

YSN and the Connecticut AIDS Education and Training Center sponsored a forum on the AIDS epidemics in Vietnam and Thailand. Wantana Maneesriwongul, DNSc '98 reviewed the status of the epidemic in Thailand, while Dr. Oahn Khuat, a Yale World Fellow, spoke on the rapidly growing challenge in Vietnam.



Sponsored by the Vietnam-Harvard-CDC-AIDS Project, Dr. Williams is working with nurses from the Vietnam Nurses Association to provide education and clinical support to nurses on the front lines of the HIV/AIDS epidemic in Vietnam. The work includes on-site training at hospitals and clinics in the hardest hit areas of the country and a national Train-the-Trainer program. This year's National HIV/AIDS Nursing Workshop was held in March, 2006, in Dong Hoi, Vietnam.

YSN's Patricia Jackson Allen visits the Philippines and Japan

YSN professor Patricia Jackson Allen, MS, RN, PNP, FAAN has recently traveled abroad to lecture about nursing topics in both the Philippines and Japan. Having joined the faculty of YSN in the spring of 2003 to teach in the Pediatric Nurse Practitioner Specialty, Professor Allen is now the Director of the specialty and Associate Director for Scholarship at YSN. Her scholarship focuses on the primary care needs of children with chronic health conditions.

In January, Professor Allen was invited by Dr. Yumiko Nakamura, a previous visiting scholar at YSN, to present three lectures on pediatric physical assessment of the skin, abdomen, and head, ears, nose and mouth to the nursing students from Aomori Univer-



"After they got over their initial shyness, participants in the workshops I gave asked good questions, such as 'What is the difference between what you do and what a doctor would do in the US?'" reports Allen, surrounded by participants after her presentation.

sity of Health and Welfare in Aomori, Japan and Jikei University outside of Tokyo, Japan. Physical assessment is a new skill for advanced nurses in Japan but current skills have been focused on assessment of the adult. Dr. Nakamura would like to expand this knowledge to include assessment of children. In addition, Professor Allen led a seminar with students enrolled in the pediatric master's program on the nursing care of children with chronic health conditions.

In July she returned from a two-week trip to the Philippines where she presented eight 7-hour workshops sponsored by the Philippine Center for Excellent Review Strategies (CERS). She spoke on four different islands to 10,000 Filipino nursing students, faculty and deans. She also enjoyed a cultural dimension to her trip. "Each presentation lasted most of the day and usually had a local dance or singing troupe perform at intermission, so I had an opportunity to see native costumes and dances and hear beautiful native music," Allen remarks.

The topics she covered in her presentations included an overview of both the history of Advanced Practice Nursing and goals for the 21st century; the roles, competencies and curriculum of Advanced Practice Pediatric Nursing; and issues in primary prevention, including immunizations and pediatric hospitalizations. She also



Allen demonstrates pediatric physical assessment to nursing students in Aomori, Japan.

discussed the role of foreign nurses in the United States. Allen observes, "This was a topic of interest in the Philippines given that there are over a 120 nursing programs and most graduates hope to leave the Philippines to work in another country. There are limited nursing positions in the Philippines and the salary is low. Approximately 50% of the foreign nurses working in the United States come from the Philippines."

According to Allen, "Health issues in the Philippines mirror health problems in the United States, but there are fewer resources to treat people. TB, malaria, HIV and substance abuse, especially smoking, are all prevalent, but the underlying problem is poverty. Although there is a wealthy class and a growing middle class in the Philippines, there are many people and children living in improvised conditions that are inherently unhealthy."

Recent international visitors to YSN

YSN's office of International Affairs continues to arrange for visits by our international partners and colleagues. In February 2006 the school welcomed a delegation from Japan during their visit to the United States. The group consisted of Dr. Naoko Naitoh and Dr. Hikaru Inoshita, who are faculty members in the School of Nursing at Kagawa University, and Dr. Akiko Shimomura, a member of the Faculty of Nursing at Hiroshima International University. While in New Haven, the delegation took part in four days of discussion at YSN to acquaint them with the curriculum design, nursing practice and

teaching strategies of the school. Their objective in visiting YSN was to collect information about the advantages and disadvantages of Clinical Nurse Specialist (CNS) and Pediatric Nurse Practitioner educational curricula. The visitors are key members of a group planning to introduce CNS curriculum in the areas of maternity and pediatrics in their graduate school. YSN faculty and staff who participated in these meetings included; Dean Margaret Grey '76, Lois Sadler '79, Deborah Chyun '82, Angela Crowley, Terri Clark '79, Patricia Jackson Allen, Martha Swartz, Ivy Alexander, Patricia Ryan-Krause '81, Janene Batten, Theresa DeCicco, Sydney Martin and Ilya Sverdlov.



Pictured left to right are Dr. Akiko Shimomura, Dr. Naoko Naitoh, Dr. Lois Sadler, Dr. Angela Crowley and Dr. Hikaru Inoshita.

The
World of Nursing
in the
Land of Smiles

Adorned in traditional Thai garb, the intricate movements of her body perfectly in tune with the background sounds of Thai xylophone, bamboo organ, saw fiddle and klui flute, Maneemon Phrommai and her colleagues could have easily passed for a professional dance troupe performing on stage before a royal Thai audience. Yet none of the dancers on the evening of January 25, 2006 were professional performers. They were, instead, health care professionals chosen from among the faculty and staff of Ramathibodi Hospital and Mahidol University in Bangkok.



Mrs. Mancemon Phrommai from the Faculty of Medicine at Ramathibodi Hospital, Mahidol University, was one of several Ramathibodi Hospital employees, faculty and students who performed a traditional Thai dance to welcome the international delegation to Bangkok.

PHOTOGRAPHY BY RICK ALLEN

Mahidol University's mission can be concisely summarized by His Royal Highness Prince Mahidol of Songkla's statement: True success is not in learning but in its application for the benefit of mankind.



YSN's Patricia Jackson Allen with conference colleague from Aomori, Japan



Deans Kobkul, Grey and Cronenwett with Professor Supanee Senadisai



Apinya Siripitayakunkit and Somsiri Athaseri who spent the 2004-05 academic year at YSN

During the evening ceremony on January 25, the Mahidol dance troupe entertained hundreds of nursing scholars from sixteen countries who had traveled to Bangkok, Thailand to participate in a conference titled, "Prevention and Management of Chronic Conditions: International Perspectives." It was the first conference of its kind to bring together top scholars from throughout Asia, Europe, the Middle East and North America to discuss the role of nursing research and practice in helping communities around the world manage chronic conditions. YSN, the University of North Carolina at Chapel Hill School of Nursing (UNC) and faculties of nursing at Ramathibodi Hospital and Mahidol University co-sponsored the conference.

Performing to an enthralled audience, the dancers stretched to the rhythm of the melody, holding their bodies upright from the neck to the hips, moving up and down using only their knees, their arms and hands held in curves at various levels, executing the 108 intricate poses that make up the traditional Thai dance. Although they

moved in unison, each dancer was still able to explore her individual talents as a creative artist. "Indeed, the beauty of the Thai dance depends on the ability of each individual to make a unique contribution to the performance," explains Dr. Somchit Hanucharurnkul, Chairperson of the Scientific Program at Mahidol University and Chair of the Conference Organizing Committee. "In this respect, Thai dance is not unlike nursing, the mastery of which also requires teamwork and individuality, and combines artistry, creativity and technical expertise. Together these elements help nurses better understand and improve the human condition."

Improving the human condition through nursing research and practice was very much on the minds of conference participants who gathered in Bangkok. "Chronic illnesses have replaced acute illnesses as major public health risks around the world," explains YSN Dean Margaret Grey. According to World Health Organization statistics from 2002, chronic conditions such as diabetes, heart disease and cancer today

represent nearly 60 percent of global deaths and almost one-third of global disease. This rapid increase presents a wide array of new and significant challenges to national health care systems and to international health organizations who are trying to curb the spread of chronic diseases, especially among underserved populations.

The three day conference focused on the prevention and management of chronic illness, decreasing family caregiving burdens, the impact of chronic illnesses on health care systems and establishing an international network of nurse researchers and clinicians in this area of care. The idea for the conference began several years ago, when Mahidol University School of Nursing approached YSN and UNC about developing an international faculty and student exchange program to help them build their nursing research capabilities. Then in 2002, after having successfully started that program, Mahidol University invited Yale and UNC to co-host an international nursing conference to focus on chronic conditions worldwide.

Eight YSN faculty and staff members presented on a variety of topics (listed on opposite page). “Our faculty have been committed to research and practice to improve life for the chronically ill for many years,” says Dean Grey. “The great majority of our work focuses in this area. Thus, this conference provided an opportunity for us to not only share our work but to learn from our colleagues all over the world.”

There is a saying in Thailand, “Knowledge gives rise to friendship.” YSN’s friendship with Mahidol University dates back to the 1970’s, when Poolsook Sriyaporn ’73, enrolled in the Pediatric Nursing program at YSN. After completing her degree and returning to Thailand, Poolsook joined the faculty of Ramat-hibodi Department of Nursing, but never lost contact with her colleagues at Yale. Her experience at YSN created the foundation for a fruitful partnership between Yale and Mahidol universities that continues to support the scholarship of nursing students and faculty in both countries. According to Dr. Somchit, it is not surprising that the two universi-

ties have maintained close ties. “Mahidol University’s mission can be concisely summarized by His Royal Highness Prince Mahidol of Songkla’s statement: ‘True success is not in learning but in its application for the benefit of mankind,’” she said. “In this, our ultimate goal is like that of the Yale School of Nursing, whose mission is to improve the health of all people. Both institutions have benefited greatly from working together to accomplish this shared goal.”

Indeed, the Bangkok conference had numerous positive outcomes. “We feel the conference has been a great success in enabling us to engage our colleagues from all over the world who shared what they were doing to improve the health and quality of life for those living with chronic conditions in their countries,” says Dr. Somchit.

The conference also provided an opportunity for practicing nurses who had never before taken part in an international nursing forum to participate in the discussions. Among them was a five member delegation from the Sihanouk Hospital Center of HOPE in Phnom

Penh, Cambodia. Managed and staffed by HOPE Worldwide, Sihanouk is a charity hospital serving the poor of Cambodia while training national health care professionals. Sihanouk Hospital’s staff first learned of the Bangkok conference from Terri Clark ’79, PhD, RN, CNM. Dr. Clark had traveled to Cambodia in March-April 2005 as a volunteer peer nurse educator-mentor for the International Center for Equal Healthcare Access (ICEHA). There she met with the Center of HOPE staff and was so impressed by their work in caring for patients with HIV/AIDS in Phnom Penh and their efforts to document their outcomes that she encouraged them to submit a poster describing their work to the Bangkok Conference. Their poster was accepted, but Sihanouk Hospital lacked adequate funds to send a delegation to Bangkok. Having learned of this, the conference planning committee, which included representatives from YSN, UNC and Mahidol University, made a decision to subsidize the delegation’s conference-related expenses.

