

UKCONRESEARCH // THREE-PARTSERIES

Nursing Researchers ADVANCING SCIENCE, **IMPACTING HEALTH**

Welcome To Engagement



Welcome to Engagement, our newly renamed magazine! Reflective of our previous College of Nursing magazine names, Connections and Opportunities, we are now embarking on a time to even more fully engage, envision and empower the next generation of nurses, leaders and scholars.

In the nearly 60 years since the College first started forging its path of excellence, our roots have grown deeper and our aspirations have grown bolder. It is during this era of transformational change in the ways we teach, learn, practice, innovate and discover new science that we will crystalize our position as the choice program for nursing education in Kentucky and beyond.

While our priorities remain clear to become a nationwide top-10 nursing program in an academic health center, we will continue to emphasize our current and emerging strengths to propel new ways of teaching, engage more opportunities for faculty practice and drive more collaborative, cross-disciplinary research initiatives.

Targeting the most promising students, as well as recruiting and retaining innovative faculty, requires us to respond quickly to the needs of our communities of interest. Whether it's students or faculty, we are building one relationship at a time in order to empower the extraordinary possibilities that only the UK journey can offer.

As we work hard over the 2015-2016 academic year to align our priorities with the university's new strategic vision, and as our research excels in addressing our most pressing health problems, we will also be on the forefront of strengthening the nursing workforce through more accessible online learning, with expanded academic-clinical partnerships and by increasing the enrollment of our BSN program by 25 percent.

Our bold new era will include a more vibrant community of nurse scientists, educators and practitioners who will collaborate to envision how we can collectively produce even more outstanding leaders and scholars to improve the health and health care of individuals and communities throughout the world.

Stay tuned! Our future points of pride will not disappoint as we redesign work spaces to better support our research teams, restructure budget models to reward and incentivize academic program growth and innovation, create a totally online learning platform for our RN-BSN Option, reactivate the MSN degree and expand DNP and PhD online learning options.

Let me hear how you think we are doing at making a difference in the lives of our students, our College, our community and beyond.

Health and Happiness Always,

Janie







Feature { Three-part series on Research }

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Patricia B. Howard: The First Recipient of the McKenna Professorship





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Grants Awarded

RESEARCH

APRIL 2014 TO PRESENT

EMPOWR: Efforts to Maximize Perinatal Outcomes in Women at Risk, Administrative Supplement

Kristin Ashford, PhD, APRN, women's health nurse practitioner, associate professor and assistant dean of research, received \$173,669 in supplemental funding from the Centers for Medicare & Medicaid Services. EMPOWR integrates high-risk prenatal women into specialized centering-arms with specific attention on modifiable risk-reduction interventions.

Piloting a Social Media Intervention to Reduce Cardiovascular Risk Behaviors in Mothers with Gestational Diabetes

Rebecca Dekker, PhD, APRN, assistant professor, received a one-year, \$19,715 award from the UK Office of the Vice President for Research. This pilot study will develop and test the feasibility of a patient-centered, social-media-based intervention to reduce cardiovascular risk behaviors in mothers with gestational diabetes.

Biomarkers of Genotoxicity, Tobacco Smoke and Radon Exposure

Ellen Hahn, PhD, RN, FAAN, professor and director, Kentucky Center for Smoke-free Policy (KCSP) Research Program, and Marcia A. Dake Professor of Nursing, and **David Orren,** PhD, associate professor, Graduate Center for Toxicology, UK College of Medicine, received a one-year, \$50,000 award from the UK Markey Cancer Center Support Grant program. The overarching goal of this study is to better understand radon-induced lung cancer from an epidemiological as well as a molecular and cellular perspective.

Biomarkers of Genotoxicity, Tobacco Smoke and Radon Exposure

Ellen Hahn, PhD, RN, FAAN, professor and director, KCSP Research Program and Marcia A. Dake Professor of Nursing, and **David Orren,** PhD, associate professor, Graduate Center for Toxicology, UK College of Medicine, received a two-year, \$50,000 award from the UK Center for Clinical and Translational Science (CCTS). This pilot study seeks to better understand the molecular and cellular basis of radon-induced lung cancer as well as ultimately develop and test interventions to lower lung cancer risk.

Smoke-free: Small Talks. Big Vision

Ellen Hahn, PhD, RN, FAAN, professor and director, KCSP Research Program and Marcia A. Dake Professor of Nursing, received \$1,000 from the Foundation for a Healthy Kentucky to hold the annual KCSP conference.

e-LII (Learning Innovation Initiative) Faculty Development Awards

Mollie Aleshire, DNP, RN, FNP-BC, PNP-BC, assistant professor; Debra Anderson, PhD, RN, PHCNS-BC, associate professor; Martha Biddle, PhD, RN, APRN, CCNS, FAHA, assistant professor and DNP Adult-Gerontology Clinical Nurse Specialist specialty coordinator; Carol Thompson, PhD, DNP, RN, CCRN, ACNP-BC, FNP-BC, FCCM, FAANP, FAAN, professor; Jessica Wilson, PhD, APRN, assistant professor; as well as Amanda Culp-Roche, MSN, APRN, FNP-BC, PhD student and instructor; and Wanda Lovitz, MSN, APRN, instructor, received funding from this UK initiative. These one-year awards ranged from \$4,000 to \$34,936.

Future of Nursing Scholars

Terry Lennie, PhD, RN, FAHA, FAAN, professor and associate dean for graduate faculty affairs, received funding from the Robert Wood Johnson Foundation (RWJF) to fund two PhD students to complete their doctoral degrees in three years. RWJF will provide \$75,000 per student over three years; the College of Nursing will provide an additional \$50,000 per student for a total of \$125,000 per student.

Pain Sensitivity and mHealth Therapy in Acute to Chronic Back Pain Transition

Elizabeth Salt, PhD, APRN, nurse practitioner and assistant professor, received funding from the UK CCTS KL2 Career Development award. This pilot feasibility study will examine the effects of cognitive behavior therapy and pain sensitivity on the transition from acute to chronic pain states.

University of Kentucky College of Nursing/ Barnstable Brown Diabetes Education Program

Kristin Ashford, PhD, APRN, women's health nurse practitioner, associate professor and assistant dean of research, and Laura Hieronymus, DNP, MSEd, RN, MLDE, BC-ADM, CDE, FAADE, diabetes clinical specialist, received a six-month, \$16,500 award from the American Association of Diabetes Educators Diabetes Prevention Program (AADE DPP), funded by the Centers for Disease Control and Prevention under cooperative agreement number U68DP004519-03. Funding will be used to develop, implement and evaluate a Diabetes Prevention Program as an American Association of Diabetes Educators grant-funded site.

Spotlight

MISOOK CHUNG



Misook Lee Chung, PhD, RN, FAHA, FAAN, associate professor

Caregivers of patients with chronic illness are at substantial risk for a variety of illnesses, associated in part with their caregiver roles.

Dr. Chung has recognized this disparate, at-risk group and is developing innovative strategies for delivering evidencebased prevention and treatment interventions

that are easily accessible using mobile technology. Her five year, \$2.4 million National Institute of Nursing Research (NINR)-funded R01 study, The Effects of Family Sodium Watchers Program (Family SWaP) on Outcomes in Heart Failure Patient-Family Caregiver Dyads, teaches heart failure patients and their family members how to address risk factors, including adherence to self-care interventions and reductions in dietary salt consumption.

Family SWaP incorporates the use of a unique electronic salt monitoring device that easily measures salt content in food—the major source of sodium. This intervention is designed to improve adherence to a sodium-restricted diet by both patients and family caregivers through education and strategies for gradual taste adaptation to low-salt foods. Chung helps patients gradually retrain their taste buds to enjoy low-sodium foods. Through this gradual process of learning to cook and eat with smaller portions of sodium, patients are more likely to change eating habits for the long term. A video explaining this fascinating research has been posted on YouTube: bit.ly/misook.

JENNIFER HATCHER



Jennifer Hatcher, PhD, RN, associate professor

Dr. Hatcher's research focuses on improving the health of vulnerable populations. Her three-year, \$375,000 National Institute of Diabetes and Digestive and Kidney Diseasesfunded study, Reducing Diabetes Risk for Rural Appalachian Grandparent-Headed Households (GHH), holistically examines the socio-ecological context

of the health of GHH in rural Appalachian Kentucky in order to implement a culturally and contextually appropriate family intervention to reduce diabetes risk. Dr. Hatcher and her team plan to conduct a two-phase mixed methods study that will culminate in a feasibility trial of such an intervention in rural Appalachian Kentucky.

She is also looking at the disproportionate incidence and mortality from colorectal cancer among citizens living in rural Appalachia via Promoting Colorectal Cancer Screening in Rural Emergency Departments (EDs), a two-year, \$359,529 grant from the National Cancer Institute. The study uses motivational interviewing—administered by carefully selected community members to promote colorectal cancer screenings in an ED serving rural Appalachian Kentucky. Participants work with community members to identify barriers and to develop plans for completing health-screening activities.

AWARDS & HONORS

Recipient List CONGRATULATIONS

2014-2015 College of Nursing Student Awards

College of Nursing Faculty Award **RECIPIENT: Corinna Hughes**

Delta Psi Senior Nurse Award **RECIPIENT: Bryn Brendamour**

Omicron Delta Kappa Maurice A. Clay Award **RECIPIENT: Corinna Hughes**

UK HealthCare Commitment To Nursing Excellence Award **RECIPIENT: Jonathan Hacker**

Taylor Ann Davis Starbucks Award **RECIPIENT: Lizabeth Whipple**

Baptist Healthcare Lexington Nursing Leadership Award **RECIPIENT: Lindsey Ratermann**

College of Nursing Alumni Association Nightingale Award

RECIPIENT: Christina Thompson

College of Nursing Alumni Association Alumni Award

RECIPIENT: Laura Hieronymus

Sebastian-Stanhope Award **RECIPIENT: Cecilia Boateng**

Carolyn A. Williams Award **RECIPIENT: Allison Roenker Jones**

Senior Award, UK Delta Psi Chapter, Sigma Theta Tau International **RECIPIENT: Bryn Brendamour**

Second-Place Poster, American Association of Occupational Health Nursing

RECIPIENT: Arica Brandford

Third-Place Student Poster, 2015 Southern Nursing Research Society **RECIPIENT: Allie Milam**

2015 College of Nursing Annual Award Recipients

Employee of the Year Award **RECIPIENT: Kerrie Moore**

Excellence in Undergraduate Precepting Award **RECIPIENT: B. J. Walters**

Excellence in Graduate Precepting Award **RECIPIENT: Sharon Chandler**

Excellence in Graduate Teaching Award **RECIPIENT: Jennifer Hatcher**

Excellence in Part-Time Teaching Award RECIPIENT: Carole Haurylko

Excellence in Research Scholarship Award **RECIPIENT: Misook Chung**

Excellence in Clinical Practice Award **RECIPIENT: Jessica Wilson**

Excellence in Undergraduate Unit/Agency Award **RECIPIENT: UK Chandler CRNA** Department

Gloe L. Bertram Award **RECIPIENT: Jenny Fleser (tie)**

Gloe L. Bertram Award **RECIPIENT: Greg Williams (tie)**

Louise J. Zegeer Award **RECIPIENT: Leslie Beebe**

Teaching Excellence in Support of Professional Nursing Award **RECIPIENT: Tamara "Tara" Bennett**

Dean's Puma Award for Staff Excellence

RECIPIENT: Sophia Weathers

Dean's Puma Award for Staff Excellence **RECIPIENT: Nancy McDevitt**

Dean's Puma Award for Faculty Excellence **RECIPIENT: Melanie Hardin-Pierce**

Dean's Puma Award for Faculty Excellence **RECIPIENT: Ellen Hahn**

2014-2015 Other Faculty Awards

Excellent Undergraduate Research Mentor Award, UK Society for the Promotion of Undergraduate Research **RECIPIENT: Kristin Ashford**

Top 40 Outstanding Alumni, University of Louisville School of Nursing (2014)

RECIPIENT: Kristin Ashford

Arteriosclerosis/Heart Failure Translational Research Prize, American Heart Association (2014)

RECIPIENT: Martha Biddle

Wethington Award for Research Excellence, UK (2014) RECIPIENT: Karen Butler

Scholar, Building Interdisciplinary Research Careers in Women's Health (BIRCWH) K12 Program **RECIPIENT: Amanda Fallin**

