



Students outside our community partner's office at the Central Resource Center in Independence, Oregon.

Another expansion means more students get interprofessional education

By Harry Lenhart

The OHSU School of Nursing Monmouth at Western Oregon University is the newest campus to join the Interprofessional Care Access Network (I-CAN).

Eight junior and senior nursing students at Monmouth began working in late February with 11 clients in collaboration with the Polk County Family and Community Outreach Department as well as Salem Health West Valley Hospital, Northwest Human Services Total Health Clinic, Capitol Dental, Polk County Health Department, and co-located service delivery partners such as the Salvation Army and the Mid-Valley Community Action Agency.

The Monmouth campus faculty and students join existing I-CAN sites in Portland's Old Town, Southeast Portland, West Medford, Klamath Falls, and four of five OHSU SON campuses now engaged.

I-CAN is an interprofessional clinical educational experience designed to provide community-based, assessment and care coordination to socially isolated and vulnerable populations with a focus that goes beyond disease management, to address social determinants of health.

The client caseload at Monmouth is likely to grow to 36 as the program evolves. But Angie Docherty, Nurs.D., M.P.H., campus associate dean, stressed that "we will have a slow and steady start to make sure we don't get beyond our capacity."

"Monmouth will serve clients from all of Polk County, focusing mainly in the towns of Monmouth and Independence," said Patti Warkentin, M.Ed., B.S.N., R.N. the faculty-in-residence for the program who provides and oversees care and supervises the students.

"The entry point for our population so far is not necessarily medical need," she noted. "What we see are cycles of poverty, housing instability, food instability, sometimes with an overlay of mental illness that creates real barriers. Most don't know where to start or how to navigate the system to get access to health care."

"It can be a transformative experience for students who get to work with marginalized people over weeks and months to solve deep-seated long-term issues and barriers that are preventing them from being healthy. It creates, a kind of a confidence contagion that is irreplaceable."

— Peggy Wros, Ph.D., R.N.,

"The West Valley Hospital Emergency Department anticipates referring clients who are using the ED as their primary access," Warkentin said.

"The goal," Docherty noted, "is to get clients stable so they will not have to rely on the ED, which ultimately helps the clients as well as saves costs."

Monmouth's operations will differ at first from the other sites. The interprofessional component will be realized through collaboration with health care professionals at partner agencies.

"We don't have medical students, pharmacy students and dental students on our teams, but we do collaborate regularly with health care professionals working at partnering agencies," said Warkentin.

"I-CAN is on the cutting edge nationally in providing health care delivery that addresses social determinants of health and offers interprofessional education," said Peggy Wros, Ph.D., R.N., senior associate dean for student affairs and diversity. "The faculty-in-residence is a registered nurse who has a clinical role and an education role. The education role is covered by tuition, the clinical role is not. Funding the clinical role is an important consideration for sustaining the model."

The first year of the I-CAN Monmouth site has been funded by the Willamette Valley Community Health (WVCH), the coordinated care organization serving the mid-valley, and a collaborating partner on the project. This initiative has the potential to address key indicators of the WVCH Health Improvement Plan and the CCO strategic measures, and promote health equity for those residents currently underserved in Monmouth & Independence.

"I-CAN overall has had a big impact for the individuals, families, and local populations, by decreasing the need for emergency visits, connecting individuals with care, and addressing housing, food and other needs," said Wros. "It can be a transformative experience for students who get to work with marginalized people over weeks and months to solve deep-seated long-term issues and barriers that are preventing them from being healthy."

Warkentin sees I-CAN as an opportunity to give students a sense of their competency and a vision of how they can apply what she called their "leadership chops" as nursing professionals during a formative time in their baccalaureate preparation.

"It creates," she concluded, "a kind of a confidence contagion that is irreplaceable."

STUDENT HIGHLIGHT

Ireli Hernandez, BS with a major in Nursing

By Christi Richardson-Zboralski

Senior BS with a major in Nursing (Ashland campus) student, Ireli Hernandez, is a first generation college student and the second in her family to earn a nursing degree.

Hernandez explained what helped her succeed. "Diversity coordinator, Leela DeCosta, worked with me as a pre-nursing student and once in the program," she said, "it helped to have her check-in with me. She even set up a workshop on the Portland campus that I attended." During the workshop, students met with directors of the graduate programs to learn more about what they look for in their applicants. Hernandez also said, "Joanne Noone, campus associate dean and other instructors have all been incredibly supportive throughout the program and have encouraged me to pursue graduate school."