“It is a great honor to have been



Drs. Wantana, Somchit and Williams with Professor Supanee Senadisai



Delegation from the Sihanouk Hospital of HOPE, Phnom Penh, Cambodia



Buddhist monks waiting for a river boat in Bangkok, Thailand

included in this important conference,” says Mr. Hong Song, a member of the Cambodian delegation. “We are extremely grateful to Yale, UNC and Mahidol University for giving us the opportunity to interact with and to learn from our international colleagues.”

For Mahidol University students who had spent time at YSN as part of their doctoral studies, the conference provided an opportunity to reunite with their YSN mentors. “It was wonderful to be able to welcome our mentors from Yale to Thailand and to join them in discussions that addressed some of the most important health care issues facing our country and the rest of the world,” says Apinya Siripitayakunkit, who, along with Malatee Rungruangsiripan and Somsiri Athaseri spent the 2004–05 academic year at YSN. All three students plan to defend their doctoral dissertations in 2007. Their YSN and Mahidol University mentors are expected to be in attendance at those events.

“In addition to the opportunity to share our work with our colleagues, this conference also provided a chance for us to see how our former students have matured into nursing scholars with solid career plans and unique research interests,” says Dr. Deborah Chyun ’82, who supported Kusuma Khuwatsamrit’s doctoral research on self management interventions for Thai patients with coronary disease while Kusuma studied at Yale during the 2003–04 academic year. Kusuma successfully defended her doctoral dissertation on January 27, the final day of the conference.

“YSN has led many of our colleagues in helping to deal with the issues of chronic illness in developed and developing countries,” says Dean Grey. “We also provide extensive training to our doctoral students to help them lead the next generation of health care professionals in addressing these issues. This work is incredibly important to our mission and to the health of people around the world.”

YSN PRESENTERS AT THE Chronic Illness Conference



Patricia Jackson-Allen Concurrent Sessions: (1) Chronic Care by FNP: Findings from the 2005 Graduate Survey; (2) “If Mama Ain’t Happy, Ain’t Nobody Happy” Maternal Depression: Implications for Pediatric Care; and (3) National Survey Findings on Children with Special Health Care Needs in the United States



Margaret Grey Conference Welcome Address and Plenary Session: Role of the Advanced Practice Nurse in the Care of People with Chronic Conditions



Deborah Chyun Plenary Session: Chronic Illness in the Elderly—The Failure of Prevention Across the Lifespan Concurrent Session: Issues in Chronic Illness Across Lifespan—Risk Factors for Declining Quality of Life in Older Adults with Type 2 Diabetes



Katherine Jones Plenary Session: Dissemination and Utilization of Research Findings to Management of Chronic Illness



Lawrence Scahill Concurrent Sessions: (1) Teaching Social Skills to Children with Autism: A Model Curriculum; (2) Recent Advances in Assessment and Pharmacotherapy of Autism (presented by M. Pachler); and (3) Risperidone in Short- and Long-Term Treatment of Children with Autism.



Ann Williams Concurrent Session: Home Visit Intervention to Improve Adherence to HAART: A Random Controlled Trial



Tony Ma Concurrent Session: Application of Database in Chronic Disease Management—A Case Study



Elaine Gustafson Concurrent Session: A School-Based Intervention for the Prevention of Type 2 Diabetes in High Risk Youth

Advancing Nursing in the Place of Gardens



Rising from the barren desert, its soaring skyscrapers gleaming in the fierce sun, the Saudi Arabian capital, Riyadh, is one of the most visually splendid and culturally rich cities in the modern world.

Once a small oasis known for its date orchards (hence the origin of its name which in Arabic means ‘the place of gardens’), modern Riyadh has burgeoned into a sprawling metropolis with a population well in excess of four million. Although the last 40 years have seen tremendous health care development in Saudi Arabia, like nearly all countries, it is struggling with a severe nursing shortage. However, according to Barbara McClosky, DNSc '03, the Saudi nursing shortage is somewhat unique in that demand for nursing labor historically has been met by importing foreign born nurses. Recently, Saudi nursing leaders and government officials in Riyadh have focused attention on the need for workforce planning aimed at growing the number of Saudi born and educated nurses.



Bothyna Murshid, DNSc '03

This conference is yet another example of our endeavors to continue to share and explore exceptional knowledge with our colleagues within the Kingdom of Saudi Arabia and worldwide.

In 2001, the government's investment in nursing was evidenced by the establishment of the College of Nursing and Allied Medical Sciences (CNMAS), a part of King Abdulaziz University for Health Sciences, and other new schools of nursing. On December 6–8, 2005, CNMAS sponsored Saudi Arabia's first international nursing conference at the King Fahad Cultural Center in Riyadh. Dr. McClosky and Cheryl Chen, DNSc '03, presented at the conference, while Bothyna Murshid, DNSc '03, chaired the conference organizing committee.

The conference theme, "Towards Advancing Nursing," was intended to generate enthusiasm for the nursing profession, particularly among young people and their families, who often strongly influence career choices, according to Dr. Murshid. "The theme defines a progressive movement in the nursing profession," she explains. "Today, this movement is established on evidence-based practice, nurses as decision makers and patient advocates. Nursing has evolved from the 'I am just a nurse' syndrome to an applicable, scientifically structured knowledge base. The conference



Cheryl Chen, DNSc '03, Sami O Al-Shalan, Director General of Public Relations and Media Affairs for National Guard Health Affairs, Bothyna Murshid, DNSc '03, and Barbara McCloskey, DNs '03

reflects and celebrates the advancement of nursing, while simultaneously experiencing new areas."

In addition to presentations by the nursing faculty at CNMAS, an international group of nearly thirty nursing faculty and researchers from the United Kingdom, Germany, Jordan, Saudi Arabia, Taiwan, Egypt, Canada and the United States were invited to speak on topics related to nursing education, research and workforce development. Over a thousand nursing students, nursing faculty and practicing nurses from the Middle East were in attendance.

“This conference is yet another example of our endeavors to continue to share and explore exceptional knowledge with our colleagues within the Kingdom of Saudi Arabia and worldwide. It is intended to help our nurses, nursing students and health practitioners stay abreast of new developments in the areas of education, research, practice and management,” said Abdullah Al Rabeeah, MD, FRCSC, President of CNMAS and Chief Executive Officer of the National Guard Health Affairs of the Kingdom.

Special events organized for invited speakers featured a dinner reception hosted by members of the Saudi Royal Family, and a tour of Riyadh, including the Al-Musak Museum and quaint historical marketplaces. For the three YSN graduates, the place of gardens also provided a perfect backdrop for a festive reunion. Since receiving their doctoral degrees from YSN, all three have gone on to do groundbreaking work that is improving healthcare in their countries.

Dr. Murshid, a Saudi native, is currently the Associate Dean for Academic Affairs at CNMAS. She is only the fourth Saudi nurse to receive a doctoral degree in nursing. In addition to attending to conference-planning details and hosting the group of speakers, Dr. Murshid gave the conference opening and closing remarks and a presentation called “Graduate Entry Accelerated BSN Students’ Perceptions of Evidence-Based Nursing.”

A native of Taiwan, Dr. Chen is currently a gerontological nurse practitioner and an assistant professor at the National Taiwan University School of Nursing. She led a well-received workshop titled “How to Conduct Clinical Research: A Step by Step Approach,” which provided an overview of the major steps in conducting clinical research.

Dr. McCloskey, born and raised in southern Minnesota, is a health services researcher and a Senior Clinical Decision Support Analyst at Bridgeport Hospital in Bridgeport, Connecticut. She gave two presentations. The first was an overview of a health policy study she and former YSN Dean Donna Diers ’64 conducted to examine how hospital reengineering influences patient outcomes through its influence on nursing. The second presen-



Downtown Riyadh, Saudi Arabia

tation, “Using Administrative Data in Clinical Decision Making and Nursing Research,” describes the various uses of administrative data including sample identification, outcomes analysis and demonstrating nursing’s influence on patient outcomes.

To Dr. McCloskey, the most striking outcome of the conference was the consensus among attendees that countries are wrestling with similar challenges in nursing and workforce planning. These challenges centered around how to maintain the quality of nursing education programs when labor shortages often lead to education fast tracks and a focus on maximizing graduation rates over curriculum mastery. The conference also addressed the disconnect between nursing education and practice and cultural competency of foreign born nurses as nurses gravitate toward countries offering better wages and working conditions.

“Nursing professionals all over the world are struggling with the same issues,” says Dr. McCloskey. “While unique cultural circumstances require unique approaches to addressing these challenges, there is certainly enough common ground for all of us to learn from one another,” she says.



A mosque in the vicinity of Riyadh, Saudi Arabia

Learning

from those who've gone before us



Dr. Jenerette talks with study participant Suzanne Epps. The qualitative data obtained in her study interviews help to highlight the self-care strategies, tribulations and triumphs accumulated over years of living with sickle cell disease.

Growing up, the little girl's mother taught her to take care of herself and to be mindful of the special needs that came as a result of her sickle cell disease. Diagnosed as a toddler, today Suzanne Epps is a 56 year-old African-American woman living with sickle cell disease, a medical condition that may result in poor health and quality of life (see box opposite page).

She credits her mother for teaching her to be self-reliant, to understand the details of her medical history, what she could do to keep herself healthy and what worked best to treat her symptoms when they did flare up. From a very young age, Suzanne's mother helped her develop a level of self awareness that has made day-to-day life with sickle cell disease manageable.

"I don't feel bad about having sickle cell," Suzanne says simply. "My mother taught me to understand my condition and to set my own pace in life, to know what I can and can't do. I have been through a lot, but maybe because I understand sickle cell more than others, I have made it through." She adds, "So I don't feel sorry for myself for having this condition, I just think 'What can I do to help someone else who has it?'"

Now, as part of a study being conducted by investigators from Yale and Howard Universities, Suzanne is doing just that. The study, titled, "Successful Aging with

“Nursing students should remember that the possibilities for them are endless.

You have to reach higher than you expect;
and then you will find the pathway
to achieve more than you thought possible.”

—CORETTA JENERETTE

Sickle Cell Disease,” includes surveys and interviews that will enable participants to impart knowledge they have gathered over a lifetime of living with the daily challenges posed by sickle cell disease to newly diagnosed patients and their families.

