Yale Nursing MATTERS

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Learn how adult/gerontology acute care specialist Travis McCann '20 MSN (right) and Yale College graduate Bobby Berry '19 partnered across Yale and beyond to bring their ideas of augmented reality technology to clinical care. Contents

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Stay informed on all the news about the YSN community by using a smartphone camera to access the QR code below.



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Letter From Dean Kurth



Dear Friends,

This edition of Yale Nursing Matters focuses on the third area in the school's Strategic Blueprint: Partnerships. On a fundamental level, we all understand that strong connections benefit patients and providers. Clinical care is a team sport, and YSN consistently builds new collaborations and welcomes input from diverse sources.

l invite you to explore a world of augmented reality with Travis McCann '20 MSN and teammate Joe Albertario '20 MSN. They have

collaborated across campus and with industry to develop two exciting new apps. Using technology, the first app can enhance provider empathy for patients experiencing visual and auditory hallucinations, and the second app aims to make some simulation practices more portable and affordable.

Since the school moved to West Campus in 2013, many of our students and faculty have established themselves with our neighbors at the Yale Landscape Lab (YLL). In this issue, Michelle Kennedy '05 MSN, APRN takes us there and introduces us to YLL founder and director Justin Freiberg and the importance of food as a healing agent.

YSN has a long history of robust interactions with Yale School of Medicine, and this partnership will enter an exciting new phase when the reproductive endocrinology and infertility clinic arrives on campus in early 2020. We are looking forward to all the opportunities that will arise from being in close proximity to Dr. Sandra Carson and her team.

We are delighted to deepen our relationship with Margaret Flinter '80 MSN, PhD, APRN and the outstanding Community Health Center, Inc., a system that provides clinical sites for our students, strong partnerships with our faculty, and symbiotic interactions at the highest levels of leadership.

One of our most vital partnerships is with Yale New Haven Health Systems (YNHHS), the largest healthcare system in Connecticut. This dynamic collaboration includes a variety of programs and initiatives and is prominently visible within the ranks of leadership in both organizations. YNHHS chief nursing executive Beth P. Beckman, CNE, DNSc, holds a concurrent position as the associate dean for partnerships at YSN, and the school benefits greatly from her insight and experience.

Faculty often collaborate on international partnerships, and in this issue, we travel to Uganda with Helen Varney Professor of Midwifery Holly Powell Kennedy, PhD, CNM, FACNM, FAAN and assistant professor of nursing Michelle Telfer, DNP, MPH, CNM. Seeing a collaborative global partnership up close was an educational experience for the group of students who accompanied them.

As the year draws to a close, I would like to thank everyone who worked on the school, and midwifery, accreditations during the past year. We received full CCNE reaccreditation for the next decade, and successfully completed the ACME site visit this month. These efforts are mission-critical, and the hard work draws on teams from across our YSN community. Sending all of you my best wishes for the year ahead.

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Ann Kurth '90 MSN, PhD, CNM, MPH, FAAN Dean and Linda Koch Lorimer Professor of Nursing

Student Matters

The Graduate Entry Prespecialty in Nursing (GEPN) program is the first of an intense three-year, full-time course of study that combines preparation in basic nursing with advanced preparation in a clinical specialty. Upon completion of the first year, students receive a Certificate in Nursing and a white baseball hat that echoes the white nursing caps of earlier generations. A total of 119 GEPNs celebrated this milestone in October at the West Campus Conference Center.

Dean Ann Kurth made welcoming remarks and lecturer Wendy Mackey, MSN, APRN-BC, CORLN provided words of celebration. GEPN Director Tish Knobf '82 MSN, PhD, RN, FAAN, Executive Deputy Dean Carmen Portillo, PhD, RN, FAAN, and Dean Kurth awarded certificates, and Associate Dean of Student Affairs Saveena Dhall presented each student with their new Yale School of Nursing swag.



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CONGRAT









ULATIONS







Partnerships Strengthen Disaster Simulation

Yale School of Nursing (YSN) fosters partnerships across campus and around the world, but it also collaborates with the nearby community. During the mass-casualty disaster simulation—also known as a "sim"—of a building collapse in June, YSN simulation pros teamed up with local police and emergency services to stage a realistic event for first-year Graduate Entry Prespecialty in Nursing (GEPN) students. Students do not know what to expect when they arrive, and details are kept under wraps until the exercise begins.

While GEPNs were assessing the situation and triaging victims for transport, sirens announced the arrival of two new additions to the scene. First local law enforcement pulled up in a squad car, lights flashing, and then the ambulance announced its presence with a distinctive wail. In addition to building their clinical skills, the GEPNs also learned how to partner effectively with the other responder units.

A Training Exercise

Trumbull Emergency Medical Service (TEMS) provided volunteers and equipment and then shared their perspective during the debriefing sessions afterward. They used the exercise to train junior staff, change leadership roles, and learn how the students approached the situation. "We came to collaborate and saw this as a great opportunity for our team," said Trumbull EMS Chief Leigh Goodman. "We loved seeing it from the other side, the nurse perspective."

During the debriefing sessions, the GEPNs learned that emergency personnel and law enforcement approach the disaster differently from the student triage teams and from each other. For example, emergency services arrive with their knowledge of how many critical patients hospitals can handle and want to see an evacuation zone with easy access to quickly load the most severely injured victims. Clearly defined triage areas are essential, and accurate assessment of patient needs is critical.

However, those aren't the first things that come to mind for the police. When arriving at a collapsed building without knowing if the disaster is natural or man-made, law enforcement officers are



YSN partnered with local police and emergency services to create a realistic simulation of a mass-casualty disaster.

actively looking to rule out multiple criminal possibilities.

"The simulation team did an excellent job welcoming the participation of local law enforcement and emergency personnel for this exercise," said Carmen Portillo, PhD, RN, FAAN, Executive Deputy Dean and Professor of Nursing. "Going through a disaster like this in the safe environment of simulation gives our students the opportunity to learn how to effectively interact with the other units that respond to mass-casualty events like this."



Working in teams, students triaged victims and communicated with other responders to clear the scene.

A Real Emergency

Simulation Director Virginia "Ginger" Sherrick, MSN, APRN, FNP-BC, RN-BC, CNE, CHSE and simulation faculty member Shannon Pranger, MSN, RN-BC, CEN, CNE, CHSE designed and ran the operation, watching each of eight sessions unfold from a command center equipped with six cameras placed at key angles around the scene.