Selected to participate in the American Association of Colleges of Nursing's Faculty Policy Intensive Program **RECIPIENT: Amanda Fallin**

Mentor Award, Center for Clinical and Translational Science (2014)

RECIPIENT: Ellen Hahn

William S. and Elizabeth M. Morgan Professorship and Research Award, UK College of Nursing (2014) **RECIPIENT: Frances Hardin-Fanning**

High Merit, UK College of Nursing (2010-2014)

RECIPIENT: Melanie Hardin-Pierce

Consumer Writing Award, 36th Annual Conference on Pediatric Health Care

RECIPIENT: Dianna Inman

Excellence in Mentoring, UK Center for Clinical And Translational Science 10th annual conference

RECIPIENT: Tom Kelly

Clinical Article of the Year Award, American Heart Association (2014)

RECIPIENT: Terry Lennie

Best Oral Abstract Presentation, FuroHeartCare (2014) **RECIPIENT: Terry Lennie**

CONGRATULATIONS The Puma Awards

AWARDS & HONORS

Nursing 2014 Distinguished Achievement Award, University of Wisconsin School of Nursing (2014)

RECIPIENT: Terry Lennie

Inducted as a Fellow of the American Association of Nurse Practitioners

RECIPIENT: Sharon Lock

Inducted as Fellow in the National Academies of Practice (2014)

RECIPIENT: Sharon Lock

Academic Fellow, UK (2014)
RECIPIENT: Jan Odom-Forren

High Merit Award, UK College of Nursing (2014) RECIPIENT: Jan Odom-Forren

Good Samaritan Foundation Professorship and Endowed Chair in Community Health Nursing, UK College of Nursing

RECIPIENT: Deborah Reed

Laura Clay Award, Kentucky Women in Agriculture (2014)

RECIPIENT: Deborah Reed

KL2 Career Development Award, UK Clinical and Translational Sciences RECIPIENT: Elizabeth Salt

Inaugural UK Chairs' Academy, UK **RECIPIENT: Jessica Wilson**

2015 Other Awards

Outstanding Staff Award, UK **RECIPIENT: Nancy McDevitt**



Puma Awards

The inaugural Puma Award was presented by Dr. Janie Heath to two faculty members and two staff members for their leadership (Dr. Ellen Hahn), tenacity (Dr. Melanie Hardin-Pierce), infectious humor (Sophia Weathers) and dedication to getting every "i" dotted and every "t" crossed (Nancy McDevitt).

Why puma? When Dr. Heath was at the University of Georgia, a group of students wanted to go on a medical mission trip to Peru but needed financial support. They came to Dr. Heath hoping she could help secure funding for the trip. She did.

When the students returned from Peru, they handed her a tiny box that contained a thank-you gift for her help. She carefully opened it and found a small lapel pin. The students asked if she knew what it was. All she knew was that it was a big cat of some kind.

This big cat was a puma, one of three animals that are symbolic to the people of Peru. The other two symbols are a snake and an eagle. Dr. Heath thought, "Well, I'm glad they didn't bring me a snake, but I sure would have liked to have been an eagle." It turns out, though, that the puma is symbolic for "shepherd of mankind."

Dr. Heath was so touched and honored that she would wear the puma pin to important meetings and interviews to remind herself that regardless of the outcome, taking care of people is what matters most.

She has honored these faculty and staff as fellow shepherds of mankind at the College of Nursing (left to right):

Dr. Melanie Hardin -Pierce, Dr. Ellen Hahn, Dr. Janie Heath, Sophia Weathers and Nancy McDevitt FACULTY & STAFF

Faculty Appointments & Transitions

Faculty Appointments



Amanda Wiggins, PhD, has been promoted from a staff position in the College's research area to lecturer in the DNP Program.

In addition to teaching NUR 903, Applied Biostatistics for Outcomes Evaluation, for DNP students at the College's outreach education location at Norton Healthcare in Louisville, she also provides research support to faculty and students.

Dr. Wiggins is a 2013 graduate of the College of Public Health's Biostatistics and Epidemiology program. Her dissertation focused on the psychological impact of a false positive ovarian cancer screening test result, assessed via mixed and trajectory modeling.

Faculty Transitions



Kristin Ashford, PhD, APRN, associate professor, has been promoted to assistant dean of research for the College.

Dr. Ashford began

her research career as an NIH BIRCWH (Building Interdisciplinary Research Careers in Women's Health) Scholar. She currently serves as PI on an NIH COBRE (Centers of Biomedical Research Excellence) study in which she leads a multicenter trial across two states. She is administrator of the Kentucky GIFTS (Giving Infants and Families Tobacco-free Starts) program, working jointly with the Kentucky Department of Public Health to provide smoking cessation and wellness services to prenatal and postpartum women across Appalachia.

Dr. Ashford has won several awards, most recently the 2015 Excellent Undergraduate Research Mentor Award from the UK Society for the Promotion of Undergraduate Research, and was named one of the Top-40 Outstanding Alumni by the University of Louisville School of Nursing in 2014.



Audrey Darville, PhD, APRN-BC, CTTS, has been promoted to associate professor. Dr. Darville is a certified tobacco treatment specialist with UK

HealthCare, where she works with inpatients, outpatients and employees to provide group and intensive individual tobacco dependence treatment. She also works closely with the Tobacco Policy Research Program at the College of Nursing.

Dr. Darville is a member of the Society for Research on Nicotine and Tobacco (SRNT) and a member of the policy committee of the Association for the Treatment of Tobacco Use and Dependence (ATTUD). Her research interest is in developing behavioral strategies to reach and treat tobacco users with medical illness.



Jennifer Dent, MSN, RNC, lecturer, is now the director of the Clinical Simulation and Learning Center at the College.

Dent has presented

her work regarding simulation for courses with large numbers at the Tennessee Simulation Conference in 2014, and at the College's Ninth Annual Faculty Development Workshop, where she presented her work on Cost-Effective Simulation With Low-Tech Technology.



Susan Frazier, PhD, RN, FAHA, associate professor, has been promoted to director of the College's PhD Program.

Dr. Frazier joined the faculty in 2006 as an

associate professor and a co-director for the RICH Heart Program. Her research program focuses on cardiopulmonary responses to critical illness, in particular with patients requiring mechanical ventilation. Dr. Frazier is published in a number of high impact, peerreviewed journals, including the American Journal of Critical Care, Heart & Lung, Biological Research for Nursing, European Journal of Cardiovascular Nursing, the Journal of Cardiac Failure, the Journal of Pain and Symptom Management, Health Psychology, and the Journal of Cardiovascular Nursing. She has provided podium and poster presentations at local, regional, national and international meetings to disseminate research findings.

Dr. Frazier has received a number of teaching and mentorship awards, and she was the first nurse to be awarded a Mentor Recognition Award by the UK Center for Clinical and Translational Science. She is an elected Fellow in the American Heart Association and serves as an editorial board member for the American Journal of Critical Care and the Journal of Cardiovascular Nursing. She is also a member of the executive editorial board for Heart & Lung: The Journal of Acute and Critical Care. Dr. Frazier also serves as the web editor for the Journal of Cardiovascular Nursing.



Sherry Holmes, MSN, RN, adjunct associate professor,

has been promoted to assistant dean of academic operations and assessments.

She served 40 years at

UK Chandler Hospital and within that time was director of nursing for Kentucky Children's Hospital for 24 years. In 2010 she joined the College of Nursing as coordinator of assessment

Faculty Transitions

and special projects. She provides leadership and administrative support to the dean for special projects and work critical to the success of the College. Since 2003 she has served as a site evaluator for the Commission on Collegiate Nursing Education.



Kiyoung Lee, ScD, has been promoted to professor. Dr. Lee received his ScD in Environmental Science and Engineering from Harvard University. He has extensive

research experience in indoor air, industrial hygiene and exposure science. Among his numerous research projects, he has studied the effects of secondhand smoke on indoor air quality. Dr. Lee also has a strong interest in international health and has collaborated on secondhand smoke exposure in many countries, including China, Pakistan, Mongolia and Japan.

He was elected as a member of the board of directors for the International Society of Exposure Science in 2012 and is an academy fellow of ISIAQ. He has published more than 100 peer-reviewed manuscripts.



Sharon Lock, PhD, APRN, FNAP, FAANP, professor and primary care DNP specialty coordinator, has been promoted to

director of faculty practice.

She currently coordinates the Primary Care Nurse Practitioner Specialty in the graduate program and oversees clinical placements for that track.

In 2010 she received the Excellence in Graduate Teaching Award from the College of Nursing. In 2006, as a member of the National Organization of Nurse Practitioner Faculties, she served on the National Panel for Nurse Practitioner Practice Doctorate Competencies. She was recently inducted as a Fellow of the American Association of Nurse Practitioners and in 2014 as a Fellow of the National Academies of Practice. She is also a member of the advisory board for the Kentucky Area Health Education Centers.

Dr. Lock maintains a faculty practice at the UK Center for the Advancement of Women's Health



Gina Lowry, PhD, RN, senior lecturer, retired in January 2015 after 15 years of service with the College.

Dr. Lowry's clinical practice included

adult medical-surgical, oncology and hospice nursing. She was the coordinator of the RN-BSN Option and also taught in NUR 854, Advanced Concepts in Professional Nursing. She had clinical students in NUR 886, Synthesis, in both the four-year program and RN-BSN Option. She also taught two electives, End-of-Life Care in the Acute Care Setting and an energy healing lab. She gave guest lectures in other courses about her alternative healing practices.

Dr. Lowry's research interests include oncology nursing, therapeutic touch, and nursing presence. She has an energy healing practice and is a certified healing therapy practitioner and a Reiki II practitioner. She is also trained in therapeutic touch and has taken coursework with the Rev. Rosalyn Bruyere, a noted energy healer, as well as seminars in Touch for Health and Pranic Healing. She is an accredited Bowenwork practitioner.



Sheila Melander, PhD, APRN, ACNP-BC, FCCM, FAANP, professor, has been promoted to assistant dean of graduate faculty affairs and director of the MSN and Dr. Melander is a nationally known adultgerontological acute care nurse practitioner (ACNP) leader and is currently serving as president of the National Organization of Nurse Practitioner Faculties.

She was involved in the revision of the Acute Care Nurse Practitioner Scope and Standards document in 2006 and was a member of the work committee that established the 2012 Adult-Gerontological Acute Care Nurse Practitioner Competencies. She also led the development of the Statement on Acute Care and Primary Care Certified Nurse Practitioners. She also facilitated the development of a second multiorganizational white paper addressing nurse practitioner employment, which is being used across the U.S. in both primary and acute care settings.

Dr. Melander is a fellow in the Society of Critical Care Medicine as well as in the American Association of Nurse Practitioners



Carol Riker, MSN, RN, associate professor, retired in June 2015, after 41 years of service to the College. She now is in a part-time role working with Dr. Ellen Hahn.

Carol Riker was a faculty associate with the UK Tobacco Policy Research Program and the Kentucky Center for Smoke-free Policy and co-investigator and community advisor for the NHLBI-funded study, An Intervention for Promoting Smoke-free Policy in Rural Kentucky. She also led the biannual statewide Workplace and School Tobacco Policy studies and was the technical assistance coordinator for the Kentucky Center for Smoke-free Policy.

She taught public health nursing for the College since 1974 and collaborated with schools and local health departments in youth FACULTY & STAFF

Faculty Transitions & Staff Appointments

health promotion initiatives for heart health, safety and HIV prevention. She has been an active advocate for seat belt safety, tobacco use prevention and smoke-free policy.

Riker won numerous awards for teaching and community service during her time with the College. In November 2007 she was among the first seven recipients of the UK Provost's Distinguished Service Professors Award, which honors faculty for their consistently high level of achievement in their contributions to their disciplines and the university.



Elizabeth Salt, PhD, APRN, has been promoted to associate professor.

Dr. Salt's research interest is medication adherence, decision-

making and patient-health care provider communication in patients with rheumatoid arthritis. She cares for this research population in a clinical practice with the Division of Rheumatology. She is currently conducting funded research focusing on this population.