Due to life circumstances her parents were unable to fulfill their education dreams for

themselves, but they wanted something different for their children when they decided to emigrate to the US from Mexico with their family.

Hernandez started down a different road. After completing her BS in Biology she thought she would go on to study medicine and, become a physician. However, she realized, as a single mom she needed her support system — her family — and decided to stay local and enter the OHSU nursing program in Ashland. Her older sister completed the OHSU nursing program just as she was entering it.



Ireli Hernandez, Ashland campus BS student.

Hernandez hopes to go on to graduate school at OHSU in the Nurse-Midwifery program. She would like to serve in a rural setting and work primarily with underserved populations. "Come to nursing school with an open mind," she says. "As you go through your program you learn a lot about yourself, and ultimately you find your passion in nursing."

By the number



952

number of graduates of the OHSU School of Nursing currently working at OHSU.

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News

- OHSU SoN Alum, Jane McEldowney '63 received the Camp Nurse of the Year Award for 2017 at the Association of Camp Nurses Symposium.
- Susan Bakewell-Sachs, Dean of the OHSU School of Nursing, was re-elected to the American Association of Colleges of Nursing board.
- Dr. Kerri Winters-Stone along with collaborators, Karen Lyons (SoN) and Tom Beer (Knight Cancer Institute), Oregon Clinical & Translational Research Institute and colleagues at University of California, San Francisco, received a Movember

- Foundation grant to develop an interactive web portal for prostate cancer survivors.
- Linda Glenn, Laura Jenson, and Michele Megregian, our own faculty and nurse-midwives at the OHSU Center for Women's Health, were included on the *Portland Monthly* Top Doctors, nurse practitioners, complementary medicine providers, and physician assistants list in our area.
- Sally Norton, former OHSU SoN post-doctoral student, received the Hospice and Palliative Nursing Association research award.
- Seiko Izumi was inducted into the Hospice and Palliative Nursing Association as a fellow.

ALUMNI ANNOUNCEMENTS

Mark your calendars

The School of Nursing alumni reunion luncheon will take place Sun., June 11 at the Multnomah Athletic Club, Portland, Ore. The program includes presentations on the school's nationally-recognized I-CAN program, messages from Deb Carter, B.S. '77 and Dean Bakewell-Sachs, awards presentations and the Golden Rose pinning ceremony for the class of 1967. Invitations will be mailed in late April. Questions? Interested in coordinating your class attendance in 2017? Contact Mark Kemball at alumni@ohsu.edu or 503-552-0667.

Recognizing excellence

It's not too late to nominate a colleague, friend or classmate for the Alumna/us of the Year Award and the Early Career Achievement Award. Recipients embody the highest qualities and ideals of the School of Nursing and have made a national impact with their academic, clinical and/or community service. Have someone in mind? Want to know more? Please contact Mark Kemball at 503-552-0667.

Below: OHSU School of Nursing class of 1966.



School of Nursing CONNECTIONS

A publication from the OHSU School of Nursing | Spring 2017



Greetings colleagues and friends

By Susan Bakewell-Sachs, dean and vice president of nursing affairs



It's been a winter to remember, with ice and snow and class cancellations across all of our campuses. We are in the midst of responsible cost containment actions and planning for next year, with anticipated federal healthcare policy changes and state budget realities, while also maintaining our commitment to serve our missions of education, patient care and research. We will do everything possible to minimize tuition increases.

OHSU and the School of Nursing have re-committed to the principle that all are welcome at OHSU. We are proud of our efforts to increase our diversity and be more inclusive, our international students and collaborations, and our focus on health equity. In this issue, you will read about our expansion of I-CAN (Interprofessional Care Access Network) across the state to meet the needs of vulnerable populations, an alumna's practice caring for underserved, and faculty research with a rural Latino community, as exemplars of these efforts.





Monmouth team member sifts through supplies and matches them to create order.

Nursing school deploys performance improvement initiative, leading the way in OHSU's academic sector

By Lee Lewis Husk

We all know what it's like to let clutter and disorder build up, but in the case of the skills and simulation lab on the Monmouth campus, it was costing the nursing school valuable staff time and inventory. "It was quite stunning the amount of wasted time and supplies we'd gotten used to," said Nick Miehl, M.S.N., R.N., clinical instructor and simulation specialist.

