Yale School of Nursing

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Cover: YSN faculty Drs. Robin Whittemore and Nancy Redeke collaborate with YSM’s Klar Yaggi, MD, in leading the new Yale Center for Sleep Disturbance in Acute and Chronic Conditions.

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.
Providing a Snapshot of Our New Home

As I write this introduction, construction on our new building is proceeding apace, and we are still on time to move in early August. The renovations have reached the point where we can start talking about interior design and what life will be like in our new home, as well as the plans for the move itself. One thing I can say for sure is that nursing education is not what it used to be in many ways, but it will still rely on high-quality educators who can master new approaches to teaching.

Time was that the main type of pedagogy involved large lectures provided to students with notebooks scribbling notes. While lectures are still a part of our armamentarium of teaching strategies, a number of new and innovative approaches to education are moving to the forefront. Practice on "dummies" has been a part of nursing education since I was a student, but now those "dummies" are pretty smart. Computer-controlled manikins who can mimic real-life clinical emergencies and other situations provide an opportunity for students to manage complex scenarios and to learn from their mistakes safely. Two years ago, we purchased three state-of-the-art simulators for our students’ use and hired a faculty member to manage the simulations. Such simulations are now used in nearly all of our clinical programs. In our new building, we will have a state-of-the-art simulation center where students from Nursing and Medicine can practice together.

As I noted in my last introduction, the call for health professional students to learn together is strong. Plans are underway with the Medical School to develop an assessment and first clinical course for medical students and our Graduate Entry students. Such endeavors will be supported by our flexible classrooms that allow students to work in small groups in the environment of larger spaces. One of our classrooms will be outfitted as a TEAL (Technology-Enhanced Active Learning) space, where students can work together on clinical projects and the faculty member can present one or more to the class so all students can benefit.

Speaking of interprofessional education, two other initiatives are highlighted in this issue. The P20 Center for the Study of Sleep Disturbance in Acute and Chronic Illness, led by Professor Nancy Redeker, will bring together researchers and students to study the vexing problem of sleep and its impact on health. Much of this work will be centered in the School's new Biobehavioral Laboratory. Finally, with funding from the National Institute of Diabetes, Digestive, and Kidney Diseases, my colleagues in medicine and psychology have joined together to provide interprofessional doctoral and postdoctoral training in the behavioral aspects of type 1 diabetes across the lifespan.

These articles provide a snapshot of our new home. I invite you to save the date for the dedication of the building on October 4, 2013, coincident with Alumnae/i Weekend and the kickoff of our 90th Anniversary Celebration. What a terrific way to kickoff the next 90 years! I hope to see you there!

Margaret Grey, DrPH, RN, FAAN,
Dean and Annie Goodrich Professor
YSN Remembers Nursing Pioneer Donna Diers

Donna Diers, a professor of nursing whose educational innovations in the 1970s revolutionized graduate nursing education, a researcher who shed light on the work of nurses, and an advocate for women in the Ivy League male-only environment of the 1960s and '70s, died on February 24 in New Haven, Connecticut. She was 74. Her death was announced by Yale University, where for 48 years she served on the faculty of its School of Nursing and 12.5 years as dean. At the time of her death, she was the Annie W. Goodrich Professor Emeritus of Nursing.

In her papers and speeches in the 1970s, Dr. Diers argued that nurses would ultimately compose most of the primary care workforce. She understood that to fill these positions, a novel approach to nursing education was needed. As a newly appointed dean in 1972, at only 34 years old, she earned wide attention as a visionary of nursing education for instituting the first-ever graduate nursing program for liberal arts college graduates. Since then, Yale's Graduate Entry Prespecialty in Nursing program has been replicated worldwide.

In the 1960s, Dr. Diers pioneered research on nursing practice. Partnering with social scientists, she demonstrated that nurses can employ the methods of the social and behavioral sciences to study the effect of nursing interventions on patients. Using these methods, she and colleagues demonstrated that nursing interventions improved, among other outcomes, patients' pain and recovery after surgery. Her 1979 book, Research in Nursing Practice, has been credited as among the most influential books on the subject.

In the 1980s, Dr. Diers focused her research on the work of nurses in hospital units. "The study of the work rather than the workers made sense to me," she said. In 1985, she studied data used by Medicare and other insurers to pay hospitals and found that hospital reimbursements affect staffing levels on nursing units, which in turn affect patient outcomes. In 2005, she honed this large data-set approach by using administrative and Medicare data sets to document that staffing levels on nursing units affect hospital patients' mortality.

She traveled the world to apply her data-set approach. In New Zealand, she found that a new hospital management style that focused on business units rather than nursing units had a detrimental effect on patient outcomes. In Australia, she used a novel approach to data called casemix, in which patients with similar characteristics are grouped together to examine the relationship between management of nursing units and patient outcomes.

Dr. Diers promoted the view that nurses' work ought to focus on patients and that this is only possible in well-managed and properly staffed units. In her 2004 book Speaking of Nursing: Narratives of Practice, Research, Policy, and the Profession, she defined nursing as "care of the sick, or the potentially sick, and the tending of the environment in which that care happens." She believed that nursing as a profession has as much to say about the environment of care as the individual acts of nursing care.

Donna Kaye Diers was born on May 11, 1938, in Sheridan, Wyoming. She earned a bachelor's degree in nursing from the University of Denver in 1960. First drawn to journalism, she chose to study nursing instead, saying that nursing "just fit her." That same year, she moved to New Haven to work as a staff nurse at the Yale Psychiatric Hospital. She enrolled in Yale School of Nursing in 1962, from which she earned a master's degree in 1964. Immediately upon graduation, she joined the Yale faculty. "I learned early on that I'm a much better understader and interpreter of nursing than I am a doer," she said. She received a PhD from the University of Technology, Sydney, Australia, in 2002.

In the early 1970s, she took on the male-only, Yale-associated private dining club Mory's and orchestrated the admission of women. By 1974, she was elected to the first Mory's Association's Board of Governors to include women. Among the few nurses to be inducted into the National Academies of Science Institute of Medicine, she was also named a Living Legend by the American Academy of Nursing, won many international academic and professional awards, and held numerous visiting professorships throughout the world. For a decade, she was Senior Clinical Coordinator in the Office of Decision Support in the Yale New Haven Health System. In 2010, Yale School of Nursing established the Donna Diers Student Aid and Opportunity Fund in her honor.

Dr. Diers is survived by her brother, James; his wife, Jan; their son, Ted, and his wife, Kerrie; their children, Nate and Ella; her aunt, Joanne; and cousins Sue and Dan.

A polymath, Dr. Diers once held three academic appointments within Yale simultaneously. She was a pianist, a jazz lover, an opera aficionado, a theater and film enthusiast, and a dollhouse builder who reveled in her Wyoming roots. In the summer, she could be found collecting sea glass on the beaches near her vacation home on Martha's Vineyard.
Knowing what I know now, would I do it again?

BY DONNA DIERS

Would I choose nursing, over, say, journalism or miniature making, teaching English or playing cocktail piano in smoky bars? Or even professional basketball. Tall women now have interesting career choices . . .

Would I choose again the terror of caring for my first patient? Her name was Mrs. Gibson and she was in Room 108 on the south wing of Presbyterian Hospital in Denver and she was facing surgery to remove one of her very large breasts and I was 19 years old and nearly breastless in my spanning new uniform and cap. I was supposed to bathe her and be comforting.

Would I choose my first job sensibly? Even before I had passed state boards (now NCLEX) I was to be the Chief Nurse at a Campfire Girls camp in the mountains above Denver. My first case was tick removal, which I knew how to do with a lighted cigarette. My second was acute homesickness, easily cured with a phone call to Mom. My third was to hold the head of the handsomest wrangler as I removed a bit of something from his eye in full view of 60 pre-teen girls.

I've never been so popular before or since.

Would I again choose psychiatric nursing? Would I succumb to the intricacies of how the mind and person works, from my first experience as a student nurse in a huge state hospital in Colorado on a men's ward where the treatments were either electric or insulin shock?

Would I choose again to emigrate across half the country to Yale Psychiatric Institute (YPI) to study psychiatric nursing and practice it at a world class hospital then changing the way it thought about nursing under the vision and leadership of Anna T. Baziak (YSN '57). She was Director of Nursing, only five years older than I was. Would I even recognize that I was in a world class environment with psychiatrists who wrote definitive books and nurses who got federal research grants?

And then as a faculty member, would I choose again to mine my own and others' experience to begin to build a science of practice? Would I even have known back then that's what we were trying to do?

