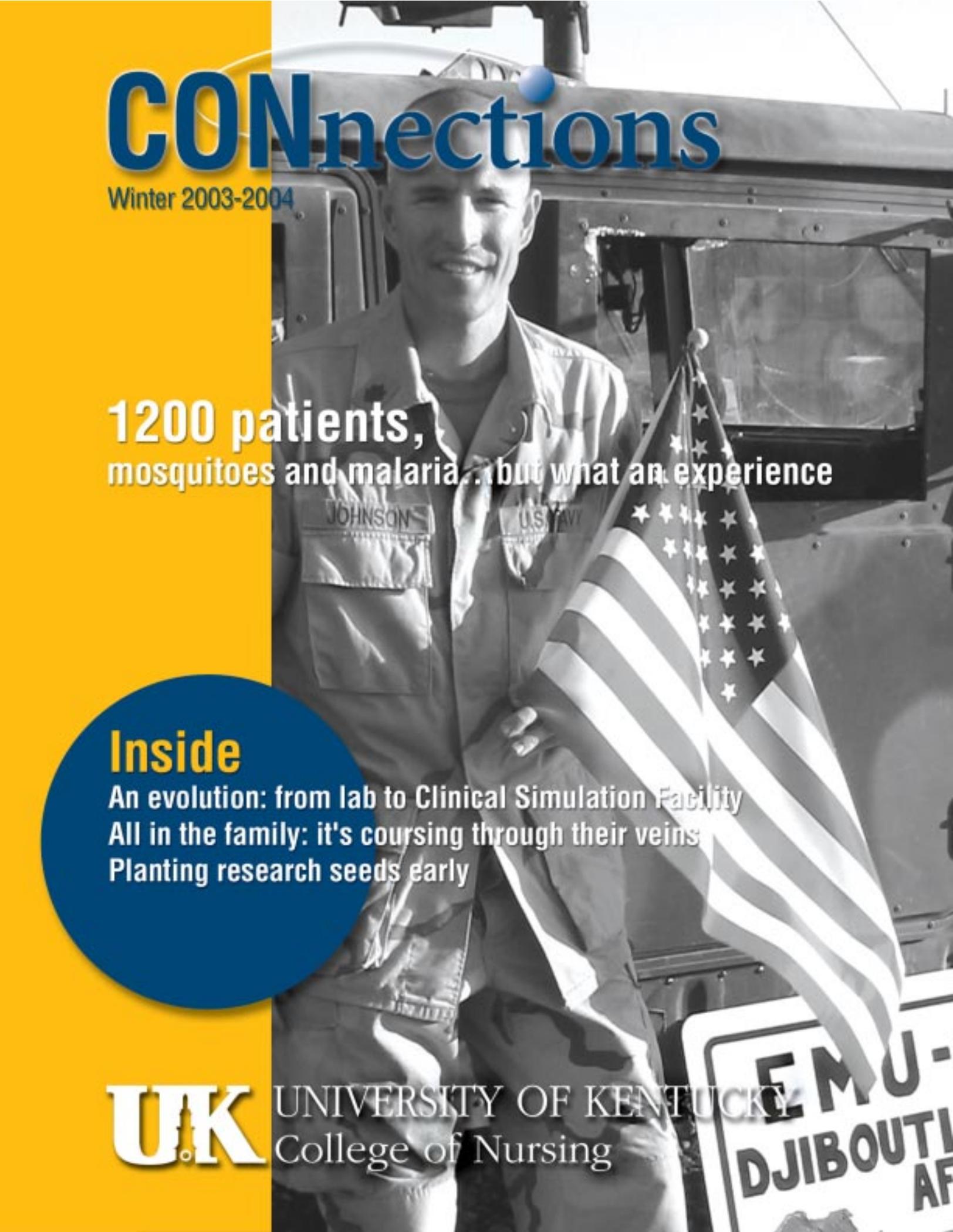


CONnections



Winter 2003-2004

1200 patients,
mosquitoes and malaria...but what an experience

Inside

An evolution: from lab to Clinical Simulation Facility
All in the family: it's coursing through their veins
Planting research seeds early

UK

UNIVERSITY OF KENTUCKY
College of Nursing

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UK UNIVERSITY OF KENTUCKY
College of Nursing

From the dean

What a year this has been! It has been full of numerous challenges and many, many successes for the College. The most recent indication of the success of our educational programs is that in February three of the six finalists for the student poster awards at the 2004 meeting of the Southern Nursing Research Society were UK College of Nursing students! Yes, out of a field of 120 posters we had three of the finalists! This is an outstanding tribute to our students and to our faculty. The



majority of the entrants are doctoral students, but one of the finalists was Megan Popielarczyk, a junior in our undergraduate program. She was selected for her poster which described the work she has been doing with Dr. Debbie Reed and her team, Children's and Parental Response to an Educational Farm Safety Intervention." Brooke Bentley, a Ph.D. student in the college, received second prize for her work on "Factors Related to Nonadherence to a Low Sodium Diet in Heart Failure Patients." Another Ph.D. student, Major Marla J. De Jong, received honorable mention for her poster on "Anxiety Is not Manifested by Elevated Heart Rate and Blood Pressure in Acutely Ill Cardiac Patients." Both Brook and Marla are working with Dr. Debra Moser and her team. It was a thrilling moment when these

investigators were honored by the Society and received their certificates.

We are working hard to enrich the educational experience of all students in the College. Within the last year we have acquired considerable new space on the fourth floor to expand the clinical laboratory space, more than doubling the original space, and have been renovating the area for use in both our baccalaureate and master's programs. This past fall we moved into part of this space and in January we moved back into the original area which has been renovated.

We have also acquired considerable new space on the fifth floor, which represents a significant expansion of our research space. We are currently busy renovating this area for use by faculty, staff, and students in all programs engaging in research.

The College has also acquired new space on the second floor, previously the AHEC area. It has been refurbished and reconfigured and now houses Dr. Julie Sebastian, assistant dean for advanced practice nursing, the office for our Master of Science in Nursing and Doctor of Nursing Practice programs, offices for our clinical practices, and some of the faculty that work with these programs.

We are excited about the launch of our Second Degree B.S.N. Program for individuals who already hold a baccalaureate in another field and wish to enter nursing. We will begin the program in the fall, enabled by some financial support from University of Kentucky Hospital and Saint Joseph Hospital of Lexington. We are grateful for the support of these two institutions and for the leadership their nursing executives are providing, Karen Stefaniak at UK Hospital and Christine Mays at Saint Joseph.

There are many opportunities for students in our undergraduate program to be engaged with faculty in various forms of scholarship through the undergraduate Honors Program, the Nurse Scholars Program, and the undergraduate Clinical Interest Groups in cardiovascular and oncology nursing, and caring for the diabetic patient. Also we hope to expand our "study abroad" offerings.

All of these initiatives and the continuing need to upgrade and add the latest equipment and supplies to the clinical labs involve finding funds to keep the good things going. We all know that the state budget for education is not close to keeping pace with the needs of the universities.

The UK budget is especially stretched and each of the colleges, including the College of Nursing, is experiencing a budget cut. We are concerned about continuing to maintain the high quality of our programs and invite you to team with us through a monetary investment in the College. This is an investment in the future of nursing in central Kentucky and beyond.

There are a number of ways to do this: through the annual phonathon which is coming up; simply putting a check in the mail; or by calling our development officer, Terry Green, at (859) 323-6635 so she can share with you the many options for making a contribution and making a difference in the College.

In closing I am pleased to let you know that the Health Sciences Learning Center, the building that we have been occupying since the late 70s, has been renamed the College of Nursing Building! I also want to thank each of you who have stepped forward and provided support for the College. We appreciate your interest, your trust, and your investment in the College's mission.

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

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An evolution



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Incredible experience

An evolution

from lab to Clinical Simulation Facility

Since you last read about the old College of Nursing “lab,” there have been 10 months worth of pulling out, tearing down, jack hammering, refacing, wiring, painting, negotiating, tweaking of plans, squeezing of inpatient beds through narrow hallways, looming deadlines, and a legal pad or two full of the myriad details that come with a major renovation.

After the February 2003 completion of the nearby Health Sciences Building, the College was able to reclaim substantial real estate adjacent to the existing lab space. The old space totaled 2650 square feet. Students and instructors now work in a much more comfortable 6,650 square feet.

In Phase I’s Clinical Simulated Health Assessment Center, four individual exam rooms look as if they’ve been plucked straight from a primary care facility. Each will be equipped with two video cameras for validation of student clinical performance skills. With video, the faculty instructor can observe the student in real time or choose to tape the session for later viewing. Students will be more relaxed with this arrangement as well.

The lion’s share of this space holds a flexible and adaptable classroom area that comfortably accommodates 40 students. Tables and chairs are all on wheels so they can easily be rearranged to fit any configuration needed for a day’s activities. Electrical and computer connections in the floor accommodate portable computer terminals provided by the College or for the students’ own laptops. A media center serves as a base for the instructor, containing a complete PC setup connected to the University’s Intranet with the instructor’s preloaded PowerPoint lecture files and M-Net access.

