

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 McEldowney, BS '63, R.N., N.C.S.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 Master of Nursing, Doctor of Nursing Practice, or Doctor of Philosophy degree 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 503-494-7725 to schedule a visit.

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, Monmouth, 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.

Dr. Bakewell-Sachs comes to OHSU from the College of New Jersey where she has most recently served as Interim Provost and Vice President for Academic Affairs. Prior to assuming her current role, she served as the Carol Kuser Loser Dean and Professor of Nursing at the College of New Jersey.



Susan Bakewell-Sachs Ph.D., R.N., A.P.R.N., B.C.

School of Nursing Reunion!

We are celebrating reunion classes ending in 3 or 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.

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 503-552-0708 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.



NON-PROFIT ORG.
U.S. POSTAGE
PAID
PORTLAND, OR
PERMIT NO. 722

School of Nursing
Mail code: SN-ADM
3455 S.W. US Veterans Hospital Road
Portland, Oregon 97239-2941



Connect with Us

OHSU students explain what it's like to be a student at OHSU and how they prepare for careers in science and healthcare.

StudentSpeak blog can be found at: www.ohsu.edu/blogs/studentsspeak/

Keep up-to-date with events, news items and OHSU School of Nursing information when you become our fan on Facebook: www.facebook.com/ohsuon1

Keep up-to-date on events, news and learn more about the School of Nursing community by following us on Twitter: twitter.com/OHSUNursing



Have a story you'd like to share? Want to tell us how we're doing? Email: snweb@ohsu.edu

Learn more about our programs: www.ohsu.edu/son/programs

Newsletter comments: snweb@ohsu.edu

Credits

Editors: Christi Richardson and Mark Kemball
Designer: Charlotte Woodward

OHSU is an equal opportunity, affirmative action institution. 4/13 (130)

School of Nursing Connections

Spring 2013



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.

Warmly,
Chris Tanner, Ph.D., R.N., F.A.A.N.
Interim Dean and AB Youmans-Spaulding
Distinguished Professor

Save the Date

Puhaty Lecture
Thursday, Oct. 24, 2013

Director of the School of Nursing from 1944 to 1956, Henrietta Doltz Puhaty and her family established this endowed lectureship as an opportunity for professional growth and development. Mrs. Puhaty is fondly remembered for her passion for nursing and her many civic contributions to the community of Portland.



OREGON
HEALTH
& SCIENCE
UNIVERSITY



OHSU Monmouth Campus Nursing Students Launch Study to Fight Childhood Obesity

Childhood obesity is a significant health threat in Oregon and nationwide. According to the Centers for Disease Control and Prevention (CDC), childhood obesity affects more than 17 percent of children and teens. In Oregon, 24 percent of children ages 10-17 are overweight or obese.

In response to this problem, a group of nursing students from the OHSU School of Nursing at Monmouth is testing whether a program called 5-2-1-0 can help young Oregonians prevent or deal with obesity. It all started when students Lanoi Akita, Nichole Bergstrom and others saw a presentation on 5-2-0-1, an evidence-based program designed to promote healthy lifestyle choices for children and families. The mnemonic stands for five or more servings of fruits and vegetables daily, two hours or less of recreational screen time, one hour or more of physical activity and zero sugary drinks, such as sodas and fruit juice.

The nursing students were excited about 5-2-1-0's potential to help improve health. But they also wanted to know if it really worked. "After discovering 5-2-1-0, the students told me that there was no research to prove the program works," says Rana Najjar, Ph.D., R.N., C.P.N.P., assistant professor of nursing on the Monmouth campus. "The steps are evidence-based – kids who eat more fruits and vegetables and have less screen time a day have lower body mass in-

dex (BMI). That's proven, but the program as a whole has never been looked at to see if it's really effective."