"Planning takes a few months, and this is the second year our team has tackled an exercise of this scale," said Sherrick. "The mass-casualty sim is an intense component of the curriculum, and it is always rewarding to hear students describe how they navigated through the chaos to provide care under pressure."

Pranger reached out to Trumbull EMS and the Yale Police to share their expertise and said that their involvement was essential to the sim's success. "Coordinating YSN efforts with EMS and police made the sim more real and therefore more helpful for our students," Pranger said. "Now they have a much better idea of how all three pieces cover different bases during a crisis."

A total of 116 students were assessed during the academic exercise, which took place over two days. Every specialty participates, and Pranger stressed that hopefully, many



Students did not know what kind of injuries to expect during the scenario until they entered the simulation.

of the students will never see a real incident like this in their careers.

But for one of the GEPNs, the simulation exercise became a real emergency almost right away.

Less than a day later, "I woke up to the loudest crashing sound I've ever heard," one student said. "I ran outside to see many cars smashed and was reassured that there were nurses with the driver of the car that was clearly destroyed. I think after having disaster sim nearly 10 hours earlier really prepared me for this event," the GEPN said. "I could think clearly in the midst of tragedy and I think that is a huge thing I have learned in nursing school. I really never thought I could learn so much in a single year."

The disaster sim shows that strong partnerships yield lasting, and in some cases immediate, results for YSN students.

To see the disaster simulation in action, visit: nursing.yale.edu/disastersim



YSN Forges International Partnerships in Uganda

Yale School of Nursing (YSN) fosters partnerships close to home on West and New Haven Campuses and out into the international community. As an example of global outreach, Helen Varney Professor of Midwifery Holly Powell Kennedy, PhD, CNM, FACNM, FAAN and Assistant Professor of Nursing Michelle Telfer, DNP, MPH, CNM partnered with Makerere University and Mother Health International to engage in maternal and newborn care in Uganda during the summer of 2018.





Holly Powell Kennedy, PhD, CNM, FACNM, FAAN

Michelle Telfer, DNP, MPH, CNM

This partnership was carefully crafted to meet mutual goals of the institutions and to learn best practices for improving global maternal and newborn outcomes. Mother Health International is a nonprofit that operates a birth center in Northern Uganda, achieving outcomes better than many mothers and newborns in the United States. Makerere University is one of the oldest and most prestigious universities in East Africa and offers a master's program in midwifery but also sought consultation on developing similar degrees in pediatrics and simulation training. Together the parties developed a plan to bring faculty and students together, beginning in the summer of 2019.

Prior to arriving in Uganda, students participated in an in-depth course to prepare them culturally and clinically for working collaboratively in the Global South. The course was taught by Telfer, and content included country-specific maternal and child health status, ethics in global health, clinical skills for tropical medicine, and cultural humility.

Learning Local Customs and Health Care

The first experience for the students was four weeks working at the *Ot Nywal Me Kuc Birth Center* in Atiak, Northern Uganda, which translates in the local Acholi language to "House of Peace & Birth." The center was established in 2008 in partnership with the community who were emerging from decades of civil war and where there was minimal access to health care. The students worked with YSN faculty, the birth center nurse-midwives, and the traditional midwives in the community, learning a midwifery model of care in partnership with the community. They learned some of the local language and much about customs of the region. In addition to maternal and newborn care, they learned about tropical health care, including treating malaria.

Students described a deep and humbling learning experience. Diane Kim '20 MSN stated, "I'd say the most important thing about the birth center that I admire is the amount of overwhelming community support it has, and how well the nurse-midwives, traditional midwives, and other stakeholders work together."

Research To Explore Health Outcomes

The birth center in Atiak has an outstanding record — with more than 12,000 births in 11 years, they have never lost a mother and their infant mortality rate is better than that found among black infants in the United States. Kennedy made several visits prior to the summer of 2019 to design an ethnographic study with Dr. Rachel Zaslow, a registered midwife and director of Mother Health International. The purpose of the study was to learn from the community, their practices, and the reasons for the remarkable outcomes.

After obtaining ethical approval from Yale and the Uganda Research Council, Kennedy began data collection with two student research assistants.

Data collection and analysis are ongoing, but preliminary findings suggest that the strong model of midwifery and

continuity of care is related to their outcomes.

Comparing Rural and Urban Care

During the final two weeks of their experience the students joined faculty and staff at Makerere University to provide care with staff at the busy referral hospital in Kampala. Here, they saw a different model of care replete with challenges of low resources and high volume. The faculty, students, and staff worked together to meet women's needs and students' learning, and YSN faculty worked to provide input to the Makerere faculty on their curriculum development.

Telfer and Kennedy have worked with YSN lecturer and women's health research fellow with the Connecticut Veterans Affairs Healthcare System Dr. Joan Combellick '91 MSN, PhD, MPH and Makerere University faculty to develop an online course in Global Quality Maternal and Newborn Care, which has been tested with students in Uganda, Rwanda, and at



Yale. Made possible by generous foundation support, YSN expects that to be a widely available program on Coursera early in the new year.



A Thriving International Partnership

The ongoing research efforts of Kennedy and Telfer aren't the only ways that YSN is fostering collaboration in Uganda. The Yale Institute for Global Health (YIGH), which aligns expertise from across Yale with international partners, is supporting connections among YSN, YSM, and Makerere University. Makerere is a recent recipient of a Health Professional Education Partnership Initiative (HEPI) grant from the National Institutes of Health (NIH).

Dr. Tracy Rabin, the Yale-based Co-Director of Makerere University/Yale University Collaboration (MUYU) and Assistant Professor of Internal Medicine at YSM noted the majority of healthcare in Uganda is provided by nurses and collaboration with YSN colleagues is essential. "I am very excited about the HEPI grant

serving as a framework for deepening the relationship between our institutions and look forward to working with the team to leverage this opportunity to enhance healthcare professional education on both sides." To date Yale has conducted three interprofessional workshops on collaborative models of care (YSM) and on introducing and building simulation into curricula with faculty at Makerere.

Through these and other projects, YSN will continue to create symbiotic partnerships across campus and around the world.