The next room holds the Clinical Simulated Family Care Center with a bed each for obstetrics, newborn nursery, newborn intensive care, neonate intensive care and pediatrics, along with a scaled-down version of nurses’ station. Adjacent to this space is classroom space that will hold up to 18 students including the same flexible classroom features and instructor media center. (Previous to the renovation the College had a few pediatric models but no space dedicated to working with obstetric and pediatric patients.)

The space that contained the old lab has been remodeled to become the Adult Critical Care and Basic Nursing Care Adult Clinical Care Simulation Centers. Privacy curtains separate

inpatient “rooms.” Each will contain an inpatient-style bed, headwall, and over-bed table – convenient for spreading out books and notes. All the headwalls will have electricity but due to budget constraints, only one will be fully functional with oxygen, suction, and monitor.

Accordion-style wall dividers previously separated the two original lab rooms. Those dividers have been resurfaced and will remain in place so the space remains flexible to accommodate large groups if necessary.

Mary Jayne Miller, B.S.N., clinical simulation lab instructor, has served as project manager for the renovation. Miller and the entire “Dream Team” that designed the new space are very pleased with progress thus far but know there is much work remaining. Assistant Professor Melanie Hardin-Pierce, M.S.N., one of the Dream Team members, says, “The new facility adds much to our curriculum by providing a place where students can practice and apply their clinical problem-solving skills in a safe, supportive environment. Simulation takes learning beyond mere passive engagement, to a place where they are in the moment and are ‘learning by doing.’”

Phase III, which the College does not yet have the funds to renovate, physically divides Phases’ I and II spaces. This area will provide a regular “home” for the College’s computer-driven human patient simulator, SimMan. The plan for this area includes a fully functioning headwall and video cameras for validation of student skills with an adjacent anteroom with a monitor for real-time viewing. Another area of Phase III will contain a Community Care Center (a home-like setting) and an area dedicated to research, where researchers can bring subjects for lab work or interviews. Teaching assistants will have space to work as well and will be accessible for student questions and guided intensive practice or tutoring if needed.

Though the new facilities are already a huge improvement over the old, the first two phases don’t have all the amenities the faculty had hoped to provide students. The budget for equipment was divided equally among programs so that each faculty group could make decisions about how to best allocate its share.

Miller, along with Karen Minton, the College’s business officer, did much negotiating with vendors and tweaking of

the plans to obtain the absolute essentials. For example, some laminate cabinets were refaced rather than purchasing new ones. UK Hospital donated a used pediatric bed and privacy curtains. A large portion of the new equipment was purchased from one company, but the same vendor also donated or

greatly discounted prices on the beds for obstetrics, neonatal, acute care and critical care. The company representative is also assisting the College in finding a refurbished NICU bed. Another company donated four automated external defibrillators (AEDs) used in conjunction with CPR for sudden cardiac arrest victims.

Claudia Diebold, M.S.N., lecturer, says, “These new and improved clinical simulation areas have greatly enhanced our education program at UK and it is only the beginning. We are all very excited about the numerous endeavors that are now possible as we strive to create innovative learning opportunities for our students.”

Approximately \$150,000 is needed to complete Phases I and II and another \$650,000 is needed to build and furnish Phase III. In these times of decreasing state financial support, we’ve grown to depend more and more on donations from friends of the College. Please consider joining our other donors in helping to fund the education of future nurses. Mail your check (made payable to University of Kentucky College of Nursing; note on the check that it is for the Clinical Lab), to: University of Kentucky, College of Nursing, Attn: Development Office, 315 College of Nursing Bldg., Lexington, KY 40536-0232.



after



before

Recently published books and chapters

Books

Fundamentals of Nursing Research, 3rd edition
Dorothy Young Brockopp, R.N., Ph.D., professor and assistant dean for the undergraduate program, and Marie T. Hastings-Tolsma. Copyright 2003, Jones and Bartlett Publishers.

Home Health Care for Children Who Are Technology Dependent
Juanita W. Fleming, R.N., Ph.D., F.A.A.N., professor emeritus. Copyright 2003, Springer Publishing Company.

Microbiology, 6th edition.
English, French, Spanish editions. Lansing Prescott, **John P. Harley**, Ph.D., visiting assistant professor, and Donald Klein. Copyright 2004, McGraw-Hill Publishing Company.

Zoology, 6th edition.
Steven Miller and **John P. Harley**. Copyright 2004. McGraw-Hill Publishing Company.

Leptospirosis
John P. Harley. Copyright 2004, McGraw-Hill Yearbook of Science and Technology.

Caring for the Heart Failure Patient
Simon Stewart, **Debra K Moser**, D.N.Sc., R.N., F.A.A.N., professor and Linda C. Gill Chair of Nursing, and David Thompson. Copyright 2004, Martin Dunitz Publishing.

Community and Public Health Nursing, 6th edition
Marcia Stanhope, R.N., D.S.N., F.A.A.N., associate dean and professor, and Jeanette Lancaster. Copyright 2004, Elsevier.

Chapters

Anderson, D. G., & Allen, Kacy (2004, in press). Families and public health nursing. In Hanson, S. M., *Family health care nursing: Theory, practice and research*. 3rd ed., Philadelphia: FA Davis.

Anderson, D. G., Ward, H. J., Hatton, D. C. (2004). Family health risks. In Stanhope, M. & Lancaster, J., *Community and Public Health Nursing* (6th ed.), St. Louis: Mosby.

Hardin-Pierce, M. (2004). Gastrointestinal Dysfunction; and Nursing Care of Gastrointestinal Dysfunction. In P.S. Kidd & **K.D. Wagner**, *High Acuity Nursing*, (4th ed.). Appleton & Lange, Stamford, Connecticut. In press.

Kaiser, L. M., Hatton, D. C., & **Anderson, D. G.** (2004). Women's health. In Stanhope, M. & Lancaster, J., *Community and Public Health Nursing* (6th ed.), St. Louis: Mosby.

Loan, T.D. (2004). Respiratory disorders. In M.A. Hogan & T. Madayag (eds.), *Medical-Surgical Nursing*. Upper Saddle River, NJ: Prentice Hall Health.

Moser, D.K., Lennie, T. A., & Doering, L.V. (2004). Non-pharmacologic management of heart failure. In S. Stewart, **D. K. Moser**, & B. Riegel (eds.), *Caring for the heart failure patient*, Martin Dunitz: London, England.

Moser, D. K., & Riegel, B. (2004). Management of heart failure in the outpatient setting. In D. Mann (ed.), *Heart Failure: A Companion to Braunwald's Heart Disease*, Elsevier.

Prevost, S. S. (2004, in press). Relieving pain and providing comfort. In Hudak, Gallo, Morton and Fontaine (eds.), *Critical Care Nursing: A Holistic Approach* (8th ed.), Lippincott.

Sebastian, J.G. (2004). Vulnerability and Vulnerable Populations: An Overview; and The Advanced Practice Nurse in the Community. In Stanhope, M. & Lancaster, J., *Community and Public Health Nursing* (6th ed.), St. Louis: Mosby.

Wagner, K.D., Hardin-Pierce, M. (2004). Acute Pancreatic Dysfunction; and Acute Hepatic Dysfunction. In P.S. Kidd, **K.D. Wagner**, *High Acuity Nursing*, (4th ed.). Upper Saddle River, NJ; Prentice Hall Health. In press.

Williams, C.A. (2004). Community-Oriented Population-Focused Practice: The Foundation of Specialization in Public Health Nursing. In Stanhope, M. & Lancaster, J., *Community and Public Health Nursing* (6th ed.), St. Louis: Mosby.

Fundamentals of Nursing Research, with Dorothy Brockopp as first author, was awarded a Book of the Year Award in the nursing research category by the *American Journal of Nursing*, the official journal of the American Nurses Association.

New faculty



Kristin Ashford

Kristin Ashford, M.S.N., R.N., lecturer
Teaches in the undergraduate program
Area of interest: women's health and high-risk obstetrics



Terry Lennie

Terry Lennie, Ph.D., R.N., associate professor
Teaches in the graduate program
Area of interest: illness-related changes in appetite and nutritional status

Donna Robinson, M.S.N., R.N., lecturer
Teaches in the undergraduate program
Area of interest: antepartum-maternal/newborn nursing

Dean, assistant dean visit nursing programs in Uzbekistan

Dean Carolyn Williams and Assistant Dean for Advanced Practice Nursing Julie Sebastian consulted with two nursing programs in the central Asian country of Uzbekistan in September 2003. They were asked to provide an initial assessment and consultation for these programs by the University of Kentucky School of Public Health. Principle investigator Tom Samuels, School of Public Health, and his team hold a grant with the American International Health Alliances to work with two of the medical universities in Uzbekistan around public health management issues.

Williams' and Sebastian's visit followed a visit to the UK College of Nursing by four Uzbek physicians in early September 2003. Physicians serve as the primary faculty members in Uzbek nursing programs right now because so few nurses are prepared to do so. These physicians expressed their commitment to facilitating nursing education and their desire to have well prepared nurses take over the roles as faculty members in these programs.

The four physician visitors sat in on undergraduate and graduate nursing classes while at UK, and visited several clinical agencies and clinical sites with faculty and students. Numerous College faculty members, students, and clinical colleagues participated in the visits and helped the physicians get a picture of nursing practice, education, and research in the United States.

