

By the Numbers

5,154
Number of Oregon-licensed nurses who received their training at OHSU

1,024
Number of Oregon-licensed advanced practice nurses who received their training at OHSU

30.9
Percentage of Oregon-licensed advanced practice nurses who received their training at OHSU



Specialty Speed Dating, La Grande Campus.

Saying Farewell

Two of our esteemed faculty members are moving on to new endeavors. We wish the best for them in their new roles.



Dr. Gail Houck has been with the OHSU School of Nursing (SoN) for 26.5 years, since graduating with a PhD from the University of Washington. Dr. Houck has served on many committees and councils and has held numerous

leadership roles in the SoN. She has also served in significant leadership positions within the university, including the Faculty Senate Executive Committee and the Oregon Inter-institutional Faculty Senate. Throughout her tenure, she has been willing to step up, even when the effect was a delay in achieving some of her own professional scholarship goals. She has also been highly involved within the discipline of nursing and in the local community.

Dr. Houck served as program director in both the PhD and DNP programs, leading curriculum reform efforts in both programs. Her understanding of how people learn and of cutting edge instructional practices have supported her efforts to lead faculty in making substantial advances in program development. She has provided critical leadership to the Western Institute for Nursing's NEXus program, a collaborative among doctoral granting schools of nursing to provide shared coursework and increase access to highly specialized training.



Dr. Terri Harvath has been with the SoN for 13 years. During that time she has served on numerous committees and councils and held numerous leadership roles. She has also served in leadership positions within the university,

most recently co-chairing a Interprofessional Education Task Force. She has been highly involved within the discipline of gerontological nursing serving on local and statewide committees and task forces and several national boards and advisory committees. She has been the director of OHSU's Hartford Center of Gerontological Nursing Excellence since 2008 and currently serves on the Executive Committee of the National Hartford Centers of Gerontological Nursing Excellence Board of Directors.

While on faculty at OHSU, Dr. Harvath has been recognized for her contributions to nursing education and scholarship, receiving awards for both undergraduate and graduate teaching, and was the recipient of the Excellence in Gerontological Nursing Education: Advanced Practice Curricular Innovation from the John A. Hartford Foundation and the American Associate of Colleges of Nursing in 2008. She was elected as a Fellow in the American Academy of Nursing in 2010.

Spotlight on La Grande

On Monday, Jan. 6, Dean Bakewell-Sachs accomplished her goal of visiting all four regional campuses within her first six months at OHSU. During the winter assembly in La Grande, Dean Bakewell-Sachs encouraged students to stay active and engaged and to take time out for fun during their time in school.

In addition to hearing remarks from the dean the students also had the opportunity to participate in Nursing Specialty Speed Dating, a career networking event jointly hosted by the Student Nurses Association and the School of Nursing Alumni Association. Seven School of Nursing alumni volunteered their time to chat with over 50 students in 15 minute intervals about their professional achievements, specialty area and diverse career paths. Arielle Humphrey, a junior, said "It was great

speaking to such a wide variety of nurses. It was especially helpful to talk with a recent grad about how she got a job before graduation and tips for taking the NCLEX."

The La Grande campus also hosted a welcome reception for Dean Bakewell-Sachs and Associate Dean Carla Hagen, Ph.D., M.P.H., R.N., former director of Nursing at George Fox University.

Nursing Specialty Speed dating events have taken place on all five campuses with over 50 alumni volunteering to participate. If you are interested in getting on a volunteer list to participate in this event or other student and alumni engagement opportunities please contact the Alumni Relations Program at alumni@ohsu.edu

Did You Get the Email?

That's right – the School of Nursing now has an alumni e-newsletter! Don't miss out on all of the latest happenings at the school. As a companion information resource to our printed newsletter we are delighted to bring you e-updates on current alumni events and programs, spotlights on our regional campuses as well as exciting news about our faculty, students and alumni. In our January issue we featured information about reunions, a request for nominations for our Distinguished Alumna/us of

the Year award and our newly created Early Career Achievement Award. We also featured a spotlight on the Ashland campus which celebrated its 20 year anniversary in the statewide university system and 45 year anniversary as a nursing school in 2013.

Be sure to send your email address as well as any news, comments and story ideas to the Alumni Relations team at alumni@ohsu.edu. We want to hear from you!

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

Read OHSU student experiences and how they are preparing for careers in science and healthcare. *StudentSpeak* blog: www.ohsu.edu/blogs/studentSpeak/

Keep up-to date with events and news when you become a fan on Facebook: www.facebook.com/ohsuson1

Learn more about the School of Nursing community by following us on Twitter: twitter.com/OHSUNursing

Strengthen your professional network and stay connected with the School of Nursing. Join the SoN Alumni LinkedIn Community at <http://bit.ly/SOHALUMNI>



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

Editors: Christi Richardson and Mark Kemball
Designer: Charlotte Woodward

OHSU is an equal opportunity, affirmative action institution. 2/14 (130)

School of Nursing Connections

Spring 2014

A publication from the OHSU School of Nursing



Greetings Alumni and Friends,



Since July I have had the opportunity and pleasure to visit all of our campuses, meet with faculty, students, alumni and donors and learn about this fine school. I have been struck by the extraordinary talents, abilities and dedication that exemplify the members of our extended community.