YSN post-doctoral fellow and principal investigator, Coretta Jenerette, PhD, RN, explains: “From my previous work examining factors that influence health status and quality of life in adults with sickle cell disease, I found that several factors influence patient outcomes. These factors include social support, coping behaviors and self-care management activities.”

Along with Dr. Gloria Lauderdale at Howard University, who is collecting data from adults with sickle cell in Washington, DC, Dr. Jenerette is looking at how older adults with the disease in the New Haven area have aged successfully. This information will help shape interventions and training approaches, as well as influence the way the care of patients with sickle cell disease is managed in the future.

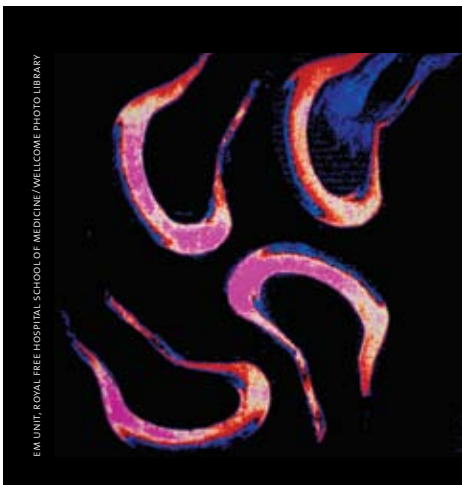
“By learning what has helped individuals currently living with sickle cell better manage the disease, we hope to assist younger patients to take that same well-traveled route,” says Dr. Jenerette. “We hope they will benefit from the life experiences of those who’ve gone before them,” she says.

In conducting this study, and in advancing her career as a nurse researcher, Dr. Jenerette has drawn on her own life experience, as well as on the advice of faculty mentors from YSN and the University of South Carolina where she completed her doctoral studies. She describes her career path and how she came to Yale: “While I was a doctoral student, a post-doctoral position at Yale was not one of the things I had considered. I was quite content to just complete my PhD.”

However, Dr. Jenerette’s mentor and dissertation chair at USC, Dr. Carolyn Murdaugh, along with Dr. Faye Gary, the Executive Consultant for the Minority Fellowship Program, which funded Dr. Jenerette’s doctoral studies, encouraged her and other doctoral students in the

program to pursue post-doctoral fellowships. At the time, Dr. Gary was collaborating with former YSN Dean Catherine Gilliss with whom she shared an interest in reducing health disparities. It was through Dr. Gary that Dr. Jenerette met former Dean Gilliss, Dean Margaret Grey ’76, (who at the time was Associate Dean for Research Affairs at YSN) and other YSN faculty whose work was advancing how individuals and families from vulnerable populations manage chronic conditions.

And so, as she was wrapping up her doctoral studies, a new and unexpected chapter in Dr. Jenerette’s career was just beginning. She recalls, “On the same day that I defended my dissertation I flew to New Haven. There I attended meetings of the Yale-Howard Partnership Center and listened to the 2004 Yale-Howard Scholars’ presentations of work that they and their Yale and Howard mentors were doing to minimize health disparities. I was very impressed.” The YSN faculty and Dean were equally impressed with Dr. Jenerette. Soon after that visit, she was offered a position as a project



Sickle cell disease is an inherited disorder that primarily affects people of African descent and Hispanics of Caribbean ancestry. It is also found with less prevalence among those with Middle Eastern, Indian, Latin American, Native American and Mediterranean heritage. The genetic mutation that causes sickle cell disease originated in areas of the world where malaria was common, and is thought to have been a natural adaptation to protect the body from the parasite that causes malaria. It has been estimated that over 72,000 people in the United States and millions worldwide are affected by the disease.

Sickle cell disease impairs red blood cells and their ability to carry oxygen. Normal red blood cells are smooth, round and flexible so they can move through blood vessels easily. However, in sickle cell disease they form into the shape of a sickle and are less flexible, tending to cluster together so they cannot easily move through blood vessels. Such blockage is what causes the painful and damaging complications of sickle cell disease. Although it cannot be cured, effective treatment to manage symptoms is available.



As a single parent and working mother, Dr. Jenerette is mindful of maintaining a healthy work-life balance. Her daughter, Jamison, age 7, identifies with her mother's role modeling — she enjoys playing teacher to her doll collection and is eager to visit mom at work. Dr. Jenerette comments, "The opportunity to enrich my daughter's life experiences was an important factor for me as I considered my own career advancement. Coming to Yale has enabled me to show her another part of the world."

director for the Yale-Howard Partnership Center. She accepted and serves in that role today.

During her first year at YSN, in addition to coordinating the summer seminar series for the Yale-Howard Scholars program, Dr. Jenerette also lectured in a master's level nursing research methods course.

One of Dr. Jenerette's mentors, professor Marge Funk '76, encouraged her to apply for NIH funded post-doctoral training at YSN. She applied and was accepted in September 2005. According to Dr. Jenerette, this educational extension gave her time to take additional courses and disseminate her dissertation findings, as well as further develop her skills as a research scientist.

"I had no idea, prior to arriving here, what to expect—other than that Yale was a place I never expected to be. My whole background, from grade school through college, graduate school and my doctorate, was with public institutions. I never thought I would end up at a private institution, let alone an Ivy League university," she says. She describes an initial feeling of being overwhelmed; as she made the leap from public to private university and moving from her southern roots in rural South Carolina to a much more urban, New England

environment. This was a tremendous life change for Dr. Jenerette.

"But I think that's one of the great things about being here at an institution like Yale," she says. "Your mentors work with you to create a unique experience that matches your professional goals, draws on your background and accommodates your personal needs."

For Dr. Jenerette, a single parent of a young child, the balance of flexibility and structure in her work schedule was especially important. "The time you spend as a post-doctoral fellow is limited—it is very precious," she explains. "It may also



be the end of your structured time to develop as a research scientist. The rest of the time you will have on-the-job training."

According to Dr. Jenerette, one of the things that make the Yale pre- and post-doctoral training program special is the close relationship between students and their faculty mentors. She describes the environment at the school as empowering. "YSN has offered me many opportunities and enabled me to find for myself the best way to develop as an academician and nurse scientist," she says.

For students just beginning their journey in nursing, Dr. Jenerette has some advice. "They should remember that the possibilities for them are endless. You have to reach higher than you expect; and then you will find the pathway to achieve more than you thought possible." She also has advice for those pursuing a doctoral degree or a post-doctoral experience. "Step outside of your box," she says, "and see what you have to offer, what different institutions have to offer, and search for the commonalities. You will find your fit."

Here there are parallels with the research Dr. Jenerette is conducting in her study of "Successful Aging with Sickle Cell Disease." She says, "Especially being a minority, people who have gotten to a certain point can often look back and, as the saying goes, 'Reach down and help pull somebody else up.'"

She continues, "So just as I am interviewing older adults with sickle cell in the hope that they can impart knowledge to younger people who are struggling with the disease, if other people can see this little southern girl at Yale—that I can be here in a place I never thought I could be and make a difference with my research, then perhaps they will also believe that they can achieve more, in their own way."

Dr. Jenerette smiles as she considers this. "The older adults in my study are a light to help illuminate the path for their younger counterparts," she says. "I hope that in a similar way, my experience can be a light for others who are contemplating pursuing a career in nursing research."



Moving Research into Doing

Susan Sullivan-Bolyai creates social support networks to empower families of children with chronic conditions

Nurse scientists are keen observers, driven to action by what they observe. What they see and experience as clinicians and community members informs their scholarship and inspires them to pursue research that results in direct benefit to patients and families. Many of them can identify events early in their career that have shaped their life's work. For former YSN doctoral student and postdoctoral fellow, Susan Sullivan-Bolyai, DNSc '99, such an event involved a 3-year old girl who was injured in a motor vehicle accident in Denver, Colorado three decades ago.

The vehicle, driven by the mother of the young girl, hit an icy patch of road, spun out of control and crashed into a tree. The child sustained a severe cervical fracture, her spinal cord cut in such a way that she could no longer breathe by herself. "She was basically dead at the scene of the accident," recalls Sullivan-Bolyai. Fortunately, a surgical resident driving several cars behind observed the accident and resuscitated the child at the scene. The young girl was delivered to the pediatric intensive care unit (Peds ICU) at University of Colorado Medical Center where Sullivan-Bolyai then worked as a registered nurse. Because she received emergency care so quickly after the accident, the child survived and sustained no brain damage. She did, however, become ventilator-dependent. At the time, due to the nature of her injuries, she was not able to live with her

family, and was instead, for several years following the accident, a resident of the Peds ICU where she was cared for by Sullivan-Bolyai and her colleagues. "She was delightful and she had a great sense of humor!" recalls Sullivan-Bolyai. "She became a part of our family."

At the Peds ICU, Sullivan-Bolyai cared for many children with chronic conditions.

"Nurses who work in this environment get to know the families of the kids on the unit extremely well," she says. "In getting to know them, I always wondered, what happens to the kids once they leave our unit and how do their families manage their child's chronic condition at home?"

These questions inspired Sullivan-Bolyai to seek out opportunities to get more directly involved with childhood chronic illness care. She received her master's degree from Emory University and a post-master's degree from the University of Washington. During this time, she began to focus on family dynamics at the transition between acute and chronic illness in young children. Later, in Seattle, WA, she worked as a Clinical Nurse Specialist and Case Manager for a large group of kids with multi-congenital chronic conditions. She recalls, "I began to see that, in learning to manage their child's condition, parents often developed successful coping strategies that could benefit other parents of newly diagnosed children." She also noticed that in cases where parents had few financial resources they often relied on other support mechanisms such as family, community and religion, which helped them to manage their child's condition.

Inspired by what she observed in her clinical work, Sullivan-Bolyai began to think seriously about enrolling in a doctoral program. While she was on faculty at Salve Regina School of

Building on YSN Research to Manage Overweight in Youth At-Risk for Diabetes Type 2

While finishing her doctoral degree at Boston College, a classmate of Diane Berry's introduced her to the diabetes work of YSN's Margaret Grey. Berry saw an instant match to her own research interest and soon found herself interviewing as a Trial Coordinator for Dr. Grey's core study, "Preventing Type 2 Diabetes in At-Risk Youth."

That college classmate was Robin Whittemore, PhD, APRN, who is now an Associate Research Scientist and Lecturer at YSN. It was at Dr. Whittemore's urging that Dr. Grey came to interview Dr. Berry for her initial job at YSN. And it is this aspect of personal link—and the network of researchers that results from such ever-expanding connections—that epitomizes the YSN approach to developing leadership in nursing. Drawing on the talents and work of several generations of dedicated nurse researchers and clinicians, YSN is training the next generation of nursing leaders.