Uzbekistan is one of the former Soviet republics and is in the process of establishing baccalaureate-level nursing education in the country's institutes, which are comparable to universities.

Some of the issues related to nursing in countries in the former Soviet bloc are described in a recently published paper in Sigma Theta Tau International's *Reflections on Nursing Leadership* by Sharon Weinstein and Ann Marie Brooks (2003). Prior to 1999, all nursing education was provided at a level similar to high schools in the U.S. In 1999, the Uzbekistani government decided to move nursing education into the institutes for higher education.

Williams and Sebastian consulted with deans and faculty members at ToshMI-I and ToshMI-II, the two medical institutes in Tashkent, Uzbekistan. As part of their visit, they learned that all ten baccalaureate nursing programs in Uzbekistan use the same curriculum. Because of this any changes that ToshMI-I and ToshMI-II might adopt would also be adopted at the other schools.

One cohort of B.S.N. students has graduated so far from ToshMI-I and ToshMI-II. These graduates are working

primarily in hospitals supervising nurses prepared at the high school level.

The nurses and physicians in both schools expressed great interest in higher education for nurses and a real desire to learn more about nursing in western countries. The situation in Uzbekistan is unique in that the country is still developing its own infrastructure and shifting its social, political, and economic processes to a market model.

Williams and Sebastian were impressed by the extent to which people in this country wish to improve the quality of life in Uzbekistan but the degree to which they lack many basic resources to do so. For example, the deans of the two schools requested assistance with obtaining up-to-date nursing texts. However, few Uzbekistani students read or speak English, so textbooks, journal papers, and other learning materials must be translated into Russian or Uzbek.

The country itself is beautiful and has a rich cultural history. People told Williams and Sebastian that multiculturalism is valued and that the country includes people of more than 120 nationalities and ethnic backgrounds. The most prevalent religion is Muslim, with Christianity and Judaism also represented. The country is agrarian and relies heavily on the production of cotton.

Although the climate was described as a sharp continental climate with dramatic shifts between hot and cold, farmers are able to grow a wide range of fruits and vegetables. It was harvest time during Williams' and Sebastian's visit and the fruits and vegetables were beautiful and abundant.

Families seem to be large and quite close. Many family members live in the same house, which often includes more than one small building surrounding a central courtyard.

The population is much younger on average than the population in the U.S.

The question now is how the nursing community in the Western world can help colleagues in these countries. Uzbek society, like the other former Soviet bloc countries, is undergoing major social and economic change. The nursing profession likewise is attempting major change in structure, function, and interdisciplinary relationships with physicians in particular.

Reference:

Weinstein, S.M. & Brooks, A.M.T. (2003). Nursing in the NIS/CEE region: It's changing face. *Reflections on Nursing Leadership*, 29(4): 16-19, 44.

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Good news times two: McKenna and Luther endowments funded

Two of the College's great educators of the past – Marion McKenna, second dean of the College, and Dorothy Luther, associate professor – both made a difference during their lifetimes and continue to make a difference long after their passing. The College of Nursing is proud and pleased to announce that the UK Board of Trustees approved matching funds for the Marion McKenna Endowed Professorship in Nursing Leadership and the Dorothy Luther Nursing Fellowship. The matching money, which will come from the Research Challenge Trust Fund, brings both of these endowments to well over \$100,000 each.

Dean Carolyn Williams said, "This is enormously important for our program and we are so very grateful to all those who have made this possible." Because these funds were endowed, the principle will be invested and remain as long as the University exists, and the income generated will continue to benefit the College year after year.

The McKenna professorship will help position the College to be highly competitive in recruiting and retaining a faculty member of distinction. The Luther fellowship will help attract the best and brightest to our adult nursing program.

The establishment of the McKenna professorship was announced at the College's 40th anniversary celebration with former Dean McKenna in attendance. She was most pleased and honored. What is unusual about this particular professorship is that there were an unprecedented 281 donors who made this possible. Many of these donors gave multiple gifts and a few have pledged over time. Every donation was important as we strived for the \$50,000 minimum required for the match from the Research Challenge Trust Fund.

Dean McKenna's sister, Joan Jarvis, was a major donor to this fund. She said, "My sister's entire career was guided by two ideals: education and service. Her dedication to service was exemplified both by her career as an educator and her military service. Her profession in academia was a manifestation of her belief in the value of education as well as commitment to service.

"It is nearly impossible to express the thanks our family feels to those who contributed to realize her dream. I am sure Marion would be both pleased and honored, as her family is, to have her vision and name live on through the guardianship of the University of Kentucky."



Pictured are Marion McKenna, second dean of the College, Terry Green, College development officer, and Dorothy Luther, former associate professor, at the 1989 opening of the UK Markey Cancer Center.

The Luther fellowship came about after her death in 1999 when the College learned she had bequeathed a portion of her estate to the College. The decision to honor Luther's memory with a fellowship in her name was made without hesitation. Luther, or "Dottie" as most of us knew her, taught at the College for 16 years in the adult nursing program. Many of her student and faculty colleagues' lives were enriched because of their association with her. On a daily basis she demonstrated her commitment to providing students the best learning opportunities possible. She was a gentle and thoughtful person but always tenacious in her support of her profession and the College's graduate program.

Her bequeathal was just a few thousand dollars short of the minimum required for a Research Challenge Trust Fund match so an appeal was sent to her former colleagues. Almost immediately eight of her friends generously responded with well over the amount needed. The Luther fellowship will be awarded next year and every year after that.

As we honor the memory of these two fine women, we hope others will see this and begin to think about how they want to be remembered. Please consider a gift that will keep on giving for generations to come. The pressures of shrinking revenue, expanding technologies, demands from the marketplace, and growing competition to maintain and increase our national ranking make private donations imperative. We need your support and hope that you will remember the UK College of Nursing as one of those institutions that positively affected your life.

To inquire about establishing an endowment at the University in your name or in the name of a loved one or if you are considering including the College in your estate plan, please call the College of Nursing Development Office at (859) 323- 6635.

Making a difference

The following people kindly and generously gave to the College of Nursing during 2003. We thank each and every one for helping to make a difference. Together we can do great things!

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A special “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:

Dr. Debra Anderson *	Dr. Debra Moser *
Dr. Dorothy Brockopp	Doris Shouse Nemore
Dr. Marcia Dake *	Nancy O’Neill
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Gina Lowry *	William Winternitz
Sarah Moore	Louise Zegeer

* Donation was given or pledged in 2003

Please say “yes” to student callers

The annual College of Nursing phonathon will be held March 21-25. When a UK student calls, we ask you to take a moment to hear the request and then to make a pledge. This year we will be asking for your help to complete the clinical laboratory renovation. Phase I is up and running and Phase II is partially completed. It looks great and is making a tremendous difference for our students as they learn and practice new skills.

Phase III is on hold until funds are available. Please help us reach our dream by contributing to this worthwhile cause.

During last year’s phonathon you gave \$16,800 for the clinical lab renovation project, the Millennium Fund (for research) and for various scholarships. Thank you so much for your generosity and support.

If you miss this year’s call, you can still donate by sending your check made to the *UK College of Nursing*. Send it to: UK College of Nursing, Attn: Development, 315 CON Bldg., Lexington, KY 40536-0132.

“Thank you” to all our donors. We can do so much more with your help.

Student scholarship recipients

The following students received scholarships that have been established in honor or memory of someone.

Phyllis Antrim Briscoe Memorial Scholarship

Robin Rachelle Ray

Marcia Boyd Donaldson Scholarship

Darcy Doggett
Ashley Gass
Jessie Grimm

Major Troy Gibson/Lt. Col. Sally Siebert Scholarship

Lindsay Plott

Gorman Merit Scholarship

Jennifer Pettibone

Doris Hatchell Memorial Scholarship

Karen Brophy
Michelle Brown
Megan Popielarczyk
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Melva Jo Hendrix Scholarship

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Richard Rutz
Lisa Jean Wendling

Betsy Holliday and Eunice Milton Scholarship

Lisa Pederson
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Nancy Hynson Scholarship

Kerri Ann Price

Peggy McClintock Scholarship

Tracy Hollan

Jean Hayter Muncy Award

Lindsay Plott

Pamela Riggs Peters Scholarship

Aimee Wathan

Rosellen Pearsall Scholarship

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Margaret T. Stoeckinger Foundation Scholarship

Esam Al-Khasib

Jane Badham Tudor Scholarship

Heather White

Mary P. Winternitz Scholarship

Amanda Renbarger
Erin Bohannon

In addition to these memorial scholarships, College of Nursing students also receive scholarships from other organizations such as the Metropolitan Women's Club, Good Samaritan Volunteers, Samaritan Foundation, Lexington Medical Society Auxiliary, Saint Joseph Foundation, Saha Foundation, the College of Nursing Scholarship Fund, and Medical Center Enrichment Scholarships. The scholarships range from \$300 to \$5000. Many more students are eligible for and are in need of scholarships.

Pamela Kidd scholarship update

The Pamela Kidd Scholarship Fund, announced in this newsletter last year, has been successful in raising the amount required for an endowed scholarship.