Dr. Salt received the Lawren H. Daltroy Fellowship in Patient-Clinician Communication award and the Scientist Development Award from the American College of Rheumatology/Association of Rheumatology Health Professionals Research and Education Foundation. She received the Carolyn A. Williams Award for Excellence in Nursing Research from the UK College of Nursing.



Elizabeth Tovar, PhD, APRN, FNP-C, has been promoted to associate professor.

Dr. Tovar serves as clinical faculty for family nurse practitioner students and course coordinator for the Primary Care Advanced Practice Nursing Seminar, and is a preceptor for family nurse practitioner students in her clinical practice. In her practice role at the UK Department of Family and Community Medicine, she provides primary care and works with the family medicine residency program to incorporate the Chronic Care Model into the residency curriculum and clinical practice. She is a co-facilitator for the department's diabetic group visits and focuses on improving self-management behaviors of her patients.

Her research interests include the influence of psychosocial factors on self-management behaviors, with a focus on diabetes and diabetic cardiovascular disease.



Darlene
Welsh, PhD,
RN, associate
professor, is now
the assistant dean
of undergraduate
faculty affairs and
the BSN program
director.

Dr. Welsh, a 2010 recipient of the UK Great Teacher Award, focuses her instruction and research on undergraduate students and new graduate nurse success. As the co-coordinator of the UK UHC/ AACN Nurse Residency Program for new graduate BSN nurses, she makes significant contributions to program delivery and evaluation. Residents mentored by Dr. Welsh have established a consistent history of award-winning scholarship at the national level and have participated in funded research with interprofessional teams.

Dr. Welsh teaches critical care nursing and coordinates the senior practicum in the undergraduate program. Students in the practicum learn to function as effective team members through simulation and extensive clinical practice.



Jessica Wilson, PhD, APRN, assistant professor, has been promoted to serve as the coordinator of the RN-BSN Option.

She received her PhD in nursing from UK

in 2012. Her dissertation focused on research funded by NIOSH through the Southeast Center for Agricultural Health and Injury Prevention about the prevalence of ATVs and ATV-related injuries on Kentucky farms.

Before becoming a faculty member in 2004, Dr. Wilson held various clinical positions with UK HealthCare. She has been a medical-surgical staff nurse, neurosurgery research coordinator and an advanced registered nurse practitioner in the neurosurgery department. Her clinical expertise is in adult health and neurosurgical nursing.

Staff Appointments



Derrick Meads is the College's new director of external relations and communications.

He began working at UK in 2006 as the coordinator of communications for

the College of Design, where he spearheaded that college's rebranding efforts through a new website and student recruitment materials. Meads then served as manager of marketing and communications for UK's International Center, where he again led a rebranding campaign through the development of a new website, print materials and social media. As his previous supervisor said, "He will continue to extend his reach in the areas of student recruitment, alumni cultivation and development, and planning and implementing strategies for sharing the good work UK does."

Staff Transitions & In Memory

Staff Transitions



Joanne Davis has been promoted to assistant dean for student and academic services.

In 1981, she joined UK's College of Education as a staff

assistant while finishing a master's degree in higher education. The path led from there to Undergraduate Admissions and then to the College of Nursing to serve as an academic advisor. The two prior jobs provided important parts of the foundation for her role in student services. She has the opportunity to be involved in the student life experiences that make up college—from initial advising

to graduation and pinning ceremonies. It is the work with students that makes the job rewarding, she says.



After more than 26 years of service, Mary Jayne Miller retired from the university in 2015. Miller managed what is now called the Clinical Simulation and Learning Center.

When the entire lab was renovated several years ago, she was instrumental in serving as project manager. She also led a faculty team in choosing the first simulation equipment for the College and wrote the first computer-driven scenarios for that equipment. She also taught skills lab courses for sophomore nursing students.



With more than 33 years' related experience, **Karen Minton** has been promoted to associate dean of administration and finance. She provides strategic and operational direction in

support of the missions and goals of the College. Working closely with the dean, she is responsible for implementing the College's strategic goals and objectives and oversees administrative services, including strategic planning, budget and facilities management; human resource management; and information technology. Minton is also a member of the College's leadership team.

Memory

MADALYN SUCHOR



Madalyn Suchor, BSN, RN, one of our December 2013 BSN graduates and sister in UK's chapter of Delta Gamma Sorority, passed away in February 2015. She was a staff nurse in the PACU

at Kentucky Children's Hospital, where she was known for bringing comfort and care to her young patients. Maddie was a big sports fan and an outdoor enthusiast. Her beautiful smile and love of life is missed by all who knew and loved her. Along with the family's services in Geneva, Illinois, UK HealthCare and her co-workers held a memorial service.

KAREN SEXTON



Karen Sexton, PhD, RN, FACHE, senior nursing advisor for UK HealthCare, passed away in March 2015. She was a UK College of Nursing alumna, having earned

her MSN in 1982,

PhD in 1996 and was honored as one of the College's top-50 alumni in 2011. Among her many awards and appointments, Karen was appointed to the Advisory Committee on Communications Capabilities of Emergency Medical and Public Health Care Facilities in Washington. She received the National Service Award for Public Health and Medical Organizations by the National Congress for Secure Communities and also served on the Institute of Medicine's Standing Committee on Medical Readiness.

"Karen was a 110 percent leader, each and every day. She always gave 110 percent and she always expected 110 percent. She often saw more potential in others than they often realized and worked to draw that out and emphasize that potential. Karen brought all of herself to our professional practice and was driven to ensure superior performance. She was also quick with a smile, a kind word and sometimes, when appropriate, a vigorous nudge to encourage and foster success. UK HealthCare nursing is better because of her leadership."

-Colleen Swartz, DNP, MBA, RN, NEA-BC, Chief Nurse Executive, UK HealthCare page 1

FEATURE

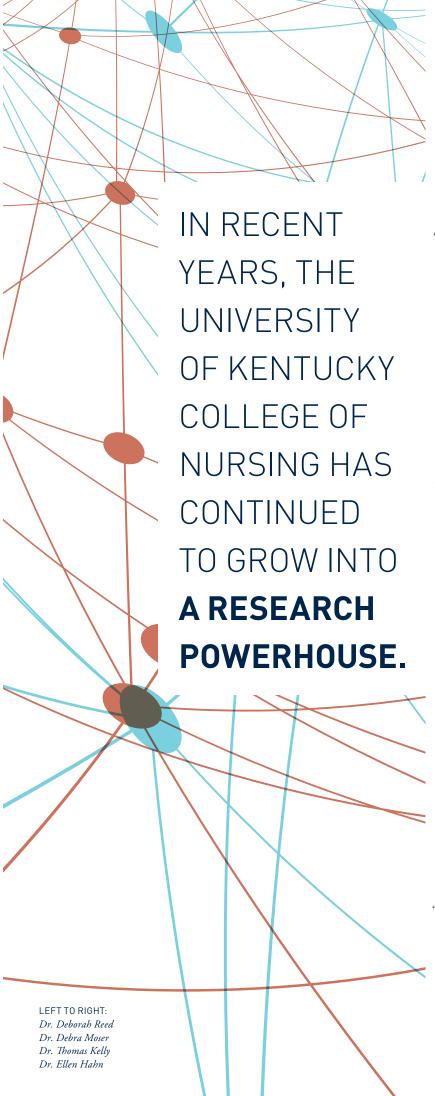
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UKCONRESEARCH // PART ONE

Nursing Researchers ADVANCING SCIENCE, IMPACTING HEALTH





Faculty researchers are doing groundbreaking work that is producing amazing outcomes for Kentucky, as well as for people across the U.S. and throughout the world. With research at the heart of evidence-based practice, nursing science must continuously evolve, and the College of Nursing has developed a research enterprise that mentors and produces world-class researchers who study some of the most pressing health care problems.

"The College's accomplishments in research have been profound," says Dean Janie Heath, PhD, APRN-BC, FAAN. "Despite shrinking dollars, our faculty members have been successful at obtaining the resources they need to perform research that's making a difference in disease prevention and health promotion, managing and eliminating symptoms and enhancing lives."

A fundamental reason for the College's research success is support and mentorship at all levels. From administrators to top researchers, all the way down to undergraduate students, each level helps the next succeed. The College also has a history of deans who saw research as foundational and worked to develop a framework for a strong research program. As the current dean, Dr. Heath has a background in research herself and sees the College's commitment to nursing science as critical.

"I'm always looking at how I can garner resources, advocate for resources and protect our resources so that the College of Nursing can contribute to the science of health, both as prevention and treatment," says Dr. Heath.

A crucial component to securing financial resources for researchers is the College's grant development team. Headed by Thomas Kelly, PhD, associate dean for research, the team closely assists faculty through every step of the grant development and management process.

WE PROVIDE AN ADMINISTRATIVE FUNCTION THAT ALLOWS OUR **FACULTY TO BE AS PRODUCTIVE AS POSSIBLE** WHILE MEETING THE REGULATORY AND POLICY PROCESSES THAT GOVERN RESEARCH ACTIVITIES," says Dr. Kelly.

Three senior researchers at the College—Ellen Hahn, PhD, RN, FAAN, professor; Debra Moser, PhD, RN, FAHA, FAAN, professor; and Deborah Reed, PhD, MSPH, RN, FAAOHN, professor—have played significant roles in advancing research at the College. Through their own achievements, they have drawn attention to the College as a top center for nursing science. Through their dedication to mentorship, they are helping to develop the College's up-and-coming researchers.

"These senior researchers are highly skilled with exceptional mentoring abilities. They mentor faculty and students to reach their full potential," says Dr. Heath. "When you have stellar researchers doing important work to improve health and wellness and they're passionate about it, it gets everyone around them excited. Once you have something great going on, people want to be a part of that greatness. That's what we have here."

Carolyn Williams, PhD, RN, FAAN, professor and dean emerita, was instrumental in cultivating an environment of success for Drs. Hahn, Moser and Reed. During her time as dean, Dr. Williams sought to position the College as a leading institution for nursing scholarship, education and practice. She realized that to attract and retain strong nurse scientists, the College needed to secure additional support for them. As a result, she helped establish the Linda C. Gill Chair of Nursing, held by Dr. Moser; the Good Samaritan Chair in Community Health Nursing, held by Dr. Reed; and the Marcia A. Dake Professorship in Nursing, held by Dr. Hahn.

"The work of these three researchers is highly significant in the broader community, in Kentucky and beyond," says Dr. Williams. "They have a long track record of engagement that contributes to the development of scholars in nursing science. They have also made significant contributions as mentors for other faculty members who have grown to become major researchers themselves."

Dr. Hahn is a pioneer of tobacco research and smoke-free policy whose work has brought about dramatic changes in Kentucky. She is director of the Clean Indoor Air Partnership and Kentucky Center for Smoke-Free Policy, co-director of the College of Nursing's NIH-funded Center for Biobehavioral Research in Self-Management for Cardiopulmonary Disease and has a joint appointment as a faculty member at the UK Markey Cancer Center. With a background as a public health nurse whose research was focused on substance abuse prevention, Dr. Hahn came to UK in the 1990s and realized that tobacco use and exposure were severe issues in Kentucky. She began working with legislators to promote her research and vision for smoke-free policies. In 2003, her work resulted in Lexington's smoke-free law, which has saved an estimated \$21 million in health care costs and reduced adult smoking and related ER visits.

IN A REGION SO BURDENED BY ECONOMIC AND HEALTH PROBLEMS FROM TOBACCO, RESEARCH REALLY CAN IMPROVE LIVES AND POCKETBOOKS," says Dr. Hahn.



Dr. Hahn has since established the Freedom from Radon Exposure and Smoking in the Home (FRESH) study. Radon is a colorless, odorless, tasteless gas that naturally occurs in rocky soils. Because many parts of Kentucky are located on rock heights, some parts of the state have a higher threat of radon exposure.

Radon combined with tobacco use or exposure to secondhand smoke dramatically increases lung cancer risk. The FRESH study is working to raise awareness and implement radon testing in Kentucky homes. Engaging people from a variety of disciplines—clinical nurses, psychologists, behavioral scientists, social workers, and local community doctors—the study set up a program in a northern Kentucky county to help homeowners test their homes for radon and tobacco. Dr. Hahn's goal is to educate people about the risk and implement low-cost test kits that health care providers can give to homeowners. She is also studying the possibility of using tax credits for radon mitigation in Kentucky homes.