After joining the YSN community, and once she had earned her PhD, Dr. Berry then made an even greater commitment to YSN when she applied and was accepted for a post-doctoral fellowship to conduct a two-year intervention pilot study of her own, known as the Parent Study (see article describing this program, entitled, "An Obesity Intervention for Multi-Ethnic Families," in the Summer 2004 issue of *Nursing Matters*).

With the research that resulted from the Parent Study in press, Dr. Berry has taken a position as Assistant Professor at the School of Nursing at UNC Chapel Hill and is a fellow in their Interdisciplinary Obesity Research Center, and is a co-investigator on two studies on diabetes and obesity. She is also preparing an R01 grant application to follow-up her Parent Study research.

Dr. Berry reflects on her time in New Haven, explaining that she chose YSN because of the opportunity she saw in the mentors who were available in a research-intensive environment. "The faculty and researchers at YSN really took me under their wing. My affiliation with Yale was a great experience for me," she remarks.

As she continues her work investigating and testing interventions that will benefit those managing overweight, Dr. Berry looks back on her experience at YSN to identify what she calls "the enduring impact" of the relationships that fostered her growth as a nurse scientist. My mentors were all so generous with their time and knowledge," she says. "They really had an impact on me and the research I go on to do will bear their influence."

Nursing, her Chairperson, Eileen Donnelly, let her know of Margaret Grey's groundbreaking research in helping families better manage childhood diabetes. Sullivan-Bolyai recalls, "Eileen sat me down and told me, 'You have to go to Yale and study with Margaret Grey!' That same day I made the call, spoke to Margaret, and it seemed from the beginning a perfect match."

Sullivan-Bolyai enrolled in YSN's doctoral program in 1995. "I had several superb educational experiences prior to Yale, but Yale was the most rewarding," she says. "It was the culmination of everything I had learned up until that point."

"Along with its rich history, at YSN there was a tremendous sense of what former Dean Donna Diers '64 calls, 'Moving Research into Doing.' I was surrounded by some of the most accomplished researchers in their field and their extremely able staff, who made themselves readily available to me for consultation and gave generously of their time," she says.

It was Dean Grey, according to Sullivan-Bolyai, who inspired her to be self-critical and to continuously strive to improve in her academic and research work. "Margaret leads by example. She never stops learning, never stops striving to become an even better researcher and she is incredibly generous in letting those she mentors see that side of her. She inspired us to approach our work with a similar passion. Whatever success I have now, is because of the excellent guidance that I received from her," she says.

Grey encouraged Sullivan-Bolyai to apply for an NIH-funded pre-doctoral training program and guided her through the application process. Later, upon completion of Sullivan-Bolyai's doctoral degree, Grey urged her to apply for post-doctoral training. During this time, Sullivan-Bolyai further developed her interests as a researcher. She began looking at child-parent interactions of young children (under 4 years old) who had been diagnosed with type 1 diabetes. "I started to think about how parents of young children who cannot yet communicate verbally figure out their child's symptoms and manage their condition. Do they develop different kinds of communication mechanisms from

parents of children without type 1 diabetes?" she asks.

She found that mothers of young children with type 1 diabetes had to be constantly vigilant in observing their child's behaviors and, as a result, became extremely good readers of their children's non-verbal cues. "They would be in a conversation with me and say 'see how his lip is turned up just a bit—he is starting to go low' and then they would intervene," Sullivan-Bolyai recalls.

Parents often obtain from informal interactions with other parents important information about managing a child's diabetes, such as what management behaviors work best, school issues, resources in the community and how to train a babysitter to care for your child. "So, I started asking mothers whether it would have been helpful to have other parents in their community whose children were also diagnosed with type 1 diabetes contact them to give them advice and social support," explains Sullivan-Bolyai. "I wanted to know if being part of a parent network would aid them in how they thought about and dealt with their family situation."

Since 2002, Sullivan-Bolyai has been an assistant professor at the UMass Graduate School of Nursing, where she works closely with former YSN postdoctoral fellow Carol Bova, Robin Klar, DNSc '02, and former YSN researcher and faculty member, Lynne Schilling. She teaches in the master's and doctoral programs and is furthering the research she began during her time at Yale. Her current, NIH-funded research project is "STEP: Social Support To Empower Parents," which looks at the experiences of both mothers and fathers in managing their children's type 1 diabetes. In the spring of 2005, she received the prestigious Junior Faculty Research Award from the Eastern Nursing Research Society.

"Only upon leaving Yale did I realize how much I had learned and how much more there is left to learn," observes Sullivan-Bolyai. "What really helped me in getting my arms around my own research was watching Margaret Grey at work. It is as my life-long mentor always says: 'I am still learning.' This is a crucial component of being a successful researcher and this is something that I am now trying to instill in my students."

The World of Nursing Converges at YSN



BY LEAH J. NERO '08

Examining
one
doctoral
student's
experiences
converging
at YSN

Third-year doctoral student Julie Womack '94, first came to YSN by way of Zaire (now the Democratic Republic of the Congo). As a public health volunteer during a four-year tenure with the Peace Corps, Julie came to know Marilyn Derksen '82, a nurse midwife who at that time was living in Kananga, the capital city of the province in which Julie served. Inspired by this connection, and the accolades about the Yale program she heard from another public health volunteer, Julie applied and was accepted to YSN's Nurse Midwifery specialty.

While preparing her master's thesis, Julie was mentored by professor Gail D. Melkus, EdD, RN, C-ANP, FAAN. "Like many of our students, Julie came to YSN with a broad range of unique experiences which helped her to excel in the academic and clinical settings," Dr. Melkus says. Together they examined the rate at which women from the Pine Ridge Indian Reservation in South Da-

kota developed type 2 diabetes (T2DM) after having gestational diabetes. "We found that the women in the study seemed to develop T2DM diabetes much earlier than women in the general population. Sixty percent of women in the general population who had had gestational diabetes developed T2DM after sixteen years, while the same percentage of women in my study developed it within four years of having gestational diabetes," recalls Julie. While the

sample size was not large enough to draw definitive conclusions, these results pointed to an alarming trend and to the need for close follow-up and monitoring of these women.

Visits to the reservation to collect data inspired Julie to return to Pine Ridge for her integration experience and then to accept a position as part of the midwifery staff there, after receiving her MSN degree from Yale. Julie grew and excelled in the reservation environment. "It was a great place to learn how to be a midwife," she reflects. "The women there are incredibly strong, incredibly resilient," she remembers. The one sticking point about her reservation role, Julie recalls, was the limits placed on her midwife status. "I was disturbed by the fact that I could manage my patients' insulin while they were pregnant, but I couldn't when they were no longer pregnant." Frustrated, she decided to obtain her post-master's



Julie's research is focused on the impact of risk factors for metabolic complications in women who are HIV-positive. "In this country the vast majority of women living with HIV are Hispanic or black," explains Julie. "Even before considering their HIV status, these women are at risk for type 2 diabetes and cardiovascular disease because of family history, socioeconomic status and a variety of other factors." According to Julie, highly-active anti-retroviral therapy—the drug "cocktails" that have been so successful in decreasing HIV/AIDS mortal-

ity—add an additional layer of risk for metabolic complications in the individuals who must take them. In women living with HIV, this adds another element of risk to an already high risk population.

"Nobody has really looked at what happens when you layer all these things together," says Julie. "We are treating these women for a life-threatening disease. But are we setting them up for others by how we're treating them? I don't think we know that yet."

Julie anticipates that her future will continue to blend research and practice. "I love practice and I really love research, and I think one informs and complements the other," she says. For those considering the pursuit of a doctoral degree in nursing at Yale she offers this advice: "If you like research, I would definitely recommend it. You just don't know how much you don't know until you start the program. And it gives you so many new skills."

Julie is one of 27 students currently working toward a doctoral degree at YSN. "There is a vast network here, made up of current students, former students and of their faculty mentors," she says. "This makes for an incredible environment in which to learn and upon which to build your own career as a clinician and researcher."

"Like many of our students, Julie came to YSN with a broad range of unique experiences which helped her to excel in the academic and clinical settings."

—GAIL D. MELKUS

certificate in family practice from Vanderbilt University, which she completed in 2000.

While still at Pine Ridge, Julie had also become interested in HIV. "I was working in a very enclosed population and I was afraid that if someone came in with HIV, it would just rip right through the entire community," she explains. Because of this initial experience, and the later experience at an HIV clinic at Vanderbilt, Julie decided to work in Nashville doing HIV/AIDS patient care.

Then one day a letter arrived in the mail, "It came out of the blue," Julie explains. It was from her former mentor, Dr. Melkus, and included a Yale catalog with a note which read, "It's time for you to start thinking about your doctorate."

"I read the letter, laughed, and went out for a run," Julie recalls. "By the time I came back, I thought well, okay, a doctorate in nursing seems like the logical next step."

Beginning the doctoral program in 2003, Julie has studied under the guidance of Dean Margaret Grey, Dr. Gail Melkus and Dr. Ann Williams, EdD, RN, FAAN '81. "They are top experts in their fields," explains Julie. "And yet they have been extremely generous with their time and with advice regarding my own research," she says.

A Mentor for Life.

Advancing
cardiovascular
research

BY LEAH J. NERO '08



Marge and Cathy circa 1980 and above, in 2006.



Among its faculty, YSN is lucky to claim many whose dynamic research and teaching strengths result in lasting bonds with their students. Such is the case with Marge Funk '84, PhD, RN, FAAN and doctoral student Cathy Winkler, whose professional relationship began in 1979 and has evolved into a lasting friendship. This partnership, which has meandered through the better part of three decades, continues to flourish at YSN today, as Marge and Cathy pursue similar research on cardiac arrhythmias.

As a new BSN graduate in 1979, Cathy's first position was in the Coronary Care Unit (CCU) at Yale-New Haven Hospital. As a 4-year veteran in the CCU, Marge oriented Cathy on the evening shift. Marge recalls, "She was great, she was very smart. She was so good for being so new."

Cathy grew tremendously as a result of her experience in the CCU. "Marge was with me through many important clinical events, such as the first time I was involved in the resuscitation of a patient who had a cardiac arrest, and the first time a patient died. These are challenging events for a new nurse and with Marge's guidance, I was able to gain perspective and learn about the

events themselves, as well as the best way to support the loved ones of the patient. Marge was clinically astute, empathetic, and had a sense of humor. I believe that I have become a strong clinical nurse because of my early orientation to the profession by Marge." During the two years that Marge and Cathy worked together, Cathy remained eager to learn and Marge eager to teach. These defining years brought them closer. Cathy even lived in the guest room of Marge's condo for a brief period before getting married, and Marge came to the wedding.