The first annual scholarship will be awarded next year to a student who shows potential for leadership in the area of injury prevention, emergency, primary, acute or critical care nursing. Preference will be given to the applicant who demonstrates the ability to integrate clinical and community practice, scholarly activity, and leadership, much as Pam did during her lifetime.

Pam was with UK for approximately 10 years, was an associate professor with the College of Nursing and a critical care nursing research consultant with University of Kentucky Hospital. She was also director of UK's Kentucky Injury Prevention and Research Center. Pam died tragically on Christmas Day 2002.

There is still an opportunity to donate to this scholarship. For additional information call (859) 323-6533.

Know someone who wishes they'd gone into nursing?

The College of Nursing now offers a Second Degree B.S.N. Option. This is for people who have a bachelor's in a non-nursing field but would like to earn an undergraduate degree in nursing. We are now recruiting students for the first class, who will begin course work June 10. It's a four and one-half semester, full-time course of study.

The program reaches out to a different population of potential students, and is a creative way of getting more students into the profession to help in alleviating the worsening nursing shortage. According to AACN (American Association of Colleges of Nursing), "The recent downturn in the economy and the desire of many adults to make a post-September 11 difference in their work has increased interest in the nursing profession among 'second-degree' students." The organization adds, "Graduates of accelerated programs are prized by nurse employers who value the many layers of skill and education these graduates bring to the workplace. Employers report that these graduates are more mature, possess strong clinical skills, and are quick studies on the job."

Do you know someone who might be interested in this program? The preferred deadline for applications is April 1 but we will accept applications until May 1, space permitting. More information is on our Web site at www.mc.uky.edu/nursing, or by phone at (859) 323-6135.

Undergraduate interest groups spark desire to learn about state's common illnesses

How can we help nursing students develop a sense of professionalism that extends beyond their usual clinical course work? One of the ways UK's nursing programs accomplishes this is by encouraging students to participate in one of three interest groups related to illnesses that are highly prevalent in Kentucky: heart disease, diabetes, and cancer.

With financial assistance from two pharmaceutical companies and a national nursing organization, faculty and outside colleagues with expertise in these areas sponsor guest speakers, usually nurse researchers, for a quarterly dinner meeting event. Interested students, community practitioners, and faculty are invited.

Goals of the sponsored seminar series include:

- showing the importance of lifelong learning to remain clinically competent
- broadening the knowledge students have about illnesses that are prevalent in Kentucky
- cultivating ongoing relationships between students and their future colleagues
- enhancing students' understanding of research and its application in practice
- encouraging students to consider graduate studies

The interest groups are similar in nature to outside educational activities that physicians and medical students attend. Dorothy Brockopp, assistant dean for the undergraduate program, says she wants undergraduate students to have opportunities to be exposed to some of the exciting areas that exist in professional nursing.

Diane Chlebowy, Ph.D., R.N., coordinates the Diabetes Interest Group. With an educational grant from GlaxoSmithKline, the group brought in Ann Nettles, M.S.N., C.S. B.C.-A.D.M., owner of Diabetes Care-Works in Wayzata, Minn., for a keynote address and conversation.

Nettles covered new advances in diabetes care, current research findings and their application to clinical practice, and certification requirements necessary for diabetes education. Chlebowy says, "This group is such a valuable addition to our program. What the students learn from these professionals is so over and above what we can possibly cover in the undergraduate curriculum."

Read more about our undergraduate interest groups in the December 2003 issue of the Journal of Nursing Education.

Which one of our junior undergraduate students competed against graduate students and received an honorable mention for her poster at February's Southern Nursing Research Conference? Find out on page 20.

Ah...a day at the spa

You might never expect a relaxing manicure, paraffin hand treatment, pedicure, or a hot shave from a nursing student but that's exactly what patients at Lexington's Cardinal Hill Rehabilitation Hospital are getting.

For two Saturdays each month, sophomore nursing students from NUR 863 are involved in a service-learning project they call the Blueberry Spa. The idea was conceived of and designed by Jan Gross, Ph.D., A.R.N.P.-C.S., assistant professor for the College and consultant to Cardinal Hill Rehabilitation Hospital.

Service-learning projects offer an environment where students can interact and provide personal care to a client without a specified assignment to focus on. Students get a first-hand look at how much these extra things mean to clients. "Hopefully as practicing nurses the students will take the time for these little 'extras' when they have the opportunity. Their experience also increases their assessment skills. They notice and ask questions about things they observe with their clients," according to Claudia Diebold, M.S.N., R.N., course coordinator and lecturer, who is part of the NUR 863 team.

Gross is pleased with how the spa is going. "It is so gratifying to see our students laughing and talking with their clients. The patients enjoy and deserve the pampering and the extra attention they receive."

Two \$300 Ewing Grants from the UK Department of Experiential Education have funded the project. Services have expanded to include massage and hot lather shaves. The project began by serving stroke unit patients but has expanded to include spinal cord unit patients. The number of patients served has more than doubled. Twenty patients attended the first spa day of the spring semester.



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E-mail: conss@uky.edu • (859) 323-5108

Program info at www.mc.uky.edu/nursing

All in the family

These students have nursing coursing through their veins.

Nurses for a Healthier Tomorrow, a coalition of more than 40 national nursing and health care organizations, in 2000 commissioned JWT Specialized Communications, a subsidiary of J. Walter Thompson, an internationally known advertising agency, to conduct a study on what children think about nursing careers. One-on-one interviews with approximately 1800 children in 10 U.S. cities revealed some trends. Among them:

• In the group of students who were entering grades 2-8, the students, in general, had no compelling reason to become a nurse. Their contact with nurses consisted of an emergency room visit and/or check-ups with their doctors, or with school nurses. The students had heard much talk about becoming medical doctors but virtually no positive talk about becoming a nurse.

• Older students (those entering grades 7-10) had the impression that nursing was a technical as opposed to professional career. They weren't aware of career advancement opportunities. Some thought a four-year nursing program graduated "nursing administrators," who did "paper work stuff."

Mandy Hicks, a senior B.S.N. student, is bucking the trend.

Mandy got to know nurses early on. With a congenital heart valve defect, she was in and out of doctors' offices, and at just 15 months old, she underwent open-heart surgery to correct the problem. The nurses are the ones she remembers as always being there to help her through a rough early childhood.

When she grew older and started thinking about a career, the instant she mentioned an interest in nursing, her mother was out buying Mandy a stethoscope, blood pressure cuff, and health care books.

Of course, Mandy's mom is a nurse herself, but Mandy says, "She tried very hard to let me make my own decision."

Sacramento, Ky., near Owensboro, population 532, is home for Mandy and her family. She jokes now that her anatomy class had more people than her hometown.

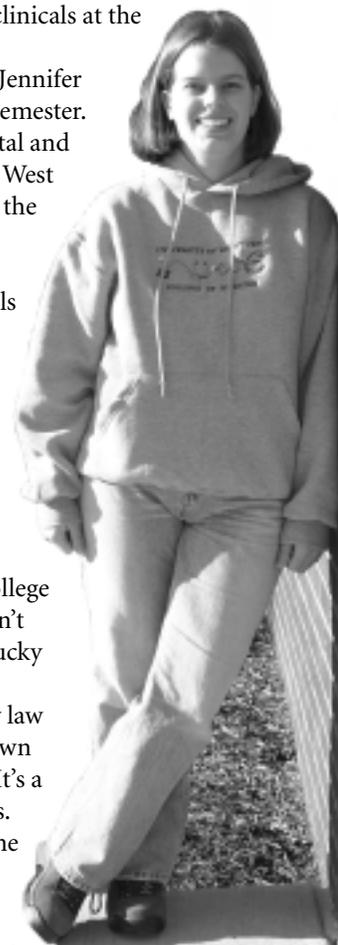
She's one of the few students in her high school graduating class who went on to college. None had any interest in a health care career. Coming to UK, Mandy felt a kinship with the many other students who also wanted to be nurses.

When she weighed the pros and cons of a nursing career, the pros always won out. She knew there would always be a high demand for nurses. There would be job mobility, flexible scheduling, and the biggest advantage – the large variety of areas in which to work. She says, "Go back to school and get a master's and be an NP, or CRNA, or work in a different unit, be a flight nurse, work for a drug company. The biggest advantage is flexibility in career. Get a doctorate and teach. Get a master's, have a practice and teach clinicals at the same time."

She saw a great example of the latter in Jennifer West, M.S.N., her clinical instructor this semester. Mandy missed a clinical day at UK Hospital and needed to do a "make up" day. She joined West for the day in her family practice clinic at the Family Care Center in Lexington. Mandy says, "It was a different setting than at the hospital. You get to work on the same skills but now there's no doctor down the hall. You actually get to do some things on your own."

Her mother's career centers around a family practice clinic. Mandy likes the idea of working in a clinic, as well, because of the ongoing relationships you form with patients. In fact, she hopes to jump into the master's program at the College right after graduation in December. "I don't think there's a school in the state of Kentucky that's as good as UK," she says.

And after she has her M.S.N.? Kentucky law allowing, Mandy would like to have her own family practice clinic in her hometown. "It's a very medically underserved area," she says. Her county has no hospital, there's just one clinic, and many of the county's residents lack transportation to find health care elsewhere.



Jimmy Masse is one of those people who have discovered that nursing is a career like no other, even if he's not like most nurses.