Would I have chosen to try to speak about the personal experience it is to care? Would I have chosen to live in the vast range of scientific, political, and policy issues, the issues of the rights and privileges and obligations of women professionals? Would I have chosen nursing if I had known how deep the sexism and nursism and public discrimination and invisibility are? And how much fun it would be to fight those monsters?

Would I have chosen nursing if I had known the excitement of pushing forward the boundaries of human service and participating in changing the health care system, shaping it?

Would I have chosen nursing if I could have anticipated the experience of being in the company of those who do this work? You betcha.

Barbara Guthrie Appointed the New Independence Foundation Professor of Nursing

Barbara Guthrie, PhD, RN, FAAN, YSN professor and associate dean for academic affairs, was recently named the new Independence Foundation Professor of Nursing at Yale.

“I am pleased and honored to be appointed as the Independence Foundation Professor of Nursing at Yale,” said Dr. Guthrie.

The Independence Foundation, which funds this chair, has the following Indian proverb on its website: “Go in search of people, find out what they know, and build on what you learn.”

“I believe this quote represents my academic career and embodies all of my scholarly endeavors, past and future,” Dr. Guthrie added. Her research focuses on health promotion and risk reduction programs for adolescent girls from diverse ethnic, social, and environmental backgrounds. She is currently the principal investigator of the HIV/AIDS summer intensive program, titled “Research Education Institute for Diverse Scholars,” funded by the National Institute of Mental Health, and is also an investigator on the Community Research Core at the Center for Interdisciplinary Research on AIDS.

Christopher Farmer Named YSN Associate Dean for Finance and Administration

Chris Farmer has been named associate dean for finance and administration at YSN. He has an extensive background in strategic planning, financial management and budgeting, coordination of human resources, information technology, and space and facilities management.

“I am excited about the opportunities presented in my new role as associate dean for finance and administration at YSN,” said Farmer. “This year will be transformative as YSN moves to new space on Yale’s West Campus, coinciding with the 90th anniversary of the School. I am looking forward to being a part of the team that ushers in the new era and continues the YSN standard of excellence.”

Alison Moriarty Daley Receives the 2012 Florence S. Wald Award

Alison Moriarty Daley, MSN, APRN, PNP-BC, associate professor at YSN, was the recipient of the 2012 Connecticut Nurses’ Association (CNA) Florence S. Wald Award for outstanding contributions to nursing practice.

The Florence S. Wald Award is part of several Diamond Jubilee awards founded by CNA to recognize individuals or organizations that have made outstanding contributions to nursing in the areas of practice, education, administration, political action, and service to CNA. Nominees must reflect a high level of professional expertise and ability to collaborate with others in the health care field.
YSN Students Experience Health Care Abroad

During spring break this past March, groups of YSN faculty and students spent their time working, learning, and developing relationships in Hong Kong, Nicaragua, and Japan.

For slideshows of these spring break experiences, please visit http://nursing.yale.edu/travel13.

Nicaragua
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The first group, which consisted of six students and three preceptors, visited La Escuelita in the capital city of Managua, Nicaragua. While there, the students and preceptors provided comprehensive pediatric and mental health care to the children attending the school, organized a neighborhood health fair for the families in the community, and were able to gain an appreciation for caring for children and their families in a low-resources setting.

Students saw a total of 112 patients for well-child visits over the course of four days. Patients presented with asthma, ear infections, and intestinal parasites, and since there was no laboratory testing facility available, the students were able to enhance their diagnostic skills using their history-taking and physical examination skills.

Included among the health fair stations were a nutrition station where the attendees learned how to make healthy choices from the selection of foods that were available to them, an exercise station that had kids jumping rope and taught them how to play hopscotch, and a hand-washing station that demonstrated proper hygiene.

The second group of students traveled with the Yale Alumni Service Corps to a rural site outside of Leon. There YSN students and faculty participated in a multidimensional project including delivering health care for children and adults, and also in education, construction, sports, and small business development projects.

Japan
For the first time, YSN nurse-midwifery students visited Fukuoka Prefectural University School of Nursing (FPUSN) and St. Luke’s College of Nursing (SLCN) in Tokyo, Japan. While there, Dr. Allison Shorten and nurse-midwifery students Audrey Muto and Lisa Weinstein visited a variety of Japanese maternity care settings to broaden their knowledge of Japanese pregnancy care and childbirth practices. They met with and observed the role of the traditional Japanese midwife (Sanba) in community-based clinic settings in Tokyo Kanagawa and Fukuoka prefecture and discovered ways in which Japanese midwives integrate traditional beliefs and practices into their care of women during pregnancy, birth and postpartum. In addition, students were able to establish wonderful new relationships with midwifery students at St Luke’s College of Nursing in Tokyo and at Fukuoka Prefectural University with the aim of ongoing intercultural exchange of ideas and professional development.

Hong Kong
For the past six years, YSN students have spent their spring break at Hong Kong Polytechnic University. Students from four different master’s tracks took part in the 10-day trip to Hong Kong, where they immersed themselves in the ancient practice of Traditional Chinese Medicine (TCM).

Led by Professor Patricia Jackson Allen, MS, RN, PNP, FAAN, the students learned alternatives to Western medicine. “Our time at HK Polytechnic was a life-changing and eye-opening experience,” commented Sarah Elgart ’13. “In just over one week, we began to learn concepts, theory, and even some practical application of Traditional Chinese Medicine.”

YSN Celebrates the Holidays with Neighbors from Church Street South Apartments

Yale School of Nursing hosted its annual holiday party for the children and families of New Haven’s Church Street South (CSS) apartments on Wednesday, December 12, 2012. This year, more than 50 children received gifts at the party.

For some of these children, these gifts may have been the only ones they received this holiday season. “A lot of children from CSS don’t have a real Christmas with gifts from Santa because many families can’t afford gifts for their children,” explained Linda Caruso, YSN administrative assistant to the dean.

A tradition that began four years ago, the festivity gives CSS children and families the chance to decorate holiday cookies, sip hot cocoa, and spread the holiday spirit with one another. “One of the best parts of the holiday party is seeing the children smile and laugh when they are given a gift, as well as the joy that YSN members have when giving to others,” said YSN student Kari McKinley ’13.
Collaborative Training Grant Aims to Train Researchers in Behavioral Issues in Type 1 Diabetes

A new research training grant awarded to Yale School of Nursing will support multidisciplinary research training for individuals who will contribute to the field of behavioral research in type 1 diabetes. Led by Co-Directors Margaret Grey, DrPH, RN, FAAN, Dean and Annie Goodrich Professor at Yale School of Nursing, and Stuart Weinzimer, MD, associate professor of pediatrics (endocrinology) and associate clinical professor of nursing, this research program brings together scientists from nursing, medicine, and the behavioral sciences. YSN is the only nursing school to be granted this one-time-only award.

“This training grant is a perfect example of collaborative research training,” commented Dean Grey. “The grant initially involved YSN researchers and students, and now includes faculty and students from throughout the Yale community.”

Fellowships are designed for PhD students or graduates in nursing, psychology, and related fields with an interest in the study of behavioral aspects of type 1 diabetes across the lifespan. One pre-doctoral fellow and two postdoctoral fellows will be recruited to the program over each of the next five years, and eventually there will be five pre-doctoral students and 10 post-doctoral fellows. Those selected will work with programs such as the Diabetes Endocrinology Research Center, the Yale Center for Clinical Investigation, and NIDDK-sponsored study groups such as DCCT/EDIC, TrialNet, and DirecNet.

“Much of the exciting research and therapeutic improvements in type 1 diabetes over the last 10–20 years has focused on technological advancements: insulin pumps, continuous glucose sensors, the artificial pancreas, and the internet,” commented Dr. Weinzimer. “Despite the growing reliance on automation and technology, or maybe because of it, we
need to do a much better job understanding how people incorporate technology into their diabetes care, to what extent they embrace or resist it. This training program really creates the structure that will allow, for the first time, the development of scientists from nursing, medicine, and psychology backgrounds who will have the expertise to conduct the research that will answer these fundamental questions and enable us to deliver the best care for people with type 1 diabetes."

Robin Whittemore, PhD, APRN, FAAN, associate professor at Yale School of Nursing, will be lending her methodological expertise to this program, helping students to develop or implement their research proposals, and providing expertise on the use of technology in behavioral interventions (using the TeenCope research project as a model).

“Having a community of scholars focused on the behavioral aspects of type 1 diabetes has great potential in advancing the science,” Whittemore added. “This is very exciting, and I look forward to working with the Fellows.”

