

Nursing Progress

2006

Unlimited Possibilities

Oregon Health & Science University
School of Nursing

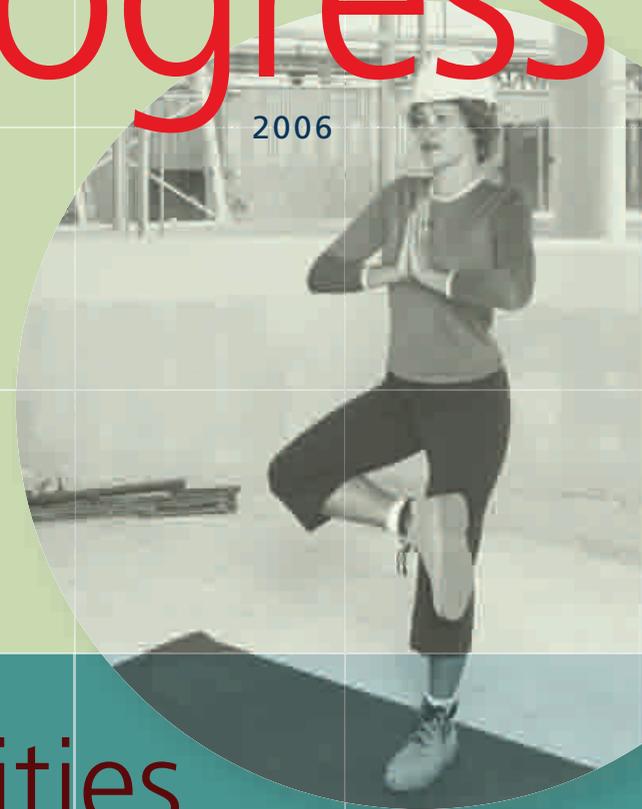
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"march wellness" — a new concept in health and wellness promotion — is under construction on Portland's new South Waterfront and will open in January 2007 (cover photo). *Page 2*

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Dean Kathleen Potempa Named Dean of the University of Michigan School of Nursing. *Page 16*

OREGON
HEALTH
& SCIENCE
UNIVERSITY



A Passion for Nursing



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Message from the Dean

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Unlimited Possibilities

During the last few years the discipline of nursing has been in a period of rapid change – and change opens the door to opportunity. The OHSU School of Nursing is walking through the doors of opportunity to lead innovation in nursing education, practice and research. Our hard-working faculty, staff and students contin-

ue to partner and explore the unlimited possibilities that nursing has to offer in today's ever-evolving world of health care.

As the articles in this issue of *Nursing Progress* illustrate, the school is taking advantage of new opportunities to help ensure individuals, families and communities receive the best available care and students receive an excellent nursing education. Some of the stories include: the innovative story of "march wellness" – a new kind of integrated health spa operated by the school; a new certified nurse anesthesia program; a statewide partnership to make the bachelor's program more available – the Oregon Consortium for Nursing Education; and the influence of the school's research on health policy decisions.

In this issue you also will meet a scholarship recipient and donor – two stories that illustrate the importance of giving to nursing. The Oregon Opportunity campaign, which is approaching its conclusion this September, continues to aid nursing in its many endeavors that result in improving health care for all Oregonians. The school thanks all of those who continue to give to nursing, and in a time of great challenge, nursing cannot afford to lose ground in a campaign of excellence. Your present to the future is a gift that will help instill a passion for nursing in a new generation of scientists, practitioners and educators. The health of our communities may well depend on it.

The door of opportunity has again opened for the school to welcome new leadership – I will be departing OHSU in August to become the dean of the University of Michigan School of Nursing. It has been a pleasure to be a part of the OHSU School of Nursing community these past 10 years, and I leave OHSU with mixed emotions and a fond sense of many wonderful colleagues here. The school is poised for continued growth and excellence and I will eagerly watch its progress

I invite you to read the following pages and experience the unlimited possibilities explored by OHSU School of Nursing.

Sincerely,

Kathleen Potempa, D.N.Sc., R.N., F.A.A.N., vice president and dean
OHSU School of Nursing



"march wellness"

BY LEE LEWIS HUSK

New Health and Wellness Center,

Offers Innovation, Integration

A whole new concept in health and wellness promotion is springing up at OHSU. A new center called "march wellness" – that's small "m," small "w" – is being constructed on the university's south waterfront campus. Scheduled to open in January of 2007, march wellness is fundamentally different from anything else in the West, maybe even in the United States, say the people in the School of Nursing who lead and manage this center.

For starters, march wellness is all about personal growth and the practice of self reflection. It pays attention to the physical, emotional, social, mental, and financial and spiritual needs of the individual. It's a fitness center that includes a gym, basketball court, lap pool, cardio fitness equipment, strength training equipment and a place to meditate and practice yoga. It's a treatment center with hydrotherapy, physical therapy, personal trainers and nurse coaches. It's a learning laboratory where researchers will explore better ways to foster health. It's also a classroom where students can go to study the science of wellness and members can learn about living well through proper nutrition and physical activity.

And imagine all this connecting to a premiere, academic health center, with the full power of the most advanced care available anywhere in Oregon. Wellness and illness support will exist on a continuum, with individuals moving seamlessly among providers of acute and chronic care services to personal health counseling and nurse coaching.