Jimmy grew up in the shadow of a nurse – his father. His father had earned an associate's degree in nursing, worked one summer and went straight into a two-year nurse anesthetist program. Thirty years later, he's still working as a nurse anesthetist.

Nursing wasn't the first path Jimmy took, however. Because of his father's influence, he knew he wanted to work in health care, but he thought he'd go into psychology research. After earning a bachelor's in psychology and subsequently working in a pharmacology lab for a number of years, he had a change of heart. A talk with his father resulted in dad inviting son to shadow him in his work a couple of times.

That was all it took. Jimmy's father explained that nurses had a lot of contact with patients and described the benefits of a nursing career, such as the high demand for nurses, opportunities for advancement, different kinds of practice, and mobility.

Jimmy plans to finish the B.S.N. Program in May and says he's still "unbelievably happy" with his decision to become a nurse.

He currently is working as a nursing care technician in the surgical intensive care unit (SICU) at University of Kentucky Hospital. His experience working there as a summer nurse apprentice convinced him that was the unit he'd like to stay with as a tech. It's been an invaluable learning experience for him. Jimmy says, "The SICU nurses are really some of the best and are great examples for nursing students." The variety of patients he sees in intensive care – surgical, transplant, medical – keep things challenging and stimulating.

Between classes and work, this student has found time to serve as president of his junior class, as a two-year member of UNAAC (Undergraduate Nursing Activities and Advisory Council), as a member of the diabetes and cardiovascular interest groups and the National Student Nurse Association. Jimmy is a College of Nursing Nurse Scholar, as well.

After graduation, he plans to continue his work in an intensive care setting. He says, "I really enjoy the challenge of taking care of the sickest patients and helping

them regain their highest level of functioning." He adds, "Intensive care nursing requires an extensive knowledge of pathophysiology and pharmacology, two subjects that I really enjoy and look forward to applying. It also requires solid communication skills to be able to communicate not only with other members of the health care team but also with the patient and families."

He feels the draw toward more dramatic settings, such as the emergency department and intensive care, and those that use high technology equipment – a guy thing, he says.

Male nurses make up approximately six percent of the nursing workforce. What's different about being male in a mostly female career, from this student's point of view? From what he's experienced so far, he doesn't think he's treated any differently. He feels a mutual respect among the nurses and between the nurses and physicians. He says, "There is really a good team atmosphere in the unit which helps everyone perform better." At UK Hospital, there are quite a few male nurses working in intensive care units, Jimmy says.

At times, he does get a different reaction from patients, however. Many of them think he's a physician. Once he corrects them, most react positively. "I don't believe that people care if a male or female takes care of them, as long as they know they are getting cared for by bright, competent, caring people," he says. "UK is well known for its magnet (nursing) status and I believe that is one of the reasons that people come to UK. A good nurse is so important to the recovery and maintenance of health that it has become a factor in choosing a health care facility."

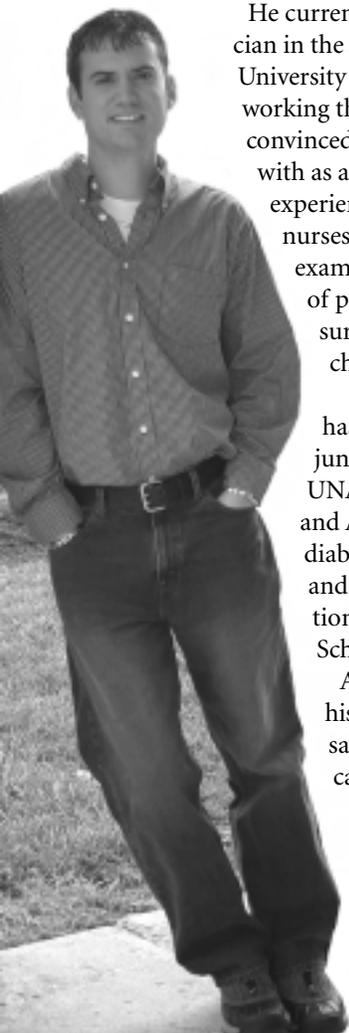
What's next for this soon-to-be graduate? More critical care experience is first on the agenda. He especially wants to further develop his expertise in critical thinking, medication knowledge, and assessment skills. Then graduate school is in the plans. He says, "Having a B.S.N. is definitely a stepping stone for me. I plan to pursue a C.R.N.A. (certified registered nurse anesthetist) degree."

Like father, like son...

Jimmy says, "There is a greater amount of autonomy in being a C.R.N.A. and I really enjoy the surgical setting. It is the ultimate ICU."

He quickly praises his B.S.N. education and experiences. "UK has some of the best faculty in the country and is a premier undergraduate nursing school. They truly prepare the student for all aspects of patient care and for career development of nurses."

Fast forward to 2014. Jimmy sees himself working as a C.R.N.A. in a bigger city, where he can see an even larger variety of illnesses, and taking care of a family. "I am extremely excited about my future and the prospects my chosen career holds."



Mandy Hicks' mother bought her a stethoscope the first time Mandy mentioned an interest in nursing. Jimmy Masse made his decision after shadowing his father, a nurse anesthetist.

Psychiatric Nurse Practitioner Track added to M.S.N. Program

Faculty members in the M.S.N. program added an Adult Psychiatric Nurse Practitioner Track to the program choices in Fall 2002. Ten students are currently enrolled in the track.

This option enhances the scope of practice available to advanced practice psychiatric nurses by helping them develop expertise in diagnosing and treating common psychiatric illnesses in addition to individual, family and group therapies.

The American Nurses Credentialing Center now offers nurse practitioner certification exams for advanced practice psychiatric nurses making them eligible for board certification. This makes it possible for psychiatric nurse practitioners to apply for licensure in the states in which they wish to practice.

Psychiatric and mental health problems are highly prevalent and can interfere with quality of life and functioning. These students are prepared to help improve health outcomes for people with these types of problems.

D.N.P. Program students have international practice experiences

Three Doctor of Nursing Practice students traveled to England during spring 2003 for clinical practica experiences with experts there, and to evaluate implementation of evidence-based practice in the United Kingdom. Victoria Bradley, Robin Dennison and Patricia Seabolt based their work at the University of Wolverhampton in Birmingham, England.

Bradley's work focuses on clinical nursing informatics so she also visited Dr. Jeremy Wyatt at University College in London, an internationally known informaticist.

Dennison's emphasis is on nursing competency evaluation and prevention of medication errors. She met with Dr. Beverly Malone, General Secretary of the Royal College of Nursing, London, (and a Kentucky native), to learn more about the portfolio approach to competency evaluation being used throughout England.

Seabolt evaluated the education of nurse leaders in the UK. She worked with John Callwood at the Royal Wolverhampton Hospitals National Health Service Trust in Wolverhampton.

Each of the three students found their experiences to be invaluable. As a result of the experience, they wrote a paper titled, "Creating an Organizational Culture for Evidence-

Based Practice" for a course requirement in NUR 902, taught by Patricia Howard, Ph.D., R.N.

Two additional D.N.P. students plan to visit Wolverhampton in spring 2004 to work with experts in their areas of specialization, adolescent pregnancy and mental health.

Ph.D. students receive national honors and awards

Patricia K. Howard, Ph.D. candidate, was chosen national president-elect of the Emergency Nurses Association. She has been active in this organization for many years, most recently serving on the board as secretary-treasurer. Howard, an experienced emergency nurse with a special emphasis on pediatric emergency care, is an expert in the promotion of gun safety to prevent firearm injuries in children.

Russ McGuire (Ph.D. 2002), assistant professor of nursing here at UK, received the 2003 Best Dissertation Award presented at the 10th National Conference on Nursing Administration Research at the University of North Carolina in October 2003. He received a \$1,500 cash award and made a podium presentation on his dissertation research, "Critical Elements of Organizational Capacity and Resource Needs for Successful Clinical Information System Implementation in Home Health Care," during the Best Papers session of the conference. McGuire is the third Ph.D. graduate since 1996 received a national award for dissertation research.

Peggy El-Mallakh, Ph.D. candidate, was the first recipient of the International Society of Psychiatric-Mental Health Nurses Research Foundation Award. She received \$1,000 for her dissertation research, "Diabetic Self-care Management in Individuals with Co-morbid Schizophrenia and Diabetes Mellitus."

Captain Marla DeJong, Ph.D. student, served as a mentor for the American Association of Critical-Care Nurses/*American Journal of Nursing* Nursing Fellows Program. Marla and her mentee were honored at a convocation ceremony and reception in June 2003 during the National Teaching Institute in San Antonio.

Said Abu Salem, Ph.D. candidate, received a \$8256 grant from the National Institute for Occupational Safety and Health Pilot Research Training Program of the University of Cincinnati Education and Research Center, for his dissertation research, "How Do Home Health Nurses Deal With Care Errors?"

Planting research seeds early

Some of the basic tools and experiences needed to understand and apply evidence-based practice, or to become a successful nurse researcher, may be developed early in a nursing student's career. At UK, nursing faculty begin building these skills while the students are still undergraduates.