The overall goals of the grant are to create a program for scientists committed to behavioral research in patients with type 1 diabetes, build and grow a strong group of diverse pre- and postdoctoral fellows interested in this area of research, and encourage professionals to collaborate to create a better quality of life for patients with type 1 diabetes.

The first student to be funded under this new grant is Karl Minges, a first-year PhD student at the School of Nursing. He is investigating “Sedentary behavior and physical activity in children with type 1 diabetes”—in other words, factors besides diet that may contribute to overweight and obese children with type 1 diabetes.

“We are seeing more children with type 1 diabetes who are overweight or obese, which further compromises their health. Insulin pumps allow youth with type 1 diabetes flexibility in their eating patterns and food selection, which can cause weight gain if eating more than they need,” Whittemore said. “Youth with type 1 diabetes also lead very sedentary lives, just like many youth in the United States, which is another contributing factor in overweight and obesity. It is important to investigate these factors related to youth with type 1 diabetes and develop appropriate preventive and treatment interventions.”

Other core faculty members include William Tamborlane, MD, professor of pediatrics, YSM; Robert Sherwin, MD, Charles H. Long Professor of Medicine, YSM; Carlos Grilo, PhD, professor of psychiatry, YSM; Angelo Alonzo, PhD, research scientist, YSN; Jane Dixon, PhD, professor of nursing, YSN; and Nancy Reynolds, PhD, RN, FAAN, professor of nursing, YSN. The areas of research of these Yale faculty members involved in this training grant is extensive, and includes:

- internet behavioral interventions for youth with type 1 diabetes
- translational and mixed-methods research methods
- eating disorders
- coping skills training and self-management education
- improving outcomes for youth with type 1 diabetes through innovative technologies
- instrumentation in health research
- hypoglycemia unawareness in type 1 diabetes
- health and illness behaviors in chronic illness
- mood disorders in youth with type 1 diabetes and their parents.

“Yale School of Nursing has long been known for preparing the future leaders in nursing research and science, especially in chronic disease management,” Dean Grey concluded. “This grant provides pre-and post-doctoral students at the University with significant opportunities to collaborate on new and exciting research programs related to type 1 diabetes.”
New Yale Center for Sleep Disturbance in Acute and Chronic Conditions

How do sleep deprivation and environmental stimuli contribute to delirium among patients in intensive care units? What roles do sleep deprivation and alcohol consumption play in the performance and physical and mental health of college students? How does insomnia influence daytime fatigue in people with chronic heart failure?

How does treatment of sleep apnea improve outcomes for patients who have had strokes? What effect does sleep disturbance have on military veterans diagnosed with HIV?

These are some of the intriguing questions posed by investigators in the new Yale Center for Sleep Disturbance in Acute and Chronic Conditions, funded with a five-year grant from the National Institute of Nursing Research (NINR) to Principal Investigators Nancy Redeker, PhD, RN, FAHA, FAAN, YSN professor and associate dean of scholarly affairs, and Henry Klar Yaggi, MD, MPH, associate professor in Yale School of Medicine’s Department of Internal Medicine, Section of Pulmonary, Critical Care, and Sleep Medicine.

The NINR is one of 27 institutes of the National Institutes of Health (NIH). With a focus on building research expertise and research teams for the future, NINR P20 Exploratory Research Centers
promote shared resources and exploratory research projects conducted by interdisciplinary investigators with the goal of increasing research capability in a specific area of study.

“Sleep disorders and sleep deprivation are growing health problems in the United States,” said Redeker. “Fifty to 70 million Americans—both adults and children—suffer from chronic sleep disturbances, including loss of sleep or sleep disorders that hinder their daily functioning, adversely affecting their health and longevity.” Sleep disturbance has a wide range of negative consequences on work and school performance, injuries, quality of life, mental health, and increased risk of developing chronic conditions, such as hypertension, diabetes, obesity, depression, heart attack, stroke, and more. Among people who already have chronic conditions, sleep disturbance may worsen the condition itself and contribute to poor quality of life and function.

“For a long time, we thought that there weren’t any significant health consequences from disturbed sleep. We’ve recently turned that assumption on its head,” explained Yaggi. “But while there have been some important developments in the field of sleep, there are an enormous number of important clinical questions to ask and answer.”

“The focus of our Center is on sleep disturbance, sleep loss, and specific sleep disorders in relation to acute and chronic conditions,” stated Redeker, who is also the lead author of Sleep Disorders and Sleep Promotion in Nursing Practice (Springer, 2011), the first sleep textbook written for nurses, and an American Journal of Nursing Book of the Year Award winner.

“People with disturbed sleep are more likely to develop chronic medical and psychiatric chronic conditions. Once people have chronic conditions, they’re more likely to have bad sleep,” Redeker explained. “That in turn may make their physical condition, quality of life, symptoms, and function much worse. We are interested in understanding how poor sleep contributes to negative biological and behavioral outcomes across the trajectory of acute and chronic conditions and the best ways to improve sleep disturbance and its negative consequences.”

“The Center will serve as a catalyst for collaborative sleep science throughout Yale, and for partnerships with colleagues beyond Yale,” said Yaggi. “Sleep is an inherently interdisciplinary field, and we plan to create a working group to mobilize the exquisite scientific expertise at Yale to improve understanding of sleep. The Center will provide an opportunity to create synergy among investigators with many perspectives to spur new pathways of investigation.”

“There’s a great push nationwide for team science that brings different scientific disciplines together, but that’s not generally how universities are set up. Instead we tend to be identified by our schools, departments, and divisions. The interesting challenge is how to create a team-based approach that will be a win-win for everyone,” said Redeker. “We hope to address this challenge as it relates to sleep research.”

“For me, it is exciting to collaborate with Nancy [Redeker]. We share interest and expertise in sleep research, but we each bring distinct disciplinary perspectives to this work,” noted Yaggi. “As I was investigating relationships between sleep apnea and cardiovascular disease, I learned that Nancy was also interested in sleep and sleep disorders among patients with heart failure.”

Redeker’s ongoing research addresses sleep disturbance among patients with heart failure, a chronic and disabling condition that affects almost 6 million Americans. “Insomnia contributes to worsening fatigue and physical function—enormously important quality of life outcomes for these patients,” stated Redeker. “Although use of sleep medications may improve insomnia, they are often associated with negative daytime effects. We are developing and testing behavioral treatments for insomnia that do not have adverse consequences, but may also improve fatigue, depression, and daytime functioning in this vulnerable population.”

“For a long time, we thought that there weren’t any significant health consequences from disturbed sleep. We’ve recently turned that assumption on its head.”

—HENRY KLAR YAGGI, MD, MPH
Yaggi’s research addresses sleep apnea as a risk factor for adverse cardiovascular and metabolic health outcomes, prognostic factors for adverse cardiovascular and metabolic health outcomes in patients with sleep-disordered breathing, and the impact of diagnosing and treating sleep apnea using sleep measurements obtained in the home. He is currently conducting studies of the effects of sleep apnea treatment among patients who have experienced strokes and those who have heart failure.

“The Center will harness the expertise of investigators in sleep measurement, statistical methods, and testing of interventions for the management of sleep disturbance in acute and chronic conditions. We plan to marry the expertise at Yale School of Nursing in patient-oriented research focused on sleep disturbance, self- and family management, and the development of bio-behavioral interventions with the expertise at Yale School of Medicine in physiological aspects and consequences of sleep,” Redeker explained. The Center will also work closely with the new Yale Sleep Medicine Program, whose goals are to set new standards for clinical practice, educate the public and health care providers about sleep, foster groundbreaking collaborative research, and train future leaders in the field of sleep medicine.

“In our interactions with other investigators outside of the field who wish to include sleep in their studies, we’ve learned that a major barrier is lack of familiarity with sleep measures—‘Do you do an in-laboratory or home-based sleep study? How do you measure circadian rhythms? Which questionnaires are best suited to your population?’ and so forth,” said Yaggi. “The Center is creating a core of methodologists who will serve as consultants to address these issues.”

Meir Kryger, MD, FRCPC, YSM professor of Internal Medicine, Section of Pulmonary, Critical Care, and Sleep Medicine, an internationally known expert in sleep research and practice and the lead author of the major textbook in the field of sleep medicine (Principles and Practice of Sleep Medicine, Elsevier, 2011), and YSN Associate Professor Robin Whittemore, PhD, RN, FAAN, an expert in behavioral and lifestyle interventions for people with chronic conditions, will lead a collaborative group of faculty from YSM and YSN who will share their expertise to guide the development of emerging sleep studies.