Among the fundamental beliefs that underlie march wellness is that people can change for the better. "We care about personal growth and self-reflective practice," says

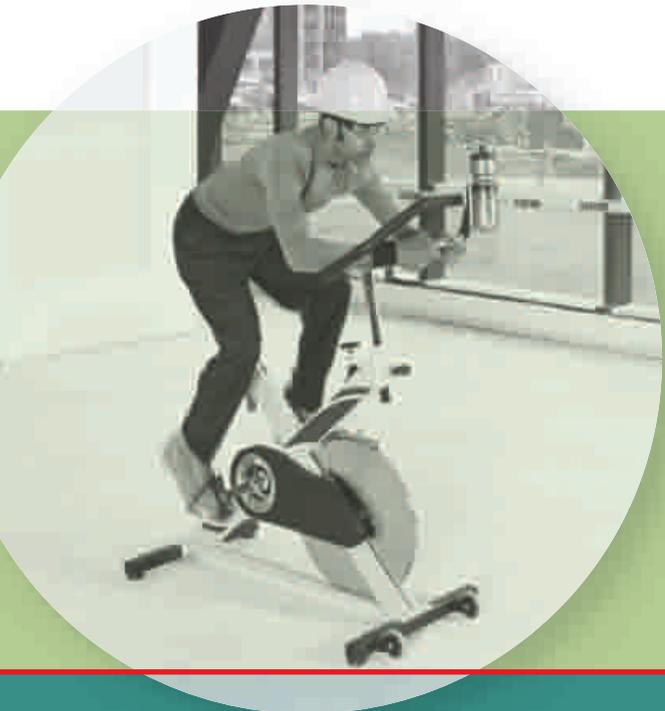
Marna Flaherty-Robb, MS, RN, associate dean for practice development and integration. Because many of today's chronic health conditions are caused, in part, by people's chosen lifestyle behaviors, the center will work with members to understand where they are, uncover their values and goals, and assist in guiding approaches to mitigate, delay or even prevent such conditions. "We can help people understand where they may be stuck and how they can make new choices," she states. "This center is interested in the sciences of understanding, relationship, health and behavior change."

In the past decade, OHSU's nursing school has amassed an impressive record of expertise and scientific discovery in wellness and health promotion, lifestyle and health behavior change, and the management of chronic illness. "We think nursing is in the best position of the health professions to address the health challenges of the 21st century," says William Gaynor, MPA, associate dean for administration. "We offer evidence-based consultation and medically supervised 'health behavior prescriptions,'" he says. "March wellness should be a good fit with baby boomers who want to stay healthy and who may need a little support managing injuries and chronic health conditions that sometimes arise in the later decades of life."

Specifically, march wellness will offer health improvement classes; problem-solving programs such as smoking cessation, weight loss, stress management and living with such chronic conditions as arthritis and diabetes; fitness classes such as aerobic exercise, strength training, water aerobics, tai chi, yoga, and spinning; one-on-one consulting; organized team activities, such as masters swimming

“We care about personal growth and self-reflective practice.”

— Marna Flaherty-Robb,
MS, RN



march wellness

and basketball leagues; new skill classes, such as marathon training; and comfort services, such as massage therapy and medically recommended skin care.

March wellness will occupy the first two floors of a new 16-story building called the Center for Health & Healing on the OHSU Commons at South Waterfront. It is the first of several facilities scheduled for the university's innovative development along the Willamette River. The Center for Health & Healing will contain outpatient medical, surgical and imaging services; biomedical research; and the march wellness. A new aerial tram will link the building to OHSU hospitals and clinics on Marquam Hill.

The center will soon offer membership to OHSU employees and students, corporate clients and people living in adjacent neighborhoods. Its newly hired executive director, Amber Barrett Webster, MS, started work in July.

The school chose the name “march” to signify springtime and new beginnings, and also to indicate forward motion. The center's promotional materials trumpet “wellness is a journey we call march. It is a new approach to health, where the emphasis is not on looking good but on *feeling good* and *feeling good about yourself*. . . it's not about a beautiful body, it's about a *beautiful life*.”



Health Management Services

BY LEE LEWIS HUSK

If you're a university with access to the latest scientific information, how do you translate that knowledge into practice? If you're OHSU's School of Nursing, you create an entity to implement evidence-based interventions to enhance the health of employees and health plan members. The school created that entity, OHSU Health Management Services, in 2000. Since then, it has facilitated health promotion for such clients as Hoffman Construction, Oregon Department of Transportation, Portland General Electric, OHSU employees, as well as other local, regional and national clients.