Usher in a new era of Yale Nursing Leaders



Students come to Yale School of Nursing seeking the best education to improve health care in a substantive and meaningful way. They join a legacy of Yale nurses and midwives who have engaged in seminal research, spearheaded health policy initiatives, and led in addressing health disparities of all kinds. On average, Yale nursing students graduate with more than \$100,000 in student loan debt—a formidable amount. Supporting Yale School of Nursing broadens the path for future nurses by alleviating that burden. Partner with us in elevating nurses and advancing health care by investing in a Yale nursing student today.

Learn more at nursing.yale.edu/giving.

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Yale school of nursing

Nursing and Medicine Faculty Lead Partnership



Yale School of Nursing (YSN) has a long-standing partnership with Yale School of Medicine (YSM). As strong and respectful relationships between doctors and nurses are vital in the clinical setting, so too has it become essential in the academic one.

Interprofessional faculty interactions also play a vital role in the relationship. In 2016, YSN professor Robin Whittemore, PhD, APRN, FAAN began working with Rosana Gonzalez-Colaso, PharmD, MPH, YSM assistant professor in YSM's Physician Associate (PA)



Robin Whittemore, PhD, APRN, FAAN



Rosana Gonzalez-Colaso, PharmD, MPH

Program. They began co-mentoring a Downs Fellowship recipient who was also a PA student, part of Gonzalez-Colaso's bailiwick. The student used the fellowship to study barriers and facilitators for self-management among adults in Mexico City with type 2 diabetes, an area of research that is an established strength for Whittemore.

Pleased with the success of their co-mentorship, two years later Whittemore and Gonzalez-Colaso began exploring interprofessional collaborations among providers caring for adults with type 2 diabetes in primary care settings in Mexico and the leadership roles of nurses in that context. Denise Marron '18 MSN and Rosabelle Conover '18 MSN (also '18 DIV) participated in this research, which was funded by YSN Global Health Pilot Funds.

After reading about Whittemore's work in diabetes as well as intervention development, faculty in Monterrey, Mexico invited her to present a research workshop on the development and evaluation of nursing interventions. Dr. Whittemore asked Gonzalez-Colaso to partner on the effort, and they jointly hosted the event at the Universidad Autónoma of Nueva Leon in 2018. The first workshop was so successful that other universities invited the pair to host a similar program for



nursing faculty, leaders, and doctoral students in Mexico at Benemerita Universidad Autónoma de Puebla, and in Colombia at Universidad de La Sabana in 2019.

Both Whittemore and Gonzalez-Colaso designed materials for content topics in each workshop which included lectures on research methods and small group sessions for participants to apply content to clinical problems of interest. In addition, they connected with local faculty to meet the needs of the trainees and operate smoothly within each cultural context. Together they provided eight lectures and leadership consultations during the small group sessions.



"It has been so rewarding to see the rapid activation of diverse teams of nurses who had not worked together before the workshop," Gonzalez-Colaso said. "They found shared interest in solving complex clinical or health care system problems to improve outcomes of their patients through nursing interventions. Workshop participants were creative and also collaborative within and across teams."

"It has been a great pleasure working with Rosana," Whittemore said. "The workshop audience really benefited from our complementary talents and we were able to showcase areas of expertise from both the School of Nursing and the School of Medicine."

Whittemore and Gonzalez-Colaso look forward to continuing their partnership, and further cementing the strong collaboration between YSN and YSM.

Have You Heard? Faculty Podcast Recommendations

Looking for something new to listen to during your commute or downtime? Let's hear what podcasts YSN faculty are plugged in to.



The Accessible Stall (30-50 minutes)

Hosts Kyle Khachadurian and Emily Ladau passionately discuss issues within the disability community, covering topics that range

from the Americans With Disabilities Act to the intersection of disability and privacy.

Samantha Conley '16 PhD, RN, FNP-BC Assistant Professor of Nursing



Radiolab (30-60 minutes)

Created by Jad Abumrad and hosted by Jad and Robert Krulwich, Radiolab is devoted to investigating the stranger aspects of our world.

Previous topics include the right to be forgotten, the language of apologies, and the various uses of chatbots.

Shelli Feder '10 MSN, '17 PhD, APRN, FNP-BC, ACHPN, Assistant Professor of Nursing



The Mother Jones Podcast (20–40 minutes)

This series uses interviews with reporters and newsmakers to take a deep dive into big stories.

Previous pods have focused on climate change, private prisons, and conspiracy theories.

"I heard about this from a friend. It provides relevant, comprehensive political information."

Ronica Mukerjee, DNP, FNP-BC, McA, Lac, AAHIVS Lecturer in Nursing



Storytellers from all walks of life share their nonfiction tales in front of a microphone and a live audience.

The Moth (15-60 minutes)

"I love to hear stories about people's life experiences, how creative individuals are, what kinds of things impact people, how people impact one another, etc. Just stories about human beings. This podcast is somewhat related to nursing in that it is about people's lives and as nurses we often become part of people's lives even for a brief moment."

Carmen Portillo, *PhD*, *RN*, *FAAN Executive Deputy Dean and Professor of Nursing*



The Oath (60-90 minutes)

Former government officials describe what shaped them as leaders, what drew them to public service, and what keeps them up at night. In-depth

interview subjects include former FBI Director James Comey, the longest-serving Navy SEAL in US history William McRaven, and Detroit federal prosecutor Barbara McQuade.

"There was a great interview with Joyce Vance, one of my heroes. She was an Assistant United States Attorney in Alabama for many years and has had an incredible life of public service."

Lois S. Sadler, PhD, RN, FAAN Professor, YSN and Yale Child Study Center

What podcast or book do you recommend?

Let us know! http://bit.ly/PodcastBooksReco



YSN Team Excites With New Nursing Applications



A QR code can be placed on a CPR dummy and then present as a wound or injury from a library of options.

W

orking with partners across campus, acute care Yale School of Nursing (YSN) student Travis McCann '20 MSN is pursuing two exciting projects to help providers become better clinicians. His team has developed a visual and auditory hallucinations app that allows participants to better appreciate the challenges these patients face. They are also working on a clinical simulation app that combines an augmented reality (AR) headset with paper-printed QR codes and CPR manikins to facilitate portable and low-cost clinical training.

The hallucinations app encourages students to explore beyond textbook theory. For example, as displayed on an AR headset, the app might show a lizard riding a squeaky bicycle around the room during a job interview scenario. This gives the provider a clearer understanding of how distracting and disorienting it is for patients to apply critical thinking skills under those conditions.