"Lung cancer has the highest mortality rate of any cancer, and it's a painful cancer, but it's a cancer that is nearly totally preventable," says Dr. Hahn. "From the standpoint of a public health nurse, if we could prevent lung cancer, we could save a lot of lives and increase longevity."

With related research interests, Kristin Ashford, PhD, APRN, associate professor and assistant dean of research, has been a mentee of Dr. Hahn since she was a PhD student in the College of Nursing. She was studying smoking rates of women in Kentucky and linked up with Dr. Hahn due to their shared interest in tobacco use research. As the chair of Dr. Ashford's PhD committee, Dr. Hahn has helped her along each step of her career, and they have worked together on several projects.

"Dr. Hahn has been a wonderful mentor. She's been instrumental in moving me forward in my career," says Dr. Ashford. "Her involvement and recognition at the state level with the Kentucky Department of Health and at the national level with NINR [National Institute of Nursing Research] helps to propel junior faculty. A big part of the grant proposal process is having good mentorship, a research team, a quality research facility and a strong track record for publications. Dr. Hahn and the College of Nursing embody all of those qualities."

Dr. Moser is a prominent nurse researcher in cardiovascular disease. She is a founder and co-director of the Research and Interventions for Cardiovascular Health (RICH) Heart Program, co-directs the Center for Biobehavioral Research in Self-Management of Cardiopulmonary Disease and is co-editor of the Journal of Cardiovascular Nursing. She was also the first researcher in Kentucky to receive a Patient-Centered Outcomes Research Institute (PCORI) Grant. Throughout her career, Dr. Moser has tackled issues surrounding ways to improve outcomes and quality of life for patients with heart failure and other cardiovascular conditions. When she came to UK in 2001, Dr. Moser's goal was to establish a quality cardiovascular research program that could answer important questions and find solutions. She recruited two of her colleagues from The Ohio State University, Susan Frazier, PhD, RN, FAHA, associate professor and PhD program director, and Terry Lennie, PhD, RN, FAHA, FAAN, professor and associate dean for graduate faculty affairs, to join the College of Nursing. Along with Dr. Lennie and Misook Lee Chung, PhD, RN, FAHA, FAAN, associate professor, Dr. Moser established the RICH Heart Program in 2004. With Drs. Lennie and Chung as co-directors, the program has grown into a premier cardiovascular research collaborative.



TO HAVE A STRONG, SUSTAINABLE RESEARCH PROGRAM, YOU NEED A TEAM.

TAKING ADVANTAGE OF OUR COMBINED RESOURCES AND ADDING MORE AND MORE COLLABORATORS WITH RESEARCH FUNDING INCREASES THE SUCCESS OF THE RESEARCH WE DO AND LEADS TO EVEN MORE FUNDING OPPORTUNITIES," says Dr. Moser.





"We share equipment, we have a huge database of thousands of patients and we all work in complementary research areas. You can accomplish more by collaborating with other researchers," Dr. Moser says.

The research coming out of the RICH Heart Program is educating people about cardiovascular disease, teaching patients to manage symptoms and treatments, studying issues around caregiver health, looking at nutrition and heart health, and studying links between depression and heart failure.

Jennifer Hatcher, PhD, MPH, RN, associate professor, researches health disparities in different populations. Dr. Moser has mentored her in learning about the grant process and how to look for the right funding. From Dr. Moser, she has experienced the importance of interdisciplinary collaboration in research. Together, they have written grant proposals focusing on risk factors for cardiovascular disease and cancer in the African-American population.

"There is great synergy in the College of Nursing with multiple levels of researchers," says Dr. Hatcher. "It helps to work with others in all research areas, and we really feed off of each other and help each other."

Dr. Reed is a nationally recognized agricultural health researcher. She is former director of the Occupational Health Nurse PhD Training Program and has worked with multiple organizations to further the cause of occupational health in agriculture. Currently one of only five agricultural health researchers at Research I universities across the country, Dr. Reed has dedicated her career to understanding health and injury risks

in agriculture and how they can be prevented. This is critical in Kentucky, where agriculture is a leading economic base. Much of Dr. Reed's work has involved finding ways to mitigate the dangers of farming by identifying the unique characteristics of the agriculture industry and the people who work in it. "Farmers are aware of the hazards, but they will accept risks because they must in order to succeed. In their job, they are at the mercy of nature."

MY RESEARCH INVOLVES **BEHAVIORAL CHANGE**, WHICH CAN TAKE QUITE A FEW
YEARS TO TAKE HOLD, ESPECIALLY GIVEN
THAT FARMING IS AN OCCUPATION THAT
TYPICALLY SPANS GENERATIONS OF A
FAMILY," says Dr. Reed.





Dr. Reed uses creative solutions to educate farmers and initiate change. Currently, she is conducting a large study called Reader's Theater. This project focuses on an intervention with senior farmers—a workforce at the highest risk for fatalities. Using real stories of health problems and injuries from farmers and their communities, the farmers themselves read scripts of the stories at a community dinner theater. Dr. Reed then leads discussions about the stories. Her objective is to guide the farmers in shifting the social norm within their own communities.

Dr. Reed founded the Occupational Health Nurse PhD Training Program and has mentored Debra Anderson, PhD, RN, PHCNS-BC, associate professor, as the program's new director. Dr. Anderson is an occupational health nurse who originally teamed up with Dr. Reed to study workplace violence in the trucking industry.

"Dr. Reed and I both have public health backgrounds, so we have the same sense of social justice," says Dr. Anderson. "When senior researchers reach out to faculty who are building their research careers or focusing on a new research area, everyone benefits. All research is teamwork."

The College of Nursing is leveraging the experience and mentorship of its top researchers to shape the landscape of health care reform through health services and research.

"I see research at the College continuing to grow," says Dr. Heath.

"I see us expanding our scope into more diverse and comprehensive areas. From interdisciplinary, engaged nurse researchers to students who will become the new generation of nursing scholars; it's our mission to improve quality of life by advancing nursing science."

UKCON RESEARCH // PART TWO

Making an impact through

RESEARCH

Our faculty research investigators advance nursing science by promoting preventive health education and health care interventions for individuals, families, communities and populations through a diverse array of research initiatives.

These initiatives aim to reduce burdens associated with the most common health problems in Kentucky and the nation.

CARDIOVASCULAR TOBACCO OCCUPATIONAL HEALTH

Debra Anderson

Occupational Health **Nurse Training**

PRIMARY FUNDING SOURCE NIOSH

TOTAL AWARDS

\$628,358

Amanda Fallin

Tobacco Policy

PRIMARY FUNDING SOURCES NIH-NIDA. Markey Cancer Center

> TOTAL AWARDS \$192,552

Misook Chung

RESEARCH INTEREST

Cardiovascular Health: **Chronic Patients and Caregivers**

PRIMARY FUNDING SOURCE

NIH-NINR

TOTAL AWARDS \$2,404,267

Jan Odom-Forren

eHealth Management of Post-Ambulatory **Surgery Recovery**

PRIMARY FUNDING SOURCES Nursing Foundations

\$9,939

Kristin Ashford

Maternal and Child Health

PRIMARY FUNDING SOURCES

AADE DPP, CMS, Ky. Cabinet for Health and Family Services

TOTAL AWARDS

\$2,058,692

Rebecca Dekker

RESEARCH INTEREST

Cardiovascular Health and Depression, Maternal Health

PRIMARY FUNDING SOURCE

UK Office of the Vice President for Research

TOTAL AWARDS

\$19,846

Terry Lennie

RESEARCH INTEREST

Cardiovascular Health and Nutrition

PRIMARY FUNDING SOURCES

NIH-NINR, RWJF, Jonas Scholars

TOTAL AWARDS \$1,371,490

Ellen Hahn

RESEARCH INTEREST

Tobacco Policy and Environmental Health

PRIMARY FUNDING SOURCES

AHA, NIH-NIEHS, FHKY, KDPH, Markey Cancer Center, UK CCTS

TOTAL AWARDS

\$2,835,450

Jennifer Hatcher

RESEARCH INTEREST

Cancer Screening and Health Disparities— Appalachia

PRIMARY FUNDING SOURCES

NIH-NCI, NIDDKD

TOTAL AWARDS

\$949,745

Elizabeth Salt

RESEARCH INTEREST

Management of Chronic Pain

PRIMARY FUNDING SOURCE

NIH-NCATS

TOTAL AWARDS

\$230,296

Fran Hardin-Fanning

RESEARCH INTEREST

Cardiovascular Health and Nutrition in Appalachia, Nursing Education for Veterans

PRIMARY FUNDING SOURCE

NIH-NINR, HRSA

TOTAL AWARDS

\$995,929

Debra Moser

RESEARCH INTEREST

Cardiovascular & Cerebrovascular Health—Risk Self-Management

PRIMARY FUNDING SOURCES

PCORI, NIH-NINR, AANA

TOTAL AWARDS

\$3,986,480

Deborah Reed

RESEARCH INTEREST

Occupational Health-Kentucky Farmers

PRIMARY FUNDING SOURCE

NIOSH

TOTAL AWARDS

\$1,293,752

Susan Frazier

RESEARCH INTEREST

Cardiovascular Health

PRIMARY FUNDING SOURCE

Emergency Nurses Association Foundation

TOTAL AWARDS

\$6,000

THE COLLEGE'S

current active research

training awards total

(DIRECT AND INDIRECT COSTS)

\$16,982,796

UKCON RESEARCH // PART THREE

GENERATION NURSES

Student researchers are key to the future of nursing science



NURSE SCIENTISTS ARE A CRITICAL LINK IN THE **DISCOVERY AND TRANSLATION OF KNOWLEDGE** THAT CAN BE **GENERATED BY NURSES AND** OTHER HEALTH SCIENTISTS." -Institute of Medicine's 2011 report, The Future of Nursing: Leading Change, Advancing Health TOP LEFT TO RIGHT: Christina Thompson (BSN May 2015); Corinna Hughes (BSN May 2015); Allie Milam (senior BSN student); Cynthia Morris (senior BSN student) **BOTTOM LEFT TO RIGHT:** Linda Clements, MSN, APRN, CCNS; Jennifer Miller, Ed, MSN, RN; Abdullah Alhurani, MSN, RN

THE UNIVERSITY OF KENTUCKY COLLEGE OF NURSING IS PRODUCING GRADUATES WITH EXCEPTIONAL RESEARCH EXPERIENCE—AND THE ACCOLADES TO SHOW FOR IT.

At both the graduate and undergraduate levels, the College's faculty members are committed to ensuring that students are instilled with a strong understanding of the importance of nursing research and its role in evidence-based practice.

"Students are able to see that our faculty members are making discoveries to help individuals manage symptoms and live more productive, healthy lives," says Dean Janie Heath, PhD, APRN-BC, FAAN. "When they see this and are a part of it, they become very excited—and they become part of our future for advancing nursing science."

In the ever-changing world of health care, the role of nurse scientists is increasingly vital. The Institute of Medicine's 2011 report, The Future of Nursing: Leading Change, Advancing Health called for doubling the number of doctorally prepared nurses by 2020 and stated, "Nurse scientists are a critical link in the discovery and translation of knowledge that can be generated by nurses and other health scientists."

Thomas Kelly, PhD, associate dean for research, explains, "Nurses are in ideal positions to help identify priorities, conduct clinical research, contribute to leadership and partner with other health care professionals. The nurse research scientist is important to medical research, but currently there is a gap."

The College has several strategies for closing this gap. On the undergraduate level, it's all about exposing students to research as early as possible. Undergraduates are given the opportunity to participate in the College's Undergraduate Nursing Research Internship Program. Students in the program are paired with a faculty member with similar research interests and get hands-on research involvement.

On the graduate level, the PhD Program provides cuttingedge research experience for nurses interested in devoting a significant portion of their careers to research. (The College's DNP is a practice doctoral degree.)

"Part of the education mission of the College of Nursing is to make sure our undergraduate and graduate programs are teaching the best and most up-to-date practices on how to conduct research and apply it in practice," says Patricia B. Howard, PhD, RN, NEA-BC, FAAN, executive associate dean for academic operations.



UNDERGRADS GET A JUMPSTART IN RESEARCH

To advance the research mission of the College and the nursing field, preparation has to start with undergraduates. "Introducing undergraduates to research early on gives them a sense that it's relevant, exciting and meaningful," says Dr. Heath.