The Center funds pilot studies that address the interrelationships among sleep disturbance and acute and chronic conditions that will be conducted over the next five years and are expected to lead to future larger grant-funded clinical trials and important breakthroughs in the ability to provide effective sleep treatments.

YSN Assistant Professor of Nursing, Julie Womack, CNM, APRN, PhD, is conducting a study to evaluate the contributions of poor sleep among a cohort of aging military veterans with HIV; and YSM Assistant Professor of Psychiatry, Lisa Fucito, PhD, is studying the effects of an intervention to improve sleep and reduce heavy drinking among college students.

As anyone who has ever stayed overnight in a hospital knows, sleeping can be quite difficult in this environment. Melissa Knauert, MD, PhD, YSM sleep fellow, is conducting a pilot study in which she is evaluating the extent to which reductions in noise, light, and patient care interactions during a daily “nap” period among critically ill patients could lead to better sleep and less delirium.

The Center’s research efforts will be supported by the new bio-behavioral laboratory in YSN’s new headquarters at West Campus in West Haven. “The bio-behavioral laboratory will include space to conduct sleep studies, including studies that may occur over several days and nights and allow us to control lighting and the environment,” described Redeker.

Above (L–R): Klar Yaggi, MD, associate professor at Yale School of Medicine, principal investigator; Robin Whittemore, associate professor at Yale School of Nursing, co-director, Methods Core; and Nancy Redeker, professor and associate dean at Yale School of Nursing, principal investigator, are leading the group of Yale experts collaborating to develop new sleep studies.
West Campus
Signifies New Beginnings for
Yale School of Nursing

After 18 years of calling 100 Church Street South home, YSN is moving to the University’s West Campus, located in West Haven and Orange, Conn. Similar to previous moves in the School’s history, this is also a significant relocation. With each relocation in its past, the School has embraced new opportunities to enhance and strengthen its ability to educate nursing leaders and scholars. The August 2013
move to West Campus upholds this tradition and will provide YSN with boundless educational, clinical, and research opportunities.

“This move will enable us to work in a state-of-the-art facility that will match our ability to educate and prepare future nursing leaders through modern pedagogy, simulation labs, and research facilities,” commented Dean Margaret Grey.

After renovations are completed, the new building will have three cutting-edge laboratories for YSN researchers, faculty, and students—an assessment lab, a biobehavioral lab, and a trainer lab.

“As we get closer to moving to West Campus, I think everyone’s getting excited about the opportunities it will provide,” said Frank Grosso, YSN assistant dean for student affairs. “It’s great
to think that the students will have a new and suitable learning environment that enhances their ability to study and practice their clinical skills. The new building also allows them wonderful spaces to meet in study groups and socialize in between classes.” 

Divisible classrooms will be customized to suit modern teaching techniques, with most having portable desks and chairs making discussion and collaboration among students and professors easier and more convenient. Additionally, many of the classrooms will border the labs, allowing sessions to take place alongside simulations.
Founded in 1923, YSN’s first home was the third floor of the Brady Building, located at 310 Cedar Street. This location did not last very long, however, seeing as the offices, classrooms, and laboratory spaces were in close proximity to the animal rooms of the School of Medicine.

So, in 1928, YSN relocated two floors down to the first floor of the Brady Building. This remained home base until the 1960s, when space became a significant issue for the growing School. The Brady Building provided only 3,500 square feet of space, forcing many faculty members to share offices, which in turn were being used for classes and seminars. There also was only one, yes one, true classroom.

In 1970, the search for a new building ended at 38 South Street (also known as 855 Howard Avenue), the former St. John’s School. Renovations were made to the more than 21,000-square-foot building, allowing YSN to remain there until 1990. When Yale-New Haven Hospital showed interest in obtaining the School’s Howard Avenue building, YSN was prompted to take up temporary quarters in the Grace Education Building (GEB) at 25 Park Street.

While at GEB, YSN and Yale administrators searched for a suitable building for the quickly developing school, including a doctoral program. It was found at 100 Church Street South, where, since 1995, YSN has continued to pursue its tradition of better health for all people.
Like many fellow alumni, Susan Miller, after her 2003 graduation from Yale School of Nursing, found herself halfway across the world. Utilizing the knowledge and skills she learned while at YSN, Susan worked as a clinical nurse specialist (CNS) in the psychological services unit of The Royal Marsden Hospital, a world-leading cancer hospital in London, England.

While at the Marsden, Susan served on the pain and palliative care committees, contributing to discussions about patients with pain, anxiety, and depression that were difficult to address. Her passion for adult psychiatric health quickly evolved into a fervent interest in understanding why some patients don’t respond well to treatment, especially in high-stress situations.

Susan began reading cross-silo research in an effort to knit together the factors that contribute to care of complexly dysregulated psychiatric patients. A large portion of Susan’s readings touched upon biomarkers, or the physiological markers that describe what is happening in a patient’s response to particular situations, and she found this perspective extremely compelling.

When she first heard that YSN will have a bio-behavioral lab when the School moves to Yale’s West Campus in August of 2013, she immediately lit up. This new lab facility reinforces her belief that YSN is bringing nursing leadership into a wider playing field. “Our health care system doesn’t address complex chronic illness as well as we’d like, and this area is an ideal target for advance practice nursing,” Susan said.

“The biomarkers these patients share may help us understand chronic illness better. Yale and YSN have such a strong tradition of being willing to lead change, and it’s great to watch yet another opportunity for change evolve.”

This tradition is Susan’s guiding principle in her nursing work with complexly dysregulated individuals. “I’ve had the privilege of working with world-class clinicians and researchers to explore the histories and care of these patients,” she explained. “It’s becoming clear to me that dysregulation of the stress response in childhood is a powerful common pathway to complex chronic illness. The implications of this are huge.”

She acknowledges that, without her YSN training and education, she would not have been as equipped to think about public health and chronic care in this way. For this reason, Susan does not hesitate to donate both time and money to help further YSN’s mission of providing better health care for all people.

“Susan contributes to YSN across an enormous breadth, from her involvement as a member of my External Advisory Board to a wonderfully generous donor,” stated Margaret Grey, Dean and Annie Goodrich Professor. “She exemplifies the best qualities of our alumnae as a leader in integrating new research on stress dysregulation and chronic illness, and then translating that into practice.”

Susan is proud and honored to continue contributing to her alma mater. “As an External Advisory Board member and donor, I feel that I am maintaining my involvement in the YSN tradition and mission,” she added.
### GRANT AWARDS
Ongoing and completed during period 2/1/12–12/31/12

