

# CONnections

Spring 2005

## Student Scholarship Showcase spotlights undergraduate and graduate work

All they want to do  
Think again - D.N.P. students on path to leadership  
New Nursing Management M.S.N. Track  
Attacking a killer - the RICH Heart Program

**UK**

UNIVERSITY OF KENTUCKY  
College of Nursing  
March 4, 2005



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# CONnections

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### On the cover:

Demetrius Abshire, junior B.S.N. student  
Winner of  
Best Undergraduate Podium Presentation  
2005 Student Scholarship Showcase  
and  
Assistant Professor Patricia Burkhart,  
Ph.D., R.N.

# From the dean

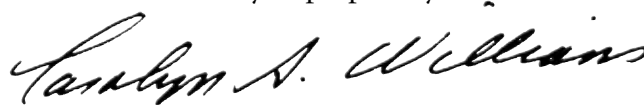
We are pleased to share with you this publication in which a range of College of Nursing faculty, student, and staff activities and accomplishments are presented. We hope that you will enjoy hearing about what we are doing.

Our people are performing exceedingly well in a very dynamic and challenging time in health care and higher education. Our board scores are excellent; we have enlarged our beginning B.S.N. enrollment by 25 percent a year with the start of our Second Degree B.S.N. Option; we have a new offering in the master's program with the addition of the master's level administration track and hope to announce additional offerings in the near future; our research activity is flourishing as are our two doctoral programs, the Ph.D. and the D.N.P. (Doctor of Nursing Practice); our post-baccalaureate residency program in partnership with UK Hospital and part of a national effort is thriving; and we have developed several new clinical practice arrangements which promise to expand the contributions of our faculty in developing new models of nursing care delivery and influencing patient outcomes.

Our most recent event was a highly successful Student Scholarship Showcase, held March 4, in which students from each of our programs presented. We are pleased to share with you some of the pictures and details of the showcase in this newsletter (pages 4 and 5). It is an exciting time in the College; it is a busy time.

One of the special opportunities I want to bring to your attention is our campaign to increase the endowment for the Millennium Fund. We have a commitment from the Research Challenge Trust Fund established by the legislature to match dollar for dollar all that we can raise this spring for this endowment!! Thus we are making a special effort to reach out to alumni and friends of the College and asking each of you to consider a contribution which will help support the scholarship of students and faculty.

In view of the limited state support available to the state's universities, institutions such as our College of Nursing must find other sources of support to achieve our mission. We invite you to join with us in building the endowment of the College through a contribution to the Millennium Fund. This is a wonderful way to invest your resources, have them immediately doubled, and provide a gift that will help support the efforts of students and faculty in perpetuity.



Carolyn A. Williams, R.N., Ph.D., F.A.A.N.  
Dean

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## First Student Scholarship Showcase spotlights undergraduate and graduate work

The College hosted its first annual Student Scholarship Showcase in March 2005. The event provided an opportunity for all nursing students – from undergraduate through doctoral levels – to share knowledge and present it to fellow students.

**Molly Johnson**, B.S.N., R.N., C.P.O.N., a student in the master's program, gave the keynote address titled, "From Brainstorming to the Boardroom: How to Get Your Evidence Into Practice," which focused on a project she did on the pediatric oncology unit at UK Children's Hospital, looking at the protocol they were following for central line dressing changes.

Assistant Professor **Mary DeLetter**, faculty co-chair of the showcase, said, "I'm overwhelmed by the professionalism and quality of the papers and posters today."

Two winners were announced for each academic level (one winner each in the podium presentation and poster presentation categories). Winners each received a plaque and \$100 (denoted by an asterisk).

Nine students made podium presentations of papers they had recently written:

**Christina Knox, B.S.N., R.N.**, M.S.N. student: *Issues Related to Children Participating in Clinical Research*

\* **Demetrius Abshire**, junior B.S.N. student: *Children's Self-Reports of Physical Activity as a Trigger for Asthma Episodes*

**Lindsey Connor**, senior B.S.N. student: *Motherhood and Rheumatoid Arthritis: A Guide for Health Professionals*

**Sukjai Charoensuk, M.S.N., R.N.**, Ph.D. candidate: *Factors Influencing Depression in Thai Adolescents*

**Ashleigh Ohlmann**, sophomore B.S.N. student: *How Culture May Affect Health and Health Care*

\* **Frances Hardin-Fanning, B.S.N., R.N.**, M.S.N. student: *Nursing Therapeutics to Enhance Sleep Onset*

\* **Marla De Jong, M.S., R.N.**, Ph.D. candidate: *Anxiety, Depression, and Functional Status Are the Best Predictors of Health Status for Patients With Heart Failure*

**Shannon Raymer, B.S.N., R.N.**, M.S.N. student: *Family Presence During Resuscitation and Invasive Procedures: A Literature Review on Patient and Family Perspectives*

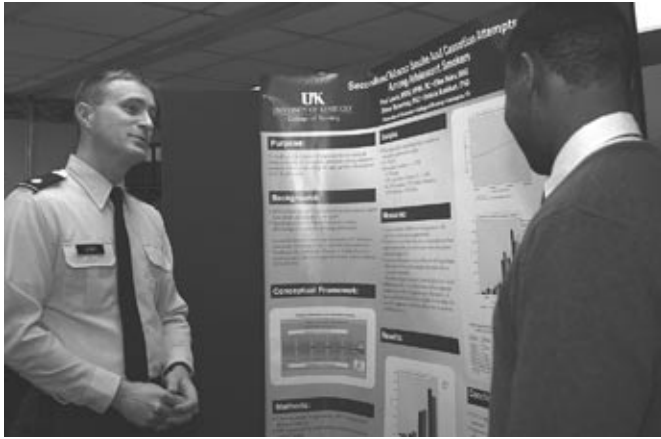
**Chizimuzo "Zim" Okoli, M.S.N., R.N.**, Ph.D. candidate: *Hair Nicotine as a Biomarker for Exposure to Second-Hand Smoke*



*Stefanie Dagley, pictured here, and Tracey Spafford, both senior B.S.N. students, won first place for their poster, Coronary Artery Disease in Type 2 Diabetes: The Use of Serum Homocysteine Levels as a Diagnostic Tool.*



*M.S.N. student Fran Hardin-Fanning won first place for both her paper presentation and her poster. Her paper was titled, Nursing Therapeutics to Enhance Sleep Onset, and her poster was titled, Cardio-protective Properties of the Mediterranean Diet. Julie Sebastian, assistant dean for advanced practice nursing, presented the award.*



Ph.D. candidate Paul Lewis discusses his poster, *Secondhand Tobacco Smoke and Cessation Attempts Among Adolescent Smokers*, with fellow Ph.D. candidate Zim Okoli.

Additionally, 19 students presented posters:

- Robin D. Dennison, M.S.N., R.N., C.C.N.S., D.N.P.** student: *Providing Evidence of Competence: Development and Use of a Professional Portfolio*; and *Medication Safety: Development of an Evidence-Based Clinical Practice Model*
- \* **Lynne A. Jensen, M.S., A.R.N.P., B.C.,** Ph.D. student: *Gender Differences in Knowledge, Attitudes and Beliefs About Heart Disease*; and *Women's Interpretation of Prodromal Cardiac Symptoms*
- Corey Southworth, Bryan Yankey, Lindsey Page, Aliceson Trimpe, Sarah Danhouer, Kristen Stumph, and Leann Hisle,** junior B.S.N. students: *Catch the energy! FISH! At Central Baptist Hospital*
- Judy Schreiber, M.S.N., R.N.,** Ph.D. student: *Spiritual Belief Systems Expectations: Impact on Anxiety and Depression*
- \* **Frances Hardin-Fanning, R.N.,** M.S.N. student: *Cardioprotective Properties of the Mediterranean Diet*
- Terre Ament, M.S.N.** student: *The Problem with Domestic Violence*
- Peggy Riley, M.S.N., R.N.,** Ph.D. student: *Influences of Culture on Domestic Violence in Rural Eastern Kentucky*
- Dean Scott Treadway, Ph.D., R.N.,** Ph.D., 2005: *A Feasibility Test of the Systemic Terraced Exercise Protocol in Fourth Grade Children*
- \***Stefanie Dagley** and \***Tracey Spafford,** senior B.S.N. students: *Coronary Artery Disease in Type 2 Diabetes: The Use of Serum Homocystiene Levels as a Diagnostic Tool*
- Sandra Amshoff** and **Megan Popielarczyk,** senior B.S.N. students: *Farm Exposure, Work Practices, and Perceived Danger as Reported by Farm Children and Their Parents*
- Paul Lewis, M.S.N., A.P.R.N.-C.,** Ph.D. candidate: *Secondhand Tobacco Smoke and Cessation Attempts Among Adolescent Smokers*

The College thanks the faculty and students who organized the event: Assistant Professor **Mary DeLetter** and Lecturer **Jessica Rice**, co-chairs; **Leslee Bertram** (B.S.N. student); Assistant Professor **Steve Browning**; Assistant Professor **Pat Burkhardt**; Lecturer **Karen Butler**; **Debra Hall** (clinical nurse researcher, UK Hospital); Lecturer **Gina Lowry**; **Esther Kenworthy** (M.S.N. student); and **Marla De Jong** (Ph.D. student). Thanks also to the judges: Associate Professor **Sharon Barton**; Lecturer **Diane Chlebowy**; **Debra Hall**; Associate Professor **Terry Lennie**; Lecturer **Diane Murrell**; and Lecturer **Wanda Lovitz**. Finally, thanks to Dean **Carolyn Williams** for her generosity and support in making the program possible.

## Brockopp advocates for women in science and engineering

**Dorothy Brockopp**, assistant dean for undergraduate studies, in her role as chair of the University of Kentucky President's Commission on Women, will present a paper with Mindy Issacs and Pam Bishoff titled, *Creating Chemistry for Success: Women Faculty in Science and Engineering*. The paper will be presented at the Ninth International Interdisciplinary Congress on Women, June 19-24, 2005 in Seoul, Korea.