The 1980s and 1990s brought change in Marge and Cathy's work venues and academic pursuits, such that an amicable distance formed between them. It was after years of Christmas cards and now-and-then contact that Marge and Cathy first "published" together. In 2001, Cathy submitted a recipe to her church cookbook for "Maine Party Chicken," a signature dish of Marge's, and gave her the credit. This put them in touch again. They discussed doctoral study and Marge encouraged Cathy to "take one course and try it out." This course, Conceptual Basis for Nursing Science, convinced Cathy that she was in just the right place, and—after



Training leaders in critical care nursing

Deborah Wiegand came to YSN after graduating in August of 2003 from the University of Pennsylvania with a master's degree in bioethics and a PhD in nursing. She started her two-year postdoctoral fellowship at YSN in September of 2003 with the NIH-funded Research Training Program in Self and Family Management, co-directed by Dean Margaret Grey and Dr. Ruth McCorkle. During her postdoctoral fellowship, Dr. Wiegand also sought external learning opportunities related to end of life care. Her research addresses an important societal issue, the provision of quality care to those dying in an environment filled with medical technology. While at YSN she was able to continue to build her program of research.

Dr. Wiegand's doctoral dissertation was focused on the experience of families participating in the process of withdrawal of life-sustaining therapy from a family member with an unexpected, life threatening illness or injury. As a postdoctoral fellow, she conducted a follow-up investigation. She also completed a preliminary study that assessed situations that caused critical care nurses to experience moral distress. "YSN is an excellent environment for a novice researcher," says Dr. Wiegand. She speaks with great admiration of her YSN mentors, including Dr. Marge Funk, whose "expertise in critical care nursing was extremely valuable" as Dr. Wiegand initially studied families of patients with acute life-threatening illness or injury. "Dr. Funk's expertise in the safe and humane use of technology in the ICU was also helpful as decisions are frequently made at the end of life related to the use or withdrawal of this technology," she adds.

In September 2005, Dr. Wiegand started her new position as an Assistant Professor at the University of Maryland School of Nursing in Baltimore. Her current research contributes to the understanding of families faced with difficult end-of-life decisions and will aid in the development of effective strategies for nurses, physicians and bioethicists to guide families through this process.

Dr. Wiegand's recent book, *AACN Procedure Manual for Critical Care* received the American Journal of Nursing Book of the Year Award for Critical Care Nursing. Also in 2005, the American Association of Critical-Care Nurses appointed her Chairperson of its Ethics Task Force.

briefly considering law school—she officially entered the doctoral program at YSN in the fall of 2003. Marge noted that she could say to the admissions committee that "Cathy and I have already published together thanks to the Maine Party Chicken recipe."

Cathy's key interests coming into the doctoral program were heart disease and technology. "We have both always been interested in technology," says Marge. Cathy elaborates, "With each class at Yale, I gained new knowledge and perspectives. And even though Marge was supposed to be on sabbatical my first year, she always checked to see how I was doing."

Over the course of their careers, Cathy and Marge have lived through major changes in the care of patients with heart disease. During Cathy's second year, Marge had just co-authored new practice standards for ECG monitoring with Barbara Drew at the University of California, San Francisco. In the process of this work, Marge realized that "we really don't know what kind of arrhythmias patients now have. Back in the 1980s, we couldn't prevent or limit the size of the infarct, just provide supportive care. Now, early thrombolytics, angioplasty, and stents mean that arrhythmias may not be as significant. Patients are either avoiding myocardial infarctions or having less myocardial damage—because of early interventions." With Marge as her Dissertation Chair, Cathy is conducting a secondary analysis of data from a study by Barbara Drew to examine arrhythmias in patients with acute coronary syndromes. Cathy's work on arrhythmias informs Marge's work, and the two continue

to support each other, and laugh together, just like old times. Marge and Cathy have truly reconnected professionally and socially. Cathy says, "Marge has given me several opportunities to further my skills in research. I did a secondary analysis of some of her data looking at women and cardiac surgery, coordinated computer-based ECG education for nurses at Danbury Hospital as part of Marge's pilot study, and co-authored a chapter with her on heart failure."

If there is one thing Marge and Cathy disagree on, it is who is the luckier. Cathy says, "There are certain people that really make a difference in one's life, and she's made a difference several times." For her part, Marge contends that serving as a mentor to Cathy has been her distinct pleasure. In the future, Cathy sees herself involved in cardiac nursing, perhaps in education and research, and hopes to be "still helping, still contributing to the profession and to our patients"—much like her mentor, Marge. The thread that holds them together is the care of patients with heart disease. They are united with an understanding of an era in the not-so-distant past, and the stories they share from those days. In her final reflections on their many years of friendship and their mostly parallel professional work, Cathy summarizes, "Nursing is a demanding profession, and it has been invaluable to have a person like Marge serving as a role model. She truly integrates knowledge, professionalism and caring." These days these two bright women and serious researchers seem to be still growing and learning, as well as laughing quite a bit.



Marge and Cathy with Deborah Wiegand (see story in left column).

ALUMNAE/I News

Join the Celebration!

Alumnae/i Reunion Weekend
October 6–8, 2006

**Celebrating the 80th anniversary of YSN's
first graduating class and the 50th
anniversary of the midwifery program**

The 2006 Yale University School of Nursing Reunion Committee, on behalf of all YSN Alumnae/i invites you and your family to an exciting anniversary celebration of your graduation from YSN! The theme of the 2006 YSN Reunion is "Modeling Practice, Modeling Research." YSN faculty and alumnae/i are known for creativity and innovation in models for practice in expanded roles and for models of clinical nursing research. Our program this year will showcase the cutting-edge work of YSN's superior clinicians and scholars in new forms of practice and new arenas for research.

The keynote presentation will be given by 1963 YSN alumna Ada Sue Hinshaw, PhD, RN, FAAN, Dean and Professor of University of Michigan School of Nursing and the first Director of the National Institute for Nursing Research (NINR).

We are looking forward to record attendance at the 2006 YSN Reunion as we celebrate these incredible milestones. As last year's attendees will attest, **it is well worth the trip!**

Additional information will become available during the summer at nursing.yale.edu/alum/reunion.



The YSN External Advisory Board



YSN is committed to maintaining a healthy financial future and the plans for the School over the next 10 years are both operational and strategic. Achieving these goals requires the counsel, guidance and support of a network of the School's various constituencies including alumnae/i and friends. To increase our visibility outside of the current alumnae/i constituency, we established the YSN External Advisory Board, a core group of influential individuals whose purpose is to expand the School's network of friends. Through a strong partnership between the School and its boarder constituencies, the Board assists Yale Nursing in reaching its highest potential and continuing to educate nurse leaders for the future.

The Board consults, advises and collaborates with the Dean and senior staff to support the strategic goals of YSN. Board members assist the School in identifying and cultivating support and developing broader community awareness of nursing, particularly of YSN. Board members serve as advocates for YSN with other individuals, corporations, foundations, and professional constituencies. The Board meets twice yearly as a group and works with the Dean and staff between meetings.

Board members pictured above; Stephanie Cooper (Co-Chair), Margaret Grey, Ruth Benedict '48, Maria Fang (Co-Chair), George Isham, MaryAnn Stump, Gail Scott, Larry Lucas, John Brosnahan, Linda Burnes Bolton, Al Carmona. Not pictured: Martha Wood.



Ruth L. Benedict, MN '48 has been a highly visible representative of YSN since the inception of the Association of Yale Alumni (AYA) in 1969, when she was the only Alumna on the Founding Board of Governors. Ruth served in numerous roles during AYA's formative years as well as on the Executive Committee of the Yale Alumni Fund (YAF), as the first woman on the Board of Directors in the 82 year history of the Fund, and as Chairman of the YAF for Graduate and Professional Schools. From 1954 through 1978, Ruth was the Coordinator of Fundraising for YSN; during 1977-78 she was the National Chairman for The Campaign for Yale of the Yale School of Nursing. Ruth was the co-founder and Board Officer of the Alaska Seafood International, LLC, of which her husband Howard was co-founder and CEO.



John J. Brosnahan, JD has over thirty years' experience in entrepreneurial, legal, and corporate environments. He has practiced law in San Francisco since 1977 with an emphasis on real estate transactions, as well as start-up and emerging companies. He has served as counsel to a national brand manufacturing and marketing company from its inception to growth of \$40 million annual revenue. During the past decade he has also been affiliated with national retail management consultants providing analysis and operational leadership in turn-around and start-up ventures. In addition, he was co-founder and counsel of Deedcor Inc., a real estate trust service company which grew to serve Institutional clients throughout four Western states.



Al Carmona: Mr. Carmona is a Vice-President and senior leader for North America for Mars & Company, a leading business strategy consulting firm. He has experience in a wide variety of areas including cost /supply chain optimization, brand strategy, pricing and demand building optimization, competitive analysis, portfolio optimization, business unit turnarounds, and acquisition and divestiture analysis. Mr. Carmona has a BSE in Chemical Engineering from Princeton University and an MBA from Wharton.



Stephanie Cooper, RN, MS has most recently served as Director of Major Gifts for the Glimmerglass Opera Company. Ms. Cooper represented the company in Cooperstown, NY during their two month summer festival of performances, and then returned to New York City as their off-season major gifts officer facilitating cultivation activities. For 11 years, she served as the Director of Development and External Affairs at the University of Rochester School of Nursing. At the Creighton University School of Nursing she was the Director of Development, Marketing and Recruitment. A currently licensed RN in the state of Nebraska, she is a member of Sigma Theta Tau-Iota Tau, as well as an affiliate of the Council for Advancement & Support of Education (CASE), the National Society of Fundraising Executives (NSFRE), and the American Association for Counseling and Development.



Linda Burnes Bolton, DrPH, RN, FAAN is Vice President and Chief Nursing Officer of Cedars-Sinai Health System and Research Institute in Los Angeles, California and holds graduate faculty appointments at the University of California, Los Angeles, University of California, San Francisco, and California State University, Los Angeles. She serves on a number of advisory boards including the US Health and Human Services National Advisory Council on Nurse Education and Practice, and the Robert Wood Johnson Foundation Nursing Advisory Council. Through her work with the National Black Nurses Association, she is cofounder of the Community Collaboration Model, which has been tested and is currently utilized in over one hundred communities throughout the United States and is used as a framework for improving community health. She currently serves as President of the American Academy of Nursing.