It's a way to get providers to be more empathetic... and you get better results with a treatment plan with more empathy."

- Travis McCann '20 MSN

McCann's teammate Joe Albertario '20 MSN, a student in the psychiatric-mental health specialty, agrees. "You achieve more successful outcomes for the patient when the provider has greater empathy," Albertario said. "Time spent with the patient increases, the provider can imagine what the patient is going through, and the list of differential diagnoses increases. That means there's a better chance that I can identify the case correctly. All this leads to Yale producing better nurses, with better understanding, and better health."

In the clinical simulation app, a QR code is placed on a simulation manikin or an instructor's body and the AR system displays the code as a wound or an injury from a library of options. Students then respond to assess the problem and provide treatment. Instructors can reset the exercise for a new class or a different specialty in just a few minutes.

Forging Partnerships Across Yale and Beyond

To gain the expertise he needed for the apps, McCann sought advice from the Center for Creative Arts at Media (CCAM) at Yale, where he connected with then–undergraduate student Bobby Berry '19, now the main developer of the apps.



With the help of an AR headset, a user can gain greater empathy for patients experiencing auditory and visual hallucinations.

"I truly believe that it was thanks to Travis coming to CCAM that the project was able to get off the ground," Berry said. "Furthermore, blended reality is privileged with corporate sponsorship, and interest, which helps us to acquire tech and provides us with opportunities to talk with industry professionals about our ideas."

McCann enthusiastically describes the Center's contributions to his project's success. "CCAM asks: 'What's your idea? How can we help you?' " he said, emphasizing that CCAM guides students toward their goals without taking over the projects. Rather than just recreating an existing exercise with blended reality, McCann wanted to explore new possibilities. "What things could we not do before that this technology now allows us to do?" McCann said.

The team's dual projects make considerable improvements over existing technology. One strength is the app's ability to demonstrate visual hallucinations. And the QR codes for the clinical simulation app bypass the need for hours of makeup application and reapplication as an exercise is repeated for new students or classes. Wounds can be mapped to an area but then changed



Utilizing a QR code on a mobile device allows for greater flexibility.



The clinical simulation app allows instructors to change scenarios quickly, without reapplying makeup or other special effects.

easily, creating entirely new scenarios better suited to each nursing specialty.

Exploring new territory and taking advantage of the team's unique skillsets clearly resonated with Berry. "I think the nursing sim project is particularly exciting because it's really trying to build a new form of hands-on education," he said. "One of the greatest new potentials with augmented reality/virtual reality (AR/VR) is its function as a training tool. Research has shown it to be effective in developing certain motor skills as well as observational skills, so really our project is a perfect combination," Berry said.

Berry is now the CCAM and Tsai CITY (Center for Innovative Thinking at Yale) Innovation Fellow, and his teamwork with McCann continues.

Affordable and Portable Kits

"Not everyone has access to Yale SIM," McCann said, and that goes for the pricey equipment inside YSN's state-ofthe-art simulation spaces. For example, a life-size high-fidelity mannekin with the capability to breathe, bleed, and talk costs upwards of \$100,000 and a high-tech AR headset retails for about \$3,000. But the blended technology McCann, Albertario, and Berry are developing is portable and much more affordable.

A small kit consisting of a CPR chest dummy for a few hundred dollars, a simple VR viewer that substitutes for the hightech headset at less than \$10, and a used smartphone are all you really need. The equipment fits into a backpack and can be stowed in an airplane's overhead bin. "Travis demonstrated his blended reality simulation to our Dean's Leadership Council earlier this year, and the room was astounded by all the possibilities," said Dean Ann Kurth '90 MSN, PhD, CNM, MPH, FAAN. "This application of blended reality reaches across all specialties and it can make even the most remote communities accessible for improvements in training and clinical care. The ability to provide portable, low-cost equipment will empower providers to master a variety of patient scenarios, leading to better health care delivery. Travis, Joe, and Bobby have done a terrific job connecting with resources across all of Yale, and this is the type of solution-driven innovation that can result from those partnerships."

What's Next

The team is exploring possibilities with experts at Yale School of Medicine and Yale School of Management and investigating how best to measure empathy in providers before and after using the app.

"Once data are collected and our evidence shows that virtual training improves outcomes, creating new virtual reality simulations for all nursing competencies could revolutionize healthcare training and vastly improve quality of patient care," Albertario said.



Sana Goldberg '20 MSN **Publishes First Book**



When Sana Goldberg '20 MSN, RN, first started working on her new book, *How to Be a Patient:* The Essential Guide to Navigating the World of Modern Medicine, she expected that its final form would be a concise booklet. "Maybe something you would find in the hospital gift

shop," she said. But as she dug into the material with enthusiasm, the book became a 400-plus-page desk reference and was published earlier this year by an imprint of Harper Collins Publishers.

"This book is a tool and a story," Goldberg said, and is meant to provide assistance to patients across the lifespan. How To Be A Patient covers topics such as how to get the most out of an appointment and how to choose who should accompany you to a procedure. It also asks common questions like "Can it wait until Monday?" and "When should I take my kiddo to the ER?"

"Nursing is so much about advocating for patients," Goldberg said, and she wanted to bring a provider's perspective to patient care.

As a health advocate, Goldberg has presented at TEDxHarvard, the Society for Neuroscience, and World Congress. She is a member of the International Honor Society of Nursing and founder of the online magazine Nightingale, which focuses on health equity.

Tips from How To **Be A Patient**

- Be prepared: come into an appointment with a script or "elevator pitch" to help both the patient and provider make the most of a short appointment.
- Put yearly check-ups in the spring and summer: avoid waiting rooms crawling with germs and schedules packed with patients.
- Don't tell white lies: resist the desire to appear healthier than you are. It may prevent you from getting the right care.



How To Be A Patient: The Essential Guide to Navigating the World of Modern Medicine By Sana Goldberg

\$17.99 harpercollins.com

Yale School of Nursing Welcomes Our New Staff!