## Faculty member volunteers as health care education and clinic development consultant in India

Associate Professor **Sharon Sheahan** participated in a working vacation trip to India for two weeks in February 2005. She consulted on health care education and clinic development issues for Reaching Indians Ministry International (RIMI), an organization that is developing college and seminary sites including medical and nursing schools throughout India.

Sheahan was one of six people who traveled to Bombay, Nagpur, Calcutta, New Delhi, Agra, Siliguri, and Darjeeling, which is located in the Himalaya mountains 30 miles from Nepal.

She discussed basic health issues with local congregations and teachers in the schools.

Highlights of the trip included visiting Mother Teresa's clinic in Calcutta and a satellite site in Siliguri.



## What's new with scholarships?

**The Pamela Stinson Kidd Memorial Scholarship** recently received a generous donation from The Elsevier Foundation. Elsevier published several of Pam's books, which are still in print and widely used. The following books are among the most recent: *Emergency Department Management* (1997), *Family Nurse Practitioner Certification Review* (2003), Mosby's *Emergency Nursing Reference* (2000), *High Acuity Nursing* (2000), and *Primary Care Across the Lifespan* (2000). Contributions to this scholarship fund are still being accepted.

**Associate Dean Marcia Stanhope** remembers how grateful she was to receive a scholarship from the members of the La Sertoma Club while she was a student at UK. So, last year to honor and thank these women for helping her, she established the La Sertoma Club Scholarship. This scholarship will go to students in the D.N.P. Program, the Public Health Track in the M.S.N. Program, or to students in the undergraduate Nurse Scholars Program. If you would like to join Stanhope in support of this scholarship, send your contribution with "La Sertoma Club Scholarship" in the memo area of your check.

**Sally Siebert** established a scholarship in memory of her friend, Troy Gibson, a number of years ago. Every year she receives thank you notes from the students who receive this scholarship, and it makes her feel so good that she decided to establish another scholarship and name it the Sally Siebert Nurse Practitioner Scholarship. You can join Siebert in helping nurse practitioner students by sending your contribution to the College at the address below.

The College of Nursing is immensely grateful to the people who support scholarships. Our students are in need of financial help now more than ever as they face the fourth consecutive year with tuition increases. If you would like to create a scholarship in honor of or in memory of someone – or perhaps you would like to name a scholarship for yourself – it can be done for as little as \$10,000 pledged over ten years. Please call **Terry Green**, director of development for the College of Nursing, at (859) 323-6635 for details. You can also send your check to: University of Kentucky, College of Nursing, Office of Development, 315 CON Bldg., Lexington, KY 40536- 0232.

## 2004-2005 student scholarship recipients

### College of Nursing General Scholarship Fund

Richard J. Eckerle  
Amanda Mildred Hankla  
Aliceson Jo Marie Trimpe

### D.N.P. UK Chandler Medical Center Academic Excellence

Victoria Marie Bradley  
Karen McBroom Butler  
Melanie Hardin-Pierce  
Maria Eve Main  
Mary Jeanne Noone  
Deborah Smith

### D.N.P. UK Chandler Medical Center Enhancement

Tukea Laverne Talbert

### Doris Hatchell Memorial Nursing Scholarship

Sandra Kay Amshoff  
Erin Grace Bohannon  
Michelle Lynn Brown  
Ashley Lynn Gass  
Amanda Rae Hicks  
Megan Proctor Popielarczyk  
Kerri Ann Price  
Stephanie Marie Romelfanger

### Gorman Merit Scholarship

Jennifer Ann Pettibone

### Harry and Marc Sample Scholarship

Ashley Lynn Gass

### Holliday Milton Scholarship

Terre Anne Ament  
Amanda R. Lancaster

### Jane Badham Tudor Scholarship

Lauren Christine Smith

### Jean Hayter Muncy Scholarship

Lindsey Marie Harp

### Major Troy T. Gibson and Lt. Colonel Sally G. Siebert Scholarship

Michelle Lynn Brown  
Kerri Anderson Clark

### Marcia Boyd Donaldson Scholarship

Ashley Lynn Gass  
Jessie Nicole Grimm  
Lauren Christine Smith

### Margaret T. Stoeckinger Foundation Scholarship

Kathleen Valerie Haley  
Megan Proctor Popielarczyk  
Mary Elizabeth Wethington

### Mary P. Winternitz Scholarship

DeAnna Marie Matlock

### Melva Jo Hendrix Scholarship Award

Theresa Lynn Crowe  
Linda G. Gentry

### Metropolitan Woman's Club Scholarship

Jamie Lyn Haga

### Nancy B. Hynson Merit Scholarship

Brittany Jordan Marcum

### Pamela Riggs Peters Scholarship

Brittany Jordan Marcum

### Peggy S. McClintock Scholarship

Leslee Anne Bertram

### Phyllis Antrim Briscoe Memorial Scholarship

Amanda Mildred Hankla  
Lindsey Marie Harp

### Samaritan Bookstore Volunteers Scholarship

Sandra Kay Amshoff  
Kerri Anderson Clark  
Sara Elizabeth Douglas  
Erin Leigh Evans  
Daniel Pierce O'Barr  
Rachel Gross Young

### UK Chandler Medical Center Academic Excellence Award

Demetrius Alexander Abshire  
Kristen Irene Bailey  
Sarah Lindsey Conner  
Patricia Elaine Fenley  
Jessie Nichole Grimm  
Sonya Joline Lichtenstein  
Kimberly Nicole Skeene

### UK Chandler Medical Center Enhancement Scholarship

Kacy T. Allen-Bryant  
Sherese Ann Bailey  
Ashley Lynn Coble  
Mary L. Dillard  
Alexandria Kathryn Fields  
Celestine Gertrude Gotchett  
Cheryl Lynette Mitchell  
Chizimuzo T.C. Okoli  
Neika Yvette Powers  
Jennifer Hatcher Patterson  
Geraldine Cage Reeves  
Kimberly Nicole Wordlow

### UK Chandler Medical Center Floyd Wright Nursing Scholarship Award

Leslee Anne Bertram  
Allison Michelle Major  
Jennifer Ann Pettibone  
Stephanie Marie Romelfanger  
Ashleigh Lynn White

### UK Chandler Medical Center Wright Scholarship for Outstanding Students

Amber Christine Hoehne  
Kimberly Dunning Parsons

Below are scholarships awarded for the 2003-2004 academic year which were inadvertently left out of the last newsletter.

### College of Nursing General Scholarship Fund

Amber Elizabeth Grieshaber  
Amanda Mildred Hankla  
Kelly Jo Stidham

### Samaritan Bookstore Volunteers Scholarship

Sandra Kay Amshoff  
Lauren Christine Brightwell  
Sara Elizabeth Douglas  
Erin Leigh Evans  
Ashley Lynn Gass  
Amanda Rae Hicks  
Amy Kristine Lee  
Robin Rachelle Ray  
Stephanie Marie Romelfanger

### Jane Badham Tudor Scholarship

Heather White

### Jean Hayter Muncy Scholarship

Kimberly Meredith

*Continued on page 8*

Major Troy T. Gibson/Lt. Colonel Sally G. Siebert  
Scholarship  
Kimberly Meredith

Margaret T. Stoeckinger Foundation Scholarship  
Rebecca Nicholls Flynn  
Melissa Joy Probst  
Esam Abdullah Al Khasib  
Diana Gollihue Williams

Metropolitan Women's Club Scholarship  
Jessica Leigh Murray

Pamela Riggs Peters Scholarship  
Aimee Nicole Wathen

Many of these scholarships have been established in honor of, or in memory of someone. In addition to these memorial scholarships, College of Nursing students also receive scholarships from other organizations as listed. Many more students are eligible for and are in need of scholarships.

## College of Nursing phonathon coming in April

Every year students call graduates of the College of Nursing, asking for support of the College's most urgent needs. Every year you have given more. 2004 was our biggest phonathon ever with nearly \$20,000 raised, most of which helped to equip the newly renovated clinical simulation laboratory (parts of which is still being renovated). We also were able to increase student scholarships and provide funds for research.

This annual appeal has become an important part of our operating budget. We hope you consider your time at the College of Nursing as making an important contribution to the person you have become, and that you feel good about and well prepared for your profession. We also hope that you will once again say yes, or say yes for the first time, to the student caller and even consider an increase in your yearly donation.

This year we are asking for help to finish equipping the clinical simulation laboratory and for donations toward much needed scholarships. Finally, for the last time, we will be asking for donations toward the Millennium Fund to support research. Following this last appeal for this fund we will apply for matching funds from the Research Challenge Trust Fund.

Please take a few minutes of your time to listen to the student and then make whatever pledge you are able. Remember all gifts are needed and appreciated.

## Ten good reasons to give

We're all going to need a nurse someday and the decisions she/he makes can save lives. Let's hope she/he is well educated and able to make the right decision.

Your alma mater needs your help. It is costly to educate a nurse. In 1964, the year of the first CON graduating class, the tuition for one semester was \$81.75. Today it is \$2,747.25 per semester for in-state, undergraduate nursing students, and it will go up again next year. Scholarships are needed now more than ever.

The portion of the University budget that comes from the state has been reduced each year for the past four years.

The UK College of Nursing, a top 20 college of nursing, is graduating the nurses that help fill the national shortage of nurses.

The UK College of Nursing is preparing Ph.D. level faculty for the future. Vibrant, inspiring professors are critical to nursing education.

Your gift is tax deductible.

It is a good thing to give back to the institution that has had a positive impact on your life/career.

Without help from alumni, faculty, and friends, some students could not attend college.

If all University of Kentucky graduates helped just a little it would make a huge difference.

It is good for you to give. Research has proven that people who give live longer, happier lives.

*The UK nursing students thank you for your support!*



# You make a difference

The following people have kindly and generously given to the College of Nursing during 2004. We thank each and every one for helping to make a difference. Together we can do great things!