### FUNDED RESEARCH

<table>
<thead>
<tr>
<th>YSN Investigator(s)</th>
<th>Title of Project</th>
<th>Funding Source</th>
<th>Funding Dates</th>
<th>Total Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alonzo, A. (PI)</td>
<td>Acute Coronary Syndrome and Care-Seeking Delay (R01HL085328)</td>
<td>NIH/NHLBI</td>
<td>9/1/07–ongoing</td>
<td>$833,352</td>
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<tr>
<td>Chen, W. (PI)</td>
<td>Developing an Intervention for Disclosure of Parental HIV to Children in China (R21HD074141)</td>
<td>NIH/NICHD (subcontract with UWashington)</td>
<td>7/11/12–ongoing</td>
<td>$40,687</td>
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<tr>
<td>Crowley, A. (PI)</td>
<td>Developing a Medication Administration Training System for CT ECE</td>
<td>Child Health and Development Institute</td>
<td>10/1/11–ongoing</td>
<td>$45,425</td>
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<tr>
<td>Funk, M. (PI)</td>
<td>Implementation of Practice Standards of ECG Monitoring (R01HL081642)</td>
<td>NIH/NHLBI</td>
<td>5/15/08–ongoing</td>
<td>$3,873,393</td>
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<td>Grey, M. (PI), Whittmore, R.</td>
<td>Internet CST for Adolescents with Diabetes (R01NR04009)</td>
<td>NIH/NINR</td>
<td>9/17/07–ongoing</td>
<td>$3,417,079</td>
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<td>Grey, M. (PI), Whittmore, R.</td>
<td>Integrating Behavioral Care for Teens with Diabetes</td>
<td>American Diabetes Association</td>
<td>1/1/12–ongoing</td>
<td>$750,000</td>
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<tr>
<td>Jaser, S. (PI)</td>
<td>Coping, Parenting &amp; Maternal-Child Adjustment in Adolescents with Type 1 Diabetes (K23DK088454)</td>
<td>NIH/NIDDK</td>
<td>9/15/09–8/31/12</td>
<td>$632,910</td>
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<tr>
<td>Kennedy, H. (PI)</td>
<td>Promoting Primary Vaginal Birth in Hospital Settings</td>
<td>Transforming Birth Fund</td>
<td>11/1/10–ongoing</td>
<td>$40,000</td>
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<td>Knobf, T. (PI)</td>
<td>Exercise Intervention to Improve Health in Postmenopausal Cancer Survivors (R01CA122658)</td>
<td>NIH/NCI</td>
<td>9/11/07–ongoing</td>
<td>$2,189,297</td>
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<tr>
<td>McCorkle, R. (PI)</td>
<td>An Intervention to Improve Outcomes in Patients with Advanced Cancer (R01NR011872)</td>
<td>NIH/NINR</td>
<td>9/29/09–ongoing</td>
<td>$1,410,399</td>
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<tr>
<td>McCorkle, R. (PI)</td>
<td>Coping with Cancer 2 (R01CA06370)</td>
<td>NIH/NICD (subcontract with Dana Farber Cancer Institute)</td>
<td>10/16/11–ongoing</td>
<td>$93,599</td>
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<tr>
<td>Moller, M. (PI)</td>
<td>Outcomes of Psychiatric Case Manager Training on Medical Adherence, Progression through the Four Phases of the MAPP Recovery Model, and QOL in Patients with Schizophrenia</td>
<td>AstraZeneca Pharmaceuticals</td>
<td>9/1/09–10/20/12</td>
<td>$109,587</td>
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<tr>
<td>Pellico, L. (PI)</td>
<td>Looking is Not Seeing and Listening is Not Hearing</td>
<td>Johnson &amp; Johnson/Society for the Arts in Healthcare</td>
<td>1/1/10–ongoing</td>
<td>$54,481</td>
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<td>Redeker, N. (PI)</td>
<td>Cognitive Behavioral Therapy for Insomnia in Stable Heart Failure (R21NR011387)</td>
<td>NIH/NINR</td>
<td>8/13/09–7/31/12</td>
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<td>Redeker, N. (PI)</td>
<td>Yale Center for Sleep Disturbance in Acute and Chronic Illness (P20NR014126)</td>
<td>NIH/NINR</td>
<td>9/27/12–ongoing</td>
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<td>Reynolds, N. (PI)</td>
<td>Multi-site Collaborative Study for Adherence, Viологic and Clinical Outcome (R01MH077733)</td>
<td>NIH/NIMH (subcontract with UCLA)</td>
<td>6/1/07–ongoing</td>
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<td>Reynolds, N. (PI)</td>
<td>Enhanced Nursing Support to Improve Self-Management Outcomes of ART</td>
<td>AIDS Clinical Trials Group Network</td>
<td>6/1/08–5/31/12</td>
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<td>Sadler, L. (PI)</td>
<td>Minding the Baby: Home Visiting Program Evaluation (R01HD057947)</td>
<td>NIH/NICHD</td>
<td>9/30/09–ongoing</td>
<td>$3,181,879</td>
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<td>Sahill, L. (PI)</td>
<td>Randomized Trial of Parent Training for Young Children with Autism (R01MH081148)</td>
<td>NIH/NIMH</td>
<td>1/15/10–10/31/12</td>
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## Funded Research

Continued from page 14

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<tr>
<th>YSN Investigator(s)</th>
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<td>Scahill, L. (PI)</td>
<td>RUPP Autism Network: Guanfacine for the Treatment of Hyperactivity in PDD (R01MH083707)</td>
<td>NIH/NIMH</td>
<td>7/1/10-10/31/12</td>
<td>$1,736,069</td>
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<td>Schulman-Green, D. (PI)</td>
<td>Testing a Self-Guided Educational Intervention for Women with Cancer</td>
<td>American Cancer Society</td>
<td>7/1/08-ongoing</td>
<td>$728,000</td>
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<tr>
<td>Taylor, J. (PI)</td>
<td>Early Gene-Environment Risks for High Blood Pressure in African-American Children</td>
<td>Robert Wood Johnson</td>
<td>9/1/08-5/31/12</td>
<td>$350,000</td>
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<td>Womack, J. (PI)</td>
<td>HIV Infection and Falls: Epidemiology &amp; Risk Assessment (K01NR013437)</td>
<td>NIH/NINR</td>
<td>2/9/12-ongoing</td>
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## Funded Training

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<td>Grey, M. (PD)</td>
<td>Professional Nurse Traineeship (A10HP00224)</td>
<td>HRSA/Division of Nursing</td>
<td>7/1/11-6/30/12</td>
<td>$80,572</td>
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<td>Grey, M. (PD)</td>
<td>Connecticut AIDS Education and Training Center</td>
<td>New England AIDS Education and Training Center/Univ. of Massachusetts</td>
<td>7/1/08-6/30/12</td>
<td>$165,297</td>
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<td>Grey, M. (PD)</td>
<td>Multidisciplinary Behavioral Research Training in T1D (T32DK097718)</td>
<td>NIH/NIDDK</td>
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<td>$874,849</td>
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<td>Guthrie, B. (PD)</td>
<td>Community-Based HIV Education Research Program for Diverse Racial &amp; Ethnic Groups (R25MH087217)</td>
<td>NIH/NIMH</td>
<td>9/1/10-ongoing</td>
<td>$1,283,741</td>
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<td>Knobf, M. (PD)</td>
<td>Interdisciplinary Research Training in Breast Cancer Disparities</td>
<td>Susan G. Komen for the Cure</td>
<td>7/1/11-ongoing</td>
<td>$180,000</td>
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<td>Pellico, L. (PD)</td>
<td>New Careers in Nursing Scholarship Program</td>
<td>Robert Wood Johnson Foundation</td>
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<td>Reynolds, N. (PD)</td>
<td>Research Training in Self and Family Management (T32NR08346)</td>
<td>NIH/NINR</td>
<td>7/1/08-ongoing</td>
<td>$1,813,273</td>
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<td>Reynolds, N. (PD)</td>
<td>Yale University School of Nursing Doctoral Program in Nursing (P200A090149)</td>
<td>US Department of Education</td>
<td>8/15/09-ongoing</td>
<td>$653,280</td>
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<td>Reynolds, N. (PD)</td>
<td>Jonas Nurse Leaders</td>
<td>Jonas Center for Nursing Excellence</td>
<td>7/1/10-ongoing</td>
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## Funded Doctoral/Postdoctoral Research

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<th>YSN Investigator(s)</th>
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<tr>
<td>Close, S. (PI)</td>
<td>Family Management and Diagnosis Disclosure in Klinefelter Syndrome</td>
<td>Pediatric Endocrinology Nursing Society</td>
<td>9/1/12-ongoing</td>
<td>$15,000</td>
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<tr>
<td>Turkman, Y. (PI)</td>
<td>Women’s Experience with Triple Negative Breast Cancer</td>
<td>American Cancer Society</td>
<td>7/1/12-ongoing</td>
<td>$30,000</td>
</tr>
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</table>
The following 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.

1988 Nursing Scholarship Fund
Christopher Gentry ’13
Tamar Siracusa ’13
Shelly Wong ’14

1989 Nursing Scholarship Fund
Miren Aboitiz ’14
Caroline Briggs ’14
Arian Solomon ’13
Marisa Winthrop ’14

1991 Reunion Scholarship
Alia DeTullio ’14
Christopher Gentry ’13
Alison Warcup ’13

1992 Scholarship Fund
Erin Burke ’14
Willa Campbell ’14
Kari McKinley ’13

Albert Penick Scholarship
Jonathan Ingram ’14
Sarah Morse ’13
Robert Swan ’13
Matthew Tirelli ’13
Marisa Winthrop ’14

Annie Coffin Scholarship
Miren Aboitiz ’14
Jessica Almonte ’14
May Cao ’13
Lucy Chapin ’13
Elizabeth Farrington ’13
Matthew Young ’13

Arthur Morse Scholarship
Jessica Christoff ’13
Eddie Mark ’14

Barbara Landauer Scholarship
Arian Solomon ’13

Bertino Scholarship
Nicole Maletta ’13

Charles King Memorial Scholarship
Marisa Bryman ’13
Lucy Chapin ’14
Erin Coughlin ’13
Britney D’Ambra ’14

Class of 1937 Memorial Scholarship
Angela Ballas ’13
Erin Burke ’14
Kirsten Eckert ’14

