Meet the Alumni Advisory Council!

The School of Nursing Alumni Advisory Council supports the Dean and Alumni Relations Program to advocate for the mission and priorities of the School. Each quarter we’ll meet two Advisory Council members and learn more about their passions and motivation for supporting the School of Nursing on the Council.

Gillian Beck, ’11 I came to nursing and the OHSU School of Nursing through working with inspiring nurses and nurse practitioners at Planned Parenthood. Volunteer hospice work led me to a career in home hospice nursing. I love providing patient and family-centered care in patients’ homes, and I enjoy the independence and responsibility of working in the field. Outside of work I enjoy gardening, food preservation, quilting, games and travel.

As a nursing student nearing graduation, I searched for an alumni network to support and advise me. I love mentoring and talking with current students about what I do. The opportunity to support current students is why I decided to join the Advisory Council. Feel free to contact me to learn more about home hospice nursing!

Jane McDowmey, BS ’63, R.N., N.C.C.N.
My nursing degree has been a great combination with a passport and tickets as Art and I have lived, traveled and had adventures in more than twenty-five countries since graduation. I have been privileged to practice or volunteer in public health clinics, hospitals, embassies, schools and camps as well as serving as travel consultant and as a Community Liaison Officer in London.

Now living in Bend, I keep busy with church, family life, Girl Scouts, nature and professional nursing organizations. Although wondering how it can possibly be 50 years, I am eagerly looking to our reunion coming up on June 1-2, and the chance to participate in OHSU’s 2013 celebration of Nurses Week, portraying one of my personal heroines, Florence Nightingale.

OHSU School of Nursing
A Vibrant Learning Community Ready for You!

OHSU is committed to preparing students who are ready to meet patient needs and lead the profession through the challenges of a changing health care system. With undergraduate and graduate degree options available online and at campuses across Oregon, taking the next step to achieve your career goals is more accessible than ever. Learn more about these degrees and our specialties in nurse-midwifery, nurse anesthesia, psychiatric mental health, family nurse practitioner, health systems and organizational leadership, public health and nursing education by going to www.ohsu.edu/son or by calling the Office of Admissions at 503-414-7725 to schedule a visit.

School of Nursing Reunion!

We are celebrating reunion classes ending in 3 and 8, but all alumni are welcome to the Reunion Luncheon on Sunday, June 2, 2013 at 1 p.m. in the Center for Health & Healing Atrium. The program will include remarks from OHSU School of Nursing leadership, a tribute to the Class of 1963, a historical archive display and a special presentation by current nursing students. There will also be a campus tour which will include stops at the library, Emma Jones Hall and the construction site of the new South Waterfront campus.

News Flash!

Following a nationwide search, Susan Bakewell-Sachs Ph.D., R.N., A.P.R.N., B.C., has been named the new School of Nursing dean and vice president for nursing affairs for Oregon Health & Science University. Dr. Bakewell-Sachs will become the 11th School of Nursing dean in OHSU’s history.

As dean, Dr. Bakewell-Sachs will oversee education, research and faculty practice at the school’s Marquam Hill campus in Portland and each of its satellite campuses in Ashland, Klamath Falls and La Grande. She will also oversee the school’s virtual online programs.

At OHSU, Dr. Bakewell-Sachs will play a major role in the transformation of Oregon nursing education as state and federal health care reforms take place. These reforms will expand the role of nurses in the upcoming decade to meet the needs of the country’s growing demand for care.

If you are an alum from a 3 or 8 year and interested in getting your class together before or after the luncheon, the Alumni Relations Program can help. Contact Lauren Cox at 503-352-0708 for assistance.

We look forward to welcoming you back to OHSU! Register now and get ready for a great weekend in Portland! For more information and registration details visit www.ohsu.edu/son/alumni.

School of Nursing Connections

A publication from the OHSU School of Nursing

Dear Alumni and Friends,

This issue of Connections provides some stellar examples of how our faculty and students are leading innovation in nursing science. Their research builds on the school’s historic strengths in gerontologic nursing, symptom management, caregiving, chronic illness management and end-of-life care. For more information about School of Nursing research visit: www.ohsu.edu/son/research.

We are eagerly anticipating the arrival of our new Dean in July. Watch for notices of fall events and an opportunity to meet Dr. Bakewell-Sachs. In the meantime, I hope that you will join us for one of the reunion events this spring, including the all-alumni luncheon on June 2.

Sincerely,
Chris Tanner, Ph.D., R.N., F.A.A.N.
Distinguished Professor

Save the Date

Puahly Lecture
Thursday, Oct. 24, 2013

Oregon Health & Science University

School of Nursing

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School of Nursing Connections

Spring 2013
Exercising to Reduce Falls

By Lee Lewis Husek

Women who survive cancer often face new risks from the therapy itself. One well-documented risk is fall-related fractures. Why they are at risk is still unknown. To find answers, researchers at the OHSU School of Nursing are testing the idea that exercise can help prevent them.

“We don’t know whether they’re falling because they’re aging faster than other adults or whether they have some unique treatment-related risk for falling,” says Kerry Winters-Stone, Ph.D., principal investigator of a five-year, $2.8 million study funded by the National Cancer Institute.