Cynthia Absher  
Cathy Adams  
Dorothy Adams  
Katherine Adams  
Patricia Adams  
Paula Alexander  
Denise Alvey  
Lisa Amburgey  
Debra Anderson  
Elizabeth Anderson  
Anonymous  
Susan Arneson  
Jane Arnold  
Joan Arnold  
Denise Ashby  
Ashland Inc. Foundation  
Linnea Axman  
Ramonda Bamberger  
Barbara Banik  
Lisa Barton  
Sharon Barton  
Marguerite Battersby  
Sharon Baughn  
Paula Bayer  
Leah Beckwith  
Lora Beebe  
Linda Beers  
Patricia Bendel  
Wilda Benham  
Laurianne Berles  
Ruth Berry  
Christina Bethel  
Cheryl Biddle  
Kelly Binkley  
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Nancy Booth  
Jenny Bottoms  
Glenda Bourne  
Jeanne Bouvier  
Ann Bowling  
Amanda Bowman  
Laura Brakke  
Jennifer Bramel  
Patricia Brewer  
Brad Briscoe

Janet Brotherson  
Lucinda Brown  
Steve Browning  
Gilda Bruggensmith  
Janice Brumagen  
Catherine Brunker  
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Patricia Calico  
Donna Cambron  
Donna Campbell  
Donna Capestany  
Gail Carpenter  
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Robbie Carson  
Lyn Caruso  
Karma Cassidy  
Annette Castle  
Cyndi Chandler  
Sharon Chandler  
Elizabeth Cheves  
Catherine Chiappetta  
Lari Chillag  
Karen Christiansen  
Norma Christman  
Marianne Chulay  
Mary Clare  
Karen Clem  
Ann Clinton  
Tish Cobb  
Ruth Colby  
Janet Collins  
Madonna Combs  
Nancy Conn  
Leslie Cooper  
Candice Corrigan  
Jennifer Cowley  
Lois Craigmyle  
Sherill Cronin  
M. Margaret Cull  
Jean Custer  
Marilyn Dahl  
Marcia Dake  
Victoria Dambrocio  
Judith Daniels  
Barbara Davis  
Joanne Davis  
Katherine Davis  
Patricia Davis  
Tani Davis  
Jamie Day  
Jill Debolt  
Debbe Dedman  
Marla DeJong

Sandra Delaney  
Mary DeLetter  
Ellen Demos  
Carol Dickey  
Anita Dixon  
Jennie Doane  
Debbie Dobson  
Melanie Donnelly  
Jenny Dorris  
Frances Drake  
Cynthia Dumas  
Melissa Dunbar  
Rhonda Earls  
Sara Eckert  
Elsevier Foundation  
Julie Emig  
Constance Enlow  
Donna Ensor  
Lynda Erick  
Shelly Eubanks  
Peggy Evans  
Pamela Fahs  
Rita Farrell  
Hobie Feagai  
Katherine Feagan  
Deborah Feldmann  
Patricia Ferrell  
Margaret Fessler  
Becky Fields  
Debra Finneran  
Ann Fiser  
Linda Fitzgerald  
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Susan Ganote  
Deborah Gardner  
Angela Gaskins  
Evelyn Geller  
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Natalie Gray  
Terry Green  
Helen Grenough  
Monica Griffith  
Grogan's Healthcare Supply  
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Marianne Grosso

Rebecca Guthrie  
Kathy Hager  
Sarah Haggard  
Ellen Hahn  
Karen Hailey  
Debra Hall  
Debra Hampton  
Gail Hanke  
Mary Harney  
Jill Harr  
Ann Harrison  
Phyllis Hasbrouck  
Laurel Hawley  
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Martha Hill  
Vicki Hines-Martin  
Susan Hirche'  
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Martha Koerner  
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Theresa Lennon  
Jeanne Levin  
Carolyn Lewis  
Andrea Lobring  
Sharon Lock  
Regina Lowry  
Jan Lucas  
Melanie Lutenbacher  
Mary Ellen Lutz  
Ann Lyons  
Gayle Machmer  
Debra Mains  
Pamela Malast  
Laura Malone  
Christina Martin  
Holly Masterson  
W. Rush Mathews, Jr.  
Elizabeth May  
Mary McCall  
Mary McClure  
Anthony McCord  
Carrie McCoy  
Pamala McDaniel  
Sandra McElfresh  
Mary McElhannon  
Joan McGill  
Virginia McGregor  
Tracy McKinley  
Rebecca McLean  
Catherine Medland  
Kimberly Medley  
Pamela Melton  
Scott Mendzef  
Jackie Merifield  
Lynn Merrill  
Barbara Metzger  
Teresa Metzger  
Nancy Miller  
Patricia Miller  
Robert Miller

Denise Miller-Tso  
Susan Minton  
Gail Moddeman  
Max Money  
Mary Montgomery  
Joanna Moore  
Sarah Moore  
Sarah Moore  
Deborah Morehead  
Virginia Morris  
Debra Moser  
Joyce Mueller  
Rebecca Mullins  
Jacquelyn Murphy  
Diane Murrell  
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Kathryn Zink  
Deborah Zuidema

## “Thank you” to Caring Society members

The following friends of the College have given at the \$5000 level and have become members of the College of Nursing Caring Society:

Debra Anderson  
Dorothy Brockopp  
Marcia Dake  
Jenny Dorris  
Pamela Farley  
Becky Fields  
Mr. and Mrs. James Fout  
Gail Franks  
Good Samaritan Foundation  
Jack and Linda Gill  
James Hile  
Nancy Howard  
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Elizabeth Owen  
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Philips Medical Systems, Inc.  
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Sally G. Siebert  
Marcia Stanhope  
Kathleen Wagner  
Jo Ann Wever  
Carolyn Williams  
William Winternitz  
Louise Zegeer

*We appreciate  
your support*

# All they want to do

Movie actor Harrison Ford once said, “We all have big changes in our lives that are more or less a second chance.” Students in the College’s new Second Degree B.S.N. Option grabbed that second chance and are running with it on their way to new careers.

The first class of Second Degree students began studying to become nurses in June 2004. The kickoff was an eight-week, jump-in-with-both-feet, 8 a.m. - 5 p.m. course that made the first few weeks back in school “crazy” according to **Daniel O’Barr**, a member of that first class. Things have settled down a bit now that he and his classmates are into their third semester, and are following the same schedule as regular B.S.N. Program students. (The first course is now a full semester long, as opposed to eight weeks.)

O’Barr graduated with a double bachelor’s degree in animal science and biology in May 2003. He planned to continue on to veterinary school but when that didn’t work out, he decided to take a year off to decide what his next step would be. In the meantime, he accepted a position with an energy company that involved a lot of travel.

Three months sitting behind the wheel gave him time to think about who he really wanted to be. He knew he wanted to stay in health care. Some friends and family encouraged him to go to medical school – he wasn’t interested. What did interest him was working more closely with people and building relationships with patients.

When O’Barr isn’t in class, in clinicals, or studying, he’s working in the Emergency Department of UK Hospital as a nursing technician. It’s a job that suits him. ED experience

should help him after graduation, as he hopes to work in critical care. That won’t be the end of the story, though, as graduate school is already in his plans. With a master’s degree, he says, he’ll “have more options available and a master’s will give me that.”

**Lisa Whaley**, also in the first class of Second Degree students, decided in her junior year majoring in biology that nursing is where she really wanted to be. Her original goal was to go to medical school. Like her classmate O’Barr, she wants to spend more time with patients. Preventive care and patient education – especially in women’s health – are what interest Whaley.

She realizes that nursing is part business and that patient satisfaction contributes to the success of a business/hospital. “They’re (patients) not going to come to your hospital if you don’t take good care of them. The nurse has the most contact with the patient and you need to make sure you’re giving them the best experience they can have.”

Whaley graduated with her first bachelor’s degree in biology in May 2004, just as her acceptance letter for the Second Degree B.S.N. Option at UK landed in her mailbox in Georgia. She immediately had to pack up her life and find an apartment in Lexington – a city she didn’t know and where she knew no one. Classes began June 10.

She pays her own tuition and supports herself by working part time as a nursing technician. It’s “tough keeping food in the ‘fridge,” but says she made the right decision.

Whaley is also thinking she’ll work in critical care after graduation. She knows two other nurses who work in that



area. Continuing on to graduate school is a “definite” in the overall plan. She’s staying open to other ideas, but right now she’s interested in women’s health.

She looks forward to nursing as a comfortable place to be. “I love listening to people’s stories. And sometimes the littlest things make the biggest difference in your day...things you can do for people can make your job a lot easier. Spend a few extra seconds with a person. Let them tell you something...even if it’s not related to anything you’re doing.”

O’Barr is looking forward to his new career as well. “It (nursing) will definitely be a part of my life forever. I really do think it was what I was meant to do...even if it was an odd way of coming around to it.”

Looking back to that first, “crazy” eight weeks...what saved the sanity of these two students? Without hesitation, both students are quick to thank Lee Anne Walmsley, coordinator of the Second Degree B.S.N. Option. Whaley says that without Walmsley, “we would have drowned a long time ago.”

## R.N.-B.S.N. grads are four for four!

Four of our August 2004 R.N.-B.S.N. graduates applied for and were accepted into C.R.N.A. (Certified Registered Nurse Anesthetist) programs. They are **Christina L. Arkle, Tammy R. Higgins, Roland L. Laswell, and Sarena R. Vargo.**

Congratulations to all!

# Learn to

Two of the most rewarding aspects of the program have been contact with the nursing faculty members and the realization that I can make a difference in the lives of Kentuckians. Every instructor has left their impression on my career and has helped me reach my full potential. I truly feel that this has been one of the best experiences of my life. – **Frances Hardin-Fanning, R.N.-M.S.N. student**

## develop

The faculty and students are true partners in integrating practice, teaching, and research within the school and the community. Their research is impacting health care practice and policy at local, state, and national levels. Yet what I have come to value most during this educational journey is the sustained enthusiasm and support of both faculty and students in seeing each student develop into a successful nurse scientist.