Mary Gallagher ’14
Max Greger-Moser ’14
Andrew Henning ’13
Kandice Jones ’13
Pamela Lee (Emery) ’14
Lea Ottenger ’13
Madelyn Rubin ’13

Class of 1990 Scholarship
Vera Belitsky ’13
Willa Campbell ’14
Kathleen Criscitiello ’13

Elizabeth Robb Merit Scholarship
Angela Ballas ’13
Brooke Cadwell ’14
Deborah Caselton ’15
Joy Cheng ’13
Jessica Early ’14
Sarah Elgart ’13
Miika Fukuwa ’14
Gillian Graham ’15
Kathryn Glover ’14
Sabina Hossain ’13
Mary Jepson ’13
Andrew Konesky ’14
Molly Ludwig ’13
Sara Paredes ’14
Kimberley Ramjattan ’13
Kersti Ribb ’13
Lara Sabourin ’13
Zhongqi Weng ’14

Evelyn K. Jones Scholarship
Jaeime Hensel ’13
Catherine Nguyen ’13
Amanda Strauss ’14

Florence Blake Scholarship
Lucy Bermudez ’13
Jessica Christoff ’13
Erin Coughlin ’13
Kathleen Criscitiello ’13
Kayla Cusner ’14
Joy Cypryan ’13
Courtney Darcy ’13
Nicole Desrosiers ’13
Brittany Diaz ’13
Danielle Hyatt ’14
Lauren Uscinski ’13

Full Trust Scholarship
Matthew Balandra ’13
Vera Belitsky ’13
Shirley Birch ’14
Shaylce Bragg ’15

Danielle Brown ’14
Aslyn Cangialose ’13
Rebecca Hernandez ’14
Helen MacGregor ’15
Grace Snell ’15

Fuld Trust Scholarship
Audrey Muto ’14
Lisa Weinstein ’14

Gertrude H. Parkhurst Scholars
Audrey Muto ’14
Lisa Weinstein ’14
Gustafson Family Scholarship
Kathryn Paar ’14

Helen E. Hallifors Scholarship
Kaitlyn Dorman ’13
Christina Ercole ’14
Samanta Hyacinth ’14
Roushig Kalebjian ’14
Rachel Laaff ’14
Lidia Lopez ’14

Helen Langdon Clark Scholarship
Leah Ottenger ’13
Jacqueline French Scholarship
Rachel Laaff ’14
Kathryn Paar ’14

John and Dora Bennett Scholarship
Kaitlyn Rechenberg ’15

Jonas Scholarship
Ariana Chao ’17
Asefah Faraz ’16
Michael Lord ’15
Marlynn Malerba ’15
Maura Murphy ’14
Rose Nanyonga ’15
Leonie Rose ’14

Kurtz-Puzak Scholarship
Marie Schwartz ’14
Margaret Pearce Scholarship
Eleanor Miller ’14
Audrey Muto ’14
Jennifer Picagli ’13
Katelynn Rei ’13
Alison Tray ’14

Mary Ann Lillie Scholarship
Jennifer Lovallo ’14
Chloe Lubell ’14
Michelle Luneau ’14
Alia MacPherson ’13

Milton and Anne Sidney Prize
Sarah Viall ’12

Nursing Yellow Ribbon Scholarship
Allison Dussault ’14
Siobhan Gordon ’13
Molly Ludwig ’13

Prosser/Porter Scholarship
Kaitlin Anderson ’13
Catherine Nguyen ’13
Jennifer Osborn ’13
Jennifer Picagli ’13

Rhetaugh Dumas Scholarship
Samantha Hyacinth ’14

Richard D. Frisbee III Foundation Scholarship
Ramie Gold ’13

Ruth Warren Pearson Scholarship
Marissa Boardman ’13
Taylor Deasy ’14
Shawntel Payton ’14
Fabiola Ramirez ’14
Alison Tray ’14

Shannon Eileen Richards Scholarship
Amanda Lee ’12

Susan K. Lamar Scholarship
Madelyn Rubin ’13

Tabitha C. Rossetter Scholarship Fund
Alyson Adler ’13
Gwen Cassidy ’14
Jamie Grace ’13
Joyce Lin ’13
Emily MacLaury ’13

Tudor Foundation Scholarship
Olivia Ackerman ’13
Ryan Dillon ’13
Pamela Lee (Emery) ’14

Yale Annual Fund Scholarship
Katherene Hofstetter ’13
Anne Kearing ’14
Tamar Siracusa ’13

Yale Club of New Haven Scholarship
Jessica Almonte ’14
Meredith Chittenden ’13
Ryan Dillon ’13
Max Greger-Moser ’14
Jenna Hinchen ’14
Tricia Mignosa ’14
Heather Stanish ’13
Laura Uscinski ’13
As the Vice President for Yale’s West Campus, I look forward to welcoming the Yale School of Nursing to its new home later this summer. The arrival of YSN to West Campus will provide excellent dedicated facilities for the School’s academic programs, while dramatically impacting the overall development of the West Campus. I could not be more excited to welcome the School’s faculty, staff, and students to our campus and its growing community.

I have been watching with great interest the renovations that are now under way in the building complex that is the centerpiece of the Campus. The four-story building at 400 West Campus Drive was formerly home to Bayer’s global business units. It is the first and largest building encountered as visitors enter the 136-acre campus located at the West Haven–Orange town line. At an overall cost of $10 million, the building is being transformed into space that is tailor-made and fully equipped to educate future leaders in the nursing fields. The former offices on the garden level and first floor are being customized for teaching classrooms, simulation rooms, and a biobehavioral laboratory. A central staircase is being added to provide seamless connectivity between the first two floors, and a prominent entrance is being constructed to announce the presence of YSN on the West Campus. The second and third floors, which are being recarpeted and freshly painted, will be used for faculty offices, staff offices, and the Dean’s suite. The building is large enough that all of the YSN faculty can be accommodated on a single floor, a juxtaposition that is certain to promote collaboration and interaction among the nursing divisions. The renovation is scheduled to be completed in time for the upcoming celebration of YSN’s 90th anniversary. I am confident that this renovated space will suit the outstanding reputation of the School it will host.

My staff in the West Campus Administration are busily preparing for your arrival. We recognize the importance of efficient transportation between the West Campus and the School of Medicine. To ensure ease of access, we are preparing to expand the frequency of shuttle service between the campuses. We also look forward to the opening of the Metro-North train station in West Haven, just a mile from our Campus. Next month we will open the fully renovated dining and Conference Center, which includes delicious and affordable breakfast, lunch, and snack services throughout the day. Even before the renovation was completed, the Campus residents developed a strong sense of community around the daily meals served in the Conference Center. We have expanded the seating to accommodate the arrival of YSN. The Conference Center renovation also includes a lounge for community gatherings, pool and Ping-Pong tables, and our ever popular Thursday afternoon Happy Hour. In the adjacent building, we have also added a gym that is available for use by the Campus community. It includes cardio and resistance equipment and daily exercise classes.

My vision for the West Campus is a community of scientists, educators, students, and staff that is fully integrated with the missions of the University. Toward that goal, the Campus is already home to six emerging research institutes in biological and physical sciences and engineering. We are recruiting new faculty from the best schools in the country, and their growing labs are tackling some of the world’s major problems in human sustainability, climate change, energy, human health, and the environment. Two research core facilities provide large-scale genomic sequencing and drug discovery screening services for research programs throughout the University. The West Campus is also home to the vast collections of the University’s museums, including the Peabody, Yale University Art Gallery, and the Yale Center for British Art. In support of these programs, we have created centers for conservation, preservation, digitization and international education outreach. I am confident that the people who gather for daily events in the Conference Center bring a wide diversity of perspectives that will surely enrich the experience of YSN’s students and faculty.

It has been my pleasure to work very closely with Dean Grey throughout the deliberations that led to YSN’s decision to relocate. I have been consistently impressed with her leadership as she guided the School toward this monumental decision, and I fully agree with her assessment that the move to the West Campus is “a great opportunity for us [YSN] going forward.” In the coming years, I look forward to partnering with her and the rest of the YSN community to see this opportunity realized. I also look forward to seeing the tremendous impact YSN’s arrival will have on the West Campus.


Geraldine Marrocco


Ruth McCorkle


SCHOLARSHIP YSN FACULTY PUBLICATIONS


Mikkil Meadows-Oliver


Mary Moller


Gina Novick


Nancy Reynolds


SCHOLARSHIP YSN FACULTY PUBLICATIONS
Guthrie, B. J. (2011, September). Profile of girls of color in contact with or detained within the juvenile justice system. Lecture presented at the American Institutes for Research, Washington, DC.