Winters-Stone, an associate professor at the nursing school who earned her Ph.D. in human performance and exercise physiology, has conducted groundbreaking work showing that cancer survivors can reverse treatment-related side effects and symptoms with exercise.

He suggested clinical trials and put her in touch with Winters-Stone. “I had terrible fatigue, no energy level and how the garbage can sail 30 feet to the curb” she said. “I’d gained 40 pounds, and when I met Kerry, she said it was from inactivity.” Winters-Stone piloted one of Winters-Stone’s exercise and bone health in women with cancers. “When I started, I couldn’t do a simple push-up. After exercising, I was able to do 16!”

Now 60, and a cancer survivor, Winters-Stone is enrolled in the GETFIT (Group Exercise Training for Functional Improvement after Treatment) trial that will compare tai chi training to strength training in female cancer survivors 50 to 70 years old. She has been randomized to the tai chi group. Tai chi (TIE-CHEE) is an ancient Chinese martial art that involves slow, controlled movement, while moving the body outside its center of gravity. The researchers hope that tai chi may make women more stable and less likely to fall in their day-to-day activities.

The specific aims of the study are to determine whether tai chi or strength training is better at reducing falls in this population and also the mechanism by which either form of exercise reduces falling. Another goal is to find out whether the benefits of either intervention last after structured training ends.

Donors Give Back to Nursing Students

These individuals brought their unique passions, values and experiences for what they seek to achieve. The school brought the expertise to create scholarships funds to achieve their unique goals while fulfilling the mission of the SoN.

Mary Nyquist Koont

In Fall 2012, Nursing Student Mary Nyquist Koont met with Interim Dean Chris Tanner and learned about Oregon Consortium for Nursing Education (OCNE). A nurse herself by training, Mrs. Koont was so moved by the mission of OCNE – to bring quality nursing education to rural locations – that she pledged a current-use scholarship for undergraduate School of Nursing students.

“I worked all through nursing school and worried about the expense of a jar of cinnamon. Now I have the opportunity to encourage nursing students from Lane and Deschutes Counties earning their BSN and make the process a bit easier for them!”

Leity Esteghlalian

Committed to the role that faculty have in the development of future nurses and the profession, Leity Esteghlalian was determined to identify a long-term solution towards building the pipeline for future nursing faculty and leaders. Ms. Esteghlalian established a named endowed scholarship fund to support doctoral nursing students.

“As a single mother and a dedicated nurse, I had to struggle with many obstacles such as finding sources of income in order to remain objective and healthy. By providing this gift, I wish to reduce the financial burden and help doctoral nursing students to achieve their professional goals with more ease.”

Robert Duff

Robert Duff’s late wife, Vivian Godley-Duff, D.N.Sc., R.N., faculty emerita, was deeply committed to OHSU, where she taught for 29 years. When she passed away, Mr. Duff decided to allocate a portion of their estate to the School of Nursing. A testamentary scholarship and a pledge to a current-use scholarship was made to support current student scholarships.

“Vivian cared so deeply about the School, the profession and the students. OHSU was in our will, now we have continued the academic resources. This is what Vivian would have wanted.”

Heart Failure Patients Gain Potential New Option

By By Christi Richardson

For many patients with advanced heart failure, the best option is heart transplantation. But the scarcity of organ donations means that the majority won’t live long enough to receive a transplant.

In recent years, some patients have received mechanical heart pumps to bridge the time to transplantation or as a “destination therapy” for those not treating an eligible for transplantation due to age or other factors.

Because the use of ventricular assist devices (VADS) is relatively new, little research exists to guide clinicians in determining which patients with advanced heart failure will do well with a VAD and which won’t.

In addition, patients who receive a VAD are very widely in their clinical picture, physical and psychological symptoms, and health-related quality of life.

“(The lack of evidence) makes it hard to provide guidance to patients and their families,” according to Christopher Lee, Ph.D., R.N., associate professor at the nursing school, and investigator of a four-year, $1.5 million study funded by the National Institute on Nursing Research. Lee and co-investigators, James Mudd, M.D., and Jill Gilden, M.D., are working to identify patterns of symptoms and biological markers of heart function that predict a better quality of life and lower risks of clinical events among patients who receive a VAD at OHSU.

The researchers have started to recruit study participants in advanced heart failure who are at least 21 years old and diphragic for a VAD. Their goal is to enroll up to 120 people through 2016, with a mix of women and men and age groups. All study participants will come from an OHSU outpatient heart failure clinic or the hospital where they are awaiting VAD implantation.

The protocol involves gathering data on patients’ physical symptoms, psychological symptoms, quality of life after VAD implantation and biological markers from blood tests. The blood tests will track changes in heart muscle stress, inflammation and blood vessel dysfunction.

“We expect that severe stress and inflammation will be associated with worse physical and psychological outcomes, and that our overall data will help explain the wide variability we see in these patients,” Lee says. “We hope to observe and learn from the group of patients and at the end, identify predictors of a favorable outcome for future patients with heart failure who require a VAD.”

Student Highlight

Christian O’Haire

S.N.M., Ph.D., R.N.

in public health, a total of four hours of travel each week is required in order to remain objective and healthy.

"Our results indicate that simple systems level improvements in provider training and communication could dramatically improve STI diagnosis, treatment, contraceptive access and continuity of care.”

—Christian O’Haire

"Read the full article on our website: www.ohsu.edu/getfit"