– **Susie Adams, Ph.D. student**

In the Research course, we obtained the skills to gather the literature and research needed to support what we were writing about, and to know if our data were valid. In Leadership, I learned what it takes to be an innovative and charismatic leader.

– **Christy Arkle, R.N.-B.S.N. graduate**

## change

The opportunities that faculty have presented to me – for further learning, for mentoring, for a well-rounded academic experience as a teaching assistant, as a research assistant, and as a member on various committees – have enhanced my time and experience. I’m doing things that I only dreamed about a couple of years ago thanks to the challenge and support of the faculty. – **Esther Kenworthy, M.S.N. student**

## lead

I have counted it a privilege, over the last three years, to have worked with the faculty of the D.N.P. Program. They are truly committed to the success of each student and have provided me with an example of excellence in nursing scholarship. – **Kathleen Haley, D.N.P. student**

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**NEW Nursing Management M.S.N. track. Article on page 18.**

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# Think again

D.N.P. students on path to leadership in quality of care

## **Karen Mutsch, D.N.P. Clinical Practice Leadership Track**

“If you think you’re an expert in something, think twice.”

**Karen Mutsch**, one of the College’s Doctor of Nursing Practice (D.N.P.) students, thought she really knew her stuff. After all, she’s worked 30 years for the same large hospital, considered a “heart hospital.”



After earning her master’s degree in nursing administration and education, she worked at the bedside, doing case management with cardiac patients. “A lot of what I do is care coordination, discharge patients, get patients ready for the transition to home or another place, whether that be rehab, or home with home care.”

With all her experience, she’s still had many enlightening encounters with myriad experts in cardiology from around the United States, who collectively have taught Mutsch and her fellow classmates how to approach questions and problems in new ways.

She says, “If somebody proposes a problem, I’m going to look at it differently. I’m going to tear it apart and put it back together altogether differently than the way I would have in the past. I’m a more deductive thinker now.”

## **UK’s D.N.P. Program**

Mutsch hopes to someday have a nursing faculty position – and she knows that means needing a doctorate to teach in a graduate program. A plethora of nursing doctoral programs are out there, but after being away from working on a unit for a 14-year stint in staff development, she felt like a practice degree was the way she wanted to go.

She found it with UK’s D.N.P. Program, which offers two tracks: Clinical Practice Leadership and Executive Management.

Mutsch, who plans to graduate during 2005, is a member of the first class of D.N.P. students who began the program in the fall of 2001.

This semester, she’s working at a large, suburban hospital on the telemetry unit, implementing the capstone project for her degree. The project is focused on improving heart failure patients’ self-management at home. Heart failure is the number one Diagnostic Related Group (DRG) which costs the hospital, the payor, or the patient a lot of money.

The project’s work actually begins with increasing nurses’

knowledge. Sometimes, Mutsch says, it seems that nurses are so inundated with information that telling them, “we have to get our core measures up (quality indicators for Joint Commission),” falls on deaf ears. She says her job is to increase awareness of evidence-based practices. Putting those processes into place should translate into helping to improve patients’ self-management outcomes at home.

## **Making her way**

While working toward her doctorate, Mutsch had the opportunity to work in a heart failure clinic at an out-of-state university. It took her away from the comfortable environment of the hospital she’s worked for for so long. But, she says, “It’s proved to me that I don’t need to be in the same place. I can make my way in other organizations.”

(Some fellow classmates spent time at a teaching hospital in England, for clinical practica experiences with experts there, and to evaluate implementation of evidence-based practice in the United Kingdom.)

Is Mutsch ready for what might be waiting for a nurse with a clinical practice doctorate? She says, “I certainly think this degree will open a lot of doors for me.” The hospital where she currently works is a teaching hospital but it’s not affiliated



with a university, which makes research utilization more difficult. Also, of the 1500 nurses in her institution, there's only one who is doctorally prepared. "I'm sure they'd see me as a change agent. I've been there a long time but I can see myself changing." As she continues to work as a case manager, she's considering consulting work or program evaluation.

One thing Mutsch has really appreciated while being a doctoral student is that she – and all of her fellow classmates – are working while they pursue their degrees. Students can make changes in their own organizations as they're learning.

What is Mutsch's most valuable take-away from the D.N.P. Program? She says, "I will be thinking of evidence-based practice all the time now...this is the best way to do things... is this what I want people to know?" She adds that it could be important things – like with heart failure patients, it could be determining the best way to teach a low sodium diet or evidence-based interventions to improve medication adherence.

And how does she feel being so close to having her doctorate? "More refined as a nurse expert. More refined."

### **Barbara Kitchen, D.N.P. Executive Management Track**

**Barbara Kitchen**, also a member of the first class of D.N.P. students planning to graduate this year, seems to position herself in pioneering roles. Not only is she in the first class of D.N.P. students, but years ago, as a relatively new graduate of the nursing diploma program at Good Samaritan Hospital in Lexington, she became head nurse of the first coronary care unit there, and also was the coordinator for the hospital's first medical intensive care unit.

The Doctor of Nursing Practice Program was a perfect fit for her because of the clinical focus of evidence-based practice, implementing research in practice settings.

She chose the Executive Management Track because much of her nursing career has been in management and administrative positions.

Her other management and administrative roles at Good Samaritan included one as director of staff development. Kitchen's goals at Good Samaritan included improving quality

of patient care through increased competence of the staff that cares for them.

This goal continued as she earned her M.S.N., also at UK, in the Psychiatric/Mental Health Track as a clinical nurse specialist. After graduation, she accepted a position with Charter Ridge Hospital (a Lexington mental health facility). She progressed steadily through several administrative roles there, including director of staff development, director of quality improvement, program administrator for the child and adolescent psychiatric units, director of clinical services, director of nursing, chief operating officer, and chief executive officer.

While at Charter Ridge, Kitchen was appointed to the National Quality Group of Charter. She became a consultant

for other Charter-owned hospitals and outpatient clinics throughout the United States.

Kitchen is a part-time consultant for a national health services corporation. The focus of consultations may include the organization of nursing services departments, quality of care, and she may conduct mock surveys for compliance with JCAHO, CMS, and state licensure standards.

Currently, she is chair of nursing programs at Midway College in Midway, Ky.

### **Working to improve pain management**

Kitchen's capstone project for the D.N.P. Program is the implementation of an Integrated Model of Dementia Care at an urban nursing home. The focus of the project is on improving the assessment and treatment of pain and other types of discomfort in people with Alzheimer's disease and other types of dementia. Research evidence shows that pain in nursing home residents, particularly those with dementia, is under-recognized and under-treated.

Being able to communicate with these individuals is critical. They often have disruptive behaviors or become withdrawn when they are having pain because they are unable to verbalize that they are having pain. Research has demonstrated that in many cases the disruptive behavior is treated with psychotropic medications, and the individuals with dementia are quieter but remain in pain.

Components of the Integrated Model of Dementia Care include staff training on dementia and its manifestations, communicating with people with dementia, physical assessments, affective assessments and interventions targeted to the findings of the assessments.

Kitchen anticipates seeing "a decrease in negative behavioral symptoms, residents free of pain and other types of discomfort, and residents who are able to function at their optimal cognitive and physical levels."

Though her focus is on executive leadership, she says, "I will always be involved in the clinical side of health care with both the staff and patients." She knows that this is the most important business of health care.



*Three of the six D.N.P. students who plan to graduate in 2005. Seated are Tukea Talbert and Karen Mutsch; Barbara Kitchen is standing.*



## Doctor of Nursing Practice Program update

The Doctor of Nursing Practice Program admitted its fourth cohort of students in the fall of 2004. Thirty-five students are currently enrolled in the program. We anticipate that six students will graduate in 2005. (See the related article on pages 14-15 about D.N.P. students Barbara Kitchen and Karen Mutsch.)

As you may know the UK College of Nursing opened the first Doctor of Nursing Practice program in the country. This model has gained national attention and in October 2004 the American Association of Colleges of Nursing endorsed the D.N.P. as the terminal degree for the highest level of nursing practice for clinicians and nurse executives.

We at UK are proud to be pioneering this model of advanced nursing practice education and more importantly we hope that graduates will have a significant impact on creating care delivery models for the future that improve health outcomes. Given the quality of the students in the program we expect these goals to be achieved!

One of the special aspects of the D.N.P. Program is the extent to which students are exposed to national and international leaders in the field within our own faculty and top level clinical leaders from around the country. Six individuals participated in the program as visiting professors in 2004-05.

**Anna Omery**, D.N.Sc., R.N., nurse scientist and director of nursing research for southern California, Kaiser-Permanente, co-taught NUR 907, Assessing and Enhancing Clinical Programs, with **Suzanne Prevost**, Ph.D., R.N., professor and National HealthCare Chair of Excellence in Nursing, Middle Tennessee State University in Murfreesboro, Tenn. Omery also taught NUR 909, Dynamics and Realities of Implementing Clinical Practice Models, and is currently teaching NUR 908, Clinical Practice Model Development.

**Barbara Riegel**, D.N.Sc., R.N., C.S., F.A.A.N., associate professor, School of Nursing at the University of Pennsylvania, and editor of *The Journal of Cardiovascular Nursing*, visited the College in Fall 2004. She made a presentation to College and medical center faculty and students titled, "Issues of Self-care in the Heart Failure Patient Population" and consulted individually with D.N.P. students and with members of the College's RICH Heart Team.

She and Professor **Debra Moser**, D.N.Sc., R.N., F.A.A.N., met with D.N.P. students in NUR 907 for a discussion of the relationship between nursing science related to people with cardiovascular disease and clinical practice with that population.

**Marita Titler**, Ph.D., R.N., F.A.A.N., director, research, quality and outcomes management at the University of Iowa Hospitals and Clinics, visited the College in fall 2004 to consult with D.N.P. students and to make a presentation to a College-sponsored continuing education program on evidence-based practice. Titler serves as clinical mentor to three D.N.P. students.