Caitlin Blacksmith Institutional Research Analyst

Senior Administrative Assistant

Nicole Evans

Jana Buck Associate Director of Academic Program Manager Services & Registrar

Emily Finn

Ali Oshinskie **Development Coordinator**

Neyza Rodriguez Senior Administrative Assistant **Raven Rodriguez** Director of Diversity, Equity and Inclusion

Nursing Librarian: Partner for Faculty, Students, and Staff



The YSN Strategic Blueprint outlines the school's goals with specific target foci in the areas of partnerships, health systems, education, and science. Nursing librarian Janene Batten, MLS, partners with specialists from the Cushing/Whitney Medical Library (CWML) and across the university to

meet the needs of YSN faculty, students, and staff, in all areas of YSN's Blueprint.

Partnerships & Health Systems

The library is a fundamental partner in the Blueprint's vision to strengthen relationships with the health system's clinical enterprises and preceptors within these systems. In New Haven, CWML is the go-to library for Yale New Haven Health. The medical library's team of clinical librarians liaise with departments and staff within the hospital. Batten is closely tied to the nursing department, serving on the Research Committee, as well as working directly with clinical unit nurses. The medical library's administration works closely with hospital administration to acquire library resources to meet clinician information needs. Similarly, CWML librarians liaise with academic departments in the Medical Center, supporting Yale's schools of Medicine and Public Health.

Education

Clinicians need to know where to quickly find an authoritative answer, as well as how to filter the vast amount of information that comes their way. Batten collaborates with faculty across all YSN programs to instruct students on best practices. It begins with determining what resources are available and then scaffolds to more complex information-seeking strategies. To give students the best experience, Batten invites librarian specialists to lecture at YSN on finding and organizing data, using tools for mapping populations, or locating government documents. All learning orients the students to skills that help with an assignment or in a clinical rotation. Batten also connects specialist librarians to faculty through instruction and consulting opportunities.

Science

The science focus calls for "expanding scholarly productivity and impact," and Batten assists faculty with finding research and information in support of grant applications, manuscripts, and presentation writing. Batten has coauthored with faculty on several systematic review publications. Faculty also consult Batten for advice on such issues such as open access and research impact. The medical library's bioinformatics support librarian assists faculty who have -omics questions in the pursuit of personalized or precision health.

Librarians add value to the YSN community by employing unique skillsets that complement and enhance the work of faculty, students, and staff.



Food As a Healing Agent



Justin Freiberg '10 F&ES



Michelle Kennedy 'o5 MSN, APRN

The Yale School of Nursing (YSN) is a fiveminute walk from the Yale Landscape Lab (YLL), and that proximity has forged a symbiotic relationship between the West Campus neighbors.

Michelle Kennedy '05 MSN, APRN, enjoys bringing Graduate Entry Prespecialty in Nursing (GEPN) students into the urban farm during her Community Health class as part of a curriculum that she and YLL Director Justin Freiberg have been refining for years. YLL runs the farm as well as a number of different spaces for teaching, research, and community building across the 136 acres of Yale West Campus.

Kennedy challenges the GEPNs to create recipes for hypothetical case patients, such as a 15-year-old pre-diabetic. Kennedy encourages the students to design a dish that would be similar to what the patient was already eating, making the transition to healthier choices more appealing. One group of GEPNs came up with mini pizzas made of polenta "crusts," fresh basil, tomatoes, and spinach, plus grilled onions. The only non-garden ingredient was a sprinkling of cheese on top.

Freiberg fosters a welcoming environment for all the health sciences at Yale, especially through the Yale Cultivate Health program, and he highlights the unique role of nurses and midwives. "Nursing students are so hugely important to the health of our country," Freiberg said. "Given the unique partnership we stand to build together, and the incredibly thoughtful students that end up at YSN, there is the potential to collaboratively build programming that changes the way they work with their patients around food and health."

Freiberg says visitors are tangibly interacting with the food they recommend to patients. "They are not only cooking but harvesting as well," Freiberg said, and considering which specific dishes are most likely to create behavior changes. Students discuss patient budgets, cultural norms, and how to make dietary and nutrition updates attractive. And each year, a handful of YSN students devote extra hours to the YLL as interns, further exploring the interconnections between the missions of the two organizations.

Kennedy typically offers her class in the spring, but there's no reason to wait and miss out on produce that peaks later in the year. These seasonal suggestions can be enjoyed by everyone, and Kennedy recommends incorporating as many garden ingredients as possible into a bountiful bowl worth sharing. "I definitely just got hungry thinking about eating this," Kennedy said.

YSN students have a history of interest in similar topics, and Vanessa Correia '19 MSN was awarded a Certificate of Outstanding Recognition in Appreciation for her sustainability work. Correia demonstrated dedication to healthy principles through the program "Nutrition That Heals."



Nurse-Approved Salad

Assembly

- Choose your favorite greens and cut into bite-sized pieces. Lettuce, kale, and spinach are all strong choices.
- 2. Add a cooked grain, like quinoa, brown rice, or millet. Follow package directions.
- 3. Roast any combination of harvest vegetables, cut into bite-sized pieces. Sweet potatoes, beets, turnips, and Brussels sprouts will all do well here. Just throw them on a sheet pan in the oven at 400 degrees for 15–20 minutes with a splash of olive oil and salt and pepper to taste. While you're filling the tray, add a handful of pumpkin seeds (pepitas) too.
- 4. Bring greens of choice and roasted veggies together in a bowl. Top with pepitas and grated carrot.
- 5. Toss with dressing to coat.

Dressing

- 1 clove minced fresh garlic
- ¼ cup olive oil
- ¼ cup balsamic vinegar Kosher salt to taste

Whisk to combine

Michelle's Garden Tip

If you find yourself with an especially bountiful harvest of vegetables, consider adding leftover roasted veggies to an egg or tofu scramble.

Justin's Garden Tip

The best produce at this time of year tends to be roots and greens, which become ever sweeter as the temperture drops.



YSN & YNHHS Partnership Thrives





Beth P. Beckman, CNE, DNSc

Carmen Portillo, PhD, RN, FAAN

One of Yale School of Nursing's (YSN) most vital partnerships is with Yale New Haven Health Systems (YNHHS), the largest healthcare system in Connecticut. This dynamic collaboration includes a variety of programs and initiatives and is prominently visible within the ranks of leadership in both organizations. YNHHS chief nursing executive Beth P. Beckman, CNE, DNSc, holds a concurrent position as the associate dean for partnerships at YSN. This role places her on the school's senior leadership team.