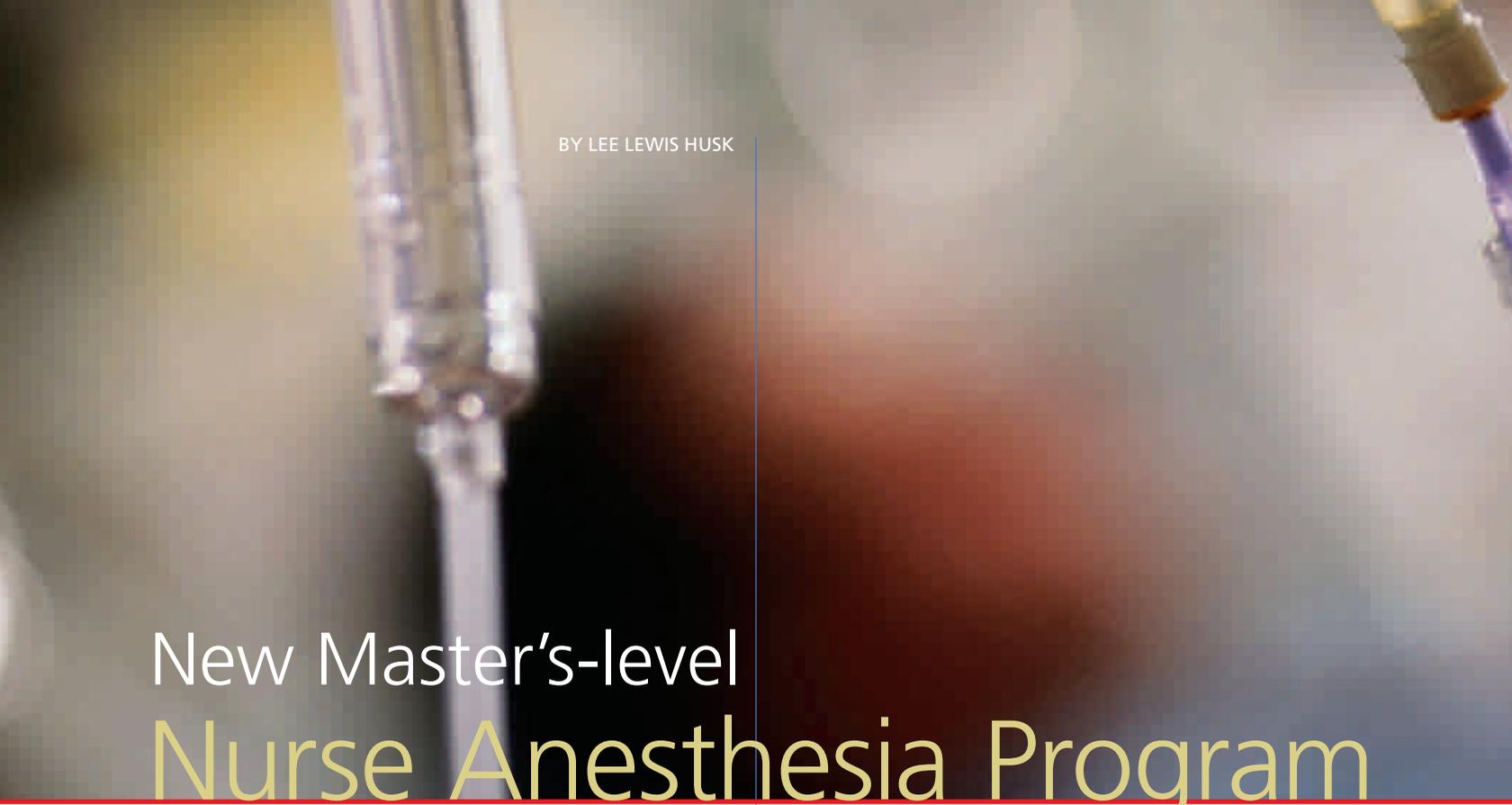
“After a needs assessment, we work with an organization to implement a targeted communications program around health promotion. Then we identify people at risk through a health risk assessment and biometric screenings,” says HMS Director Susan Butterworth, PhD, associate professor. “Next, we stratify those individuals by risk criteria and implement in-

terventions appropriate for their risk level.” HMS specializes in telephonic health coaching and training activities based on motivational interviewing.

One satisfied customer is Vi Von Allmen, an employee at Columbia River PUD, who discovered multiple risk factors after going through an HMS health screening. She enrolled in the health coaching service and comments: “My health coach has provided me assistance in so many different areas and I have been able to make real progress. I appreciate her enthusiasm and support in setting goals and reaching them to improve my health.”

“We help people explore their ambivalence around change, build motivation and confidence, and instill self-care competencies that enable them to reduce risks, manage current chronic conditions or avoid future ones,” Butterworth concludes.

For more information about HMS, visit www.ohsu.edu/hms.



BY LEE LEWIS HUSK

New Master's-level Nurse Anesthesia Program

Aims to Alleviate Shortage

Next to every unconscious patient in an operating room is the watchful eye of a skilled nurse anesthetist or anesthesiologist. Anesthesiology physicians are known to the public, but nurse anesthetists have largely escaped public detection, despite being present in nearly every critical care setting and on the battlefields of every major war since the Civil War.

Nurse anesthetists are the nation's oldest nursing specialty and were the first professional group to provide anesthesia services in the United States, according to the American Association of Nurse Anesthetists. Nurse anesthetists provide 65 percent of the 26 million anesthetics given to patients each year in the U.S., the AANA Web site states. Oregon has about 180 certified registered nurse anesthetists (CRNAs), with 40 percent practicing in rural areas. CRNAs provide 80 percent of anesthesia services to rural Oregonians, according to the Oregon Association of Nurse Anesthetists. They often receive their education alongside anesthesiology resident physicians in university-affiliated institutions.

But the nation is experiencing a shortage of nurse anesthetists, due to the overall nursing shortage, the aging of today's practitioners, a decline in anesthesiology residency positions and increased demand in office-based surgery. To address this shortage, the OHSU School of Nursing is starting a program to educate nurses to become nurse anesthetists.

Interestingly, it will be Oregon's second such program. Providence St. Vincent Hospital in Portland started the nation's first nurse anesthesia program in 1909, which lasted through 1956. In addition to training nurses in the art and science of anesthesia, its founder Agnes McGee taught third-year medical students at the University of Oregon (now Oregon Health & Science University School of Medicine). Today the Western U.S. is served by just a handful of nurse anesthesia programs.