The College's Undergraduate Research Internship Program gives students a chance to experience research firsthand. The program was founded by Patricia Burkhart, PhD, RN, professor and associate dean of undergraduate faculty affairs (then associate dean of undergraduate studies) in 2002 as part of a research grant from the National Institute of Nursing Research (NINR). Dr. Burkhart saw that undergraduates should have more research opportunities, so she hired an undergraduate research intern and encouraged other faculty to do the same. The program grew from there, and it now involves 15 to 20 students each semester.

In 2009, the program received the Innovations in Professional Nursing Education Award from the American Association of Colleges of Nursing. One of the first of its kind in the country, it has become a model for other colleges and has been replicated at the University of Louisville and University of Pittsburgh.

Dr. Burkhart says the program provides a jumpstart for undergraduates interested in research careers. In the program, students learn about the research process as they write grant proposals and collect data. They gain an understanding of what goes into publishing and presenting research, and they see how research teams collaborate. Most importantly, they develop an understanding of how evidence is applied in nursing practice.

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WHAT UNDERGRADUATES TELL ME IS

THAT BEING ENGAGED IN RESEARCH MAKES EVIDENCE-BASED PRACTICE COME ALIVE FOR THEM. WHEN THEY ARE PLUGGED INTO TEAMS OF RESEARCHERS, UNDERGRADUATES MAKE VERY CREATIVE AND SEMINAL CONTRIBUTIONS TO THE ADVANCEMENT OF THE RESEARCH WE'RE DOING," says Dr. Burkhart.

The research intern program has taught BSN graduate Corinna Hughes (May 2015) to always ask questions and dig deeper. In 2015, Hughes, who worked with Kristin Ashford, PhD, RN, APRN, associate professor and assistant dean of research, was awarded top Minority Health Student Poster Presentation at the Southern Nursing Research Society (SNRS) conference for her study, "Exploring Racial Differences in Biomarkers, Stress, and Anxiety throughout Pregnancy."

"Working with Dr. Ashford has opened my eyes to nursing science," says Hughes. "Doing research has taught me to be curious and investigate more."

Participating in the program has helped BSN graduate Christina Thompson (May 2015) realize that she wants to continue to pursue research. "Doing research is the best decision I've made in my nursing career thus far," says Thompson. "Working with the first-class faculty here has helped me understand how essential nursing research is to developing better health care."

Undergraduate research at the College has had remarkable outcomes. The students have presented research, published coauthored papers and won awards. Faculty researchers benefit from the involvement of undergraduate students, as they bring fresh perspective to the research. "It's a win-win. The students don't just learn from us; we also learn from them," says Dr. Burkhart.

Each year, undergraduate researchers have the opportunity to present their research at the annual SNRS (Southern Nursing Research Society) conference. At the 2015 conference, the College's undergraduate researchers excelled. In addition to Hughes' award, Allie Milam, senior BSN student, won third place in the





student poster session for her poster "Tooth Loss Is Associated with Increased Risk for Cardiovascular Disease," and senior BSN student Cynthia Morris was named a top student presenter for her poster "Providers' Perceptions of Meaningful Use Mandates."

As Dr. Burkhart explains, the conference's poster session used to include just PhD students. "We petitioned SNRS to do a student poster session that includes undergraduates," she says. "Our outstanding undergraduate students need to be stretched and challenged, and they rise to the occasion."

PHD STUDENTS ADVANCE **EVIDENCE-BASED CARF**

Performing research alongside faculty who are leaders in their fields puts graduate students in the College at an advantage. "Some PhD programs out there are housed in institutions where there is not an active research program," says Terry Lennie, PhD, RN, FAHA, FAAN, professor and associate dean for graduate faculty affairs.

TO LEARN HOW TO DO RESEARCH, STUDENTS NEED TO BE WORKING WITH FACULTY MEMBERS WHO HAVE ACTIVE RESEARCH PROGRAMS. PARTICIPATING IN THE MENTOR'S RESEARCH PROVIDES THEM WITH A FOUNDATION TO MOVE FORWARD," Dr. Lennie says.

According to doctoral candidate Linda Clements, MSN, APRN, CCNS, the College provides graduate students with a superior research experience. "The nursing program here is unique," she says. "You are able to work with award-winning, seasoned research professionals eager to pass along their skills and help you succeed."

Developing PhD students into first-rate researchers and educators is central to addressing the nursing field's current needs. In order to educate new nurses, the field needs more doctorally prepared nurses. Likewise, to produce the best health outcomes in evidencebased practice, the field needs more nurse scientists who are qualified to investigate problems and explore innovative solutions.





"We've been in the business of preparing exceptional nurse scientists for 28 years now," says Dr. Lennie. "There's a big need for nurses to conduct research that will develop sound evidence to support and improve practice. We prepare our PhD students for this, and we also teach them to prepare the next generation of nurse scholars. As graduates, mentoring is part of their responsibility."

Many nurses who return to school to earn a PhD do so out of a desire to improve the nursing care that patients receive.



"During my practice with cardiovascular patients, I saw some major issues," says doctoral candidate Jennifer Miller, Ed, MSN, RN. "To improve patient outcomes, we need research done by nurses, for nurses, to inform nursing practice."

PhD candidate Abdullah Alhurani, MSN, RN, had a similar experience working as a nurse in Jordan, his native country. He saw that many of the nursing practices in place could be improved. Because he had an interest in heart failure research, he chose the UK College of Nursing to study under the mentorship of Professor Debra Moser, PhD, RN, FAHA, FAAN.

"Dr. Moser has been an amazing mentor for me," says Alhurani. "She gives a lot of encouragement. Even when I don't believe in myself, she believes in me."

Under Dr. Moser's mentorship, Alhurani has decided to continue his career as a nurse scientist. Of his experience in the College, he says, "I've been amazed at the opportunities I've had. If I've done this much as a PhD student, imagine what I can accomplish after graduation."



NURSES ARE AT THE CORE OF PATIENT CARE DELIVERY AND THERE IS NO BETTER TIME FOR US INDIVIDUALLY AND COLLECTIVELY TO STRENGTHEN OUR SKILLS AND STRETCH **OUR INTELLECTUAL CAPACITY** SO THAT WE NOT ONLY CONDUCT MEANINGFUL AND PURPOSEFUL NURSING RESEARCH BUT LEARN FROM ONE ANOTHER AS WELL," says Dr. Heath.



Patricia B. Howard, PhD, RN, NEA-BC, FAAN, executive associate dean of academic affairs and partnerships, has been awarded the first Marion E. McKenna Professorship. The McKenna Professorship is named for the College of Nursing's second dean, Marion McKenna (1972–1983) and was established by the College's third dean, Carolyn Williams. Funds were raised from alumni and faculty and matched by the UK Research Challenge Trust Fund for the purpose of supporting a high-level nurse leader and researcher.

Dr. Howard is recognized nationally and internationally for her expertise and leadership in nursing education and for her program of research in mental health service evaluation that focuses on improved access and quality of care for those with serious and persistent mental disorders. Dr. Howard actually began her research at the College of Nursing as a graduate student while Dr. McKenna was serving as dean. Dr. Howard comments, "I remember Dean McKenna with such admiration and affection. It is such a wonderful honor to hold this professorship named for her and to have the privilege of continuing her legacy in nursing education at the College of Nursing."

2015 INDUCTEES

Undergraduate Students

Zaur Agayev Amanda Akers Peyton Blanton Clare Butler Heather Caldwell Robin Carpenter Lauren Childs Nicole Church Melanie Gallagher Morgan Getz Michael Goss Hannah Greer Amy Hedrick

Sonya Hildebrand Courtney Howard Lauren Ishmael **Emily Kesheimer** Jeffery Key Dustin Khoshreza Lauren LeGrand Mary McNulty Carly Millen Joshua Miller Cynthia Morris Johana Morrison Tess Quinlan

Brooklyn Rains Melissa Reis Leah Richardson Katelyn Riggs Madelyn Schacht Andrea Schilling Madison Shiner Kassie Smith Hannah Steinforth Gretchen White Elizabeth Young

Second Degree Students

Caroline Coleman

Jonathan Hacker

RN-BSN Students

Brandi Chapman Sarah Holden

Melinda Vap Lara Hager-Midway

Mariah Smock-Midway

Graduate Students

John Centimole Jung Hee Kang Rana Lindsey-Rahman Majdi Rababa Melanie Schrader Christina Bolin Michael Bryan

Cynthia Brubaker-Vincent Amanda Carney Krista Cassel Erin Clarke Jennifer Dent Judi Dunn Brandi Duran Sarah Gabbard

Yong Girdler Susan McFarlan Emily Messerli Laura Nevitt Kara Scott Kathleen Solter Mary Stafford Kelly Taylor

Nurse Leaders

Roxanne Champion Nancy Garth

Carole Adam

Fall 2014 & Spring 2015 Scholarship Funding*

Scholarship: Arica Brandford-Dixon Bryn Brendamour

Corinna Hughes Lauren Ishmael Jung Hee Kang Christina Thompson Linda Clements

Tracey Vitori Research funding: Cecilia Boateng

*Approximately \$7,600 was awarded in total.

2015–2016 Delta Psi Executive Board Officers

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Tukea Talbert tukea.talbert@uky.edu

President-Elect open

Vice President

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Leadership Succession

Kim Wilder & Rita Dunn (elected 5/2015)



Delta Psi Chapter Sigma Theta Tau INTERNATIONAL

The Delta Psi Chapter of Sigma Theta Tau International has been busy fundraising this past year. Service Chair Bryn Brendamour found many opportunities for members to donate clothing, food and other items needed by organizations such as The Nest, Kentucky Human Trafficking Force and God's Pantry.

We also supported College of Nursing students and members who walked last fall to raise awareness and money for DSACK (Down Syndrome Association of Central Kentucky).

In October 2014 we exhibited at the Kentucky Nurses Association Bluegrass Chapter (formerly District 2) conference showcasing STTI and the Delta Psi Chapter and the benefits and types of membership and provided education to undergraduate students and nurses. Board and committee members were available to answer questions.

STTI President Hester C. Klopper encouraged all members to participate in 90 minutes of selfless service during one week in October 2014 in honor of STTI's Founder's Day. She suggested serving at a food bank, a homeless shelter, a neighborhood clean-up, a walk/ run for charity, serving as a mentor or some other service activity of the member's choosing.

The Fall Scholarship Meeting was held in October 2014 with Jennifer Hatcher, PhD, RN, MPH, presenting. She explained how she used social media to support individuals with cardiac disease in her research. She also attended the STTI conference this past summer.

The chapter's Christmas Dinner and Silent Auction event was held in December 2014 at the Hilary J. Boone Center. We raised more than \$1,200, which will help fund nursing research and scholarships. Members were dedicated to procuring silent auction items, some from many area businesses. In turn, members purchased items for this worthwhile cause. Food donations were made to God's Pantry to help support hungry families.

At the spring business meeting, Sarah Gabbard, MSN, RN, CNS, spoke about a project she developed for reducing catheter-associated urinary tract infections (CAUTI). Everyone had a great discussion on the trials and errors associated with this problem across the country. Gabbard had a poster presentation and to spoke at STTI this past summer.

Janie Heath, PhD, APRN-BC, FAAN, dean and Warwick Professor of the College of Nursing, was a featured speaker at the Spring Induction Dinner and Ceremony. She spoke on "Scholarly Leadership: Synch or Swim." We inducted 40 undergraduate students, including two Midway RN-BSN students, 23 graduate students and three nurse leaders.

Delta Psi Senior Awards were presented to Andrew Bugajski (December 2014) and Bryn Brendamour (May 2015) at their College of Nursing Pinning Ceremonies. This is an award that includes a monetary gift provided by the chapter. The following criteria determine the awardees: GPA 3.5 or greater; demonstrates abilities in scholarship; leadership and service; participates in a professional organization with preference given to a Delta Psi member; and a commitment to nursing. These awards are presented to December and May graduating seniors at their classes' pinning ceremonies.

To find out more about membership or activities of Sigma Theta Tau International, visit www.nursingsociety.org or contact any Delta Psi Board member.