Assistant Professor Patricia Burkhart, Ph.D., R.N., initiated the Research Intern Program with the funding of her clinical trial in June 2002. Burkhart is the principal investigator for a National Institutes of Health (NIH)-funded study, "Promoting Children's Adherence to Asthma Self-Management." She has had five undergraduate students work with her on her research since that time.

"The students tell me that participating as a member of our team makes research 'come alive' for them. They begin to really understand what *evidence-based practice* means," says Burkhart. The students can immediately apply the research tools to their nursing career with a better understanding of how research drives practice. Later, students may want to pursue graduate education where they learn how to develop a research program, develop networks, prepare presentations, and to write grants.

Burkhart says the primary goal of the Research Intern Program is for students to gain an understanding of the basic steps for conducting research and to participate in an active study.

An interns' involvement is very hands-on. The interns:

- * participate in monthly research team meetings
- * assist in recruitment of research subjects
- * learn the IRB approval process for research
- * assist with screening and tracking of participants
- * assemble education materials for participants
- * assist with data management
- * develop a PowerPoint presentation
- * assist in the development of a research manuscript for publication

Christina Knox, a December 2003 B.S.N. graduate, was the first research intern. Knox started the internship as an independent study course during the summer of 2002, and continued her work for the following five semesters.

Knox considers her experience invaluable. With Burkhart as mentor, she learned how IRB guidelines affect children's participation in clinical research. During the construction of intervention materials, Knox saw how Burkhart created these tools utilizing appropriate child psychological development

theories – and how to apply those theories to research practice. She also did much of the initial screening and tracking of the study's participants. Developing presentations in PowerPoint and learning how to do literature reviews was part of her internship experience, as well.

She also assisted Burkhart in preparing a research article related to the asthma study and had the opportunity to present her part of the paper to the College's research faculty.

Knox used her experience to mentor new undergraduates joining the research team, which sharpened her own skills and knowledge. She says this increased her confidence as a recruiter and screener of potential research subjects. Since graduating in December 2003, Knox continues on the research team as a graduate research assistant while she pursues a master's degree in the Pediatric Nurse Practitioner Track.

Kelli Stidham joined the research intern program after another student recommended it. She is also involved in Burkhart's asthma study. About Burkhart, she says, "She was very helpful in teaching me about the intricacies of the research process and requiring me to apply my knowledge to my internship. She was wonderful in encouraging me in my education goals and has helped me begin to prepare for graduate school." Stidham also is a December 2003 B.S.N. graduate and current student in the Family Nurse Practitioner Track in the College's master's program.

Currently there are six undergraduate and two graduate student interns working on various research projects with faculty. Nursing students who are interested in becoming research interns should contact any faculty member who does research to develop an independent study contract.



Current research interns on Burkhart's asthma study. Front row, left to right: Christina Knox and Burkhart. Back row: Martha Purdue, Lindsey Conner, and Lynsey Ham.

Research briefs

Research on women's prodromal symptoms of acute MI makes national headlines

The research of **Debra Moser** and colleagues on women's prodromal symptoms of acute myocardial infarction received major attention at the 2003 American Heart Association meeting. The NINR-funded study, led by Principal Investigator Jean McSweeney, Ph.D., made headlines in newspapers and news broadcasts across the country. The results were published November 25, 2003:

McSweeney, J.C., Cody, M., O'Sullivan, P., Elberson, K., **Moser, D.K.**, & Garvin, B.J. (2003). Women's early warning symptoms of acute myocardial infarction. *Circulation*, 108.

Researchers receive awards from the Heart Failure Society of America

Terry Lennie, Ph.D., R.N., and M.S.N. graduate **Martha Biddle** received cash prizes of \$1000 and \$500, respectively, for winning second and third place in a podium presentation contest sponsored by the Nursing Committee of the Heart Failure Society of America. Abstracts of their research were published in the *Journal of Cardiac Failure*.

Lennie, T.A., Moser, D.K., & Habash, D.L. (2003). Low sodium diet: Nutritional adequacy and factors limiting adherence. *Journal of Cardiac Failure*, 9(Suppl.), S5.

Biddle, M., Moser, D.K., Chung, M., Trupp, R., **Lennie, T.A.**, & Widener, J. (2003). Following a sodium restricted diet: Attitudes and barriers. *Journal of Cardiac Failure*, 9(Suppl.), S5.

Peden and colleagues receive research poster award

Ann Peden, D.S.N., **Deborah Reed**, Ph.D., and **Mary Kay Rayens**, Ph.D., received second place for their poster, "Mental Health of Rural Adolescents," at the 2003 Annual Conference of the American Psychiatric Nurses Association, Oct. 5-8 in Atlanta.

Research team receives Phillips-AACN Research Grant

Debra Moser, **Mary Kay Rayens**, Ph.D., associate professor, **Misook Chung**, Ph.D., postdoctoral fellow, and their colleague Barbara Riegel, D.N.Sc., University of Pennsylvania, received the Phillips Medical-AACN Research Grant for \$100,000 for their grant titled, "Physiologic and Behavioral

Mechanisms Linking Depression With Morbidity and Mortality in Patients With Heart Failure."

Researchers to study smoking cessation intervention

Mary Kay Rayens, co-investigator, along with colleague Catherine Martin (PI) (Psychiatry), received a Kentucky Lung Cancer Research Program grant in the amount of \$290,628 for their study, "Breaking the Cycle: Smoking Intervention With Youth in Families Dealing With Lung Cancer."

Moser selected for national and international awards

Debra Moser, D.N.Sc., R.N., F.A.A.N., professor and Linda C. Gill Chair in Nursing, was selected to receive the Excellence in Research Award by the American Association of Critical Care Nurses. She will receive her award at the meeting for the 2004 National Teaching Institute and Critical Care Exposition in Orlando, Fla. in May.

Moser also was chosen to be a Fulbright Senior Scholar this summer in Sidney, Australia at the University of Western Sydney, the University of Newcastle, University of Technology, St. George Hospital and Royal North Shore Hospital. She will lecture and conduct collaborative research on patient delay in seeking treatment for acute myocardial infarction symptoms, and on heart failure.

Two research teams receive internal faculty research grant awards program

Debra Moser, **Terry Lennie**, Ph.D., associate professor, and **Misook Chung** received a \$20,000 grant from the UK Faculty Research Support Program. The title of their study is, "Physiological and Behavioral Mechanisms Linking Depression With Increased Morbidity and Mortality in Patients With Heart Failure."

Ann Peden, **Ellen Hahn**, D.N.S., R.N., associate professor, **Lynne Hall**, Dr.P.H., R.N., assistant dean for research and the Ph.D. program, **Carol Riker**, M.S.N., associate professor and **Kristin Ashford**, M.S.N., lecturer, received a Faculty Research Support Grant in the amount of \$18,100 for their study, "Mental Health and Smoking During and After Pregnancy."

UK students win three of six research poster awards at SNRS

UK students **Megan Popielarczyk**, B.S.N. student, and Ph.D. students **Brooke Bentley** and **Marla De Jong** won awards for their research posters presented at the graduate student poster session at the Southern Nursing Research Society Conference in February. Popielarczyk, the first UK undergraduate nursing student to exhibit at SNRS, is a

research intern with Associate Professor Deborah Reed, Ph.D., R.N. Bentley and De Jong are advised by Professor Debra Moser, D.N.Sc., R.N., F.A.A.N.

Their posters and awards were:

Second Place – **Brooke Bently, Marla De Jong, and Debra Moser**, "Factors Related to Nonadherence to a Low Sodium Diet in Heart Failure Patients."

Honorable Mention – **Megan Popielarczyk, Deborah Reed, Debbie Claunch, and Susan Westneat**, "Children's and Parental Response to an Educational Farm Safety Intervention," and **Marla De Jong, Debra Moser, Ann Kyungeh, and Misook Chung**, "Anxiety Is Not Manifested by Elevated Heart Rate and Blood Pressure in Acutely Ill Cardiac Patients."

Research team receives \$1.6 million from NIH to help persons with heart failure

Debra Moser, principal investigator, and her co-investigators, **Ann Peden, Mary Kay Rayens**, and Tom Whayne (College of Medicine) received a \$1.6 million grant from the National Institute of Nursing Research, National Institutes of Health to study, "Biobehavioral Intervention in Heart Failure."

The specific aims of their study are to determine the impact of biofeedback-relaxation training on: (1) the combined primary end-point of heart failure rehospitalizations or cardiac mortality; (2) quality of life; (3) intermediate patient outcomes of perceived control, anxiety, and depression; and (4) intermediate physiologic outcomes of finger and foot skin temperature, heart rate variability and plasma norepinephrine.

To test the intervention, 420 patients with advanced heart failure will be randomized to one of three groups: biofeedback-relaxation (intervention); sham biofeedback-relaxation (placebo control group); or usual care control group. Outcome data will be collected at baseline, and at three and 12 months, post-intervention.

Biofeedback-relaxation training for patients with heart failure may have potential long-term clinical benefits and may serve as an important adjunct to pharmacologic therapy.

Published scholarship

Deborah Anderson, Ph.D., associate professor, and **Mary Kay Rayens**, Ph.D., had their article titled, "Factors influencing homelessness in women," published in *Public Health Nursing*, 2003, 21(1).