In this issue of *Connections* I think you will see outstanding examples of how our community members are making a difference. I feel privileged to be part of the OHSU School of Nursing community and I hope you do too.

Warmly,
Susan Bakewell-Sachs, Ph.D., R.N., P.N.P.B.C., F.A.A.N.
Dean and Vice President for Nursing Affairs

Save the Date

April 17 Career Fair
12:30 - 3:30 p.m.
School of Nursing
1st floor lobby

June 1 Reunion
1-3 p.m.
Center for Health & Healing lobby



A Secret Revealed: Achieving A Hard-won Dream

By Lee Lewis Husk

Thalia Delgado, 23, spent years living in fear of deportation. Mexican by birth, American by any other standard. Brought to the United States at a year-and-a-half, she was raised by a single mother who emphasized academics. She graduated from high school with high marks and a full ride to George Fox University. She completed her first bachelor's in three years by pushing herself, even taking 21 credits in one semester. "I felt selfish staying any longer, knowing that my scholarship could go to another student in need," she explains.

"I can return the care and compassion my mother and family received throughout her birth experience."

Ultimately, Delgado found nursing through the birth of her sister. Her mother, 41, had pre-eclampsia; however, mother and baby did well during delivery. "The nurses were amazing," Delgado says. "They were compassionate and caring, and one nurse volunteered to stay extra. She planted the seed in my head, telling me that I should pursue nursing. She changed the trajectory of my life."

In 2012, Delgado was accepted into the accelerated baccalaureate program and with that came a new worry: how to afford tuition. She worked full time during her first term and saved \$6,000, plus her mother offered her lifesavings of \$2,000. But she was short of the full tuition and federal loans were not available to her.

"I wasn't going to be able to do this alone," she remembers thinking. "I connected with an OHSU professor that I felt I could trust. I broke down and told her my situation. I didn't want to give up my dream of becoming a nurse."



That trust was well founded – eventually leading to Peggy Wros, Ph.D., R.N., senior associate dean for student affairs and diversity, who had previously worked with undocumented students. "She was so compassionate and started talking to others at the university, telling them about our struggles. She advocated for me. I owe my entire career to her."

After an anxious few months of waiting, she learned that the university had a newly established President's fund scholarship for underrepresented minority students that would help students like Delgado. The scholarship gave Delgado peace of mind and the opportunity to focus on her studies.

She graduated in 2013 and landed a position in the women's and children's services department at Salem Health hospital. She's in a six-month paid residency with a two-year contract after completion. "It's really affirming. I've come full circle from my initial experience that ultimately led me to nursing," she says. "I can return the care and compassion my mother and family received throughout her birth experience."

She still can't plant herself permanently in U.S. soil. She's part of the group known as "the dreamers," undocumented individuals brought to the United States before 16 and who, among other requirements, have good moral standing, have graduated from an American high school, and are often pursuing higher education. Under President Obama's executive order titled DACA (deferred action for childhood arrivals), she can now work legally for two years with a renewable temporary work permit but still has no pathway to citizenship until Congress passes larger immigration reform.

"Although I am still living in uncertainty, I can pursue my passion without the daily fear of deportation, and live the American dream that I have worked hard to achieve."

ALUMNI UPDATE

Gratitude Triggers Alumni Generosity

by Lauren Cox

Well over 60 OHSU endowments have been named after faculty members and those philanthropic efforts are often founded and supported by grateful alumni. A recent School of Nursing endowment, initiated by Jane McEldowney, B.S.N. '63 and Penney Hoodenpyle, B.S.N. '63, honored one of the most impactful administrators and teachers of the School of Nursing's illustrious history, Guhli Olson. Guhli Olson was the original globe-trotter whose philosophy about the world – "the people of the world are my family" – was ingrained into her spirit,

as well as into her teachings. Her life's magnum opus was to develop and look after the nursing students of Oregon. As she so eloquently stated, "Not what we know but what we do is our salvation."

The two classmates partnered with the OHSU Foundation and have raised more than 115 gifts from alumni to establish an endowed scholarship fund in the late administrator's honor. In November the group reached their fundraising goal which was set for the end of 2013 – that of their 50th class reunion.

Thank you to the many alumni, faculty, staff and friends for the many ways in which you support the School of Nursing and inspire the next generation of nurses. If you would like to make a gift please visit www.ohsu.edu/foundation.



Left: Guhli Olson pictured outside the former Multnomah County Hospital. Above: A typical classroom setting during the late 1950's when Guhli was attending school.

News and Announcements

The OHSU School of Nursing has just joined a national initiative supported by American Association of Colleges of Nursing called **Joining Forces**. It is an initiative to support and honor America's service members and their families. The initiative aims to educate, challenge and spark action from all sectors of our society – citizens, communities, businesses, schools, non-profits, faith-based institutions, philanthropic organizations, and government – to ensure military families have the support they have earned.