Maria Chen Fang was born in Shanghai, China, and moved to Hong Kong at the age of one, just before the Communist Party took over Mainland China. She received her early education from Maryknoll Convent, one of the most renowned schools of Hong Kong. She further pursued her studies abroad and gained her BS in Marketing from Fordham University. She worked as a stock broker at Payne Webber, later returning to Hong Kong. She has many business interests in Asia, Guam, California and Alaska. She has been engaged in a variety of business ventures that have included banking, equities investments, manufacturing, warehousing, cold storage, and real estate investments and developments. Maria has held executive positions including President of American Savings (Guam), President of Guam United Holdings, United Investments Corp., and a number of other real estate holding companies.



George Isham, MD is Medical Director and Chief Health Officer, responsible for quality, utilization management, health promotion and disease prevention, research, and health professionals' education at HealthPartners in Minneapolis, MN. He is a founding board member of the Institute for Clinical Systems Improvement, a collaborative of Twin Cities medical groups and health plans that is implementing clinical practice guidelines in Minnesota. Currently, he is on the Board of Directors of the Alliance of Community Health Plans and is also a member of the NCQA's Committee on Performance Measurement which oversees the HEDIS quality measurement standard. Dr. Isham is Chair of the American Diabetes Association/ NCQA Committee on Provider Recognition and is serving on the Institute of Medicine's Board of Health Promotion and Disease Prevention.



Larry Lucas is Associate Vice President, Government Affairs for the Pharmaceutical Research and Manufacturers of America (PhRMA), Mr. Lucas lobbies the United States Congress and state legislators on issues that are important to the research-based pharmaceutical industry. He is a member of the National NAACP Health Committee, the National Black Caucus of State Legislators' Corporate Roundtable, the Corporate Advisory Council to the National Hispanic Medical Foundation and the Joint Center for Political and Economic Studies Corporate Council. He serves on the Boards of Directors for Providence Health Foundation, Providence Hospital and the Congressional Black Caucus Foundation, Inc. and is a founding member of the National Hispanic Caucus of State Legislators' Business Board of Advisors.



Angela Barron McBride '64, received her bachelor's degree in nursing from Georgetown University, her master's degree in psychiatric-mental health nursing from YSN and her PhD in developmental psychology from Purdue University. She is Distinguished Professor-University Dean Emerita at Indiana University School of Nursing. She is a member of the Board of Clarian Health Partners, the largest hospital network in Indiana and third largest in the United States, and chairs the board's Committee on Quality and Patient Care. Dr. McBride is known for her contributions to women's health, particularly the psychology of parenthood, and to psychiatric-mental health nursing. She currently serves on a number of community and academic advisory committees including the Hartford Foundation's "Building Academic Geriatric Nursing Capacity" Program and the NIH Specialized Centers of Research on Sex and Gender Factors.



Gail Scott has a special connection to YSN, and to the Yale School of Medicine. Her mother is Betty Puzak, Class of '41 and her father Michael Puzak was a member of Yale School of Medicine's Class of '42. She is very proud to be a part of Yale's extended family. The author of the critically acclaimed *Diplomatic Dance: The New Embassy Life in America*, she is Diplomatic Correspondent for *The Georgetown*, an influential newspaper in Washington DC's oldest neighborhood. A veteran Washington journalist, award-winning broadcaster, and popular guest speaker, Ms. Scott is a private executive coach to foreign ambassadors, international executives, public figures, popular celebrities, health care experts, and leading scientists.



Mary Ann Stump is President, Consumer Aware and Vice President, Strategic & Consumer Innovation at Blue Cross Blue Shield of Minnesota. In this capacity she serves as the executive-in-charge of the State of Minnesota Health Plan, Blue Cross's largest account, representing 110,000 enrollees and \$250 million in gross revenue. A former cardiac critical care nurse, she was the lead architect of Blue Cross Cardiac Center of Excellence Program design, which has won several National Best Practice Awards. She was the lead Blue Cross executive in developing Minnesota's first community based residential treatment facility for eating disorders, the Anna Westin House, designed to serve as a "real world" research model to evaluate care that integrates conventional treatment strategies with complementary and alternative medicine therapies.



Martha Wood has held a number of academic and administrative appointments at such institutions as University of Texas, Texas Women's University and East Texas State University. She is active in community affairs both in Connecticut and in Texas, and currently sits on the Board of Trustees at Albertus Magnus College in addition to being a member of the Audit Committee and Board of Directors for Government Personnel Mutual Life Insurance Company (GPM Life) and the Joint Commission on National Dental Board Examinations for the American Dental Association. She is an alumni board member of the Greater San Antonio Chamber of Commerce, belongs to the Texas Women's Alliance and is the Chair of the Advisor Council at Health Careers High School in the Northside Independent School District.

Scholarship Recipients 2005/2006

The following students received scholarships, fellowships and grants for this academic year. We gratefully acknowledge the generosity of the many donors and organizations who have made these scholarships possible.

American Indian Graduate Center

Sylvia Parker

Americorps

Laura Fitzgerald
Sara Thurman
Nancy Cocchiarella
Michelle Migorino

Florence G. Blake Scholarship

Mary Andalaro
Emily Bisson
Jennifer Darcy
Janel Drugge
Vivian Dzata
Tracey Fender
Allison Hanley
Laura Kelley
Roberto Mejias
Emily Novak

Class of 1937 Memorial Scholarship

Erin Montgomery
Erin Ruppe
Jessica Theorin
Sara Thurman
Clifford Wilson
Mariel Zeccola

Class of 1991 Reunion Scholarship

Rachel Alfonso
Tamisha Gant

Annie and Albert Sr. Coffin Scholarship

Jenifer Clark
Melissa Glenn
Christina Tangredi

Comanche Nation

Sylvia Parker

Community Foundation of S.E. Connecticut

Marie Burton
Kerry Stephenson

Community Foundation of W. Massachusetts

Jennifer Moskal

Durfee Scholarship

Leah Nero

Richard D. Frisbee III Foundation Scholarship

Tara Walsh

Jacqueline Olive French Scholarship

Julie Gombieski

Helen E. Hallfors Scholarship

Diane Acosta
Patrice Harrison
Diane Kim
Tiffany Leigh
Leah Nero

Hawaii Community Foundation

Diane Kim

Charles King Jr. Memorial Scholarship

Suzanna Bess
Amy Hale
Ines Zemaitis

Evelyn Krueger Jones Scholarship

Megan Kuzmich
Joy Lackey

Lake Chelan Community Hospital Foundation

Resa Schell

Lampstand Foundation

Christa Jennings

Barbara M. Landauer, YSN Class of 1941, Nurse Practitioner Scholarship

Elena Cho

Leonard Marmor Surgical Arthritis Foundation

Meghan Marie O'Connor

Arthur H. and Evanita S. Morse Scholarship

Dilice Robertson

National Science Foundation Fellowship

Terry Deshefy-Longhi

New England Navy Nurse Corps

Leah Nero

Gertrude H. Parkhurst Scholarship

Lisa Tangredi

Margaret Perry Pearce Scholarship

Bethany Skelton
Jennifer Taylor

Ruth Warren Pearson Scholarship

Katie Simms
Jenny Veliz
Viola Wu

Albert Penick Scholarship

Kaberi Mozumber
Resa Schell
Julie Schonbeck
Melissa Tan

Elizabeth Kurtz Puzak Scholarship

Kimberly Mathews

The Rhode Island Foundation

Jennifer Collins
Kelly Faltus

Elizabeth N. Robb Scholarship

Ashley Atkins
Maria Avellino
Alicia Baird
Katrina Bergevin
Deborah Brown
Marie Burton
Tecia Cabanes
Meghan Connolly
Jessica Dugre
Kamberlyn Dunbar
Sasha Durso
Asafeh Faraz
Jennifer Greil
Christa Jennings
Allison Kenyon
Elena Kerzner
Rebecca Lau
Phuong Le
Michelle Magorno
Patricia McGaughey
Sylvia Parker
Susan Romano

Tabitha W. Rossetter Scholarship

Sarah Kleinman
Brandi Parker
Erica Reeves

THV Scholarship

Leah Nero

Dorothy L. Sexton Scholarship

Gloria Entsua-Mensah

Tudor Foundation-Rabinowitz Scholarship

Meredith Wu
Patricia Lopez

Eleanor C. Wisser Memorial Scholarship

Emily Sheren
Rebecca van de Water

Yale Club of Bristol

Kathleen Staley

Yale Club of New Haven

Eileen Bonyai
Sasha Lee Durso
Maura Fischer
Melissa Kaye Glenn
Alison Tenney

YSN Alumnae/i Fund Scholarship

Joshua Burgett
Jessica Chan
Carrie Croucher
Yvonne Eastep
Jessica Haddy
Brett Ives
Jessica Johnson
Nicole Langan
Ellen Massey
Teresa McCormack
Meghan O'Connor
Benjamin Schultze
Margaret Sheehan
Joseph Smihula
Andrea Stewart
Alison Tenney
Corinne Vigilante
Katherine Watkins

GERTRUDE H. PARKHURST SCHOLARSHIP

SCHOLARSHIP RECIPIENT: LISA TANGREDI

The Gertrude H. Parkhurst Scholarship was established in 2005 with a gift from Gertrude H. Parkhurst, YSN Class of 1949. This year's scholarship recipient, Lisa Tangredi '06, developed her interest in geriatric nursing through a variety of experiences. As an undergraduate, she completed an internship at Yale-New Haven Hospital for the Elder Horizon program. During that time, she recognized the holistic and compassionate approach the nurses and nurse practitioners took when caring for their patients. It became clear to her that the advanced practice nurse possessed the autonomy to make decisions about a patient and their care, which convinced her that a career as a Geriatric Nurse Practitioner was her calling.

While working as a research assistant at the Mental Health & Aging Center at the Institute of Living in Hartford, Lisa assisted in a study entitled "Quantification of Factors that Prolong Length of Stay in the Institute of Living Geriatric Unit," which will support the development of treatment protocols and revise patient care processes with the goal of improving patient care and shortening length of stay.

Yale School of Nursing is fortunate to have a growing number of endowed scholarship funds created through the generosity of alumnae/i and friends. For more information about creating an endowed scholarship, contact Lisa M. Hottin, Director of External Relations at lisa.hottin@yale.edu or 203.785.7920.