OHSU will admit its first class of 10 students in September 2006. These students will join the school's existing graduate-level programs and will finish with a master's of science degree in nursing. Graduates must pass the national certification exam administered by the Council on Certification of Nurse Anesthetists to qualify for Oregon licensure as a CRNA. The program is 27 months of intense, full-time education and is open to nurses with a baccalaureate degree in nursing who have a minimum of one year critical care experience. The average nurse anesthesia student is in his/her early 30s, says Interim Program Director Rick Brown, MSN, FNP, CRNA. "We're very pleased with the applicant pool for our first year," he says.

Brown reports that the program received an initial three-year accreditation – the maximum permitted for a new program – from the Council on Accreditation of Nurse Anesthesia Educational Programs.

The first 12 months of the program include classroom study and laboratory experience in skill development. The school will rely on the OHSU Simulation and Clinical Learning Center to provide a safe place to begin skill development in that first year. Students will spend the next 15 months rotating through clinical sites in hospitals and community settings



in the Pacific Northwest. Among them are the OHSU Hospital and Kaiser Sunnyside Hospital in Portland; the University of Washington Medical Center in Seattle; and Three Rivers Community Hospital in Grants Pass.

"Two of the most exciting parts of the program include really top-notch clinical sites and also the opportunity for us as a faculty to focus on small group, one-on-one educational opportunities," Brown states. "We'll be able to do more mentoring between faculty and student." The school will have three experienced CRNAs to serve as faculty mentors to the students.

The program's costs will largely be paid through tuition. Brown acknowledges that tuition costs can be steep (upwards of \$35,000 a year) but points out that CRNAs have the potential to be high income earners right out of school. He says the annual salary range for new graduates is \$110,000 to \$150,000.

Brown estimates that 90 percent of new graduates will practice in an academic or community hospital setting, with the remainder going to ambulatory care settings. In addition to providing anesthesia during surgery, CRNAs also work in specialty areas, such as pain management, pediatrics, and obstetrics. About 55 percent of CRNAs are female, 45 percent male.

When the first graduates spill from OHSU's gates in early 2009, Brown and other nursing leaders hope that some will find their way to Oregon's rural hospitals where the need is greatest. "OHSU's mission is to provide education and to serve the health care needs of Oregonians. Our program aims to fill critical needs in the region," he concludes.

"Two of the most exciting parts of the program include really top-notch clinical sites and also the opportunity for us as a faculty to focus on small group, one-on-one educational opportunities,"

— Rick Brown, MSN, FNP, CRNA, Interim Program Director

Oregon Consortium for Nursing Education

OHSU School of Nursing, Community Colleges Start First-Of-Its Kind Program

To increase the number of nurses with bachelor's degrees educated in Oregon as a way to address the shortage of highly qualified nurses OHSU School of Nursing and eight community colleges have partnered to form the Oregon Consortium for Nursing Education (OCNE).

"It's a new and better way of learning, which will result in excellent patient care. There is an urgent need to train more nurses with bachelor's degree because of the increasing sophistication of health care needs of our patients," said Kathleen Potempa, DNSc, RN, FAAN, OHSU vice president and dean of the OHSU School of Nursing.

"The OCNE plan overcomes many of the barriers to increasing the work force, such as having enough faculty around the state to educate more nurses and more classrooms to handle more students, and more clinical sites for their hands-on training," said Sheila Kodadek, PhD, RN, director of the state-wide undergraduate nursing program at OHSU, adding that not everyone can move to Portland to attend OHSU

for four years.

The OCNE is a national model for making Bachelor of Science education more accessible, increasing the quality of the education, educating students more efficiently and preparing them for the future population's needs. Students already are applying to be part of this innovative education.

"Nursing students take prerequisites at any community college or university. They then can apply for admission to one of the consortium programs to begin nursing courses in their second year of full-time study," said Chris Tanner, PhD, RN, AB Youmans Spaulding Distinguished professor of nursing, OHSU, and consultant to the OCNE steering committee.

"The curriculum is innovative, incorporating best practices in nursing education. It raises the bar in terms of expectations for graduates: they will be educated as leaders in health care, skilled in using the best available scientific evidence in their practice, and as compassionate, knowledgeable and skillful providers of care," Potempa said.

BY LEE LEWIS HUSK



Oregon Seed Farmer "Seeds" Nursing Scholarship; Honors Memory of

OHSU Nurse Shauna LeMay

If there's one thing that seventh-generation Oregonian Keith Berger knows, it's how to grow things. "That's what we do for a living," says Berger. The family owns and operates the Berger Seed Co., of Hillsboro, Ore., which provides high quality seed for lawns and athletic fields for the U.S. and international markets.

Berger, 53, also knows something of health care and OHSU. He learned at 21 that he had multiple sclerosis and has been a patient at the university for many years. He and his wife Rebecca have been supporting MS research for 20 years. Except for the MS, he has enjoyed good health. But in 2004, he developed a serious infection and had to be hospitalized at OHSU for two months. "I've never needed any nursing care so this really opened my eyes to the need. The nurses did a wonderful job of bringing people's (spirits) up,

even though many had good reasons to feel down."

So when Berger learned that a favorite OHSU nurse who had cared for him had died, it seemed natural to give "seed" money to grow a scholarship in her memory. "Shauna (LeMay) really understood nursing," says Berger. "She talked with her patients. She was loving. She was what every nurse should be."

Her friend and colleague, Cathy Dicker, a certified nurse assistant at OHSU Hospital, agrees. "She was an incredible nurse because she was an incredible human being. In a busy ward with really sick patients, Shauna found the time to make patients feel comforted and cared for," says Dicker.