Guthrie, B. J. (2011, March). Removing the cloak of invisibility: Addressing incarcerated women’s unique healthcare needs. Lecture presented at the Consultation Center, New Haven, CT.

Joanne DeSanto Iennaco


Sarah Jasper


Sanjeevo Joon


Redeker, N. S., Joan, S. (2011, September). Type II diabetes is associated with sleep continuity, variability in wake time, and excess daytime sleepiness in patients with stable heart failure. Poster presented at meeting of the Heart Failure Society of America, Boston, MA.

Holly Powell Kennedy


Ruth McCorkle
McCorkle, R. (2012, March). Lessons learned from a program of research: Translation to practice. Keynote lecture presented at the Nursing Research Program, Yale-New Haven Hospital, New Haven, CT.


Mikki Meadows- Oliver


Mary D. Moller

Scholarship Faculty Presentations

Moller, M. D. (2012, June). All SSRIs are not created equal. Lecture presented at meeting of the American Academy of Nurse Practitioners, Orlando, FL.


Moller, M. D. (2012, May). Psychiatric nursing: Ready or not, recovery here we come. Keynote presented at the Vanderbilt Psychiatric Hospital, Nashville, TN.


Alison Moriarty Daley


Nancy S. Redeker


Redeker, N. S. (2011, November). Developing a program of research, presented at meeting of the American Heart Association, Orlando, FL.


Redeker, N. S., & Jeon, S. (2011, September). Type II diabetes is associated with sleep continuity, variability in wake time, and excess daytime sleepiness in patients with stable heart failure. Poster presented at meeting of the Heart Failure Society of America, Boston, MA.

Redeker, N. S. (2011, July). Sleep and pain in chronic illness. Lecture presented at the Pain Bootcamp sponsored by the National Institute of Nursing Research, Bethesda, MD.


Nancy R. Reynolds


Research methods at qualitative research. Lecture presented at the HIV-related Clinical Research: Behavioral and Biomedical Advances, USAID & University of Ghana, Accra, Ghana.

Patricia Ryan-Krause


Lois S. Sadler


Lawrence D. Scabill


Julie Womack


Robin Whittemore


Join us for the dedication of the new YSN building and kickoff of the 90th anniversary year

Save the Dates: October 4 & 5, 2013

Come celebrate the 90th anniversary and founding of Yale School of Nursing in 1923, the first university-based school of nursing in the world. The weekend will also be the dedication and official opening of YSN’s new facility on the University’s West Campus, as well as the annual Alumnae/i weekend.

Be part of this very special weekend with YSN as we honor and celebrate the past while launching a new beginning in the School’s history.
This is a very special season to be a Yale Nurse! We enter a time of looking back and celebrating the 90th anniversary of YSN, established back in 1923 as the first university-based school of nursing in the world. The kickoff of this anniversary year will begin on October 4 and 5, when the annual Alumnae/i weekend will coincide with special events honoring the past 90 years of extraordinary nursing education. This will include a gala dinner where 90 YSN graduates, nominated by their fellow alums, will be honored for embodying the School’s mission of “better health for all people.”

The weekend will also give us the opportunity to help launch a new beginning for YSN with the official dedication of the School’s home on the University’s West Campus on Friday, October 4. This move will allow YSN’s innovative programs to be housed in a renovated, state-of-the-art nursing education facility, surrounded by not only the beautiful grounds of Yale’s West Campus, but also some of the leading researchers and scientists at the University. Two of the main feature stories in this issue of Yale Nursing Matters describe some of the collaborative research programs already taking place at Yale between Nursing, Medicine, and many other entities of the University. YSN’s new home on Yale’s West Campus will only help facilitate and encourage this collaboration.

To see current renovation photos and 3D drawings of the new YSN, please visit nursing.yale.edu/renovations.

While we look back at the first 90 years of YSN and prepare to usher in a new era of nursing education at the West Campus, let’s not forget amazing work taking place in the present. Take a few minutes and read about two outstanding recent graduates featured in the “I Am a Yale Nurse” story starting on this page. Last spring, Yale Law School awarded prestigious Gruber Fellowships to Nichole Trumper ’12 and Erin George ’12. These postgraduate fellowships are allowing Nichole and Erin to spend a year working on issues of global justice and women’s rights in the Dominican Republic and Haiti.

Speaking of practicing nursing outside of the United States, YSN’s Office of Alumnae/i Affairs is seeking photos of all alums with international nursing experience. If this is you, please visit nursing.yale.edu/share-photos.

See you on October 4 and 5 at the 90th anniversary celebration and dedication of YSN’s new home!

Each year, Yale Law School makes available Gruber Global Justice and Women’s Rights Fellowships to all recent alumni of the University’s graduate and professional schools. For the academic year 2012–2013, two of the five Gruber recipients were products of Yale School of Nursing. On the following two pages, travel with two YSN students as they relay their one-year international experiences as Yale Gruber Fellows.
Strengthening Women’s and Children’s Health in Haiti

Erin George ’12
PARTNERS IN HEALTH, SAINT-MARC, HAITI

For Erin George, the Gruber Global Justice and Women’s Rights Fellowship presented an opportunity for her to continue work she has been doing since 2010 with Partners In Health (PIH), supporting their nursing and midwifery staff in Haiti.

"The fellowship provided the support to be able to work clinically with my women’s health colleagues in Haiti and focus full time on strengthening nursing and women’s health programs across our sites," said George.

A recent estimate indicates there are 1.1 nurses for every 10,000 people in Haiti, compared with 97 nurses per 10,000 people in the United States. And, because there are so few nurses and midwives available in Haiti, George added, “It is even more important that nurses and midwives have everything that they need to succeed in their work and provide high-quality health care.”

It was while interning as an undergraduate student at PIH that George met a nurse-midwife who brought clarity to her professional aspirations. “Her work in community health care and her ability to work holistically with women and their families who face significant health inequalities both in the Boston area and around the globe, inspired me to explore becoming a midwife,” George explained. “I shadowed her in clinic and saw my first birth in Boston that summer, and the rest was history!”

Upon graduating from the MGH Institute of Health Professions in 2010 with a BSN, George says Yale School of Nursing was the perfect place to continue her education. “Going to Yale was a chance to attend a good-sized midwifery program that was connected to great community health centers in the New Haven and Hartford areas and an amazing array of research opportunities.”

Past experience as a nutrition educator and women’s health and HIV community health researcher prepared George for her Haitian endeavor. “My experiences as a nutrition educator gave me some practical teaching skills that have benefited my work in teaching nurses and nursing students with whom I work in Saint-Marc,” explained George. “For some of the more programmatic and strategic planning elements I focus on in my work, I am able to draw on my experiences around organizing resources and materials and conducting needs assessments to support nursing and women’s health services across the Haiti sites.”

Following her fellowship, George plans to work as a nurse-midwife at Brigham and Women’s Hospital in Boston, where she hopes to continue working in a community health setting in the local Haitian community.
Improving Children’s Access to Health Care in the Dominican Republic

In her native Minnesota, Nichole Trumper’s parents have worked with children their entire lives. Her father teaches English as a second language, while her mother is an elementary school social worker. They inspired Trumper’s passion for helping children in poverty. It was during a mission trip to Uganda as an undergraduate nursing student at the University of Wisconsin that Trumper fell in love with helping children have better health care access.

“IT is challenging, frustrating and often an uphill battle, but I am always hopeful,” said Trumper. “And, when you do it well, you dramatically impact people's lives in a positive way.”

In being one of five Yale students chosen for a Yale Law School Gruber Program for Global Justice and Women’s Rights Fellowship, Trumper was afforded the opportunity to gain practical experience in the impoverished areas that surround La Romana, Dominican Republic, where she assists in providing primary health care for those who otherwise have no access.

“I want to work with Spanish-speaking families in the United States. So, living abroad and getting better at Spanish is a huge benefit,” Trumper noted.

She is in the perfect place, since she is pursuing a career as a pediatric nurse practitioner.

“Being out in the bateyes (sugar cane villages) every day means I get to see the kids on a regular basis,” shared Trumper. “Just the other day, a baby who was having a lot of trouble breathing was brought to me in our mobile clinic, and I was able to take her to our hospital for immediate care.”

The Good Samaritan Hospital in La Romana, with which she is partnered, has been built from the ground up over the past 23 years.