The students' critical thinking impressed Najjar. "At OHSU, we teach evidence-based practice—a word we've heard a lot in nursing in the last 10 or 12 years, but which we really apply here," she says. "It's not enough to do interventions; they have to be based on solid scientific evidence. So it's gratifying to know our students are implementing what we've been teaching them." With assistant professor of nursing Angela Docherty, D.N.P., R.N., Najjar and the students developed a research study evaluating 5-2-1-0's effectiveness.

The study measures changes in the behaviors identified by 5-2-1-0, such as hours of daily activity, as well as BMI and blood pressure. Sixth and seventh graders at Faulconer-Chapman school in Sheridan, Ore. were enrolled in the study and students in the Gervais school district acted as a control group. The students receiving the intervention, consisting of classroom instruction and activities, will report their behaviors and have their BP and BMI measured by the nursing students throughout the year. The study hypothesizes that students' activity levels and eating patterns will improve and BP and BMI will go down.

To learn more about the study, contact Rana Najjar, najjar@ohsu.edu.



Exercising to Reduce Falls

By Lee Lewis Husk

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 may be able to reduce falls in older female cancer survivors.

"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 Kerri 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.

In 2002, Haralee Weintraub, learned she had invasive breast cancer. "(During treatment) I felt left out of the process," she recalls. "The cancer was being treated first, and I was just the person bringing it along. When I saw my oncologist, I asked him what I could do to feel like I was the boss again of my own destiny."

He suggested clinical trials and put her in touch with Winters-Stone. "I had terrible fatigue, no energy and trouble taking the garbage can 20 feet to the curb," she says. "I'd gained 40 pounds, and when I met Kerri, she said it was from inactivity." Weintraub enrolled in one of Winters-Stone's early studies on exercise and bone health in women with cancers. "When I first started, I couldn't do a single push-up. After exercising, I was able to do 10."

Now 60, and a cancer survivor, Weintraub is enrolled in the GET FIT (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.



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

Donors Give Back to Nursing Students

These individuals brought their unique passions, values and visions 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 Koons

In Fall 2012, Mary Nyquist Koons met with Interim Dean Chris Tanner and learned about Oregon Consortium for Nursing Education (OCNE). A nurse herself by training, Mrs. Koons 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."

Leily Esteghlalian

Committed to the role that faculty have in the development of future nurses and the profession, Leily 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 Gedaly-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 confirmed the allocation of the resources. This is what Vivian would have wanted."

Heart Failure Patients Gain Potential New Option

By Lee Lewis Husk

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 as a bridge to transplantation or as a "destination therapy" for those not wanting or not eligible for transplant-ation 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 vary 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 Gelow, 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 eligible 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 this 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

By Christi Richardson

Jessica Cruz, AccBacc alumnae, '12, and Christian O'Haire, current nurse-midwifery student, received funds from the OHSU Global Health Center and the OHSU School of Nursing to conduct research in the Dominican Republic in partnership with the Mariposa DR Foundation. Their research focused on assessing adolescent reproductive health knowledge and health care access. The purpose of this study was to identify knowledge gaps and barriers around reproductive health care.

O'Haire and Cruz's combined clinical and research knowledge made them uniquely qualified to identify adolescent health knowledge gaps and access issues. The barriers faced included misinformation circulating in the community about services offered at a clinic or the laborious referral and registration processes at the public hospital.

Often, providers reported that commonly used oral contraceptives were not available. Local providers did not diagnose sexually transmitted infections (STI). An individual who thought s/he had an STI would have to travel multiple times (first to make an appointment and then to see a provider) to a



Christian O'Haire, S.N.M., Ph.D., R.N.

Jessica Cruz, R.N., .B.S.N.

public hospital, a total of four hours of travel each trip. O'Haire noted, "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."

Because of this opportunity, Cruz said, "We were able to gain valuable insight into the current knowledge of reproductive health of the adolescents in the community and we were able to pass that information on to the Mariposa DR Foundation, which will utilize the information to create targeted interventions."

"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