Berger learned that LeMay had breast cancer the day he was being discharged from the hospital. "Her fellow nurses were throwing a party for her because she was about to



"I am hopeful that other people will see us donating and be inspired to do something of their own."

— Keith Berger

start chemotherapy," he recalls. Berger followed her progress through treatment and remission. "I figured she was getting the absolute best care possible (at the university) so I was hopeful." However, he lost track of her during a severe relapse of his own disease and didn't learn of Shauna's death in October 2005 until weeks later.

Now he wants to honor her memory with a nursing school scholarship to produce "superstar nurses to replace Shauna." With the help of the OHSU Foundation, Berger has established the Shauna LeMay Nursing Scholarship. Her friend Dicker says that LeMay, who was 48 at the time of her death, would have loved and appreciated the scholarship.

Starting in the fall of 2006, two School of Nursing students will receive scholarships of \$6,500 for each of their two years at the university. "I'm trying to reach people with

some need and who want to improve themselves," says Berger. "We're very sympathetic to others in need because we came up from nothing and know what it's like not to be able to afford something." Another part of the impetus, he explains, is the nursing shortage.

"I am hopeful that other people will see us donating and be inspired to do something of their own," he says. "If 12 people could join together and each come up with \$1,000, they could create a scholarship that would make a difference in a young person's life."

The opportunity to grow another superstar nurse can be explored by contacting Barbara Peschiera, director of development, School of Nursing, at 503 494-7525 or by e-mail at peschier@ohsu.edu.

Nursing School Earning Seat At America's Health Policy Table

Considered among the country's best, OHSU's School of Nursing is earning seats at the health policy table of America. As a result, Americans in a variety of ways are getting better health care.

Examples of the school's growing influence range from federal warnings about pesticide exposure during pregnancy to safer administration of medications in older adults and increased awareness of cancer treatment side effects and strategies for dealing with them.

Take the example of assisted living. "Consumers like assisted living because it is less restrictive (than a nursing home), and it mimics a home environment," according to Heather Young, PhD, FAAN, GNP, Grace Phelps Distinguished Professor of Nursing and director of rural health research development, OHSU School of Nursing. However, assisted living homes have fewer RNs and more unlicensed caregivers than nursing homes.

The heart of Young's work is to discover the right balance of licensed and unlicensed care to ensure patient safety while also honoring the individual's desire for autonomy. And what she discovers could have policy implications for resources and regulations for assisted living, including the amount and type of staff, employee licensure, the management structure, employee educational requirements and third-party payment.

Young and colleagues in four states (Oregon, Washington, Illinois and New Jersey) are finishing a study of medication practices in rural assisted living settings. "We observed more than 5,000 incidents of medication administration," she reports. "We also interviewed nurses, physicians, pharmacists, assisted living managers, residents and families on their confidence in unlicensed staff giving medications and any issues that they perceived as a result of this practice."

The results, which the group is preparing for publication, suggest that the people most satisfied with unlicensed workers giving medications are the inhabitants. "Residents want their medications to be on time and convenient, and they want to know the person who gives them," she reports. Professional staff members express confidence in unlicensed staff, but identify safeguards necessary to promote optimal practice, according to Young. "Everyone, including the residents and families, wants the aides to be recruited and trained properly."

Although this particular study focuses on medication administration, her work and that of colleagues at the school is having an impact on policy in many states and with those who set practice standards for the care of older Americans who can no longer live at home.

Another OHSU group with a seat at the national health policy table is led by Lillian Nail, PhD, RN, FAAN, Dr. May E. Rawlinson Distinguished Professor of Nursing, who directs the OHSU School of Nursing Center for Research on Symptom Management in Life-Threatening Illness. She and others have pioneered the science of symptoms in chronic illness – from initially describing the symptoms to finding interventions. In particular, fatigue as a side effect of cancer chemo-

A Sample of Current OHSU School of Nursing Research Areas

Scientists on the faculty at the OHSU School of Nursing conduct nationally and internationally recognized programs of research. Currently, funding for faculty research exceeds five million dollars. Findings from these studies make a difference by helping people lead longer, healthier lives. Here's how:

Allieviating Cancer Treatment-Related Fatigue

One of two men and one of three women in America will have cancer during their lifetime. Fatigue has been called the most important, under-treated symptom in cancer today, affecting 75 to 80 percent of patients. Nursing research is exploring the patient experience of symptoms and finding interventions to treat fatigue and improve quality of life during and after cancer treatment.

Medication Management in Assisted Living Facilities

Oregon is a national leader in establishing assisted living facilities (as an alternative to traditional nursing homes) for frail elderly. Residents have an average of more than four medical conditions and are on average prescribed about six regularly scheduled medications, sometimes by different providers. Nursing research is developing interventions to improve medication safety and reduce inappropriate medication use in assisted living facilities.



therapy has been a major focus of her work.

“We have 13 million cancer survivors in the U.S., and we’ve put a lot of effort into sensitizing legislators and policy makers that symptoms do impact a person’s function and that managing symptoms is a big part of cancer care.” Nail’s research and educational efforts supported development of the National Comprehensive Cancer Network Oncology Practice Guidelines for Cancer-Related Fatigue, and she was a featured speaker at the 2002 National Institutes of Health Consensus Conference on managing pain, depression and fatigue in people with cancer. In the fall of 2006, Nail will be among the “ambassadors” selected to attend the American Cancer Society’s “Celebration on the Hill” to push its health policy agenda with the nation’s policymakers.