"Beth understands the school's priorities and goals and demonstrates a commitment to YSN's mission in so many ways," said Carmen Portillo, PhD, RN, FAAN, executive deputy dean and professor of nursing. "She always contributes valuable insight from the YNHHS perspective and helps us all advance in the same direction."

Beckman also sees the utility of adding YSN input to YNHHS, inviting faculty members to serve in advisory roles on her own team.

"Our collaboration with YSN benefits greatly from hosting stakeholders from each entity in the same place at the same time," Beckman said. "YNHH is also proud of its long history as a vital training center for Yale's GEPN and MSN students, and we look forward to fostering that symbiotic relationship for many years to come."

As an example of programmatic partnership, Yale New Haven Hospital (YNHH) recently signed on to a proposal to fund a series of workshops by Linda Honan '89 MSN, PhD, CNS-BC, RN, ANEF, FAAN over the next two years. The course is designed to "prepare clinical nursing educators for creative, innovative approaches to teaching and learning with diverse personnel in the clinical setting." In addition to Honan, the eight-month program is intended to feature lecturer Philip Martinez, EdD, ACNP, associate professor Jessica Coviello, DNP, ACNP, and Ekaterina Ginzburg and Joshua Gleason of the school's Academic Support Unit. The developmental objectives for the course focus on competencies that are valued by YNHHS nursing departments.

In addition to these initiatives, the Midwifery Faculty Practice is deeply involved at YNHH and its Women's Center. Midwives at the practice have attended births at the Vidone Birthing Center of the YNHH Saint Raphael campus since 2014, providing round-the-clock care to those mothers.

As sister organizations, YSN and YNHHS will continue to explore new and innovative ways to exchange ideas and bolster initiatives that result in better clinical practices and health outcomes for patients.

YNHH is also proud of its long history as a vital training center for Yale's GEPN and MSN students, and we look forward to fostering that symbiotic relationship for many years to come."

- Beth P. Beckman, CNE, DNSc

New HRSA Grant Deepens Connections to CHCI





Margaret Flinter '80 MSN, Nicole Seag. APRN, PhD, FAAN, FAANP APRN, DNP

Nicole Seagriff '11 MSN, APRN, DNP

When Margaret Flinter '80 MSN, APRN, PhD, FAAN, FAANP—Senior Vice President and Clinical Director of Community Health Center, Inc. (CHCI)—sought an academic partner for an exciting new grant, she didn't hesitate to select Yale School of Nursing.

"I don't think we spent any time thinking about who our ideal partner would be," Flinter said. "We knew right away that we wanted it to be YSN."

Flinter arrived at CHCI in 1980 and has co-led its growth from a single outpost to a statewide organization serving more than 100,000 people in primary care centers, schoolbased health centers, and shelters across Connecticut. A 2012 Distinguished Alumni Award recipient, she has continued to cultivate and steward significant relationships throughout the YSN community.

A Postgraduate Option for New NPs

The new Health Resources & Services Administration (HRSA) grant for \$767,480 that CHCI recently received will advance an effort for postgraduate training for new Nurse Practitioners (NPs) that Flinter has been working toward for years. Plainly stated, "the purpose of this program is to prepare new NPs in primary care for practice in communitybased settings through clinical and academic focused 12-month Nurse Practitioner Residency (NPR) programs, with a preference for those projects that benefit rural or underserved populations."

Flinter's vision is for postgraduate fellowships that provide the depth of clinical experience and training in the service delivery setting that accelerates confidence, competence and mastery—particularly for the complex patients cared for in community health centers.

Nicole Seagriff '11 MSN, APRN, DNP was assigned to the New London, Connecticut site of CHCI for her last year at YSN and was impressed by the experience. With graduation on her mind, she was inspired by the resources, energy, and dedication of the primary care practitioners who were determined to provide the best possible care. She successfully applied to the program and is now the NP Residency Clinical Program Director for CHCI.

"So many of our patients are so vulnerable," Seagriff said. "And if I, as a primary care provider, can examine the X-rays and perform a specific function instead of sending them to take three buses and a train to see a specialist, I know that's a better outcome for the patient."

Deep Connections at the Leadership Level

CHCI continues to serve as clinical sites for YSN students, many of whom have gone on to apply for and participate in the residency program. YSN Executive Deputy Dean and Professor of Nursing Carmen Portillo, PhD, RN, FAAN and Lecturer and Specialty Director of Adult/Gerontology Primary Care NP Program Ami Marshall '04 MSN, EdD, ARN, ANP both also serve in an advisor capacity for CHCI.

Flinter said the organization has also benefitted from a robust and longstanding history of trust with YSN faculty and school deans, first established with the late Dr. Donna Diers '64 MSN, PhD, RN, FAAN. This high-level team work continues today.

"CHCI has conducted exemplary work with underserved populations throughout Connecticut and the preceptors teach YSN students the highest quality standards of care throughout their clinical sites," said Martha Swartz, PhD, RN, CPNP, FAAN, Professor of Nursing and Primary Care Division Chair. "The school is proud to serve as the academic partner for the HRSA grant and we look forward to identifying future collaborations in the years to come."

Spotlight News

PARTNERSHIP BETWEEN YSN & YALE MEDICINE EXPANDS First Clinical Practice Coming to West Campus in 2020



The Yale Medicine (YM) Reproductive Endocrinology and Infertility (REI) section will become the first YM clinical practice on West Campus when it arrives in early 2020. YM and Yale School of Nursing (YSN) leaders are hoping REI will pave the way for other clinical programs to relocate to the same area in the coming years, offering patients easy highway access and providing the practice with room to grow.

REI will be in advantageous proximity to YSN. "We are very excited about the possibilities that creates," said REI section chief Sandra Carson, MD. "We look forward to more collaborative education and integrated clinical services with YSN."

Dean Ann Kurth '90 MSN, PhD, CNM, MPH, FAAN echoed these sentiments. "We are thrilled to welcome such a strong clinical partner to this location," she said. "A variety of opportunities become more easily available when providers collaborate across schools and disciplines, and these efforts result in better health outcomes for patients."

Part of the Department of Obstetrics, Gynecology and Reproductive Sciences, REI specializes in infertility and IVF treatments, and sees about 22,000 patients per year.

"Obstetrics and Gynecology is proud to have the first medical practice at Yale West Campus," said Hugh Taylor, MD, chair of Obstetrics, Gynecology and Reproductive Sciences. "These new world-class facilities will enable us to expand and improve our infertility practice. We hope to serve as a model for other Yale Medicine clinical programs that will make West Campus a hub for clinical innovation."