When he mentioned to Devon Berry, Ph.D., executive associate dean, that it took three staff members a total of four and a half hours to set up the skills lab and an equal amount of time to break it down, Berry suggested he contact Alison Lord, a performance improvement consultant hired by the school in 2016.

Lord walked Miehl through a system developed by Toyota to eliminate waste in manufacturing and adapted by the school to streamline workplace organization. "5S" – sort, simplify, sweep, standardize, and sustain – is one method within a larger framework known as the OHSU Performance Excellence System, or OPEX. Its core elements include a rapid process to problem-solving, management systems to track and sustain improvements and creating a mindset that celebrates problem solving.

"OHSU Hospital and clinics were the first to use OPEX and now the nursing school is pioneering its use in the academic setting."

— Alison Lord

Miehl said the simulation and skills lab staff spent three, eight-hour days last summer filling up dozens of 30-gallon bags with recycling, donated items, and trash. They also reorganized supply rooms and bought rolling carts for the appropriate supplies needed during a class. Today it takes one person about half an hour to set up and break down a skills lab. "Beyond the space, it has helped our team work better together and improve the whole work flow," he said. "It was a huge change beyond what we ever imagined."

Lord said, "OHSU Hospital and clinics were the first to use OPEX and now the nursing school is pioneering its use in the academic setting. As employees, we have two goals – doing our work and improving our work," she said. "I'd like to see a mindset change that embraces the spirit of continuous improvement."

OPEX comes with a set of standardized tools and methods. Currently, the school's leadership has identified 11 strategic objectives. These include such things as streamlining and prioritizing ways to support students, faculty and staff; improving effectiveness of communications; and establishing a robust faculty development program.

"The big picture is to move the organization in the direction it wants to go," Berry said. "Instead of creating a plan that goes on a shelf, we're using OPEX to implement the school's strategic plan and make it real in the organization."

Lord added that the School of Nursing has 300 potential problem-solvers in the staff and faculty. One of those on the Monmouth campus knows firsthand the success of the approach.

On the frontlines of care for disadvantaged people; Japanese-born OHSU graduate shares her insights

By Lee Lewis Husk

Tomoyo Uemura's desire to be on the frontlines of providing care to disadvantaged populations made the Wallace Medical Concern (WMC) a natural choice after finishing her bachelor's degree in nursing at OHSU in 2015. She started working at the Rockwood primary care clinic in northeast Portland as an RN care coordinator in March of 2016. WMC receives federal funds and donations to provide low-cost medical and dental care in the Portland metro area and the Rockwood neighborhood.

She recounts a story about a homeless man with mental illness and addiction who visited emergency departments 25 times, had 45 encounters with the police and lost 90 pounds – all within a few months. Uemura and others at WMC provided him food and clothes at their initial encounter and then helped him with housing, health insurance and access to other community resources. He returned to WMC often and said things like, "I'm sorry, Tomo, I messed up again. Can I give you a hug? Oh, I am stinky. Thank you for your help." He's a completely different person now, according to Uemura. "I feel very privileged to serve anyone in the community. I came from a humble background and can relate to some of their experience during hardship."

"I feel very privileged to serve anyone in the community. I came from a humble background and can relate to some of their experience during hardship."

— Tomoyo Uemura

Uemura has nothing but praise for the ways in which her three years at OHSU prepared her for her work at WMC. "The nursing faculty members were incredible," she said, adding that she was "shocked" to find that student feedback was taken seriously and a program adjusted almost immediately to reflect student input. She also found it inspiring that nurses are their own entity of health care professional, respected for their own contributions and not just following doctor's orders.

"Tomo was the kind of hardworking, optimistic student who was easy to want to see succeed in whatever project she set her imaginative mind and kind heart to address," said instructor Ginger Keller, Ph.D. "I am delighted to see that Tomo continues to find the good in those with whom she interacts and to set right the wrongs she encounters in her life journey. Truly, it was a gift for Tomo to share her young family life with us as she made her way through the undergraduate program at OHSU."

Without the strong support of the faculty, Uemura said she would never have made it through the rigorous education. Initially, the language proved a barrier. While pregnant, she developed gestational diabetes in her second year at school. And after her son was born in her third and final year of nursing school, she felt she was "hanging on a cliff with her little pinky," she recalled. "I was basically bleeding to death all the way to the finish line," she said metaphorically, adding that her instructors "kidnapped" the two-week old infant and fed him a bottle so that she could attend a lecture. "I learned that when I'm treated kindly, I can be kind to others because my instructors taught me this," she said.