AccBacc student (Class of 2014), Laurel Yoder received a Portland Police Bureau certificate of appreciation for her work with GirlStrength, a safety training program for girls. She is currently an instructor for WomenStrength, a safety and self-defense training program for women. She has been volunteering for these programs since April, 2012. Way to go, Laurel!

 Strengthen your professional network and stay connected with the School of Nursing. Join the SoN Alumni LinkedIn Community at bit.ly/SONALUMNI

\$100K Hartford Grants Boost Ph.D. Students

by Genevieve Long

Students earning their Ph.D.s in nursing wear many hats. In addition to coursework, research and writing, many work clinical or other non-academic jobs to support their studies and cover living expenses. Every penny of grant and scholarship funding helps these emerging nurse leaders devote more time to their professional goals.

Two School of Nursing Ph.D. students have received major support from the National Hartford Centers of Gerontological Nursing Excellence. Julie Bidwell, R.N., B.S.N., and Quin Denfeld, R.N., B.S.N., C.C.R.N., C.S.C., are recipients of the Patricia G. Archbold Predoctoral Scholar Award, which provides \$50,000 per year for two years to Ph.D. students with a demonstrated commitment to gerontological nursing. Archbold directed OHSU's Hartford Center for Gerontological Nursing Excellence and served on the School of Nursing faculty.

Denfeld was inspired to earn her Ph.D. after working with older adults in one of the OHSU critical care units. The award has particular significance for her because one of her clinical mentors, assistant professor of internal medicine and geriatrics Colleen Casey, Ph.D., A.N.P.-B.C., C.N.S., received the Hartford Foundation award in 2005. "I thought it was an amazing honor. It's a privilege to receive it," she says.

The funding helps Denfeld and Bidwell focus on research. "Many doctoral students can't commit to their academic programs full-time," Bidwell says. "I can be here all day, every day. Having funding has even made it possible to start my data collection early." Both students hold concurrent funding from other competitive sources, Denfeld from the Portland chapter of the Achievement Rewards for College Scientists Foundation and Bidwell from the National Institute of Nursing Research.

In separate projects, Bidwell and Denfeld are studying older adults with heart failure, the fastest-increasing cardiovascular illness. Associate professor of nursing Christopher Lee, Ph.D., R.N., principal investigator of a four-year, \$1.5 million NINR study of heart failure in OHSU patients, advises both students. Denfeld is investigating the relationship between objective measures of heart failure severity and patients' presenting symptoms, which don't always match. In addition, physical frailty is linked with adverse health outcomes, and Denfeld is studying its relation to heart failure symptoms and disease markers. The Archbold award requires Ph.D. students to have appropriate mentorship, and Denfeld is co-mentored by professor of nursing Jill Bennett, Ph.D., R.N., an expert in physical functioning and quality of life.

Julie Bidwell, R.N., B.S.N., (right) and Quin Denfeld, R.N., B.S.N., C.C.R.N., C.S.C.



In the same patient population, Bidwell studies how patient and caregiver health and quality of life change over the course of therapy with ventricular assist devices, or VADs. "Illness is rarely an independent experience," she says. "We hope to gain a better idea of what to tell patients and caregivers about the VAD experience and determine who—in both groups—is at risk for adverse outcomes." Bidwell is co-mentored by Karen Lyons, Ph.D., a family psychologist at OHSU who specializes in dyads (relationships between two people).

Both also credit OHSU and the School of Nursing's Hartford Center for Gerontological Nursing for their productivity. "I came to OHSU in part because of its long tradition of supporting gerontological nursing scholars," says Bidwell. Awards to predoctoral students such as Bidwell and Denfeld ensure OHSU will continue leading in this growing field.

STUDENT HIGHLIGHT

by Christi Richardson

Jesse Kennedy, R.N., RNBS student, spent many years with hammer in hand and a tool belt fastened around his waist. He started out in the family home building business, yet his thoughts often went back to when he was in high school and helping raise funds for the Children's Miracle Network.

As part of the fundraising event the students were invited to the NICU of a local hospital to show where the money they raised would be spent. That's where Kennedy held a tiny infant in need of help and saw how important nurses were as support for their patients and their families. The impact of this experience remained with him into parenthood, and he often told his young daughter that she should pursue whatever it was she was most passionate about in her life. Finally, Kennedy took his own advice and went back to school to train as a nurse.

Kennedy's natural interest in helping people made nursing a good fit and his willingness to get involved makes him a great nurse leader. At the request of a fellow nurse and friend, he joined the Student Nurses Association at Lane Community College. From there other doors were opened and he was able to participate in life-changing legislator education and congressional testimony events in Salem and Washington, D.C. These experiences ultimately led him to his current position as President of the National Student Nurses Association (NSNA). When asked what his goals are as the president, Kennedy replied, "to personalize the NSNA through empowering students and providing resources to local chapters to make a difference. I want to reach out to other professionals and work together."