REI's new location will offer a number of benefits. It will provide much-needed additional space as REI expands its services and adds new physicians. Among those areas of expansion, REI is expected to continue expanding its services to members of the lesbian, gay, bisexual, transgender, and queer (LGBTQ) community through surrogacy and assisted reproductive technology. YSN and REI have already begun planning for how to expand innovative LGBTQ care.

The new clinical facility is being specifically designed to meet the needs of patients with reproductive endocrinology and infertility issues. Among other things, it will feature a state-of-the-art in vitro fertilization (IVF) lab that is designed to culture eggs, sperm, and embryos. The new location also will include procedure rooms with anesthesia.

The new facility will be designed to maximize patient comfort, both through new technology and calming furnishings and décor. Patients who undergo procedures will have their own, canopy-covered exit to ensure privacy and convenience as they leave the building.

Rooms will be tailored to evolving patient needs including telehealth technology, patient education, and support groups. The facility also will include conference space for students, residents, and fellows, thereby supporting the program's academic mission.

Patients, faculty, and staff will enjoy the many benefits of the new location, including free parking and amenities such as a conference center and scenic walking trails. "We are eager to take advantage of all the opportunities West Campus offers us," Dr. Carson said, "and we look forward to other clinical programs joining us on West Campus in the future."

Planning for the Future: Your Legacy at YSN

Gifts that pay lifetime income have many benefits: dependable income for you and your family, current and future tax savings, and a means to support the Yale School of Nursing.

Of all the gifts that pay you back, the charitable gift annuity (CGA) is the simplest, most affordable, and most popular. You make a gift to Yale, and in return, Yale agrees to make fixed payments to you (or to one or two individuals you select) for life. When the annuity ends, the remainder is directed within Yale School of Nursing for a purpose that you choose. Benefits to you include a charitable income tax deduction, partially tax-free annuity payments and, if funding the gift annuity with appreciated property, a reduction in capital gains tax. Most importantly, CGAs are a practical and meaningful tool for securing the future of the next generation of nursing leäers.

Mary Lee Mantz '69 MSN established several charitable gift annuities that provide her a dependable source of income now and will later fund scholarships for students in YSN. "Yale opened so many doors for me," she said. "I want to hold those doors open for the next generation, because the opportunities for Yale-trained nurses continue to expand around the world. These gifts will ultimately benefit students through named scholarships, a legacy I am grateful to be able to provide."

SAMPLE RATES FOR YALE CHARITABLE GIFT ANNUITIES

Minimum gift annuity is \$10,000. These rates are for illustration purposes only and may vary, depending on the timing of your gift. Annuity rates for two individuals are also available.

For a personalized illustration of the income and tax benefits you may receive from a CGA, contact beth.zapatka@yale.edu or visit giving.yale.edu.

Age	Immediate	3-year deferred	5-year deferred
65	4%	5%	5.5%
70	4.5%	6%	7.5%
75	6%	8%	10.5%
80	7.5%	11.5%	12%

Alumni News

IVING EGEND



Schwartz served in the US Air Force as a Flight Nurse.



Congratulations to Linda Schwartz '84 MSN, '98 DrPH, RN, FAAN, who is being celebrated as a Living Legend by the American Academy of Nursing.

'Linda's humility, persistence, good humor, and dedication

to the country, to veterans, and the profession are exemplary," said Dean Ann Kurth '90 MSN, PhD, CNM, MPH, FAAN. "The entire Yale community is thrilled to see her decades of public service recognized with this singular award, and we all deeply appreciate her commitment to nursing and to our service members."

Schwartz was a member of the US Air Force from 1967 to 1986 and served on both active duty and as a reservist. She retired in 1986 after sustaining injuries in an aircraft accident while serving as a Flight Nurse. Afterward, she was greatly buoyed by her Yale colleagues, who helped her conduct her research and achieve her degrees as she recovered. In addition to her MSN from Yale School of Nursing (YSN), she also holds a doctorate in public health from Yale School of Public Health.

Throughout her career, Schwartz has shown her instincts as a trailblazer. She became the first woman and the first nurse to be appointed Commissioner of Veterans Affairs in Connecticut. Congresswoman Rosa DeLauro, who has served Connecticut's third district for nearly 30 years, recognized Schwartz's substantial impact for veterans in the state.

"Dr. Schwartz has been such a strong advocate for Connecticut veterans, and her leadership on the Rocky Hill project is an especially noteworthy contribution to this community," DeLauro said. "The state is lucky to have a nurse and a veteran like Dr. Schwartz, who understands these warriors as only a veteran can."

Strong Advocacy for Veterans

In 2003, when Schwartz first arrived, veterans in Rocky Hill still slept in stifling pre-war buildings on beds left over from World War II. As Commissioner, Schwartz secured \$50 million in federal grants to improve the facilities. The "Oasis Program" established veterans-only drop-in sites at all 12 Connecticut state university sites and 13 community colleges. Under her watch, the facility also developed programs concentrating on mental health including a 24/7 helpline for all Connecticut veterans and their families to assist with emergency care, suicide interventions, and referrals for financial assistance. Her national outreach program "Have You Ever Served?" raised awareness among health care professionals on the distinct needs of veterans, becoming part of the standard of care.

Extending beyond the boundaries of the state, Schwartz's national service has extended to the halls of Congress in Washington, D.C., where she has provided testimony on veterans' issues to the US House and Senate, the National

Academy of Science, the Environmental Protection Agency, and the Department of State.