Dear YSN Family and Friends,

I was working as a cabinetmaker for Steinway pianos in New York City when I first became interested in health care. I was drawn to nursing because I recognized the role nurses play in positive patient outcomes. A shadow experience with YSN alumna, Jayme Radding, MSN '95, allowed me to witness first hand the professionalism of a well trained advanced practice nurse. Her attentiveness, compassion and sense of duty to her patients were inspirational. It was this experience that led me to nursing—and it was a Yale nurse who led me to the Yale School of Nursing.

As a first generation Puerto Rican, I recognize the need for Hispanics in nursing. Immigrants are confronted with many challenges seeking medical treatment, and often, due to language and cultural barriers, do not receive requisite care. I believe giving back to your community is important, and long term, I would like to work with this at-risk population and help them in overcoming health disparities.

As a father of three young boys, financial aid was a critical factor in my decision to attend Yale. With financial aid and scholarship support from alumnae/i who have given back to YSN, I am fulfilling my dream of becoming a Yale nurse.

I hope that you will make a gift this year, and every year to the Yale School of Nursing. If you have made a gift in the past, I want to be among those who thank you. Your gift does make a difference. It has helped me and many of my classmates.

You can make a gift online at www.yale.edu/giveNursing, call 1-800-395-7646, or use the enclosed contribution card.

Thank you for your support.

Sincerely,

Roberto Mejias

YALE SCHOOL OF NURSING, CLASS OF 2008

DOROTHY L. SEXTON SCHOLARSHIP FUND

SCHOLARSHIP RECIPIENT: GLORIA ENTSUA-MENSAH

Throughout her career, Dorothy L. Sexton, EdD, RN demonstrated a tireless commitment to her students, nurturing them during their academic nursing careers and beyond. The Dorothy L. Sexton Scholarship Fund was established in 2001 upon Dr. Sexton's retirement.

This year's scholarship recipient, Gloria Entsua-Mensah '07, is in her first year in the Acute Care Nurse Practitioner specialty. Gloria was born in Ghana and moved to the United States to further her education. She is the first person in her family to attend college and is committed to pursuing a career in advanced practice nursing. Gloria worked as a home health aide before attending college and enjoyed the interaction and individualized care she provided to her geriatric patients. In her shadowing experiences with an acute care nurse practitioner in a surgical ICU, Gloria was attracted to the autonomy and the holistic approach the APRN exercised in her responsibilities. As a laboratory assistant at Unilever HPC in Trumbull, Connecticut, Gloria worked with a team of researchers on development projects which included consumer testing, evaluating skincare products and investigating ways to improve outcomes.





Ramon at Columbia University Medical Center.

I am a Yale nurse

As a very young child, Ramón Lavandero '79, president of the YSN Alumnae/i Association, was taken along on hospital rounds by his physician grandfather in San Juan, Puerto Rico. Although his grandfather died when Ramón was four, the value of a profession in health care was imprinted on the boy.

BY **LEAH J. NERO '08**

After a stint as a volunteer emergency department orderly at Euclid-Glenville Hospital in Cleveland, Ohio while a high school junior, Ramon also worked as a nursing assistant caring for patients with terminal cancer at Calvary Hospital in the Bronx during two years of study in the seminary. He followed this with two years at Doctors' Hospital in Miami, where he worked as an emergency department and ICU patient care technician while a liberal arts major at the University of Miami.

But it was Ramón's childhood family physician and mentor from Puerto Rico who pointed the way into the nursing field for Ramon. Dr. Reinaldo Ferrer, who had become medical director at New York City's Beth Israel Medical Center, challenged Ramón, telling the young man, "I'd like for you to finish college and go to medical school, but I know you've always been more interested in nursing." So he introduced Ramón to the legendary Rose Muscatine Hauer, chief nursing officer and director of Beth Israel's diploma nursing school.

Ramón recalls how Miss Muscatine, as she was fondly known, brought it all into focus. "You could come to our school, but what you

really need is your bachelor's degree and then your master's," she directed. That led to Ramon's admission in 1970 to Columbia University as one of the first two male nursing students there.

After practicing as a hemodialysis and transplant staff nurse at the New York Hospital for one year, Ramon became manager of Montefiore Medical Center's renal service. The need for a graduate degree became obvious as his interests diversified beyond his initial passion for direct patient care. "I decided to equip myself with clinical and academic credentials that would let me hold clinical, education or management positions no matter where the road ahead might take me," he says.

Then after earning a master's degree from Columbia's Teachers College, Ramón earned his graduate degree in nursing from YSN in 1979. While at YSN, he studied in the acute care (then called medical-surgical) program, with a renal subspecialty, while he worked part-time in the coronary care unit at Yale-New Haven Hospital, where Marge Funk and Cathy Winkler also worked (see story on page 23).

Ramón gravitated away from clinical practice into administrative and faculty positions

after graduation from YSN, first at Milwaukee's Mount Sinai Medical Center and then at Thomas Jefferson University and Hahnemann University Hospital in Philadelphia.

Motivated by the YSN expectation that graduates become professionally involved leaders, he became active in the American Association of Critical-Care Nurses and was elected to AACN's national board of directors as well as its credentialing arm, the AACN Certification Corporation.

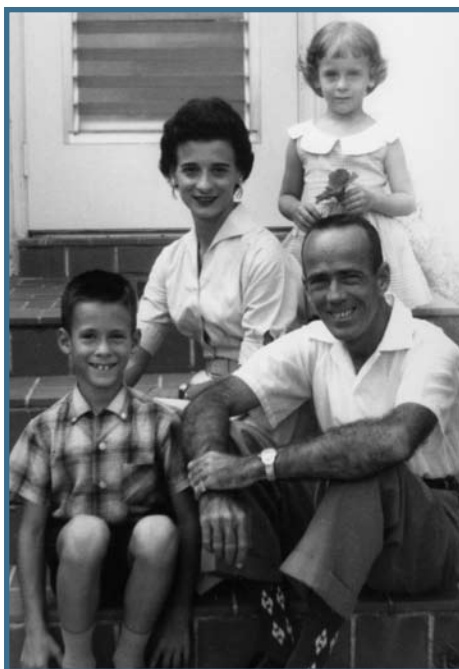
In 1989, Ramón joined the AACN's national staff and served for eight years as director of external affairs and development. In 1997, he became the first director of the International Leadership Institute at the Honor Society of Nursing, Sigma Theta Tau International. After three years, he returned to AACN where he works today as director of development and strategic alliances.

What has changed since Ramón's student days at YSN? "The most obvious change," he says, "is that there are fewer nurses, since most students are admitted through the GEPN program." He believes that a balance of RN and GEPN students leverages one of the school's greatest strengths; that each group learns from the other's perspectives and experience.

"The challenge rests in making curriculum more accessible and the financial burden more manageable for RNs," he explains. "The new nursing management, policy and leadership master's program is addressing this by testing the effectiveness of distance learning in YSN's academic culture. Financial support is an even greater challenge and one where support from alumnae/i will be essential." More acute care students also would reflect the reality of health care today, he says.

Ramón reconnected with YSN two years ago when alumna Angela Barron McBride '64, suggested that he become involved with the Alumnae/i Association. Dr. McBride served on a alumnae/i Task Force convened by immediate past president Carol Ann Wetmore and former Dean Catherine Gilliss to engage alumnae/i as active participants in taking the university to the next level of excellence as a global leader in nursing education.

"The panel recommended key changes in the association's activities and role," Ramón explains, "and in the board's structure and representation." All of the changes were designed to streamline the organization and support involvement by a broader range of graduates. The board now includes women and men from 14 class years representing varied ethnic and



Ramon and his family.

racial groups and living in eight states. A representative from the Student Government Organization is also a voting member. To ensure planned leadership succession, each year at the annual meeting alumnae/i select a current or past board member to serve as president-elect for one year. Bonnie Baloga-Altieri '89, elected in October, will succeed to the presidency this fall.

The panel's report prompted other enhancements. In 2005, YSN reunion weekend was moved from summer to fall. "Excellent attendance and a dynamic program made it very successful," Ramón says, "and students could participate because classes were in session. The 2006 reunion will be held October 6–8th and we expect record breaking attendance to celebrate the 50th anniversary of the

midwifery program and the 80th anniversary of the first graduating class."

Such contact has expanded with an alumnae/i-student mentoring program launched in 2004 which pairs incoming students with an alum who might be able to meet the student in person or communicate by phone, e-mail or postal mail. "Our goal is to match every student with an alum," explains Susan Bonini '89, the board's secretary-treasurer who coordinates the program. "We're seeking connections that will deepen over time because they're based on shared interests and goals. What we need are more alumnae/i willing to participate." She advises those interested to contact Lisa Hottin for more information (see contact details, below).

Ramón reflects on the value of alumnae/i connection, "It's ultimately about being a Yale Nurse," he says. "When you graduate, you're only at the doorstep of becoming one. On the long haul, being a Yale Nurse may mean something different for each of us. But it always signals excellence and is a source of great pride because being a Yale Nurse matters."

I am a Yale Nurse. What does that mean for you? Ramón invites alumnae/i far and near to send their responses to him via email (ramon@aya.yale.edu), or to YSN's Director of External Relations, Lisa M. Hottin who can be contacted by phone at 203-785-7920 or by email (lisa.hottin@yale.edu).

Alumnae/i-Student Connections:
To participate contact Lisa Hottin.



Ramon with YSNAA board member at 2004 alumnae/i event.

HONOR ROLL

We are deeply grateful to the many donors who have made gifts to Yale School of Nursing between July 1, 2004 and June 30, 2005. Our Honor Roll recognizes the generosity of more than 1,500 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 preparation of this list, we have made every effort to assure 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.