When news arrived late last year that Frances Hardin-Fanning, PhD, RN, assistant professor at the College, had received a generous Health Resources and Services Administration (HRSA) grant to establish a new Med/Vet-to-BSN Option at the College, it was a victory on a number of fronts—for military veterans interested in nursing careers, for Kentucky's professional nursing workforce and for the College of Nursing itself, one of only 20 nursing programs in the nation to receive HRSA funding for a veterans' educational option of this kind.

The three-year, \$627,000 HRSA grant project will help recruit and transition an estimated 25 to 50 veterans with military medical training into the civilian nursing workforce by 2018. The College will use existing and newly developed academic and non-academic resources within the BSN Program and strengthen partnerships with valued on-campus collaborators as well as veterans' organizations throughout Kentucky. Five student veterans began their studies this fall as an additional cohort with second-degree option students, says Dr. Hardin-Fanning. "These student veterans are older, have had careers and bring life experiences and training with them that are unique," she says of the decision to place the new students in a cohort with the second degree students.

Grant funds will support program leadership, clinical instruction and a network of partnerships for academic and personal support

for this important and deserving group of students, says Patricia Burkhart, PhD, RN, associate dean of undergraduate faculty affairs at the College. While the innovative Med/Vet-to-BSN Option is new, says Dr. Burkhart, the foundational groundwork has been well in place for some time. A great deal of the credit for that groundwork, she says, belongs to Dr. Hardin-Fanning and Anthony Dotson, MS, MMAS, BBA, coordinator of the Veterans Resource Center at UK.

Dotson, now a retired U.S. Army colonel, was still in uniform in 2006 when he came to Kentucky from Syracuse University to become commander of UK's ROTC program. He'd had great success at Syracuse in recruiting ROTC cadets for its nursing program and was hoping to do the same in Kentucky at his new post. Dotson had prepared a desk-side briefing for his first meeting with Jane Kirschling, DNS, RN, FAAN, dean of the College at the time. Not sure of her knowledge of the

Dr. Fran Hardin-Fanning, PhD, RN and Anthony Dotson, MS, MMAS, BBA



military or her interest in nursing cadet recruitment, he added a short history of Army nursing to his presentation and illustrated it with several WWII nurse recruitment posters. As soon as he walked into the dean's office, he says, he was surprised and relieved to see the same posters framed and on the dean's wall. "It put me at ease right away."

Dotson was thrilled when Dr. Hardin-Fanning and Dr. Burkhart made plans to attend a nursing cadet summer training camp in Washington state in 2007. "We wanted to experience what our nursing cadets were experiencing," says Dr. Burkhart of their visit to Fort Lewis. "We slept when they slept, ate what they ate and did what they did,"

says Dr. Burkhart, including rappelling down a four-story building. "I have pictures of the two of us standing next to a tank, shooting a grenade launcher and tackling a reaction course," she says with a laugh. "What we observed in the cadets' training was problem-based learning at its best. This resonated for us as nurse educators."

But it wasn't just the mental and physical training that impressed the faculty leaders. Says Dr. Hardin-Fanning, "These are students with two majors—military science and nursing—and ours is a really rigorous program." On the plane ride home, she and Dr. Burkhart began brainstorming ways to offer more support to this special group of students. "Right away, we knew they needed a dedicated faculty advisor, someone who could also act as our liaison with the ROTC program," says Dr. Burkhart. Before they'd even landed, Dr. Hardin-Fanning had agreed to take on the role and other innovative ideas soon followed. Clinical schedules for nursing cadets were made more flexible to accommodate their scheduled military responsibilities. Academic credit was awarded toward the nursing leadership management requirement based on the same learning outcomes achieved in their military leadership course.

"What are the experiences these incoming veterans have had in their military medical training that reflect experiences that are needed in learning outcomes in the nursing program? What can we offer them academic credit for and what do they still need to learn?" says Dr. Burkhart.

Med/Vet-to-BSN students will have a chance to earn academic credit for some of the skill proficiencies and knowledge they bring with them, a big plus in recruitment. Angela Ballard Grubbs, DNP, APRN, program director of the Med/Vet-to-BSN Option, has been developing support systems and identifying resources for student veterans. She's also been communicating with interested veterans at military bases and installations throughout Kentucky, thanks in large part to Dotson, whose help in opening doors for the College has been invaluable.

Dotson, who is married to a nurse, says the Med/Vet-to-BSN Option is ideal for Kentucky, a state with a large military footprint and where veterans make up 8 percent of the population.

Kentuckians understand what it means to serve, says Dotson, and so do nurses. "I love talking to nursing students," he says. "They have more in common with veterans and military folks than they even realize. They've voluntarily chosen a degree program that's not so much about them as it is about helping other people. "Nurses get it," he says of the call to serve.



Returning to college after serving

College of Nursing undergraduate
Damien Enzenbacher, age 29, joined the
Army right out of high school and spent
four years in active service, including
time on a tank crew just miles from the
demilitarized zone in South Korea and a
year in Iraq with a unit of Army Scouts.
He also served in the National Guard for
four years.

Though Enzenbacher's military background didn't include medical training, his longtime interest in science and medicine and a deep desire to serve others led him to consider nursing when he left the military, though he didn't pursue his education right away. "I needed to take a few years off and build up an income, settle down from Iraq and just reintegrate myself back into civilian life," he says.

Now married with a son and another child on the way, he is looking forward to graduation, which is coming up soon. He says many veterans returning to college don't graduate, and he believes one reason may be the lack of support they find there. "I know other veterans at other schools who say faculty members don't always appreciate or even acknowledge their military service, and they run into a lot of walls."

His experience at UK, he says, has been very different. Many College faculty members have family with a military background and firsthand knowledge of what that means, he says. College of Nursing Dean Janie Heath, PhD, APRN-BC, FAAN, not only grew up in a military family but also raised one herself as the wife of a military officer, now retired. "Men and women who put on a uniform, that's an honor in itself," says Dr. Heath. "For them to have an opportunity to join what I consider the most noble profession there is makes this new opportunity to help our veterans become part of the nursing workforce really very special."

NURSING ADVOCACY: The Best Policy LEADERSHIP Sue Fay In March, students, faculty and deans from PHOTOGRAPHS BY: AACN-member (American Association of Colleges Lee Thomas of Nursing) nursing schools nationwide gathered in Washington to hear about nursing policy—and be heard by those who are making it.



AMANDA FALLIN PhD. RN

The last time she was on Capitol Hill advocating for nursing education and health policy, Amanda Fallin, PhD, RN, assistant research professor at the College of Nursing, was a nursing student herself, part of the College's first class of BSN-to-PhD students. It was 2010 when faculty members encouraged the talented student, a research intern with a growing interest in tobacco control, to attend the first American Academy of Colleges of Nursing (AACN) Student Policy Summit in Washington. After graduation, Dr. Fallin was chosen for a three-year post-doctoral program at the University of California-San Francisco's prestigious Center for Tobacco Control Research and Education where she worked under legendary tobacco control scientist and activist, Stan Glantz, PhD.

In July, with a growing list of nationally recognized contributions in tobacco control research to her name, Dr. Fallin returned to Kentucky and joined the College's research faculty. A few months later, she was invited once again to an AACN policy summit in Washington—this time, for their highly selective Faculty Policy Intensive (FPI) Program, a fully funded, four-day immersion experience in advocacy and public health policy for AACN-member nursing school faculty members who are actively pursuing roles in health care and nursing policy.

Dr. Fallin was one of only eight faculty members nationwide chosen for this year's FPI Fellow honors and will

spend the next year working
on an advocacy project with
her cohort. "It is just an
incredible experience all the
way around," she says. "As
nurses, we don't always
see the direct connection
between policies made in
Washington or Frankfort
[Kentucky] and their
influences our on our patients
or our practices. But policy does
affect the health of our practices, our

patients, our communities and the nation."

"There's no better advocate for health than a nurse ..."

Dr. Janie Heath

There's no better advocate for health than a nurse, says College of Nursing Dean Janie Heath, PhD, APRN-BC, FAAN. And, she says, no better ambassador for nursing education, research and workforce development than a nursing student.

Dr. Heath and three UK nursing students, one from each of the College's major academic programs, were also in Washington this past March for the annual AACN Student Policy Summit, now in its third year. The student policy summit coincided with the faculty policy summit, which meant that Dr. Fallin could join



the group for their day on Capitol Hill, the highlight of a summit experience filled with so many other great experiences, says Tracey Vitori, a PhD student at the College. "The AACN had a couple of fantastic speakers who really laid the groundwork for us ahead of time," she says. "But going on the Hill to speak to policymakers—what an opportunity that was! I thought, wow, I'm really going to have a chance to engage with these folks and hopefully have a dialogue. And that's exactly what happened!"



TRACEY VITORI
MSN, APRN, MS, MEd, ACNP

On Capitol Hill, the College's student participants, accompanied by Dr. Fallin and led by Dr. Heath, met with legislative aides for Kentucky's U.S. Sen. Mitch McConnell and U.S. Rep. Harold Rogers. "The aides were so well-informed, so knowledgeable," says Vitori. "We were all impressed with their grasp of the issues and their concern for constituents."

AACN had prepared talking points on key policy issues for students and faculty to discuss with the congressional representatives they met, among them Title VIII funding for nursing education, funding for traineeships for nurse workforce development and the need for more research dollars to support nursing science, the foundation of evidence-based practice. Students also had a chance to tell their own stories to the policymakers and influencers they met. "Although they graciously and respectfully listened to the deans, they really wanted to hear what the students had to say," says Vitori.



TRACEY VITORI AND SUSAN FRAZIER, PhD, RN, FAHA

It was an eye-opening experience for everyone, says Dr. Heath. "It's one thing to be an advocate for your patient, but when you're out there talking to key stakeholders who are making decisions about regulation, policy and laws, it takes it to a whole different level," she says. "For all of these students to be able to go and practice what they're learning and build confidence in their skills, it was just a phenomenal opportunity for them."

DNP student Gwen Moreland, MSN, RN, NE-BC, assistant chief nurse executive for Kentucky Children's Hospital at UK, is already a seasoned and respected nursing leader. In her role at the pediatric hospital she's responsible every single day for quality and safety, instituting evidence-based practice and for staff development. Moreland had quite a bit to tell them about her work as a student and as a professional on the vital importance of nursing workforce development.

Over the past five years, Moreland and her team at the children's hospital have been implementing successful breastfeeding practices and procedures required for the national Baby Friendly designation, which the hospital now has. That's an important credential for patient health, especially in Kentucky with its historically low breastfeeding rates.

Vitori lives in Ohio and works as an acute care nurse practitioner at a local hospital there. She travels to Lexington every week to work with senior faculty researchers on her own project, a secondary study examining the relationship between stress and cardiovascular health in prisoners.

Vitori turned down a full scholarship to another university to come to the UK College of Nursing for her PhD studies. "Kentucky's research program was just so deep. The RICH Heart research program, the work in tobacco control—I really wanted the mentoring opportunities I knew I'd find at UK."

Vitori had taken several policy classes in the course of her PhD program but says it wasn't until later, when she was back at the bedside and the Affordable

Care Act was just kicking in, that her interest in policy was piqued.

"... they really wanted to hear what the students had to say."

Tracey VITORI MSN, APRN, MS, MEd, ACNF "I started thinking ... hmm.
Patients are getting better so
why do they keep coming
back? Was it access to
care? Literacy issues? Is it
because they can't afford
the medication we're giving
them at discharge? Why is
this happening? That's where
the policy piece started coming
into it for me."

Vitori says she would like to continue her nursing career in leadership and policy with a focus on finance. The summit added fuel to that fire. "No senator or member of Congress can be well-versed on all of the issues they are dealing with and voting on," she says. "They have to rely on information they receive from others." Who are the decision-makers and how are they getting their information? Is it the dollars? Is it networking? Are they getting their information from staffers? From their constituents? "It was all made very real to me at the summit."



GWEN MORELAND MSN, RN, NE-BC

The evidence is clear on the health advantages of breastfeeding for both babies and mothers. Funding is vital for nurse-led research on best practices and an educated nursing workforce to implement them, says Moreland, whose performance-improvement project for her DNP practice inquiry project is on the impact of "nurse dose"—the level of education, experience and specialty credentials a nurse brings—on health outcomes for obstetrical patients.