Anne Greenlee’s study linking low-dose pesticide exposure to adverse fetal development was enough to convince people living near Lake Pewaukee, Wisconsin, to avoid using the herbicide 2,4-D to eradicate milfoil, an invasive water plant. “Instead of taking the easy solution of broad-

casting 2,4-D, the community chose to harvest the milfoil through mechanical means and not risk exposing children and expectant mothers who swim in the lake to an possible adverse health consequence,” says Greenlee, PhD, associate professor and research scientist at the School of Nursing’s La Grande campus and assistant scientist at OHSU’s Center for Research on Occupational and Environmental Toxicology.

Her study of low-dose pesticide exposure also attracted the attention of the U.S. Environmental Protection Agency. “They were getting ready to re-register 2,4-D and realized they had very little information about these products in early pregnancy.”

“As health care becomes more challenging in the environment both from a financial perspective as well as escalating needs of an aging population, we offer the country a fresh voice and a compass for re-directing health policy,” says Kathleen Potempa, DNSc, RN, FAAN, dean, OHSU School of Nursing, and vice president, OHSU.

Breaking the Cycle of Violence

Rape, physical assault, stalking and homicide against women by their intimate partners costs more than \$5.8 billion annually. Employers, unions, law enforcement and health professionals see the spillover of violence into the workplace and the impact it has on productivity, absenteeism, safety and well-being. Nurse scientists are working with women and their employers to address this problem right where it counts – at work!

Treating Pain in Persons With Dementia

Today, four million people have Alzheimer’s Disease in the U.S., and there will be 14 million by 2050. People with Alzheimer’s Disease who have pain have great difficulty communicating their need for pain relief. They may yell, lash out at people, or refuse to be touched. Often the people who care for them do not know these behaviors are a result of unmanaged pain. Nursing research is helping caregivers to better recognize these symptoms and treat pain.

Maximizing the Benefits of Exercise in Fibromyalgia

Fibromyalgia is a common, costly and debilitating chronic pain syndrome diagnosed in nearly 6 million Americans, of which 90% are women. Until fibromyalgia can be prevented or cured, the focus of treatment is pain relief, preventing deconditioning due to inactivity, delaying disability and improving overall health. Nursing research is leveraging

the effects of exercise training in addition to drug therapy on pain, symptoms, cognition and quality of life.

Understanding the Nature of Care Provided at the End of Life

For an increasing number of older Americans, dying occurs in non-hospital, congregate residential settings, including assisted living facilities. Understanding how and where people die is as significant as knowing why people die. Nursing research is seeking to understand end-of-life care from the perspectives of staff working in assisted living facilities and hospice. Ultimately, this research will improve end-of-life care coordination and delivery in assisted living facilities.

Increasing Physical Activity in Rural Adults

Rural adults face challenges to engaging in exercise and eating well that are inherent to the rural culture. Thus, obesity and chronic illnesses associated with inactivity are more common in rural adults than in those who live in urban environments. In partnership with clinicians at six rural clinics in Oregon, OHSU nurse scientists are conducting a randomized clinical trial to test a telephone counseling intervention to motivate rural adults to start and maintain individually tailored walking exercise programs.

To read more about current research, visit www.ohsu.edu/son/research.

Second Annual Henrietta Doltz Puhaty Distinguished Lecture and Dinner

Bridging the Fall Conference and our Homecoming weekend will be our second annual Henrietta Doltz Puhaty Distinguished Lecture and Dinner on Friday, September 15, 2006. This year's keynote address, "The Importance of Diversity in Achieving Excellence," will be presented by Bertice Berry, Ph.D.

A former professor at Kent State University who then developed a career as an entertainer, lecturer, comedienne and author, Berry, defies stereotypes and generalizations. She is both a gifted speaker with a comic edge and a comic with a serious message, often addressing difficult issues such as racism and sexism.

Using humor, research and storytelling, Berry will inspire us to rethink our ideas about diversity and its role in allowing us to maximize our full potential within a change-laden environment. Grounded in her definition of diversity as being a matter of critical thinking that lives within each individual, Berry will describe how achieving diversity requires on-going and daily mental shifts.

She views nursing as an inspiring field that can advance the health care system by first seizing the diversity within itself. We miss the perceptions and reality of others when we live with a single perspective. Berry will challenge nursing to a level of excellence that fosters the ability to help all people heal.

The dinner and lecture will begin at 6:30 p.m. at the Oregon Zoo. For information about tickets, please call 503 494-1111 or visit www.ohsu.edu/son/giving/puhaty.shtml.

The Oregon Opportunity

BY BARBARA PESCHIERA, DIRECTOR OF DEVELOPMENT

Your generosity powers the unlimited possibilities of the dynamic energy within the OHSU School of Nursing. You, as our community partners, allow the school to advance its missions of healing, teaching and discovery in every part of Oregon and many regions beyond the state.

The importance of philanthropy has never been as clear as it is in today's environment of state budget cuts in the midst of a growing nursing shortage. Philanthropy is truly the factor that allows the school to pursue the unlimited possibilities that define nursing.

We are especially celebrating the establishment of the Carol A. Lindeman Distinguished Professorship. Reaching this goal was only made possible by the help so many of you provided. We look forward to recruiting a first-class scientist to honor as the first Carol A. Lindeman Distinguished Professor.