“I chose Good Samaritan Hospital because their organization was built and continues to be run by local Dominican/Haitian leadership. The people who are in charge of the hospital often go out with the mobile clinics. And, the translators we work with know the culture and area very intimately because many of them grew up in bateyes, made it to the city, and were able to receive an education,” she added.

Without her Yale School of Nursing experience, Trumper says that this amazing opportunity to affect change would not have been possible.

“Health care is a right, in my mind, and I wanted to be taught in a place that strived for healthy children worldwide, no matter their background.”

Upon completion of her fellowship this year, Trumper hopes to work in an underserved clinic in an area of the United States with a large Hispanic presence.

“I am also interested in working internationally in policy/program development for pediatric health issues,” explained Trumper. “And, I plan to someday take health care professional students on trips for clinical experience to international locations.”

The Gruber Program for Global Justice and Women’s Rights, at Yale Law School, is one of three initiatives of the Gruber Foundation at Yale and was established in May 2011 by philanthropists Patricia and Peter Gruber.
Dear YSN alumnae/i colleagues,

This will be an exciting year for YSN as we celebrate 90 years of YSN and a new, state-of-the-art building on Yale University’s West Campus. Please come to the new campus on October 4 and 5 for the annual alumnae/i event, the 90th anniversary celebration, and the grand opening of YSN’s new home, all on the West Campus. In conjunction with the 90th anniversary celebration, 90 extraordinary alumnae/i will be recognized for their outstanding nursing achievements. We will honor these individuals during a ceremony at the 90th anniversary celebration, and we hope you can take some time out of your busy schedules to join us on the West Campus!

As your elected representatives, the YSN Alumnae/i Board is always interested in your ideas and in your engagement with YSN. Please be in touch with us through the alumnae/i office and let us know where you are, what you are doing, and how we might work together to fulfill YSN’s role in achieving positive health and health care outcomes for all. I would also like to thank you all for your efforts. I look forward to working with you, as you improve our ability to meet these goals. Now, more than ever, our participation and engagement will make a difference!

Be assured that your Board practices what it preaches. We are actively involved in new and improved program development, such as student mentoring, professional transition assistance, planning for alumnae/i meetings, local meetings of alums, and more. In addition, we encourage financial support from our alumnae/i. As you know, all of the money contributed to the annual fund goes toward student support and scholarships. Many of us were fortunate enough to have financial support for our time at Yale, so it is hard to imagine the thousands of dollars of debt that new graduates face. Your contribution, of any size, directly helps students in need.

You will soon be hearing from the Board about more exciting opportunities to participate and help YSN continue educating the future nurses of our profession.

Our best to you,
Shirley Girouard, President, YSN Alumnae/i Board

If you would like to volunteer to be involved with the event, we have many opportunities for alumni to help plan, collect historical documents and information, act as hosts, or reach out to classmates to build attendance for these exciting events. Contact Caitlin Sweeney, YSN's assistant director of development and alumnae/i affairs, at caitlin.sweeney@yale.edu.

Class Notes

Marilyn C. Derksen ’82, CNM, MSN, moved back to the U.S. from the Democratic Republic of the Congo in 1998 with her husband, Rick, and their three kids. She worked in a full-scope physician-owned practice in Lancaster, Pa. for 13 years. For the past 18 months, she has worked locums for Group Health Cooperative and has been teaching part time in Seattle University’s midwifery program.

Jessica Theorin Holm ’08 and her husband, Noah, welcomed their first child, Elsa Jayne, on October 16, 2012. Elsa was born at St. Joseph’s Hospital in St. Paul, Minn., where her mother works as a certified nurse midwife.

Susan Megas ’81, APRN, PC, is enrolled in Vanderbilt University School of Nursing’s DNP program and plans to graduate in the summer of 2014. She works for Baystate Health System, Springfield, Mass., as the coordinator of the Memory Disorders Program in Behavioral Health and Neuropsychology Divisions. She also has a clinical faculty appointment at Tufts Medical School.

Joyce Light ’66 is a proud grandmother of two: Ali, age 10, and Zeke, age 7. She also has two daughters, Laura, a graduate of Harvard’s Kennedy School, and Michelle, a graduate of Princeton’s Woodrow Wilson School and NYU Law. Light is now retired and a co-founder and co-chair of the Artists’ Guild of her condo association. She works as a glass, paper, and Adobe Photoshop collage artist.

Tom Weaver ’80 has had several accomplishments since graduating. For over 30 years, he practiced and taught adult health/medical surgery and pharmacology nursing at a variety of universities. Since his retirement, Weaver composed a tabletop, 180-page photography and descriptive writing book about nature photography. “Doing this book gave me more satisfaction than anything else I’ve ever attempted,” said Weaver.

After more than 14 years as a supervisor of child and adolescent programs at the Minnesota Department of Health, Penny Hatcher ’74 retired in September 2012. Upon graduating YSN, Hatcher worked across the globe. She received her DrPH from the University of Hawaii and taught at various schools of nursing and public health in Hawaii, New York, and Maryland.
Joanna Rorie ‘78 has been a faculty member at Boston University for 20 years. Before she graduated from the midwifery program at YSN, Rorie completed her undergraduate studies at Simmons College, where she currently mentors underrepresented minority nursing students as part of the Dotson Mentor program. More recently, Rorie completed a PhD in health policy at Brandeis University.

Lynne Morishita ‘78 is a consultant designing a community-based Dementia Health Care Home program. The program features primary care in the home provided by nurse practitioners and physicians with dementia-specific care coordination.

Jay Beezley ’10 recently completed his DNP at Northeastern University. His project involved other YSN alumni who surveyed NPs working in primary care. He plans to present the findings at the 31st Annual Dermatology Nurse Association meeting in New Orleans in April 2013. Beezley currently works full time as an NP specializing in dermatology with a private practice outside of Boston.

After receiving her MSN, Nancy Genn ‘77 worked for the Department of Developmental Disabilities, taught at Bridgeport Hospital, and had a courtesy appointment at YSN. She spent a year pursuing her PhD at NYU, but then transferred to the PhD program at Einstein in Clinical Psychology.

Douglas Brown ‘87 has a busy private practice in homeopathic medicine in Portland, Ore., where he also teaches and mentors students of homeopathy. He is grateful to YSN for helping to launch him in this direction, and would love to hear from other alums interested in consciousness and healing.

For the past 30 years, Linda Foxworthy ‘82 has worked to provide primary care in Jamaica Plain, Mass. In November 2012, Linda traveled to Puno, Peru, with Prevention International, No Cervical Cancer (PINCC). On the trip, she taught local midwives and health workers about VIA, cervical cancer screening, and treatment.

Jennifer Wiseman ’93, APN-C, MSN, has been working in a private family practice in New Jersey for the past 14 years. While she sees patients from infants through the elderly, she has a particular interest in women’s health, adolescent health, mental health services, and palliative care.

Kathleen Koenig ’88, a clinical specialist in psychiatric nursing, works at the Yale Child Study Center. Her book published in March 2012, Practical Social Skills for Autism Spectrum Disorders: Designing Child-Specific Interventions, is geared toward professionals, nurses, physicians, teachers, speech-language pathologists, pediatricians, special education teachers, and others.

Allison Squires ’07, PhD, is an assistant professor at New York University College of Nursing in the Global Division and deputy director of international education and visiting scholars. Dr. Squires also maintains a joint appointment at New York University School of Medicine as a research assistant professor affiliated with the research on medical education outcomes group. In April 2013, Dr. Squires will represent nursing and health care on an esteemed interdisciplinary international panel at the Yale Women’s Conference, “Vision, Values, Voice: Women Changing a Changing World.”

Whitney Pinger ’86, George Washington University’s director of midwifery services, was featured in a November 2011 article in the Washington City Paper. The article, titled “Real Midwives of D.C.,” focuses on a cutting-edge midwifery program in the Washington, D.C. area. The article’s subtitle is “How Washington’s Establishment Embraced Natural Birth.”

Jane K. Dickinson ’93, RN, PhD, CDE, published a book, People with Diabetes Can Eat Anything, in February 2013. The book is written for people with diabetes and those who care about them, and provides readers with the tools to feel empowered, confident, and prepared to go out into the world and make healthy choices.

IN MEMORIAM as of January 10, 2013

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This past fall, YSN launched the Doctor of Nursing Practice (DNP) program, the first degree-granting online program at Yale. The program is intended for mid-career nurses who seek to advance in the practice of nursing through leadership, management, and participation in interdisciplinary policy and politics.