Did she feel like an "ambassador for nursing" in Washington as the AACN literature suggested she would? "I really did," says Moreland. "I felt it was my job to accurately represent and be a voice for UK HealthCare, for the College and for Kentucky."

The chance to be heard by those who can make a difference was inspiring. After returning from the summit, Moreland says, "I started thinking about how many nurses there are in this country and the impact they could have on policy development speaking with a unified voice." What she saw, heard and learned, she says, has already prompted her to consider how her current role as the pediatric hospital's assistant chief nurse executive might provide her with new opportunities to engage in policy discussions and potentially influence policy outcomes. "The summit really set the stage for how nurses and nurse leaders can have a voice and make a difference at this level."



"... nurses and nurse leaders can have a voice and make a difference ..."

Gwen Morelan

Twenty-three-year-old Kaitlin Voigts, a BSN student from

Iowa, was the youngest student from the College to attend and among the youngest at the student policy summit overall. When it was her turn to speak to Kentucky's legislative aides, she knew what she wanted to say. "I told them I wouldn't have had the kind of opportunities I've had as an undergraduate nursing student anywhere but at the University of Kentucky."

The talented student and student leader (she's a teaching assistant, community volunteer and president of her BSN class) spoke about the remarkable opportunities she's had as an undergraduate nursing research intern working under senior nurse scientists and mentors on UK's RICH Heart team. Just the month before in fact, she had presented a poster on her own research project—a secondary study on family assessment and cardiovascular risk reduction—alongside advanced degree nursing students and nurse faculty researchers at the national Southern Nursing Research Society (SNRS) conference in Tampa. "Cardiovascular disease is a massive issue in Kentucky," says Voigts. "I want to stay in Kentucky and continue my nursing education and one day practice and conduct my own research here."

That's the whole purpose of the student policy summit and the day spent on Capitol Hill, says Dr. Heath. "To help create awareness among those who have the power to affect policy and maybe to share a story or some compelling data that helps shed new light on an issue."

Dr. Heath was proud of these UK nursing students and how well they represented nursing interests in general and Kentucky's stake in those interests in particular. When Voigts spoke to Kentucky influencers on Capitol Hill, she told them that their decision on Title XIII funding would directly affect her and her ability to stay in Kentucky and continue her education.

Take note, Kentucky policymakers. Voigts graduates this December. There's not a moment to waste.



KAITLIN VOIGTS BSN STUDENT page 28

PRACTICE

WRITTEN BY: Rebekah Tilley

PHOTOGRAPHS BY: Lee Thomas

BSN curriculum covers the *entire lifespan*, beginning with the smallest patients of all.





RIGHT: Leslie Scott, PhD, APRN, PPCNP-BC, MLDE







A baby in fuzzy yellow pajamas is staring with large unblinking eyes at the group of nursing students in front of her in a large lecture hall. She sticks a thumb in her mouth as Assistant Professor Carrie Gordy, MSN, APRN, asks for a student volunteer to come down to the front of the classroom. With a big smile, a sophomore-level nursing student approaches the infant and begins assessing her development.

This is Nursing 201: Assessment and Health Promotion—one of the first building blocks of the College's undergraduate curriculum.

From the very beginning of life to the launching of adolescents into adulthood, pediatric nursing students trained at UK are equipped to confidently care for each patient at each stage of development.

"Where some nursing programs have cut back on pediatrics, obstetrics and some other areas, we feel that an understanding of family and each member of the family is really important," explains Professor Patricia Burkhart, PhD, RN, associate dean of undergraduate faculty affairs at the College, and a nationally recognized expert in pediatric asthma management. "In our curriculum, we start with what is healthy and how to promote health, and then contrast that with patients who are ill."

The healthy child in front of Gordy's class is trying to "army crawl" after a blue ball that the student has gently rolled across the stage. The infant's caregiver fields questions from the student. Was the infant premature? Has the baby started on solids? Can she roll over front to back? Back to front? The only question the caregiver cannot answer is how old the baby is.

"When the developmental mapping is complete, then they have to try to tell me what the baby's age is based on their developmental milestones," says Gordy. Vicki Hensley, PhD, APRN, instructor for the College, takes a similar experiential learning approach. "You can talk about different strategies to get a child to cooperate when you are taking their blood pressure, but you don't know what you are doing until you actually work with a child," Dr. Hensley says. "You give students the opportunity to assess the patient and show them different milestones."

Health and wellness instruction also extends out into the community. In local elementary schools, students teach children how to properly wash their hands, brush their teeth, and how to cough and sneeze to decrease germ transmission. They also take part in an after-school mentoring program where they help children with their homework and listen to their concerns.

Once students have a solid base of knowledge and skills related to health and wellness in their sophomore year curriculum, they transition to acute care. Junior-level students are at UK's Kentucky Children's Hospital working with acutely ill children for their pediatric clinical experiences. Cancer, heart defects, respiratory problems like asthma, cystic fibrosis, RSV, bronchiolitis and pneumonia are all illnesses that adults face, but in children they are a whole different ballgame.

"Kids are not miniature adults," Dr. Burkhart explains.

"Physiologically they are different than adults. Their metabolic rate is different so they metabolize medications differently. For example, if you gave an infant the same amount of IV fluid you would give an adult, you'd put them in circulatory overload."

"In an acute care setting, a thorough understanding of a child's developmental level is a critical part of their care," Gordy says.

By 2016 the College plans to open a BSN-DNP Pediatric Acute Care Nurse Practitioner specialty. Only UK and one other school within a five-state radius will offer this specialty, filling a gap for high acuity care for children.



An experienced pediatric emergency department nurse, Dr. Blackburn's type of work changed, but the patient population didn't. She says, "Children need someone to take care of them. Unfortunately, I've seen a lot of kids that do not have the support they need at home and it's terrible. So part of my purpose is to be their voice. I felt that as an ED nurse and I feel it as a nurse practitioner provider."

Dr. Blackburn specializes in pediatric bladder control problems. She currently sees about 25 children a week who have constant leaking or full-blown urinary accidents—a condition known as functional elimination syndrome.

Walking into the exam room, Dr. Blackburn drops down to the patient's level and begins by reassuring the child.

"I have to tell them I don't have shots in my office," Dr. Blackburn says with a smile. "That's the typical age that needs to hear that when they go to a doctor's office."

From there, Dr. Blackburn walks children through what an ultrasound is, "lets the child hold the wand and explains that it will feel slippery on the tummy and won't hurt. Treatment involves a lot of communication and training with the parent and child as they work to undo a learned behavior.

"Children don't have a lot of comorbidities," says Dr. Blackburn about the benefit of working with children. "They have more isolated complaints that you can focus on."

Advocating for pediatric patients is what DNP alumna Andrea Sebastian, DNP, APRN, does on a daily basis. Dr. Sebastian is a nurse practitioner with the Child Advocacy Resource and Evaluation Services Team, Le Bonheur Children's Medical Center in Memphis, Tennessee, and instructor at the University



Left:

Below:

Dianna Inman,

Vicki Hensley, PhD, APRN

of Tennessee Health Sciences Center. Her passion for working in child advocacy was born out of her experiences as a bedside nurse.

"When I moved to Memphis, I discovered there were a lot of children who were victims of child abuse," Dr. Sebastian recalls. "I was an experienced nurse, and I still had a hard time recognizing it and feeling comfortable reporting it."

Dr. Sebastian's DNP capstone project studied the reasons why bedside nurses find it so difficult to recognize and report suspected child abuse.

She now educates pediatric nurses and nurse technicians newly hired at Le Bonheur on recognizing and reporting cases of suspected child abuse.

"I feel like I'm making a difference and hopefully, helping these kids get out of dangerous situations," says Dr. Sebastian.



school-age

Two cotton balls are poised on a small exam table. An 8-year-old child with asthma and Dr. Burkhart bend over the table, drinking straws at their lips.

"On your mark, get set, *go*!" With a deep intake of breath, the race is on and the two cotton balls are blown across the table. "You win!" Dr. Burkhart exclaims. "Now let's try that with this." She hands the child a peak flow meter that measures his maximum speed of expiration.



"School-age children are concrete thinkers," explains Dr. Burkhart. "They aren't abstract. You have to show them things."

The ability to think creatively to achieve treatment and research goals is one of the hallmarks of an effective pediatric nurse practitioner and one of the things Leslie Scott, PhD, APRN, PPCNP-BC, MLDE, associate professor and pediatric nurse practitioner DNP specialty coordinator at the College, looks for when reviewing applicants for the PhD Program.

"We like to think that our PhD colleagues create the science through their research where the DNP provider incorporates the science into clinical practice and then evaluates the outcomes," explains Dr. Scott. When she took over the Pediatric Nurse Practitioner Specialty in the DNP Program, it was transitioning from a master's-level program to doctoral. Dr. Scott led the development of the doctoral-level curriculum.

"Pediatric nurse practitioners have an in-depth understanding of growth and development," says Dr. Scott. "They are excellent at anticipatory guidance, patient teaching, as well as wellness and health promotion strategies."

After treating numerous children with oppositional defiant disorder, Assistant Professor Dianna Inman, DNP, APRN, CPNP, PMHS, used skills developed during her doctoral work to seek a program with verified results that addressed this problem at its roots.

"As a DNP student, education equips you with the knowledge and tools needed to formulate clinical questions, search the literature and look for the best evidence to inform your practice," says Dr. Inman. "We know that it takes, on average, 17 years to get research into practice. The doctorally prepared pediatric nurses will be able to evaluate the evidence and be those champions that we need them to be to get nursing research into practice much sooner."

Dr. Inman's championing lead her to The Incredible Years—a school-based social skill training program with 20 years of research to support its effectiveness in preventing and treating behavioral problems. Implementing the program in nine at-risk elementary schools became her doctoral capstone project.

"We have a long way to go in prevention, but it's key," says Dr. Inman. "Especially with children and adolescents, we can prevent many behavioral and mental health disorders if we intervene early. My doctoral work infusing this program into high-risk elementary schools decreased aggressive behavior by 30 to 50 percent."



A tray sits between two adolescent boys with blood glucose meters, insulin and all the equipment necessary to monitor and manage their Type I diabetes. At this age it is appropriate for them to take an active role in the management of their condition. Developmentally, adolescents are establishing their independence, which sometimes makes it challenging for them to accept adult instruction. Pediatric nurse practitioners learn to help these adolescents reach a degree of independence in their daily management with minimal impact to their degree of disease control.

"Part of my role is to provide evidence-based projects and strategies to the nursing staff at UK HealthCare," Dr. Inman continues. "This is another example of how advanced practice nurses can play a critical role in preventive patient care."

Dr. Scott participates in a traveling diabetes clinic four times a year in Pikeville, Kentucky, and as a DNP student, Dr. Blackburn found the experience invaluable.

"That's when I realized I wanted to work in a subspecialty," she recalls. "It helped me see more of her life—what she does as a teacher and a provider and how she functions in a provider setting."

"Our faculty members who practice spend a considerable amount of time with our students," says Dr. Heath. "It is not the norm across the country for nursing educators but it's absolutely critical. We have a good body of knowledge that demonstrates it's the clinical experiences that produce the best learning. When students are given that hands-on experience, it's easier to grasp and retain the didactic content."









Sharon Lock, PhD, APRN, FNAP, FAANP; Amy DelRe; and Samantha Gilbert, RMA

earing a white coat and a warm smile, Phyllis Corbitt, MD, served the Wilmore, Kentucky, community for more than 40 years. When she retired in 2013, the town looked to the College of Nursing to fill the tremendous need for another provider in the area.

In May, the University of Kentucky College of Nursing Phyllis D. Corbitt Community Health Center opened. The limited-services clinic fulfills several needs: providing care for the people of Wilmore and Jessamine County; an opportunity for faculty to practice in a community environment; and a place for students to work with faculty.

"The clinic is not only AN OPPORTUNITY FOR COMMUNITY ENGAGEMENT, but it signifies our

but it signifies our commitment for advancing integrative and collaborative UK HealthCare learning and working environments,"

says Dr. Janie Heath.

The clinic was two years in the making. Shortly after Dr. Corbitt's retirement, the owner of the building that housed her office, UK graduate Hugh Sims, contacted Amy DelRe, clinical program coordinator with the College of Nursing, to ask if the College was interested in starting a clinic in Wilmore.