And we are excited to announce a new campaign to endow a distinguished professorship in honor of Patricia G. Archbold, DNSc, RN, FAAN, – who has officially retired from OHSU after a celebrated career in geriatric nursing and family care giving. We look forward to your support for this exciting endeavor.

We thank those of you who have contributed to the School of Nursing – those of you who have made major gifts and those of you who contribute annually. The next generation of nurses – and the patients they will care for – looks to your continued help to explore their unlimited possibilities.

2005 Honor Roll of Donors

The School of Nursing Honor Roll of Donors honors those who made a gift or pledge to the OHSU School of Nursing through the Oregon Health & Science University Foundation from Jan. 1 to Dec. 31, 2005. We compile these lists based on the information we have. We apologize in advance for any omissions or errors and invite you to notify us of needed corrections. As part of the Oregon Opportunity campaign, your present to the future is one you can see, feel and touch in the stories throughout this issue of *Nursing Progress* ... a present that will help to address critical issues surrounding the nursing shortage and ensure our communities receive compassionate and competent nursing care. Thank you.

Please view the honor roll at www.ohsu.edu/son/giving/honor_roll_2005.shtml.



Unusual Backstory, Uncommon Resolve Distinguishes Scholarship Winner



BY DAN SADOWSKY

Tirzah Krabill isn't the only student in her class who took a roundabout route from high school to OHSU's Ashland campus. But the 27-year-old's path might qualify as the most circuitous.

At age 19, Krabill and her boyfriend, Dave Shantie, packed up their belongings and their three dogs and drove across the U.S. For three years, they lived as drifters, sleeping most nights in their vehicle and scraping by on odd jobs and sales of Krabill's handmade clothing and jewelry. Along the way, they rafted in Wisconsin, dug for crystals in Arkansas and took in the red-rock landscapes of Arizona, returning only occasionally to their mothers' homes in Seattle and Eugene.

Krabill, an "A" student from a stable home, says her wanderlust came from the adventure stories of street kids that frequented the University District Taco Bell in Seattle, where she worked during high school. "I just wanted to see what was out there."

The three-year odyssey ended in 2001, when Tirzah got pregnant and the couple moved to Eugene. A first-trimester miscarriage left her devastated; she badly wanted the child. But amid the heartbreak, she saw a chance to gain her financial footing before getting pregnant again.

"Basically, I figured this was my second chance to do it the right way," she says.

She decided to go to school to be a midwife. She'd met too many pregnant girls on the streets who didn't have the resources, the information or sometimes the will to give birth to a healthy baby.

And she already had a nurse's empathy. As a child, whenever her mom fell ill, Krabill would eagerly fetch a cool washcloth, an extra towel or a bowl of applesauce to comfort her. "She used to call me her little nurse," says Krabill.

After filling prerequisites at Lane Community College for nearly three years, Krabill was accepted into OHSU's bache-

lor's degree nursing program in 2005. To help defray costs, she was awarded a \$5,000 scholarship from the Daniel and Mary Lou Shepard Family Education Trust.

At OHSU, Krabill, who wears her own colorful, hand sewn clothing and lives off the electrical grid in a 10-foot-by-40-foot trailer on Mt. Ashland, stands out as "kind of hippie," says friend and classmate Cerisa Niskanen. Yet she's also distinguished herself as someone with extraordinary compassion and commitment.

"Tirzah is just naturally open to people," Niskanen says. "I think her experience has influenced who she is and the way she approaches nursing."

"She's very much her own person," adds Instructor Lori Lind, MS, RN, "in a way that makes people easy to connect with her because she is so real."

After graduation, Krabill wants to practice in an underserved rural community and "focus on people who can't afford healthcare." She says she'd like to offer the same kind of care she received at a free clinic in Seattle, where she used to visit when she fell ill or needed health care.

"They wanted to know about me, my situation, how I was coping mentally," she says. "It wasn't just, 'Oh, you're sick, here's some medicine, now go away,' which is how it is a lot of times when you don't have money."

Eventually, Krabill wants to widen her rural clientele by becoming a family nurse practitioner. Starting her own family might come first. Krabill and Shantie, who fights wildland fires and works at Mt. Ashland ski resort, plan to marry sometime around next year's graduation.

Krabill would be the first to agree that not long ago, her life was a bit aimless. But these days, it seems she knows exactly where she wants to go.

Class Notes



Mary (Knudson) Blunt, '54, retired after 20 years at Salem Hospital as a med/surge charge nurse. Since retiring she has been fortunate enough to enjoy singing and traveling with Festival Chorale Oregon. Mary has three children and five grandchildren.

Alice (Welk) McDonald, '54, and her husband both retired and have been enjoying traveling, both in America and overseas. They also enjoy seven grandchildren, which keep them young. Their four sons and families live in Vermont, Kansas, Oregon and Borneo. Alice and her husband have lived in Dallas, Texas for almost 34 years.

Susan Imbrie, '58, graduated with a master's in community health nursing from the University of Portland. She retired from Multnomah County Health Division after starting school-based clinics. She enjoys her four grandchildren, summers at her Black Butte Ranch home, birding, bicycling, wildflower walks and wild mushroom hunting.

Nancy Pullen Alley, '55, has the life she always wanted. She retired and moved into a townhouse above the Pearl in Northwest Portland. She enjoys active volunteering with the Oregon Food Bank and belongs to two book clubs, the Symphony, Chamber Music, ART and Coho Productions. Nancy enjoys taking cooking classes and especially eating! She also has two children who live in the San Francisco area.