**Diana Weaver**, D.N.S., R.N., F.A.A.N., consultant and former nurse executive for Yale-New Haven Hospital and UK Hospital, co-taught NUR 900, Process of Nursing Leadership, with Associate Dean **Marcia Stanhope**, D.S.N., R.N., F.A.A.N. Weaver serves as clinical mentor for two D.N.P. students.

**Steve Fleming**, M.P.A., Ph.D., associate professor in health services management in the UK College of Public Health, co-taught NUR 914, Economic and Financial Aspects of Clinical and Population-Based Health Care Delivery Systems with Assistant Dean for Advanced Practice Nursing **Julie Sebastian**, A.R.N.P., Ph.D., F.A.A.N.

## D.N.P. student wins informatics leadership award



Many congratulations go to **Vicki Bradley**, D.N.P. student, who was awarded the Healthcare Information and Management Systems Society (HIMSS) 2005 Nursing Informatics Leadership Award. It is a highly prestigious award that recognizes leaders who are making significant contributions to nursing informatics. The award was presented in a February ceremony held at the Dallas Museum of Art.

Also, Bradley's manuscript, "Placing Emergency Department Crowding on the Decision Agenda" was published in the January/February issue of *Nursing Economics* (23, 14-24). Vicki originally wrote this paper while in NUR 907, Assessing and Enhancing Clinical Programs, in the fall of 2003 with Suzanne Prevost and Julie Sebastian. Carolyn Lewis is Bradley's faculty advisor and her clinical mentor is Carol Romano, chief of clinical information services, Department of Nursing at the National Institutes of Health Clinical Center.



## Faculty and graduate student awards and honors

**Ellen Hahn, associate professor and director of the Tobacco Policy Research Program**, received the 2004 John D. Slade, M.D., Memorial Advocacy Award from the Alcohol, Tobacco, and Other Drugs Section of the American Public Health Association at their annual meeting in Washington, in November 2004. The award, named in honor of one of America's pioneer advocates for tobacco control, recognizes an individual who has demonstrated leadership, resourcefulness, passion, and mastery of advocacy-based techniques to bring about positive changes in public policy in this area.

**Terry Lennie, associate professor and co-director of the RICH Heart Program**, was awarded the 2004 Arteriosclerosis/Heart Failure Research Prize for his manuscript, "Dietary Fats Affect Cytokine Activity and Subsequent Event-Free Survival in Heart Failure." The award, which included a \$5,000 personal honorarium and \$5,000 to the College's research fund, was presented at the Council on Cardiovascular Nursing's annual dinner in November 2004.

Three members of the RICH Heart Program received Nursing Investigator Awards at the Annual Scientific Meeting of the Heart Failure Society of America in Toronto, in September 2004. **Marla De Jong, Ph.D. candidate**, received a \$1,000 prize for her research, "Anxiety, Depression, and Functional Status Are the Best Predictors of Health Status in Patients with Heart Failure." **Misook Chung, research assistant professor (Ph.D. 2001)**, received a \$500 prize for, "Women Are More Adherent to Low Sodium Diet Recommendations Than Men." Co-authors include **Debra Moser** and **Terry Lennie, Ph.D. student Brooke Bentley** was also awarded \$500 for, "The Hidden Reason for Patients' Nonadherence to Low Sodium Diet Recommendations." Abstracts of their presentations were published in the *Journal of Cardiac Failure*, 10 (4), Supplement, S21.

**Jan Gross, assistant professor and Ph.D. graduate (1999)** was named a 2004 Nursing Research Scholar by the Hartford Foundation Institute for Geriatric Nursing. She was selected for her significant contributions toward research to improve the quality of health care for older adults. She attended a five-day seminar at New York University in July with other nationally recognized nurse researchers.

**Lynn Kelso, assistant professor, Ph.D. student, and member of the RICH Heart Program team**, was honored as a fellow in the American College of Critical-Care Medicine at the society's convention in January 2005 in Phoenix. This honorary title recognizes her outstanding leadership and expertise in critical care nursing. Kelso also received the society's 2005 Norma J. Shoemaker Award for Critical Care Nursing Excellence. She received a certificate and plaque at the convention.

**Melanie Hardin-Pierce, assistant professor and D.N.P. student**, received a Sigma Theta Tau scholarship award as well as the Academic Excellence scholarship award.

**Ph.D. candidate Marla De Jong** received first place in the graduate student poster competition at the 2005 meeting of the Southern Nursing Research Society for her poster, "Appraising Symptom Seriousness in Acute Myocardial Infarction: Emotional-Cognitive

Variables Are Most Influential." Co-authors were Drs. An, Cherrington, and Debra Moser. **Faculty member and 2004 Ph.D. graduate Judi Daniels** placed fourth in the competition for her research poster titled, "Experience With Weight Loss: A Personal Social Model of Action and Reaction." This is the second year in a row that our students have had award-winning research posters at SNRS. In 2004, our students won three of the four honors bestowed for student posters. At this year's meeting, our undergraduate, master's, and Ph.D. students presented a total of 12 research posters representing research they are doing with guidance from faculty mentors.

**Victoria Bradley, R.N., M.S., C.P.H.I.M.S., F.H.I.M.S.S.**, director of health information, UK Hospital, and College of Nursing **D.N.P. student**, achieved fellow status from the Healthcare Information and Management Systems Society (HIMSS). Fellows must be a member of HIMSS for a minimum of five consecutive years and have contributed to the health care industry through publications and presentations and through their professional development and participation in HIMSS. Bradley has been a member of HIMSS since 1994 and currently serves as chair of the Certified Professional in Healthcare Information and Management Systems (CPHIMS) committee. She was also a member of the Nursing Informatics Symposium Planning Committee which created the first nursing informatics pre-session planned for the HIMSS annual conference in 2004.

**Kathy Morris, D.N.P. student**, was re-elected as the Iowa State Representative to the American Academy of Nurse Practitioners.

**Karen Mutsch, D.N.P. student**, has received the following awards since her enrollment in the program: the Doctor Louis R. Putnam Scholarship; a Scholarship from the Women's Relief Corps Auxiliary to the Grand Army of the Republic, and a scholarship from the Delta Psi Chapter of STTI, the International Honor Society of Nursing.

**Deb Smith, D.N.P. student**, is one of three national recipients of a Nurse Executive Scholarship sponsored by the American Organization of Nurse Executives. Smith was recognized at the AONE meeting in Phoenix in April 2004.

**Andrea Hoverstock** and **Eva Stone, M.S.N. students**, both received scholarships from the Kentucky Coalition of Nurse Practitioners and Nurse Midwives at the meeting of that group in April 2004.

**Esther Kenworthy, M.S.N. student** in the Family Nurse Practitioner Track, was elected officer at large for the University of Kentucky Student Health Advisory Council.

**Beth Shelton, M.S.N. student** in the Family Nurse Practitioner Track, was elected student representative to the board of directors for the Kentucky Coalition of Nurse Practitioners/Nurse Midwives. Shelton's election was announced at the Kentucky coalition meeting in April 2004.

## Ph.D. student and graduate news

**Karen Heaton**, Ph.D. student, received a National Research Service Award Predoctoral Fellowship from the National Institute of Nursing Research, National Institutes of Health. She will use the award for her dissertation research, "Performance Actigraphy and Sleep in Long-Haul Truckers." In addition to an institutional allowance for tuition and books, she will receive a stipend of \$20,000 per year for the 40-month award. Her sponsors are **Deborah Reed** and **Lynne Hall**.

**Seongkum Heo**, a 2004 graduate of the Ph.D. program, was awarded a two-year American Heart Association Postdoctoral Fellowship, which she will use to continue her research. **Terry Lennie** and **Debra Moser** are mentors for her project, "Body Fat, Nutrition, and Outcomes in Patients with Heart Failure." This prestigious award will contribute to the College's growth in cardiovascular research expertise and was a first for the College of Nursing.

**Amy Yoder**, a 2003 graduate of the Ph.D. program, was one of only four chosen for the 2005 Chiron Mentor Program. The purpose of her project is to expand the role of nursing research at Troy State University where she is an associate professor. The Chiron Mentor Program is sponsored by Sigma Theta Tau International.

## 2004 Ph.D. graduates and dissertation titles

**Seongkum Heo:** Health-Related Quality of Life in Patients with Heart Failure.

**Leslie Scott:** Risk Factors of Type 2 Diabetes Among School-age Children.

**Patricia K. Howard :** What Do Children Learn from a Firearm Safety Training Intervention?

**Debra Hall:** Factors Characterizing a Supportive Nursing Care Environment for Registered Nurses.

**Lee Ridner:** Predicting Smoking Status in a College-Age Population. *Dissertation Abstracts International*, 65-02B, 657.

## Nursing Management Track new to M.S.N. Program

The College of Nursing is pleased to announce the addition of a Nursing Management Track to our Master of Science in Nursing degree program. Funding for this new track was provided via an advanced nursing education training grant from the Division of Nursing at the federal Department of Health and Human Services, Health Resources Services Administration (grant # D09HP03292-01-00).

The major focus of the Nursing Management Track is to prepare graduates to plan, design, implement and evaluate health and nursing care delivery programs within clinical agencies.

The curriculum places particular emphasis on clinical informatics, cultural diversity, and caring for people from rural areas.

The clinical informatics content focuses on clinical and administrative decision-making to ensure high quality clinical care, provide a satisfying and meaningful work environment, and ensure fiscal viability. For example, students learn how to use clinical data to improve patient safety, monitor budgets, benchmark performance and improve patient satisfaction.

The cultural diversity content teaches students strategies for providing culturally competent care, language access services and organizational supports for culturally competent care.

The rural health content examines the needs of rural populations and relationships between rural and urban areas.

Each student selects a health services focus for a program of study: acute care of adults or children, long-term care,

primary care of adults or children, or public health nursing. Currently, we are looking for new clinical placements in these areas and would particularly like to hear from alumni working in nursing management or administrative positions who might be interested in serving as preceptors.