"We had been talking about opening a clinic for many years," DelRe recalls. "At the time, Dr. (Sharon) Lock was the interim associate dean for MSN and DNP Studies. I told her about the conversation with Mr. Sims and she was thrilled. Having our own clinic

provides a place for our faculty to practice and for our students to do their clinical rotations."

"I thought if we are ever going to have our own clinic, this is the time to do it," says Sharon Lock, PhD, APRN, FNAP, FAANP, professor, primary care nurse practitioner specialty coordinator and director of faculty practice at the College. While in the past the College has operated a variety of clinics in partnership with community groups under the direction of Marcia Stanhope, DSN, RN, FAAN, professor emeritus, College of Nursing, it had never operated a traditional clinic that billed for services.

Since 1984 when former Dean Carolyn Williams, PhD, RN, FAAN, joined the College, faculty practice has been a priority and she is pleased that the current dean, Janie Heath, PhD, APRN-BC, FAAN, has the same vision and priority for faculty practice.

"The clinic is not only an opportunity for community engagement but it signifies our commitment for advancing integrative and collaborative UK HealthCare learning and working environments," says Dr. Heath, regarding the clinic's mission. "We have a unique opportunity to build a special interprofessional practice environment where many of our UK colleagues from the health professions can join us to improve health and wellness in Wilmore through accessible, quality and cost-effective care."

Under the clinic's limited-services license, nurse practitioners treat patients with common illnesses such as upper respiratory infections, allergy symptoms, sore throats and skin infections, for example. They also administer immunizations, provide patient education and counseling and do school and sports physicals as well as pre-employment health screenings.

"This is a new endeavor for us," says Dr. Lock. "When we first started out, I really wanted to do full primary care. But for us to get a license to do primary care would have taken a lot longer and been much more involved. Instead we are starting as a limited-services clinic and hope to one day be licensed to offer full primary care services."



STAFF MEMBER RECALLS Dr. Corbitt's Health Care Legacy

A staff member at the College for more than 30 years, Joanne Davis, assistant dean for student and academic services, has deep roots in the Wilmore, Kentucky, community. Like many in Wilmore, Davis has fond memories of Dr. Phyllis Corbitt, whom she first met as a college student. Visits to her office for typical ailments related to undergraduate overwork resulted in more than merely getting a prescription.

"The care that Dr. Corbitt offered to the Wilmore community extended far beyond medical needs," says Davis. "Her influence is profound and the depth of her Christian faith is evident in her life—every day of her life. As a college student, I experienced her care on more than one occasion, and it was more like going to visit my mom than the doctor. She tended to my physical needs while offering the encouragement that an 18-year-old needed."

As the College of Nursing steps into Dr. Corbitt's old office space, Davis trusts it will strive to continue Dr. Corbitt's legacy.

"I hope that the new clinic will continue to be a place where all residents are welcomed with kindness," says Davis. "It is important for Wilmore to have business partners who are invested in the life of the community—and providing good health care is one of the best investments I can imagine."

Dr. Corbitt's family also has strong UK ties.
Her daughter is Janine Jones, MD, University Health
Services, UK HealthCare, and her son-in-law
is Raleigh Jones Jr., MD, chair, Department
of Otolaryngology, Head and Neck Surgery,
UK HealthCare.











The clinic is staffed with College of Nursing family nurse practitioners, a practice manager and a medical assistant. A UK primary care physician will be available for any consultation or referral support decisions needed. With three exam rooms, the clinic has the capacity to support two providers and students working at any time.

Family nurse practitioners are required to log at least 1,000 hours of practice within a five-year period to maintain their certification required for licensure. The clinic is a perfect outlet for College primary care nurse practitioner faculty to keep their skills sharp and meet their practice hours for certification. Dr. Lock suggests that the clinic also has potential to streamline faculty research due to its location, as well as its affiliation with the College.

"It's difficult to find clinical placements for primary care nurse practitioner students. This will be extremely helpful because we will have control over this clinic and the students being placed here," says Dr. Lock.

With members of the College's faculty working regular rotations, the clinic is an obvious entry point for students to do their clinical rotations. Working with a preceptor, students are able to see patients, do a thorough patient history and physical exam, and work with the preceptor to come up with a diagnosis and a plan for treatment.

"They are getting hands-on, direct patient care experience in the clinic," says Dr. Lock. "It's difficult to find clinical placements for primary care nurse practitioner students. This will be extremely helpful because we will have control over this clinic and the students being placed here."

To aid in the timely development of the clinic, the College hired a practice consultant and negotiated cost-effective renovations with Sims. The nurse-managed clinic is now an updated office, just a few steps from Sims Drugs, owned and operated by UK graduate John McDaniel, PharmD, which includes a pharmacy and an old-fashioned soda fountain from the days when a druggist made root beer floats, as well as filled prescriptions.

Dr. Lock and DelRe furnished the clinic out of the UK Surplus Office including exam tables, cabinets, desks, chairs and computers.

"I was a frequent flyer!" DelRe quips. "Getting all that equipment stored, getting it moved—we did it all as economically as we could. The most engaging thing for me has been trying to put the pieces and parts together. We are hoping to break even to cover our costs. Everything we bill will go back into running and expanding the clinic."

With the vision to expand integrative and collaborative services, many individuals within the UK HealthCare organization made themselves available to assist the College in navigating the hoops to set up the clinic. This included getting a certificate of need, deciding how to process billing, as well as figuring out how to finance renovations and equipment purchases.

Dr. Heath says, "This level of support from UK HealthCare speaks volumes about their commitment to address the 2010 Institute of Medicine report on The Future of Nursing and aligns with the recommendation for nursing to be full partners with physicians and other health care professionals in redesigning health care delivery models."

What does the College of Nursing offer to the community? "Immediate, local access to care," declares DelRe. "We see patients by appointment or walk-in. We know Asbury Seminary doesn't have a student health service so we feel like we can offer something for those students and their families. Asbury University has student health services, but they aren't there all the time, plus there is the Wesley Village retirement community in the area. We can provide immediate access to care so people with common illnesses won't have to go to the emergency department or drive to Nicholasville or Lexington."

Naming the clinic after Dr. Corbitt was a conscious decision to continue her legacy of a quality, local, relational approach to health care in the Wilmore community—and those are hallmarks of the nursing profession as taught and demonstrated at the College of Nursing.

ALUMNI

2015-2016

THROUGHOUT 2015-2016

College of Nursing Phonathon

Thanks to all of you for supporting the College of Nursing through the phonathon and direct mail this last year! We were able to award more than 100 scholarships to deserving nursing students because of your generosity. Calling and direct mail programs are conducted yearround to support our mission to envision, engage and empower nursing education, research, practice and service in an ever-changing health care environment. If you have already supported the College through the phonathon or direct mail—thank you! If you have not, you will receive an opportunity soon. We hope you'll give generously to support future nurses!

Continuing Education Opportunities

We offer many continuing education courses online, such as Pediatric Abusive Head Trauma, HIV/AIDS, and Advanced Pharmacology. Check out CE conferences and live events on our website—University of Kentucky College of Nursing Continuing Education: www.ukconce.org.

DATE TBD—**2015 Student Scholarship Showcase**

Pavilion A, Albert B. Chandler Hospital

Join us for the 12th Annual Student Scholarship Showcase. Visit with both undergraduate and graduate students who take classroom, clinical and research experiences and share these important scholarly works. Look for updated information on our website, www.uky.edu/nursing.





BSN Pinning Ceremony

10 a.m. Singletary Center for the Arts Concert Hall

Dr. Janie Heath, faculty and staff invite you to attend the Pinning Ceremony in honor of the December 2015 BSN graduates. Please feel free to join us for this special event. Visit our news page at www.uky.edu/nursing this fall for parking information.

May BSN Pinning Ceremony and Graduate Student **Hooding Ceremony**

Singletary Center for the Arts Dr. Janie Heath, faculty and staff invite you to attend the BSN Pinning Ceremony and the Graduate Student Hooding Ceremony in honor of our May 2016 graduates. Visit our news page during spring 2015 for times and parking information.

Student Scholarship Brunch

The 2015 Student Scholarship Brunch was held in September 2015. These annual brunches celebrate and thank our donors, without whom many of our students could not afford to come to college. This is also a time when student scholarship recipients have the opportunity to meet and spend some time with the donors who sponsor their scholarships. Watch our website, www.uky.edu/nursing, for the date of the September 2016 event.









You DID IT!

BSN PINNING
DECEMBER 2014 & MAY 2015

RN-BSN PINNING

DNP & PhD HOODING

NORTON POST-GRADUATE CERTIFICATE JULY 2015

There's no happier time than graduation on a university campus. Congratulations to all of our graduates ... you've earned this with a lot of late nights and hard work. We send a special congratulations this year to the first graduates of our post-graduate certificate program from the Norton Healthcare System in Louisville. We are incredibly proud of all of you as members of a most noble profession. Do well!











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Boomerang Society

The Boomerangs on our nursing pin are unique to the University of Kentucky College of Nursing. They are based on a sculpture that once sat outside of the original UK Medical Center. According to its creator, Amarigo J. Brioschi, the rising form symbolizes "the epitome or heights man has reached" while the downward pointing form represents "man's mediocrity, his failures and disappointments."

Dr. Janie Heath, dean, adds that the upward boomerang represents how nurses soar and help their patients to soar with compassionate care while the downward boomerang shows how nurses keep health care grounded with their values and ethics.

The Boomerang Society supports the College and the College of Nursing Alumni Association through scholarships, professorships, nursing research, professional education programs and real-world internships and networking opportunities.

We are happy to launch the new Boomerang Society Giving Levels:

Caring4Nurses

Annual gifts from alumni and friends of \$100 and more.

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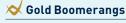
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WRITTEN BY: Aimeé Baston

Nursing: A lifestyle, a calling HONORED IN THE Peddicord Family SCHOLARSHIP

EMMA H. PEDDICORD



"We hardly ever got through dinner without the phone ringing," Ron Peddicord says. "Mom never complained, she just answered the phone, asked a series of diagnostic questions, told the parent on the line what they needed to do and then came back to the table. Nursing was just part of her everyday lifestyle."

Mrs. Emma H. Peddicord was born in Falmouth, Kentucky, the eldest of four children who loved children herself. Her sister-in-law, Martha Peddicord, remembers, "As a teenager Emma was very busy babysitting for other families in the neighborhood. She was very fond of and enjoyed being with children and had a unique God-given talent to relate to them. When she was older, she taught the youth group at church. I don't believe she planned on being a nurse as much as that's what God's plan for her was."

Indeed, it did seem that it was God's plan. "Mom's parents weren't financially able to send her to nursing school," said Steve Peddicord. "Those resources came from her Aunt Mary in Erlanger, Kentucky. Aunt Mary never married or had any children but ran a profitable café on Dixie Highway." Mrs. Peddicord graduated from Good Samaritan Hospital School of Nursing in Lexington in 1952. Upon graduation, she began her career working as a pediatric nurse for Dr. Carl H. Scott until her husband moved the family to Cincinnati for a job with McAlpin's department store. When McAlpin's opened a store in Lexington, the Peddicords transferred back to Lexington. It didn't take long for Dr. Scott to call on Mrs. Peddicord to return to his practice and care for young patients. When she retired, Mrs. Peddicord had worked for Dr. Scott for 27 years and helped countless children and their families no matter the time, day or night.

When Emma Peddicord passed away, her sons, Ron and Steve; her sister-in-law, Martha; as well as other family members and friends memorialized Emma's lifetime of caring for pediatric patients by setting up the Peddicord Family Endowed Scholarship in the UK College of Nursing. Steve reflects, "Mom was always the type that took more of a servant attitude. So it was just a natural fit for us to honor the nurses who took such loving care of her at the end of her life and to honor her life of service by helping students fulfill their dreams of becoming a nurse."

And the calling continues through students who will carry on the legacy of Mrs. Peddicord ... generous, caring and with that same servant attitude.

Would you BE Interested?

There are many ways to honor and remember loved ones while helping young men and women achieve their education and career goals at the UK College of Nursing. With a bequest, a gift annuity or charitable trust, you can leave a lasting legacy that helps others. For more information on giving opportunities in the College of Nursing, please contact Aimeé Baston at (859) 323-6635 or by email at abastonGuky.edu.

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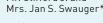
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