"Nurses are the No. 1 trusted professional, and I am at the frontline in a primary care clinic," she said. "I feel responsible for bridging the disadvantaged community and health care system."



Tomoyo Uemura and her daughter.



Above: Participants in the health disparities in rural areas research group learn to prepare healthy foods. The group setting fosters connection amongst participants.

OHSU nurse researcher adapts existing health and fitness programs for rural Latina women

By Lee Lewis Husk

The barrage of information exhorting us to exercise and eat a healthy diet is everywhere. But what if we live in an economically depressed rural area and don't have access to gyms, and the country store doesn't always stock fresh fruits and vegetables and when it does, we can't afford them? What if English isn't our first language? It can be hard to stay healthy and fit even if these aren't barriers.

The health disparities in rural areas, specifically among Latino populations, has been the focus of research by Cynthia Perry, Ph.D., F.N.P., associate professor and director of OHSU's family nurse practitioner program. She is completing the second of a two-year National Cancer Institute-(NCI) funded project on exercise and nutrition in Latina women. Latinas have a much higher level of physical inactivity than white women (47 percent versus 29 percent), and 44 percent are obese.

In the project's first year, Perry worked with Latinas from the community to adapt an existing and successful NCI program on physical activity and nutrition for rural, low-income Latina women. For example, the researchers held education sessions to demonstrate changed recipes calling for salmon, an expensive fish, to affordable tilapia. They invited family members to the final class celebration, translated handouts and taught classes in Spanish.

"I saw people in my practice with complications from diabetes and heart disease who might not have had the complications if they'd been better managed. It comes down to fairness, and it's rewarding to work with people who can improve their health and lives through the power of research and community health programs."

— Cynthia Perry, Ph.D., F.N.P.,

The second and on-going phase of the study involves 15 mid-life Latinas in Washington's Yakima Valley who are either overweight or obese and sedentary. For 12 weeks, the participants meet twice weekly for an hour. They devote the first 30 minutes to exercise, the second half to nutrition or cooking healthy recipes. Classes are held at Nuestra Casa, a non-profit organization serving immigrant women.

According to Esperanza Lemos, the executive director of Nuestra Casa who teaches the nutrition component, "The women in class are grateful for the nutrition information, and some of the facts surprise them." She added that the participants seem willing to replace current foods with more healthful options.

And Blanca Bazaldua, who leads the physical activity portion of the class, noted, "It's wonderful seeing the women finding the value of exercising and their progress each week."

At the end of the formal program, the women will have an opportunity to continue the classes through a peer-led, additional 12-week session. "We don't want them left without support so we're extending it out to see whether it will help them adopt and adhere to the changes in diet and physical activity they made in the formal program," Perry said.

In her clinical career as a family nurse practitioner, Perry observed many disparities in treatment among women and minority groups. "I saw people in my practice with complications from diabetes and heart disease who might not have had the complications if they'd been better managed," she said. "It comes down to fairness, and it's rewarding to work with people who can improve their health and lives through the power of research and community health programs."

ALUMNI UPDATE

New alumni council member

By Mark Kemball

The SoN Alumni Association Council is pleased to welcome Anthony (Tony) Kyle, R.N., as its newest council member.

Tony graduated from OHSU School of Nursing (Ashland Campus) in June 2016 earning a B.S. with a major in nursing and a minor in psychology. As a newly graduated nurse Tony is currently practicing as an emergency services registered nurse at Southern Oregon's regional trauma center, Asante Rogue Regional Medical Center. Although new to the field of nursing he brings over a decade of leadership and public service experience to the OHSU Advisory Council and Alumni Association. Presently, he is focused on becoming proficient as an emergency nurse, while simultaneously looking for ways to assist underserved populations both in his neighborhood and across the globe.

Tony has proven his dedication to the community by leading multiple events targeting various areas of need ranging from homelessness in youths and veterans to LGBTQ awareness. These events inspired many nursing students to identify ways they can contribute to those in need throughout their community. The work of these motivated students has fostered long term relationships between OHSU's School of Nursing in Ashland and multiple community outreach organizations.

Through networking and advocacy, it is Tony's hope to foster relationships between current OHSU alumni and OHSU's SoN in Ashland to make a strong nursing force. This will provide a foundation for recruiting and mentoring passionate diverse individuals into the field of nursing. The ultimate goal is to create a robust foundation of nurses that will shape the future of nursing and provide exceptional patient centered health care to the entire community.