**Dean's Associates
(\$5,000 and above)**

American Association of Colleges of Nursing
American Cancer Society
Jeanette Atkins* '47
Virginia M. Brown '50
Helen Varney Burst '63
Connecticut Health Foundation
Margaret-Ann Corbett
Donna Kaye Diers '64
Charlotte Elsberry '65
The Richard D. Frisbee III Foundation
Catherine L. Gilliss
Helen E. Hallfors* '39
James Leitner
Organization for Autism Research
Oncology Nursing Foundation
Gertrude H. Parkhurst '49
Herbert H. Pearce
Elizabeth N. Robb* '37
Evelyn C. Slopanskey* '50
Shelley L. Swanson '00

Goodrich Club (\$2,500–\$4,999)

Mary C. Colwell '50
Elizabeth Cooper
Anne M. Corrinet
Linda DiMario '85
The Fitzgerald Family
Charitable Fund
Susan Juliano Gerken
Lily S. Hsia
Lorraine M. Kohler* '39
Teresa Marsico*
Barbara E. Mathews '46
Helena McDonough '75
Elizabeth K. Puzak '41
Frances T. Thacher
Mary Joanna Thawley '47
Yale Club of New Haven

Henderson Club (\$1,000–\$2,499)

American College of
Nurse Midwives
Melissa D. Avery
Doris Banchik '74
Martha E. Barden '61
Maria R. Bosnak* '54
Suzan D. Boyd '73
Lois D. Crum '56
Zoe Finch-Totten '94
Ms. Laura M. Grant*
Margaret J. Grey '76
Elizabeth Grob
Jody Gross '80
Elaine M. Gustafson '86
Janet Nosek Hoffman '81
Carol L. Howe '74
Ramon L. Lavandero '79
Nancy E. Loomis '80

Sheila G. McClelland '51
Jean B. Milligan '46W
Jeanne S. Neideck '61
Roberta Poirier
Maribeth Pomerantz '99
Elizabeth S. Sharp '59
Evelyn H. Shopp '47W
Jane Rambo Stewart '47
Janet S. Taft '78
Pamela P. Tisza '51
Carol Ann Wetmore '94

Taylor Club (\$500–\$999)

Kathryn L. Burdette '46
Community Midwifery
Robert A. Corbett
Helen B. Crowell '53
Barbara Ellis '46
Jenifer O. Fahey '00
Bernadette M. Forget '78
Laraine H. Guyette
Frances J. Hindley '50
Thelma L. Joseph '47
Elizabeth W. Keller '87
Karol Ann Krakauer '71
Joyce W. Light '66
Jane N. Manning '56
Angela Barron McBride '64
Harriet S. McConnell '50
R Ann Miller '40
Lesley Mills
Terri Murtland '85
Theresa M. O'Connor '81
Adele W. Pike '84
Verna S. Rogier* '33
Marion M. Russell '56
Elizabeth B. Sanderson '48
Marilynn A. Schmidt '70
Mary B. Schwanke '73
Kay D. Sedler
Margaret T. Silverman '47W
Gwendolyn V. Spears
William Spry
Pamela Spry
Roslyn Elms Sutherland '63
Winifred W. Thomas '78
Marjory B. Wells

Wald Club (\$250–\$499)

Anonymous
Nina R. Adams '77
Priscilla O. Anderson '47
Emily B. Barey '01
Margaret S. Benton '55
Elizabeth Dyer Brewster '51
Chia-Hui Chen '99, '03 DNSc
Mavis K. Chittick '57
Elizabeth A. Clarke '57
Vivian S. Crabtree '46W
Madeleine R. Crowley '45
Adah R. Davis '45

Martha B. Downie '51
Martha Driessnack '79
Karen C. Duggan '76
Elouise C. Duncan '46W
Selma D. Falloon '44
Ruth K. Fitzpatrick '47W
Margaret Mary Flinter '80
Suzanne C. Gardon '46
Jeannette U. Gies '47
Phyllis C. Graves '41
Yukie T. Gross '50
Martha Ray Harris '57
Marjory H. Heyd '66
Martha Hill
Jane M. Hiltunen '81
Karen M. Hirschmann '79
Elisabeth M. Hyde '84
Marsha E. Jackson
Leslie Ruth Kelly '99
Mary Jane Kennedy '68
Karla A. Knight '77
Sara V.W. Knight '77
Susan A. Krause
Jan Kriebs '83
R. Jeannine Lyerly '57
Katharine W. Lynn '48
Madeline McKenna '47
Anna-Louise W. McKown '57
Grayson Murphy
Rosita M. Murphy
Julia N. Boyd Nadelhoffer* '56
Ann Kyoko Nakamoto '76
Mary K. Ochiai '45
Elizabeth O'Connell '48
Fotine D. O'Connor '55
Marjorie L. O'Rorke '48
Julia P. Pace '54
Jewel Q. Patton* '47
Luc R. Pelletier '82
Delora A. Pitman '40
Nancy R. Reilly-Wohl '82
Ann W. Rhinelanders '72
Ridgefield Women's Club
Paula A. Roman
Linda A. Schwartz '84
Charlotte W. Smedley '68
Cynthia de Steuben '92
Pamela K. Townshend '90
Jill T. Vaughan '03
Cathylynn P. Vintzileos '88
Eleanor F. Voorhies '40
Carolyn Webster-Stratton '72
Jane P. Weed '45
Mary T. Wigodsky '73
Barbara E. Wolfe '87
Susan R. Yates '86

Arnstein Club (\$100–\$249)

Anonymous
Blanche C. Agostinelli '88
Jennifer Ann Allen '01

* Deceased

HONOR ROLL

Bonnie Baloga Altieri '89	Margaret K. Chang '55	Elizabeth Susan Fairchild '92	Marion E. Highriter '53
Madalon O'Rawe Amenta '57	Deborah Ann Chyun '82	Jane M. Fall-Dickson '80	E. Jean M. Hill '35
Naida E. Arcenas '95	Deborah A. Cibelli '81	Suzanne L. Feetham	Ann K. Hillier '47
Mary Arnstein	Leslie Corcoran Clark '88	Anita W. Finkelman '71	Barbara L. Holman '45
Kirsten J. Asmus '98	Virginia E. Cleary '74	Ethel V. Fishel '46W	Ann R. Holstein '84
Judy Gardner Audette '89	Gaynor P. Coassin '58	Jean R. Fisher '65	June C. Horning '53
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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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* indicates no degree



Margretta Madden Styles, RN, EdD, FAAN, died November 20 at age 75, after a lengthy illness. "Gretta" as she was known, held many leadership positions in nursing, including dean of the schools of nursing at the University of Texas, Wayne State University and the University of California at San Francisco, as well as president of the American Nursing Association, the International Council of Nurses (ICN) and the American Nurses Credentialing Center (ANCC). She had also been an associate professor at the School of Nursing at Duke University. Styles earned a bachelor of science degree from Juniata College in Pennsylvania, her MSN from YSN in 1954 and a doctorate in education from the University of Florida.

Styles will be remembered for her role in establishing precise standards for the certification of nurses and as a founder of the American Nurses Credentialing Center in the 1980s. Later in her career, she was also recognized for her contributions to the study of nursing education in developing nations. Styles also served as an active member of YSN's International Affairs Advisory Committee and the 2003 YSN Alumnae Task Force. She will be missed by the many nurses she taught and mentored over her long career as a nursing scholar and educator.

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About the Yale School of Nursing Creative Writing Award

"It is time for nursing to find its voice and articulate it in every forum possible. That is why we have called upon our students to put pen to paper or fingers to keyboards and tell our stories. YSN students are encouraged to write an account of what we do so that others will have an opportunity to peer into the world of nursing. These pieces are a small glimpse of nursing, not the high-tech "ER" celluloid image of us finding veins in cold fragile limbs. This isn't the mean, power-hungry image of Big Nurse Ratchet in "One Flew Over the Cuckoo's Nest," or the sweet, non-confrontational nurse in "Wit." This is the observant, kind, empathic, skilled, flawed and heroic image of students learning to nurse."

—Linda Pellico, RN, MSN '89, PhD Assistant Professor and
the mind and heart behind the YSN Creative Writing Award



Sylvia Parker, '08 graduated from Oklahoma City University with a Bachelor of Fine Arts degree. She has received a number of awards for her painting and photography. Currently in her first year at YSN studying to become a Geriatric Nurse Practitioner, this Native American is merging both art and science.

You come from a long line of healers

You come from a long line of healers,
my aunt said to me the summer before
this— before Yale and med-surg,
before cadavers and NCLEX questions.
I had to remind myself of this many
times throughout the semester. I
would remind myself of my uncle
and great-grandmother, the ways in
which they healed and the people they
touched. Maybe I should have been
a medicine woman, but you have
to be chosen and nobody chose me
so here I am at Yale, a wannabe nurse,
a wannabe nurse practitioner. I am
supposedly someone who is learning
to heal. So many times I struggled
to grasp the smallest of details, those
really important ones that keep you
from killing a patient. I want to learn.
I keep saying to myself, I want to learn.
You come from a long line of healers.
I remember these words, her embrace
and the hopes of my family.....

*Sylvia's narrative in its entirety
is available at: [nursing.yale.edu/
development/creative/parker](http://nursing.yale.edu/development/creative/parker)*



Anna-leila Williams is a first year doctoral student at YSN. She received a BS in biology from Clark University, an MPH from Southern Connecticut State University School of Medicine and a Physician Associate degree from Yale School of Medicine. She has worked with marginalized patient populations in a variety of settings and honed her skills as a clinician, educator and researcher. She has found her home with nurse scholars at YSN.

Like lovers

I wash myself
But the smell of you
Lingers.
Like lovers
My sweat
And your sweat
Feeding one pool.
Damn you, don't die!

One thousand one, one thousand two,
One thousand three, one thousand four,
One thousand breathe
One thousand one, one thousand two,
One thousand three, one thousand four,
One thousand breathe.

I give you all my breath,
All my strength
And you respond.
No name,
But a pulse,
A quiet, quivering thread
Beneath my fingers
For a moment, then
Like a lover
You stare at me
And see nothing.
My weary arms, moist hands
Pushing you, begging your heart to beat.
And my brow and my palms and your chest
Feed the pool
But nothing else.



Laura Fitzgerald, '06 a native of Connecticut, graduated from Bowdoin College with a BA in Anthropology. After college she became a Community Health Educator for Americorps and the United States Peace Corp. Her travels have taken her to Ireland, southeast Africa and Mexico. She graduated in May to begin her career as a Nurse Midwife.

Passage

Two winters ago, you tried to explain
nephrology to me over coffees at
Starbucks. You co-opted a neighboring
table in order to make space for
intricate diagrams. I nodded encourag-
ingly, intellectually absent, convinced
that I would never wrap my brain
around this information. Shamefully
aware that I just didn't care about
the particulars of renal function,
I worried that perhaps I'd selected
the wrong profession. I didn't want
to tell you, an almost-doctor, that
none of my nursing coursework was
sticking. "Bulimic learning", an
insensitive yet apt term for the frantic
cerebral stuffing of copious medical
tidbits followed by repeated exam-
time purging, was proving completely
ineffective.

Without a Herculean effort to stay
on task, academic lessons easily
drifted towards casual conversation.
We talked a lot about Africa in those
days. It had been difficult for me
to trade the visceral intensity of life
in an HIV ravaged village, where
the whiteness of my skin conferred
instant authority, for graduate school's
brain-centered routine....

*Laura's narrative in its entirety is
available at: [nursing.yale.edu/
development/creative/fitzgerald](http://nursing.yale.edu/development/creative/fitzgerald)*





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