*Nursing Management Track students Lisa Casebier and Tina McCoy*

# Master's program update

## M.S.N. specialty tracks update

We have added Adult and Family Psychiatric Nurse Practitioner subspecializations to our Psychiatric/Mental Health Nursing Track. This gives the College a full range of options for students interested in advanced practice psychiatric nursing with the Adult/Gerontologic and Child and Adolescent Psychiatric Clinical Nurse Specialist subspecialties. Associate Professor **Pat Howard** is the coordinator for this track.

A new track in nursing management opened for fall 2004. This track is funded by a Division of Nursing Advanced Nurse Education Training Grant. Assistant Dean for Advanced Practice Nursing **Julie Sebastian** is the project director for this grant. Associate Dean **Marcia Stanhope** is co-project director. **Lisa Pedersen**, R.N., M.S.N., is the grant coordinator. (She is also one of our Ph.D. students.) See the article on page 18 describing this track in more depth.

We are still admitting students for fall 2005 so if you or any of your colleagues are interested please contact Julie Sebastian at (859) 323-3304 or jgseba00@uky.edu.

**Marcia Stanhope**, project director, received continuation funding from the Division of Nursing for the public health nursing grant for the Public Health Nursing Track in the master's program. **Julie Sebastian** is the co-project director for this grant and **Lisa Pedersen** is the grant coordinator.

The Public Health Nursing Track is working with leaders in public health nursing in Kentucky to share information about this area of study with potential students.

**Divina Grossman**, Ph.D., R.N., F.A.A.N., dean of the School of Nursing at Florida International University, visited the College in March to participate in an External Advisory Committee meeting for the two training grants, and to join us for the College of Nursing's first Cultural Diversity Advisory Committee meeting.

## Recruiting a diverse student body

The College established a Cultural Diversity Advisory Committee that will advise us on matters related to recruiting and retaining a diverse student population and providing curricular content related to cultural preferences, traditions, and sociocultural influences on health.

Masters program tracks emphasize achievement of the Healthy People 2010 goals which include elimination of health disparities. Providing culturally competent health care is a key mechanism for achieving this goal and enhancing the quality of clinical care delivery.

Current external members of the Cultural Diversity Advisory Committee are below; additional members are being recruited.

**Kwaku Addo**, Ph.D.

Associate Dean for Recruitment, UK

**Anna Edwards**

Director, Medical Center Multicultural Affairs, UK

**Zaida Belendez**, R.N. N.D.

Assistant Professor, College of Public Health, UK

**Rosa Martin**

Health Educator, Northeast Area Health Education Center

**Betty Olinger**, R.N., Ed.D.

Chairperson, Department of Nursing, Kentucky State University

**William Turner**, Ph.D.

Vice President for University Initiatives/Associate Provost for Multicultural and Academic Affairs, UK

**Angie Sanford**

Kentucky Medical Services Foundation

## Health assessment SCIMS

Health assessment students now learn advanced assessment skills by working with live models using Structured Clinical Instruction Modules. This approach was developed by **Lynne Jensen** and **Sharon Lock** as part of an interdisciplinary FIPSE grant they participated in from 2000-2004.

These modules focus on specific clinical problems, such as telling bad news, and are scripted and enacted by professional actors. Students receive some information about the case scenarios and are expected to conduct relevant portions of the health assessment with the actor or actress. They receive peer critique and coaching along with coaching from the faculty member.

This allows them to learn complex clinical assessment skills in a systematic way and to practice with an actor or actress who is trained to respond as a patient in such a situation might.

The approach was pioneered in the University of Kentucky College of Medicine several years ago and was based on an approach to testing known as Objective Structured Clinical Examination (OSCE). Our faculty members work jointly with College of Medicine colleagues to develop case scenarios that are modified as appropriate for students in the different disciplines.

## Clinical nurse leader pilot project

Finally, the College has partnered with the UK Hospital Nursing Service and the Veterans' Affairs Medical Center in Lexington to participate in national pilot project exploring strategies for preparing clinical nurse leaders. This pilot project is sponsored by the American Association of Colleges of Nursing. The goal is to develop a new nursing role for clinical nurse leaders to work as advanced generalists on nursing units and at the direct care level. A unique feature of this pilot project is the partnership component in which academic institutions partner with clinical institutions to simultaneously develop new curricular and new clinical care delivery models. The aim of the role is to provide advanced clinicians on nursing units and in units within public health and long-term care who will provide direct clinical care and lateral integration of clinical care.

# Attacking a killer

The RICH Heart Program has moved cardiovascular research to a new level

**Debra Moser, D.N.Sc., R.N., F.A.A.N., and Terry Lennie, Ph.D., R.N.** are co-directors of the RICH (Research and Interventions for Cardiovascular Health) Heart Program of the University of Kentucky College of Nursing. With more than twenty members, this growing team of interdisciplinary researchers has moved cardiovascular research at the College of Nursing to a new level.

Moser, professor and Linda C. Gill Chair in Nursing, the first endowed chair in the College, joined the faculty in 2001. She received her doctorate from the University of California, Los Angeles in 1992.



She is conducting studies involving more than 1,500 patients with heart failure or coronary artery disease. Her program of research focuses on testing interventions to improve clinical outcomes such as quality of life, morbidity, and mortality in these patients.

Moser's collaborative research has resulted in clinically useful information for: (1) identifying cardiac patients and family members at high risk for poor physical or psychosocial recovery after acute cardiac events or during adaptation to heart failure; (2) intervening with such patients to decrease poor physical and psychosocial outcomes; and (3) understanding treatment-seeking behavior among patients with symptoms of acute myocardial infarction.

Moser was awarded the 2004 Excellence in Research Award from the American Association of Critical-Care Nurses in recognition of the important findings from her program of research.

Moser is co-editor of *The Journal of Cardiovascular Nursing*, the official journal of the Preventive Cardiovascular Nurses Association, which is affiliated with, and endorsed by, the American Heart Association Council on Cardiovascular Nursing.

Moser is also a founding member of the American Association of Heart Failure Nurses, established in the fall of 2004. The organization focuses on uniting health care professionals, patients, and families in the advancement of heart failure practice, education, and research.

Terry A. Lennie, Ph.D., R.N., associate professor of nursing, joined the faculty in 2003. He holds a joint Ph.D. in nursing

and psychology from the University of Wisconsin-Madison and completed a two-year postdoctoral fellowship in neurobehavior at the University of Michigan.



Lennie's program of research focuses on developing interventions to optimize nutritional intake in patients with heart failure.

Sodium restriction has been a component of heart failure management for more than 50 years, yet little is known about the effects of sodium restriction on the quality of patients' diets.

Lennie was a finalist for the Heart Failure Society Nursing Research Award in 2003 and received the 2004 American Heart Association Council of Cardiovascular Nursing Atherosclerosis/Heart Failure Research Prize.

Lennie's current research stems from recent findings that obese patients with heart failure have better survival than normal weight or underweight patients.

"So little is known about the role of nutrition in prevention and treatment of heart failure that just about everything we are doing is generating new knowledge that should help improve future management of these patients," Lennie says.



More comprehensive information about the College of Nursing's RICH Heart Program is on our Web site, [www.mc.uky.edu/nursing](http://www.mc.uky.edu/nursing).

# New Center for Nursing Research

The new College of Nursing Center for Nursing Research is located on the fifth floor of the College. This 2,600 square foot space contains a reception area, two intervention suites, and cubicle/office space for our numerous research projects. Three full-time project staff, a postdoctoral fellow, and about 25 research assistants and research interns are housed in this area.

About half of this space was renovated by the College in spring 2004. The remainder will undergo renovation this spring with funding from the Executive Vice President for Research, **Wendy Baldwin**. Several more intervention suites and offices will be added as well as a group intervention room.

Funding will cover the renovation only; thus, we are searching for funding to support the purchase of computers, furniture, and file cabinets to furnish that space.

This space will support our continued growth in extramural funding for research which was \$1.4 million in 2004.

## Books and chapters

**Anderson, D. G., & Allen, Kacy** (2005). Families and public health nursing. In Hanson, S. M., *Family health care nursing: Theory, practice and research*, 3rd ed., Philadelphia: FA Davis.

**Lowry, R. C.** (2005, in press). Holistic health strategies. In C. L. Edelman & C. L. Mandle, *Health promotion throughout the lifespan*, 5th ed., St. Louis: Mosby.

**Peden, A.R.** (2004). Hildegard Peplau. In Parker, Marilyn (Ed.). *Nursing Theories and Nursing Practice*, 2nd ed., Philadelphia: F.A. Davis.

**Prevost, S.** (in press). Defining evidence-based best practices. In Huston, C. (ed.) *Professional Issues in Nursing: Challenges and Opportunities*, Philadelphia: Lippincott Williams & Wilkins.

**Sebastian, J.G., Stanhope, M., Williams, C.A., Pilon, B., Richardson, H. & Williams, M.D.** (2004). Academic nursing practice models and related strategic issues. Evans, L.K. & Lang, N.M. (eds.) *Academic Nursing Practice: Helping to Shape the Future of Healthcare*, New York: Springer Publishing Co., pp. 38-65.

**Sebastian, J. G.** (2004). Community health nurse manager and consultant. **Stanhope, M.** and Lancaster, J., *Community Health Nursing: Process and Practice for Promoting Health*, 6th ed., St. Louis: C.V. Mosby

## Research grant news

**Debra Moser** is principal investigator on a study funded by NIH/NINR titled, "Biobehavioral Intervention in Heart Failure."

**Ann Peden** and **Mary Kay Rayens** are co-investigators on the five-year, \$1.6 million project, which will determine the impact of biofeedback-relaxation training on various heart failure outcomes.

**Debra Moser** is co-investigator on a \$2 million, multi-site study funded by the National Institute of Nursing Research titled, "Predicting CHD Events in Black and White Women." The purpose is to conduct a longitudinal observational

## Publications and presentations

Our faculty spent a busy year publishing and presenting. Recent publications and presentations can be found on the College's Web site at [www.mc.uky.edu/nursing/news](http://www.mc.uky.edu/nursing/news).

study to determine if the McSweeney Acute and Prodromal Myocardial Infarction Symptom Survey will differentiate prospectively between women who will and will not experience a CHD event in a two-year period. **Jean McSweeney** of the University of Arkansas for Medical Sciences is the Principal Investigator.