Brockopp, D., Downey, P., Powers, B., Vanderveer, B., **Warden, S., Ryan, P., & Saleh, U.** (in press). Nurses' clinical decision-making regarding the management of pain. *International Journal of Nursing Studies*.

Patricia Burkhart, Ph.D., assistant professor, contributed as a nurse scientist and scientific writer to the newly published World Health Organization report on adherence to treatment worldwide. The report can be read online at http://www.who.int/chronic_conditions/adherencereport/en/.

Patricia Burkhart, Ph.D., assistant professor, and **Heather Ward**, M.S.N. graduate, had their article titled, "Children's self-reports of characteristics of their asthma episode," published in *Journal of Asthma*, 2003, 40, 1-8.

Debra Moser, Misook Chung, and colleagues S. McKinley, B. Riegel, A. Cherrington, C. Blakey, M. Biddle, S. Frazier, and B. Garvin, had their article titled, "Critical care nursing practice regarding patient anxiety assessment and management," published in *Intensive and Critical Care Nursing*, 2003, 19, 276-288.

Kay Mueggenburg, Ph.D., assistant professor, had her article titled, "Taking undergraduate students into the online learning environment," published in *Nurse Educator*, 2003, 28(6), 243-244.

Mary Kay Rayens and Erla Svavarsdottir, Ph.D., associate professor, University of Iceland, had their article titled, "A new methodological approach in nursing research: An actor, partner, and interaction effect model for family outcomes," published in *Research in Nursing & Health*, 2003, 26, 409-419.

Sharon Sheahan, Ph.D., associate professor, **Teresa Free**, Ph.D., associate professor, and **Mary Kay Rayens** had their article titled, "Smoking behavior and desire to quit among low income women," published in *Applied Nursing Research*, 2003, 16, 156-163.

Debra Moser and colleague had their article, "Cognitive behavioral therapy," published in *American Journal of Nursing*, 2003, 103(12, sidebar), 40.

Sharon Lock, Ph.D., associate professor, and colleague had their article, "Qualitative research on adolescent pregnancy: A descriptive review and analysis," published in the *Journal of Pediatric Nursing*, 2003, 18, 397-408.

Lynn Kelso, A.C.N.P., M.S.N., assistant professor and Ph.D. student, and colleagues had their article, "Comparison of 3 methods of detecting acute respiratory distress syndrome: Clinical screening, chart review, and diagnostic coding," published in the *American Journal of Critical Care*, 2004, 13, 59-64.

Goode, C.J. & **Williams, C.A.** (2004). Post-Baccalaureate Nurse Residency Program. *Journal of Nursing Administration*, 34(2), 71-77.

1200 patients, mosquitoes, and malaria...

but what an incredible experience

Jeffery (Jeff) Johnson is a 2001 graduate of our master's program and is now an adult clinical nurse specialist. Added to the clinical nurse specialist role is one of lieutenant commander. Johnson is part of a U.S. Navy medical unit deployed to the Horn of Africa region, which includes Ethiopia, Eritrea, Djibouti, Somalia, and Sudan. He recently e-mailed Associate Professor Sherry Warden, his academic advisor and professor for some of his graduate nursing courses. This is his story.

Currently I am deployed to a small country in the Horn of Africa region where I am the senior nurse for a new Navy concept: an Expeditionary Medical Unit (EMU). Our primary mission is to provide care for the troops, prevent medical evacuations and to keep the ones who are critically injured or sick alive until they can be taken out by medevac.

When we arrived it was 130-140 degrees during the day and 100-110 degrees at night. It was truly like sticking your head into an oven. It has cooled down now to the 90s during the day and 70s or 80s at night. It did not rain for the first three months that we were here. Of course, once it rained, the flies and mosquitoes became a huge problem to deal with.

We have also been able to do some humanitarian missions in the Republic of Djibouti as well as in surrounding countries. To see how barren the area is, the conditions the people live in, the lack of health care, and how devastatingly poor the people are has been an incredible experience, to say the least. When we go into the villages the people beg for us to give them water. I honestly wonder how they find enough to drink.

On one mission, I, along with four physicians, two corpsmen and one physician assistant, saw and treated more than 1200 patients in three days. It was an overwhelming experience. Many had malaria – the youngest one I worked with was three months old — as well as a variety of other health problems. Seeing and working with some of the kids was heart wrenching. This is truly an experience that will always be etched into my memory.

We have already left a big footprint in the camp and region with the services and capabilities offered. We've seen a variety of inpatients including trauma, cardiac, orthopedic, urology,



"On one mission, I, along with four physicians, two corpsmen and one physician assistant, saw and treated more than 1200 patients in three days."



and medical patients. We have provided medical support for a variety of field exercises and events within the camp. Some patients needing a higher level of care were medevac'd to our unit from ships passing through the area. The EMU has proven itself as a very valuable asset.

Rare to the field environment, a Marine Corps Inspector General Inspection was recently completed at the camp. The following is an excerpt from the report regarding our EMU: "...has earned the Marines', Soldiers', Airmen and Sailors' trust — not an easy task. They have consistently gone the 'extra mile' for customer satisfaction and pursuit of quality health care to rival any Naval clinic. They set the standard for others to follow."

Prior to being deployed I was the clinical nurse specialist in an emergency department for a Jacksonville hospital. It's a great job. I have been able to truly function as an educator and clinician in the ED, as a consultant throughout the hospital (revising the hospital's cardiac arrest policy and forms, evaluating and assisting in recommending equipment for the hospital to purchase, sitting on critical care committees, and a variety of other projects).

I also assisted in setting up a partnership with the local civilian Level I Trauma Center, to allow our nurses to rotate and gain trauma experience otherwise not routinely available

at our facility. This has been invaluable due to the high deployment of our nurses to combat areas. I developed a comprehensive training reference tool for nurses attending these rotations, as well. At a military conference later this year I am scheduled to present the program we established as a model for others to follow.

Additionally, I have attempted to do a little writing, co-authoring and authoring on several articles. A coworker and I recently wrote a chapter for an update of a Sheehy emergency-nursing book.

I hope it does not appear that I am bragging. Rather I hope that these successes illustrate a reflection of the training I received at UK. I have lost contact with Patty, who I worked with clinically in the ER at UK, but wish she knew how big an influence she was as a mentor and teacher.

Often during classes at UK I did not totally grasp just how to utilize certain concepts taught but have since gained and learned a greater appreciation and application of them.

Of course, you (Associate Professor Sherry Warden) as my academic advisor and professor for many of my classes I owe a great bit of gratitude. Teachers (professors, etc.) may not always be truly rewarded financially for their efforts but I hope that they will feel great pride in having assisted me in accomplishing my educational goals and current successes. Please say "hello" to Dr. Christman, Dr. Peden, and Dr. Howard as they were also a few that greatly influenced my education process. Attached are a couple of pictures from Africa.

Kindest Regards,
Jeffery Johnson



Johnson and "Bones" the camel

Learn more about the College's Adult Clinical Nurse Specialist Track at www.mc.uky.edu/nursing.

2003 alumni awards presented at annual luncheon

The College of Nursing Alumni Association presented its annual awards at the alumni reunion luncheon held during UK's homecoming weekend this past October. The recipients were:

First Decade Award

Cynthia G. Absher, B.S.N. '98

Absher is a diabetic educator at Central Baptist Hospital in Lexington. In her quest to be a strong patient advocate for those with diabetes, she has joined the local Diabetes Educator Organization and has become a certified diabetes educator. She has independently created opportunities to reach populations who would benefit from additional health fairs throughout central Kentucky. Absher also created unique games for school children to teach them about diabetes risks. As a volunteer with the African American Health Network she has helped coordinate health information and education to that group with an emphasis on diabetes.



Clinical Practice Award

Pamela Rickerson, M.S.N. '97

Like her coworker Absher, Rickerson is also a diabetes educator at Central Baptist Hospital. She is described as a compassionate, dedicated professional who has natural teaching abilities. She integrates health care services for every patient with whom she works. Rickerson has played a significant role as a specialist in the nursing computerized documentation system, which she has taught to hundreds of nurses at Central Baptist. She is viewed as a much-loved coworker who will listen with her ears and her heart to anyone who needs help.



Outstanding Alumnus in the Area of Administration

Dean Allen Gross, M.S.N. '87

Gross earned his master's degree with an emphasis in community health nursing and in the area of family nurse practitioner. In 1998 he graduated from the University of Rochester with a Ph.D. in nursing with an emphasis on community health. Currently he serves as an assistant professor at Tri-College University Consortium/Concordia College and North Dakota State University.



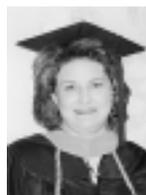
Gross has demonstrated impressive administrative skills throughout his career, particularly in his ability to organize and implement family nurse practitioner (F.N.P.) programs at the University of North Dakota and North Dakota State University. He presently serves as program administrator for the F.N.P. program at North Dakota State University and has been instrumental in securing federal traineeship funds for the program. In addition, he maintains a high level of skill as a family nurse practitioner in his rural clinical practice.

Alumni recognize graduating students

2003 Presidential Award

Kathy Wilson Marshall, B.S.N. '00, M.S.N. '03

Marshall exemplifies an enormous commitment to nursing and to patient care. Her primary areas of interest are in oncology and bone marrow transplant. She is very knowledgeable about cancer and cancer nursing and is willing to share that knowledge with the community. She has made several national and international presentations and has numerous publications. Marshall is currently manager of patient care services in the Department of Myelosuppression at Vanderbilt Medical Center in Nashville, Tenn.