A Highly Decorated Career

Among her many accolades, the "Nevertheless, She Persisted" award given by the US National Women's History Project might best epitomize Schwartz's firm embrace of new challenges. She has also been honored with the Yale Jefferson Public Service Award by Yale alumni; the Meritorious Service Award from the US Department of Veteran Affairs; the National Commendation Medal of Vietnam Veterans of America for Justice. Integrity, and Meaningful Achievement; and has been inducted into both the Connecticut and Ohio Veterans Halls of Fame. In 2013, President Obama nominated Schwartz to be Assistant Secretary of Veteran Affairs for Policy and Planning. During her time at the VA a national ruling was initiated to provide full practice authority to advanced practice registered nurses (APRNs) in every state in the nation, a seminal advance for health care access for veterans across the US

As a member of the VA Advisory Committee with Women Vietnam Veterans (WVV), Schwartz's advocacy for the inclusion of women in research studies was tenacious. While conducting research at YSN, she realized how little scientific data addressed the health of women exposed to Agent Orange in Vietnam. Ultimately, her research led to a partnership with counterparts in Vietnam and an international conference hosted by YSN. Throughout the negotiation and preparation, Schwartz smoothed potential missteps and focused both parties on common goals. The sister conference that followed in Hanoi resulted in a memorandum of understanding for joint research between the two countries. It also resulted in American foundation grants to Vietnam for remediation of Agent Orange spray sites. Her work in this area was honored with the Archon Award by Sigma Theta Tau International Honor Society of Nursing.

The entire Yale community is thrilled to see her decades of public service recognized with this singular award, and we all deeply appreciate her commitment to nursing and to our service members."

- Ann Kurth, Dean



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In 1994, Schwartz provided testimony in front of Congress.



Schwartz has collaborated with Phan Thi Kim Phuc, the subject of "the Napalm Girl," a Pulitzer Prize winning photograph.

A Living Legend in Action

Use the camera on your smartphone to read the QR code and watch a video celebrating Dr. Linda Schwartz, or visit us online at http://bit.ly/YSNLivingLegend.





As the marshal of the women's division, Schwartz was front and center at the March to the Wall event in Washington, D.C.

Students Thank Donors on Gratitude Day

Students celebrated Gratitude Day, also known as Eli Day, in the fall by penning handwritten thank you notes to the alumni, parents, and friends who have supported the Annual Fund. These generous contributions boosted financial aid and other top priorities for the school. Students also mingled with classmates and won Yale swag like tee shirts and car decals.



Students could win a variety of Yale-themed giveaways.



Polly Huynh '20 MSN, a Psychiatric-Mental Health specialty student, won a YSN travel mug in the raffle.



Nicole Phalen '21 MSN, a Family Nurse Practitioner specialty student, proudly took home a Yale Nursing tee shirt.



Mark Donovan, Assistant Director of Graduate and Professional Schools Annual Giving and Charlyn Paradis, Program Manager in charge of the YSN Annual Fund and Alumni Affairs, welcomed students in the Hub.

CLASS NOTES

Class of 1979

Deborah (neé Welch) Boyle

Deborah Boyle was recently appointed Editor-In-Chief of the **Oncology** Nursing News and has been busy doing international volunteer work for Health Volunteers Overseas (HVO). In this role, she provides education on oncology and palliative care nursing in Vietnam, Honduras, and most recently Bhutan. Boyle was also appointed to the HVO Oncology **Steering Committee** and is volunteering with Kimbilio Hospice in rural, western Kenya, assisting with hospice patient care planning. At the International Society of Nurses in Cancer Care Conference in Auckland, New Zealand, Boyle had the honor to speak on the topic of nurse compassion fatigue.

Class of 1998 Evelyne Delori

Thank you to classmate Allison Oesterle for sharing that Evelyne was recently recognized as the Clinician of the Year by the Mass League of Community Health Centers. Evelyne attended a gala ceremony in Boston to celebrate the event. For more information about Evelyne's work, check out the YouTube channel for Lowell Community Health Center.

Class of 2006

Courtney Farr (pictured) was presented with the Nurse Innovator Award by the American Nurses Association in the spring of 2019 for her invention of the "virtual stethoscope/ otoscope." Farr is founder and CEO of House Calls Mobile[®], a virtual provider's visit from a smartphone or tablet. In the summer of 2019, Farr received the Pipeline Angels Female Innovator Award, accompanied by investment funding. According to Farr, she intends to use the seed

investment to complete a research study for FDA approval. Farr was previously named to the Tribune Top 20 under 40 list by the San Luis Obisbo Tribune in 2017. For more information, visit HouseCallsMobile.com.



Share Your News

Have you received an award or professional recognition that you would like to share with the YSN community? Is there a life milestone you'd like to celebrate? Send your Class Notes to ysn.communications@yale.edu. Submissions may be edited for clarity, length, and style. We also welcome your photos. Please note that all submitted content is considered preapproved for publication across online platforms and in hard copy products.



Calendar of YSN Engagement Opportunities

Many graduates have found participating in alumni activities to be positive and meaningful experiences, forming lasting bonds with each other and the school. Check out the calendar below for engagement opportunities.

Spring 2020

The Résumé and CV Review program pairs alumni with current students to strengthen these documents with helpful, substantive feedback. Remote participation welcome! Sign up at http://bit.ly/CVresumereview.

April 2020

The annual career panel showcases alumni from a range of disciplines to offer advice and expertise on post-graduation options, salary negotiation tips, and more. To serve as a panelist, email

ysnmentoring@gmail.com.

May 2020

Join YSN's annual Day of Service project Newborns in Need on May 9 as we collect and bag supplies for mothers and babies. This event is traditionally the largest Yale Day of Service project in the world.

June 2020

Mingle with alumni friends and honor recipients of the Distinguished Alumni Award on June 12. Nominations are currently being accepted at http://bit.ly/YSNDAA2020.

Stay Tuned

Reunion planning is underway and more information is coming soon.

Contact Us

All of these terrific opportunities are sponsored by the Yale School of Nursing Alumni Association (YSNAA). If you are interested in joining the YSNAA Board of Directors to serve in a leadership capacity, stay tuned for the email call for nominations.

For more information on alumni engagement opportunities, contact Charlyn Paradis, Program Manager, Annual Giving and Alumni Affairs, at charlyn.paradis@yale.edu or (203) 737-4112.

Stay informed on all the news about the YSN community by using a smartphone camera to access the QR code below.



In Memoriam

We have recently learned of the loss of these members of our alumni community, and our condolences and best wishes go out to their families and loved ones.

If you would like to share In Memoriam news, please send a note to ysn.communications@yale.edu. Betty O. Bowman '51 M.N. Christine E. Burke '76 MSN M.T. Mildred Carswell '73 MSN Betty J. Criscuolo '42 M.N. Helen E. Duschatko '56 M.N. Carol C. Ferris '57 M.N. Jane Hayden Frelick '44 M.N. Nancy Ruth Phillips '64 MSN, '67 PhD



Archival photo | Class of 1950

Yale school of nursing

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