**Ellen Hahn** and co-investigators **Debra Moser, Patricia Burkhart**, and **Mary Kay Rayens**, received a 2003 Clinical Innovator Award in the amount of \$216,562 from the Flight Attendant Medical Research Institute for their study, "Reducing Secondhand Tobacco Smoke: Cardiac and Asthma Outcomes." The objective of this research is to assess the relationship between reduction in exposure to secondhand tobacco smoke at the community level and health care outcomes associated with acute coronary syndromes and asthma.

**Ellen Hahn** was awarded a two-year, \$241,790 grant from the Robert Wood Johnson Foundation for her study, "Smoke-Free Laws and Employee Turnover." **Mary Kay Rayens** is a co-investigator. Other co-investigators are from the UK Center for Business and Economic Research and the Department of Economics. The purpose of the study is to examine the effects of smoke-free laws on employee turnover and training costs in one large national restaurant chain.

**Mary Kay Rayens** is a co-investigator on a grant funded by the Kentucky Lung Cancer Research Program titled, "Breaking the Cycle: Smoking Intervention with Youth in Families Dealing with Lung Cancer." Catherine Martin (Psychiatry) is principal investigator for the three-year, \$290,628 study. The purpose of the project is to test the

*Continued on page 22*

impact of a smoking intervention on the adolescent family members of lung cancer patients.

**Ellen Hahn, Carol Riker, Lisa Greathouse**, and their Tobacco Policy Research Program team received a \$150,000 grant from the Robert Wood Johnson Foundation to establish the Kentucky Center for Clean Indoor Air Policy. The Center will provide educational resources and technical assistance to communities in Kentucky who wish to enact Clean Indoor Air ordinances. The Kentucky League of Cities and the UK Center for Rural Health are among the organizations that have pledged to work with the center to help reduce tobacco use in Kentucky.

**Patricia Howard** received \$93,784 for her work as co-principal investigator on the Kentucky Medication Algorithm Project (KyMAP), an interdisciplinary study involving a comprehensive training and evaluation plan for treatment of individuals with severe mental illness. Her role on the project is the fidelity assessment evaluation. **Andrew Cooley**, M.D., of Central State Hospital in Louisville, is principal investigator of the study, which is funded by the Substance Abuse and Mental Health Services Administration. Howard also received \$30,000 in funding as Kentucky co-principal investigator for the Fidelity Scales Reliability Study, led by **Alexander Miller**, M.D., of the University of Texas Health Science Center at San Antonio and **Gary Bond**, Ph.D., of Indiana University/Purdue University Indianapolis. Other states participating are California and New York. Ph.D. students **Peggy El-Mallakh** and **John Vinson** are research assistants on the project along with M.S.N. student **Ruth Givens**.

**Steve Browning** received \$49,635 from the Appalachia Cancer Network, sponsored by the National Cancer Institute, NIH, for a study titled, "Patterns of Colorectal Cancer in Appalachian Kentucky." The goal is to identify inadequately screened or treated high-risk subgroups for targeted cancer control efforts in the Appalachian region of Kentucky. Ph.D. candidate **Esam Al Khasib** and staff member **Susan Westneat** are on the research team.

**Terry Lennie's** proposal, "Nutritional Intake and Proinflammatory Cytokine Activity in Community Dwelling Older Adults," was funded for \$20,000 by the American Nurses Foundation. **Misook Chung, Debra Moser, and Becky Fields** are co-investigators. Proinflammatory cytokines are elevated in people with chronic illness and in healthy older adults. Whether these cytokines have the same negative effect on nutrient intake in healthy adults as in chronic illness is unknown. The purpose of the study is to examine the relationships between nutritional intake and proinflammatory cytokine activity in a group of healthy older adults.

**Ellen Hahn's** study, "Differential Economic Impact of Smoke-Free Laws," was funded by a \$20,000 grant from UK's Faculty Research Support Program. **Don Mullineau** (College of Business and Economics) is co-investigator. The long-term objective of this research is to determine the differential effects of smoke free laws on different types and sizes of businesses in the tobacco-producing state of Kentucky.

**Steve Browning** and **Patricia Burkhart** received \$18,104

from the Southeast Center for Agricultural Health and Injury Prevention for their study, "Asthma in Kentucky Farm Children." The purpose of the study is to collect preliminary information and develop a data set in order to conduct a future large-scale survey and case-control study of childhood asthma in Kentucky farms. The goal is to extend the study to another demographic region in the southeast U.S. with a different farm commodity base from Kentucky.

**Ann Peden, Ellen Hahn, Lynne Hall, Carol Riker, and Kristin Ashford** (Ph.D. student and lecturer) received a UK Faculty Research Support Grant in the amount of \$18,100 for their study, "Mental Health and Smoking During and After Pregnancy." The long-term objective of this research is to decrease the prevalence of smoking during pregnancy and reduce relapse during the postpartum period.

**Debra Anderson** received \$17,850 from the UK Faculty Research Support Program for her study, "Workplace Violence and Women Residing in Battered Women Shelters." The purpose of this study is to examine the experiences of workplace violence in the lives of homeless women and women residing in domestic violence shelters. Qualitative data on violence at the worksite will be collected via in-depth interviews with a purposive sample.

**Deborah Reed** received a \$15,008 grant from the Southeast Center for Agricultural Health and Injury Prevention for a pilot study, "Incorporation of Farm Health and Safety into Family Practice." The purpose of this demonstration project is to design and test an office-based farm injury/illness prevention program that can be delivered by staff in a rural family practice setting without adding time or financial burden on staff or clients.

**Sharon Lock and Deborah Reed** are co-investigators on a project funded for \$12,470 by the Southeast Center for Agricultural Health and Injury Prevention: "The Nurse Practitioner Agricultural Health Study." They will examine nurse practitioners' knowledge about farm health and safety issues.

**Sharon Sheahan and Becky Fields** were awarded a \$4,000 Organon Pharmaceuticals USA 2004 NP Women's Health Grant from the American Academy of Nurse Practitioners Foundation. Their study, "Nutrition Experiences and Decision Making of Older Women with Hypertension and Heart Failure," will explore experiences and decision-making associated with adherence to sodium restricted diets among congregate living residents with hypertension or heart failure.



*The Tobacco Policy Research Program team*

## Four alumni awarded Robert Wood Johnson fellowships

Since the inception of the Robert Wood Johnson Executive Nurse Fellowship program in 1998, four UK College of Nursing alumni have been awarded this prestigious fellowship.

The first of these was **Julie Sebastian**, Ph.D., A.R.N.P., F.A.A.N. (1998-2001) (B.S.N., 1974; M.S.N., 1977). **Karen Hill**, M.S.N., R.N. (B.S.N., 1987; M.S.N., 1990), vice president and nurse executive at Central Baptist Hospital in Lexington, was in the 2000-2003 cohort and **Karen Stefaniak**, Ph.D., R.N. (M.S.N., 1983), chief nursing officer and associate hospital director at the University of Kentucky Chandler Medical Center Hospital is in the 2003-2006 cohort. Most recently, **Carla Baumann**, M.S.N. (M.S.N., 1994), director of community health nursing at the Madison County Health Department in Richmond, Ky., was selected for the 2004-2007 cohort.

The Robert Wood Johnson Executive Nurse Fellowship program aims to prepare nurses for the highest level of executive practice in the academic, clinical service, and public health sectors. Fellows are expected to provide leadership in shaping health care delivery in the future.

Our four alumni represent the three sectors targeted by the program. Fellows develop and implement an original project that will make an impact on health care and help them learn new leadership skills.

Our alumni developed very different and creative projects. Sebastian's project focused on identifying and characterizing models of academic nursing practice. This project led to regional and national presentations, a chapter in a faculty practice monograph (Sebastian, Stanhope, Williams, Pilon, Richardson & Williams, 2004) and development of a faculty practice videotape that is on the College of Nursing Web site.



*Karen Hill*

Hill's project aimed to develop nurse managers in her hospital and was published in the *Journal of Nursing Administration* (December, 2003).

Stefaniak used an appreciate inquiry (AI) process with the nursing staff at UK Hospital to foster positive growth in nursing practice. Nurses throughout the organization attended three-hour workshops and shared stories to discover the positive aspects of nursing at UK Hospital that are now being used as a foundation for



*Karen Stefaniak*

performance improvement activities and recruitment and retention strategies. Stefaniak presented the AI project at the Second International Conference on Appreciative Inquiry – Creating Extraordinary Organization for Business and Society, and at the Eighth Annual Magnet Conference.

Baumann plans to create an American Diabetes Association-recognized diabetes self-management program and to demonstrate the impact that this has on health status within that aggregate population. Her long-term goal is to create a diabetes care center in Madison County (Kentucky). Baumann's current project would be the first phase in this long-term plan.

### What's new with you?

*Carol Howell Gilpin, B.S.N. 1990, completed her master's in nursing from Vanderbilt University in August 2003. She's now practicing as a psychiatric nurse practitioner.*

Keep up with what your classmates are doing. Send your professional news to: Nancy Mangrum, University of Kentucky College of Nursing Alumni Association, 315 College of Nursing Bldg., Lexington, KY 40536-0232.

Name \_\_\_\_\_

Name at graduation \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Country \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

UK degree and year awarded \_\_\_\_\_

Your news \_\_\_\_\_

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## 2004 alumni awards presented at annual reunion

We received many wonderful nominations and are honored to highlight this year's winners who were announced during the annual alumni reunion dinner in October 2004.