May 2003 Nightingale Award

Jennifer Lynn Hoggatt, B.S.N. '03

Hoggatt's friendly and professional attitude shows every day with each patient in her care. She is an excellent team worker and consistently provides her patients with care measured above and beyond what is required. Hoggatt served as a member of Sigma Theta Tau, the National Association of Student Nurses, the Undergraduate Nursing Activities and Advisory Council (UNAAC), and as a class officer. She currently resides in Stoutsville, Ohio.



December 2003 Nightingale Award

Rae Ellen Conley, B.S.N. '03

Conley is an excellent student both in the classroom and in clinical practice. She shows compassion with her patients and their families. She willingly accepts diversity. In addition to serving as a college ambassador and a class officer she served one year as chairperson of the Undergraduate Nursing Activities and Advisory Council. Conley plans to work and reside in the Ashland, Ky., area.

Nurses continue to receive high ratings

A message from your alumni association president

Nursing continues to be one of the most valued health care professions today. In the annual Gallup poll of Americans rating the honesty and ethical standards of people in 23 professions, nurses scored the highest (83%). In the five years that nurses have been included in the poll, this is the fourth time they have been ranked in the top spot.



One of the biggest concerns within the nursing profession today is the shortage of nurses, along with the related concern of the “graying” of the nursing workforce. Recruitment and retention of nursing students is central to the development and maintaining of a competent workforce sufficient to meet the nursing needs of the population. The University of Kentucky College of Nursing continues to make a difference in the health care of many people. As a result of your education you are an important part of this difference.

Considering your interest in your profession and in your school, I am hopeful that you will join the UK College of Nursing Alumni Association or renew your membership when it expires. Recently you may have received a letter and a brochure regarding the alumni association – please take the time to join. Working together we can continue the growth of the College and maintain the highest level of nursing education and practice. – **Eula Spears**

College of Nursing Alumni Association Board of Directors, 2003-2004

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Clinical practice is model for integrating practice, education, and research

The women's health advanced practice faculty group is comprised of four advanced practice nursing faculty members at the College of Nursing who are part of the multidisciplinary practice, Associates in Women's Health. They teach in the nurse practitioner program at the College of Nursing and the nurse practitioners serve as preceptors for nurse practitioner students, pharmacy students, medical students, and residents, as well.

This comprehensive primary care practice opened in 2000 as a result of a collaboration between the director of the UK Women's Center, Deborah Kwolek, M.D., and Lynne Jensen, A.R.N.P., M.S., the clinical co-director of Associates in Women's Health. They developed an initial business plan for the practice with the goal of establishing an integrated practice model, secured start-up funding and opened the practice within the UK Department of Medicine clinics.

College of Nursing faculty members in the group practice are Jensen, Sharon Lock, Ph.D., A.R.N.P., Kittye Roberts, A.R.N.P., and Jan Gross, Ph.D., A.R.N.P.-C.S. Gross is a board certified clinical nurse specialist who specializes in providing care for women with incontinence problems. Judi Daniels, A.R.N.P., M.S.N., will join the practice later this spring.

They care for clients with highly complex health problems and multiple co-morbidities. Their practice provides comprehensive primary women's health care, health promotion, preventive health screening and both primary and secondary illness prevention. A unique feature is the link between nursing and medical care. The practice emphasizes seamlessness and elimination of fragmentation of care.

The nursing faculty members have superb, collegial relationships with the physicians and actively refer patients to them and receive referrals from the physicians.

Gross's incontinence practice, which includes biofeedback, behavioral training, and medication management, has become the primary referral site throughout the University of Kentucky Chandler Medical Center for women with incontinence.

Jensen and Lock are co-site directors for the College of Nursing portion of a Medical Center-wide interdisciplinary FIPSE women's health educational grant. The grant originated with their work in the Women's Health Clinic and has led to the development of innovative clinical simulations for instruction and evaluation related to women's health problems.

Jensen and Lock presented the results of the grant at the NONPF Annual Meeting in 2003 and co-authored a chapter

in the NONPF monograph on innovative teaching strategies (Guberski, 2003).

They incorporate research into the practice by conducting evidence-based practice rounds in the clinic. They are preparing to initiate an industry-funded study of the prevalence of adult incontinence and providers' practice patterns related to screening for and treating incontinence.

This clinical practice has become a model for the integration of practice, education, and research at the University of Kentucky.

Good Samaritan Nursing Center celebrates 10 years of service

The Good Samaritan Nursing Center (GSNC), under the direction of Associate Dean Marcia Stanhope, R.N., D.S.N., F.A.A.N., and Assistant Dean for Advanced Practice Nursing, Juliann Sebastian, Ph.D., A.R.N.P., F.A.A.N., is completing its tenth year of service to vulnerable populations in Lexington-Fayette and surrounding counties. The Center is funded by a grant from the Good Samaritan Foundation in Lexington, which is under the leadership of Philip A. Harmon, president and CEO.

In 1993, the Good Samaritan Foundation came to the College of Nursing to discuss with Dean Carolyn A. Williams ways that the foundation and the College of Nursing could partner to meet the needs of vulnerable populations within the local community. At that time Dean Williams requested that the foundation establish a community health nurse internship program for new baccalaureate graduates of the College. The request was made because agencies are reluctant to hire new graduates into community settings without prior experience, and because of an increased need for nurses in community settings resulting from the move in health care delivery to increased community-based practice.

The foundation's initial grant funded two B.S.N. interns. A similar program for newly graduated nurse practitioners followed in 1997. During the same year, the foundation added a nurse practitioner fellow program. To date, these programs have provided internships for 38 B.S.N. graduates and 19 fellowships for M.S.N. graduates.

Tina Akers, Megan Hayden, Lisa Pedersen, and Karen Crosswell provide health education and promotion for four area elementary schools – Cardinal Valley, Ashland, Booker T. Washington, and J.R. Ewan – using the "ABCs of Comprehensive Health Education" that was developed by Good Samaritan Foundation and the College of Nursing. This teaching method has had excellent results. All schools are reporting improved scores for the Practical Living Skills portion of the Commonwealth Accountability Testing (CATS tests).

To complement the health education program the GSNC developed educational CDs with lesson plans for teachers. “Brainzilla Island” is an interactive CD that teaches children about various aspects of brain anatomy, function, injury and health promotion. “Germ Busters” is another interactive CD that teaches children about germs and healthy hygiene habits while “Germ Busters 2” teaches the importance of exercise, rest and nutrition.

Nurse practitioner fellows Marylynn Bernard, Gina Squeo, Pam Watson and Aretha Bowling provide primary care in the four schools through health clinics the GSNC has established. In the Spring of 2003 Booker T. Washington Elementary School asked the Good Samaritan Foundation if the GSNC could provide similar services for their school. The Foundation approved funding for the fourth school and a clinic opened in November 2003.

In addition to providing primary care at the school based clinics, nurse practitioners also provide primary care services to Baby Health, Nathaniel Mission and Virginia Place in Lexington, and at the Post Clinic in Mt. Sterling.

The Center has provided other types of community service through mass screenings, health fairs, and providing sports physicals at local middle schools. Sports physicals were performed at Winburn and Crawford middle schools during Fall 2003 as a service to the community. The fourth annual health fair will be held March 23-26. The fair targets third-, fourth-, and fifth-graders. This year’s fair, Fitness Fantasia, will feature learning stations titled: Relaxation Station (rest/stress), Pyramid Paradise (nutrition), Movement Mountain (exercise), Fitness Forest (overview). This popular event has 1200 children from seven counties signed up to attend.

Positive feedback through teacher surveys, increased testing scores, and increased patient contacts in the clinics encourages the Good Samaritan Nursing Center to continually strive to improve the health of vulnerable populations in the counties it serves.

A “sense-sational” event for kids

What do you call a nurse dressed in a box covered with tiny pom-poms, two more dancing to loud music, and another asking kids to find the jar that smells like dirty socks?

They’re “sense-sational!”

In March 2003, a dozen Good Samaritan Nursing Center interns and fellows, who work for the College of Nursing, pulled off four days of fun, interactive learning for approximately 950 third- through fifth-grade students – an event dubbed “Sense-sation Mania.” The children who attended Sense-sation Mania came from elementary schools in Fayette and surrounding counties.

The students learned about all five senses in interactive areas such as “Surfing the Sound Waves,” “Pungent Passage,” and “The ‘Eyes’ Have It.” The community health nurse educators explained things like why people might be far- or near-sighted, why we have cilia in our noses, and why it doesn’t hurt when our hair is cut. The kids learned some amazing things about the senses – such as that we all have a blind spot, that not everyone identifies smells in the same way, and that we detect different kinds of taste on different parts of the tongue.

The individual sessions included a short anatomy and physiology lesson, some interesting “sense trivia,” information on how to keep the senses healthy, and a fun activity to reinforce the lesson.

Just as importantly, the students learned how to protect their senses. For example, they were surprised to learn that just 15 minutes in a dance hall playing loud music would damage their hearing.

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

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

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