### **First Decade Award – Lindsay Bowles, B.S.N., 2000**

**Lindsay Bowles**, Lexington, is currently employed as a staff nurse in the telemetry float pool at Central Baptist Hospital in Lexington. Bowles has had clinical experience in oncology, hematology, women's health, endoscopy and radiology in her role as a float pool nurse. She serves on the Magnet Champion staff nurse committee and has volunteered for multiple health-related community events including the Diabetes Day Camp, Camp Hendon for children with diabetes, and several fund raisers including the Race for the Cure, Relay for Life and the American Heart Walk. Bowles has a reputation for compassionate care with patients and their families and particularly enjoys her role as a patient advocate.

### **Clinical Practice Award – Suzanne P. Reiter, M.S.N., 1970**

**Suzanne P. Reiter**, Grand Rapids, Mich., has held positions relating to the support of health and wellness for women during most of her career. Currently Reiter is a nurse practitioner consultant with the Michigan Department of Public Health, Family Planning, in Lansing, Mich. Reiter is also vice president for the National Certification Corporation, which certifies nurses who work in obstetrics, gynecology and neonatal nursing. She was also instrumental in bringing together law enforcement, prosecution attorneys, and the medical community in launching the first sexual assault program in her community, in which Reiter is a certified examiner as well. She is also very active with many professional organizations and has published numerous articles on topics related to women's health care issues.

### **Outstanding Alumnus in the Area of Community and Professional Service – Karen Choate Robbins, B.S.N., 1970**

**Karen Choate Robbins**, West Hartford, Conn., serves as the nurse educator for the Dialysis Services, Transplantation and Advance Organ Support at Hartford Hospital in Hartford, Conn. Robbins has a master's in nursing from the University of Connecticut School of Nursing, which she received in 1980. Robbins has received numerous professional honors and awards, including being recognized for outstanding contribution to the American Nephrology Nurses Association in 2003 and recognized as a "visionary and skilled leader" by the Health Care Finance Administration. She participates in numerous professional activities and holds memberships including active roles on national and local committees within the ANNA. Robbins is chairperson for the National Federation of Specialty Nursing Organizations, and has an active membership in her local chapter of the American Cancer Society and the Mu Chapter of Sigma Theta Tau. Among her professional accomplishments are more than 30 publications, including articles, abstracts, and book chapters.



*Pictured left to right are: Lindsay Bowles, B.S.N. 2000, First Decade Award winner; Suzanne P. Reiter, M.S.N. 1970, Clinical Practice Award; and Karen Choate Robbins, B.S.N. 1970, Outstanding Alumnus in the Area of Community and Professional Service.*

## Alumni association board of directors, 2004 -2005

**President:** Eula M. Spears, Nicholasville, Ky., Class of 1965

**President-Elect:** Kimberly D. Horne, Lexington, Ky., Class of 1996

**Secretary:** Denise Y. Alvey, Lexington, Ky., Class of 1975

**Treasurer:** Megan Hale, Lexington, Ky., Class of 2003

**Past President:** Dixie M. Webb, Lawrenceburg, Ky., Class of 1967

### **Board Members:**

Eloise H. Beebout, Lexington, Ky., Class of 1990

Patricia C. Birchfield, Lexington, Ky., Class of 1967

Lajava N. Chenault, Lexington, Ky., Class of 1988

Joyce C. Corbin, Lexington, Ky., Class of 1981, Nominating Co-Chair

Ellen Demos, Lexington, Ky., Class of 1997

Theresa Feldman, Lexington, Ky., Class of 1971

Sondra G. Ferguson, Lexington, Ky., Class of 1968

Christi Ford, Lexington, Ky., Class of 1995

Pamela Gage, Lexington, Ky., Class of 1982

Angela K. Galloway, Lancaster, Ky., Class of 1992, Fund Raising Chair

Jennifer S. Greene, Lexington, Ky., Class of 1988

Sherre Hall, Nicholasville, Ky., Class of 1985, Nominating Co-Chair

Darleen A. "Dee" Herndon, Nicholasville, Ky., Class of 1974

Karen Hill, Lexington, Ky., Class of 1987, Awards Chair

Donna Hunter-Adkins, Stamping Ground, Ky., Class of 1985

Karen E. Ingram, Lexington, Ky., Class of 1994

Virginia "Ginny" Kolter, Louisville, Ky., Class of 2000

Peggy Littrell, Lexington, Ky., Class of 1975, Mentoring Program Chair

Teresa D. Loan, Lexington, Ky., Class of 1992

Ann A. Lyons, Louisville, Ky., Class of 1977

Margaret "Muffy" Crabtree Lyster, Versailles, Ky., Class of 1979

Karen K. Moore, Lexington, Ky., Class of 1977

Lori Ellen Ogden, Nicholasville, Ky., Class of 2000

Brenda P. Owen, Ashland, Ky., Class of 1968

Melissa Poynter, Lexington, Ky., Class of 1994

Joni L. Pruitt, Lexington, Ky., Class of 1981

Pamela J. Rickerson, Lexington, Ky., Class of 1997

Laura D. Riddle, Midway, Ky., Class of 1976

Patricia Y. Ryan, Lexington, Ky., Class of 1991

Kathy Sullivan, Lexington, Ky., Class of 1982

Connie G. Taylor, Lexington, Ky., Class of 1984

### **Past Presidents:**

Tony Burgett, Lexington, Ky., Class of 1983 (1994 - 1995)

Connie Enlow, Lexington, Ky., Class of 1989 (1995 - 1996)

Peggy Tudor, Lancaster, Ky., Class of 1973 (1993 - 1994)

Karen Tufts, Lexington, Ky., Class of 1988 (1996 - 1999)

Anna B. Wilson, Midway, Ky., Class of 1984 (1999 - 2001)

**Executive Director:** Nancy Mangrum

**Dean:** Carolyn A. Williams



# Good thing going

## Faculty expanding avenues of health care delivery

Assistant Professor **Lynn Kelso**, A.C.N.P., C.S., M.S.N., has just started a new clinical practice in her capacity as an acute care nurse practitioner and is working with **Dr. Eric Endean**, chief of the Division of Vascular Medicine and his faculty colleagues.

She will conduct histories and consults with patients cared for by the clinicians in this service, ordering medications and treatments, as well as working with nursing and medical staff to meet the needs of this population. Most patients seen by the vascular service have been diagnosed with diabetes or lipid disorders and many have very complex health problems.

**Gwen Short**, M.S.N., A.R.N.P., is now working with the UK Wellness Program as the nurse advisor for the Chronic Disease Management Program. She will analyze trends in the disease management program and work with the physician advisor and disease management program staff from the Wellness Program to design programs and interventions appropriate for the clients served. Short feels this work will complement her practice with the UK Department of Family Practice.

The University of Kentucky Women's Health Clinic is undergoing expansion and will move to a new location in the Kentucky Clinic this spring.

**Dr. Leslie Crofford** joined the University as the Gloria Singletary Chair in Women's Health. She and the College of Nursing and College of Medicine faculty members who practice in the Women's Health Clinic have developed a new model of care delivery that will focus heavily on health promotion and illness prevention for women.

College of Nursing faculty member **Lynne Jensen**, M.S., A.R.N.P., is co-director of the clinic which has been renamed the University of Kentucky Center for the Advancement of Women's Health to reflect its broader mission and vision.

The clinicians who currently practice in this clinic provide stellar care for women and are looking forward to even more opportunities for expanded clinical care delivery, student education and women's health research. College of Nursing women's health nurse practitioner and family nurse practitioner students will have some clinical experiences working alongside their faculty members in this new and expanded clinic.



*Sharon Lock, Ph.D., F.N.P., practices at the Women's Health Center.*

College of Nursing faculty members who practice in the Women's Health Clinic are **Jensen**, **Sharon Lock**, Ph.D., F.N.P. and **Jan Gross**, Ph.D., C.N.S. **Judi Daniels**, Ph.D., F.N.P., P.N.P., practices in Internal Medicine with the med-peds service alongside her women's health colleagues.

**Teresa Free**, Ph.D., A.R.N.P., and the pediatric nurse practitioner group practice are working with **Dr. Tom Young** and the clinicians at the Family Care Center to test the effectiveness of a fluoride varnish program as part of routine pediatric primary care. This clinical study will provide them with information about the process and outcomes associated with incorporating this preventive service into well child care in an underserved population.

**Rachel Briese**, M.S.N., P.N.P., **Carrie Gordy**, M.S.N., P.N.P., **Kathi Simpson**, M.S.N., P.N.P., and **Katie Grap**, M.S.N., P.N.P., are evaluating the impact of health risk screening on the health knowledge and behaviors of third grade students who receive care in the four Healthy Kids Clinics.

These two evaluation projects exemplify the ways in which our clinical faculty and staff members are integrating scholarship into their practices and working toward continual improvement of the clinical care they provide.

# It was OK to get a bit emotional here

For the fifth consecutive year, the College of Nursing Good Samaritan Nursing Center pulled off a no-cost, fun, health educational event for children in grades 3-5. Students came from elementary schools in Fayette and surrounding counties.

This spring's event was called, "Emotion Ocean," and included four different areas of interactivity: "Manners Marina," where students learned about manners and respect; "Conflict Cove," where they learned what to do when they disagree with other people; "Fishing for Feelings," where they learned about feelings and how to deal with them; and "Self-Esteem Submarine," where they learned about self-esteem and how to improve upon it.

Around 800 students attended sessions throughout the week.

2004's event was called "Fitness Fantasia," a similar, interactive health education experience for children.

All the presentations were designed to meet National Health Education standards, Kentucky Education Reform Act (KERA) goals, and the Practical Living Skills portion of the Commonwealth Accountability Testing System (CATS) test.

The events were sponsored by the Good Samaritan Nursing Center of the College of Nursing and funded by the Good Samaritan Foundation, Inc. The foundation is a Kentucky grant-making public philanthropy devoted to health-related education, health promotion and research.



*At "Manners Marina," the children learned about good manners and how to respect other people.*



*"Self-Esteem Submarine" was a popular place to be. (Kids won't pass up an opportunity to be silly!) During this activity, they learned about self-esteem and how to improve upon their own.*

**UK** UNIVERSITY OF KENTUCKY  
College of Nursing

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