Edna (Staveland) Folkerts, '55, last June, marked 50 years since graduation and 50 years of marriage. Edna and her husband, Alfred, enjoy their three sons and their families. They are retired, but keep busy, as they are still part-time farmers.

Sharron (Bollinger) Cox, '60, is doing volunteer work with the SMART program in schools, is a member of PEO, is involved in mentoring classes and Bible studies in her church.

She also meets with other retired nurses in her area once a month for lunch! Life is good! In addition, she enjoys babysitting her grandkids and get-togethers with her children.

Ann Packard Duelstgen, '60, is retired, but busy as ever. She is a master-gardener. Ann's favorite activities are spending time with her grandchildren, trips to the beach and gardening. She sends her best to all her classmates!

Merrilee (Thom) Brockley, '65, has been living in the Portland area since 1990. All four of her grandchildren live nearby. Her husband and daughter work together at their FISH window cleaning franchise.

Shirley (Hopkins) Kaminsky, '65, is retired and traveling. She has seven grandkids and is loving life. Shirley does volunteer work with The American Foundation for Suicide Prevention. She participated last July in the second National "Out of the Darkness" overnight walk in Chicago to raise awareness and fund suicide prevention, mental health/illness awareness, survivor support and education.

Sandra Brandt Clausen, '70, is starting to slow down at work to have more fun. Her first adventure was traveling to Uganda. She has two sons – Matt started at OHSU School of Medicine in August; Adam is a doctoral student in Physics at the University of Oregon.

Susan (Smith) Stanley, '70, continues to work full-time at Central Oregon Pediatric Associates and teach daily fitness classes for the Body Shop. Her son, Scott, is an electrical engineer who was recently married. Her daughter, Christine, is a student at the University of California, San Francisco Medical School.

Catherine (Kohlruss) Harman, '75, has worked on a medical/surgical floor and at a blood bank, but has found her



niche as she has completed 25 years in the O.R. at Stanford. She has two children – Patrick, 17, is finishing his senior year in high school; Allison, 14, a freshman this year. Catherine has been married 23 years to Rick, a police officer.

Tracey A. Sanford, '75, is the manager for medical education at ACMI Corp, a medical device manufacturing company. Her focus is education of end-users – OR nurses, office nurses and surgeons in the areas of urology and gynecology. Tracey lives just outside of Baltimore, Md., in a beautiful agricultural countryside.

Melodee (Fennimore) Corgan, '80, works for Kaiser Permanente in Salem as Coordinator of Utilization Resources. A varied job doing UR at Salem Hospital, hospice coordination and work with palliative care, home care and SNF placement. Melodee has been married for more than 25 years, and has four kids, only one left at home.

Carla Syverson, '80, has worked for the Centers for Disease Control for 15 years on Maternal Mortality Surveillance and Safe Motherhood. She lives with her two teen daughters in Sumner, Wa., and spends most of her time with their horses and various school activities.

Vicky (Rice) Cumpston, '85, has been a lead charge nurse at Emanuel for 20 years. She's been married 11 years and has two kids – Anthony, seven, and Allison, four. She is the co-owner of Rose Garden Antiques with her mother and sister. They specialize in vintage glass, china and pottery.

Karisa Thede, '85, is working part-time at Lebanon Community Hospital as a trauma coordinator and as an ED nurse. She has been employed there since graduation. She and her husband have three children. The oldest has just finished his freshman year of college. Their daughter is a sophomore in high school and their youngest is a seventh grader.

Message from the President

The OHSU School of Nursing Alumni Association exists to facilitate a continued relationship between each of you and the school throughout your career and beyond. As your 2005-2006 Alumni Association President, on behalf of the board, I would like to take this opportunity to share highlights of this year's activities.

I am pleased to report that alumni annual giving reached an all-time high during this year's phonathon, raising over \$102,000. In addition, due to your on-going support, the Alumni Association Scholarship Endowment has continued to thrive. This year the alumni board decided to award alumni scholarships to returning students and graduate student applicants. This spring \$12,000 in scholarships was awarded to deserving students that represent each campus.

As you may have noticed there have been some minor changes in the scheduling of traditional alumni events. The School of Nursing Alumni Homecoming will now be held during September (September 15-16, 2006) in conjunction with the "Welcome Back" conference for the school. In addition to traditional homecoming activities, this year a family barbeque will be held in an effort to encourage broader alumni participation. Also, the second Annual Henrietta Doltz Puhaty Lecture and Dinner will be held on Friday evening (September 15) at the Oregon Zoo. In addition to student representation on the board, the Alumni Association continues to sponsor student activities such as the annual career fair, student portraits and mentoring activities.

I would like to specifically acknowledge Carolyn Kimpton, director of alumni relations and annual giving, for her unflagging support and daily effort that keeps the Alumni Association organized and moving forward. I am also grateful to my fellow board members throughout the state who commit time to represent each of you.

Warmest regards,

Janice Tendler, MS '00, BS' 97
President, OHSU School of Nursing Alumni Association



It's 'HIP' to Provide Homeless Care

BY DAN SADOWSKY

Living on the streets is hazardous to anyone's health. But it is especially unsafe for those recovering from an illness or injury that required hospitalization. Without a safe, clean environment and access to follow-up care, they're liable to end up back in the emergency room.

That's an outcome the Homeless Infirmity Project hopes to avoid. OHSU and the Salvation Army opened the innovative 15-bed recovery unit last October for homeless people who've been discharged from the hospital but still require care that would otherwise be provided by a home health nurse.

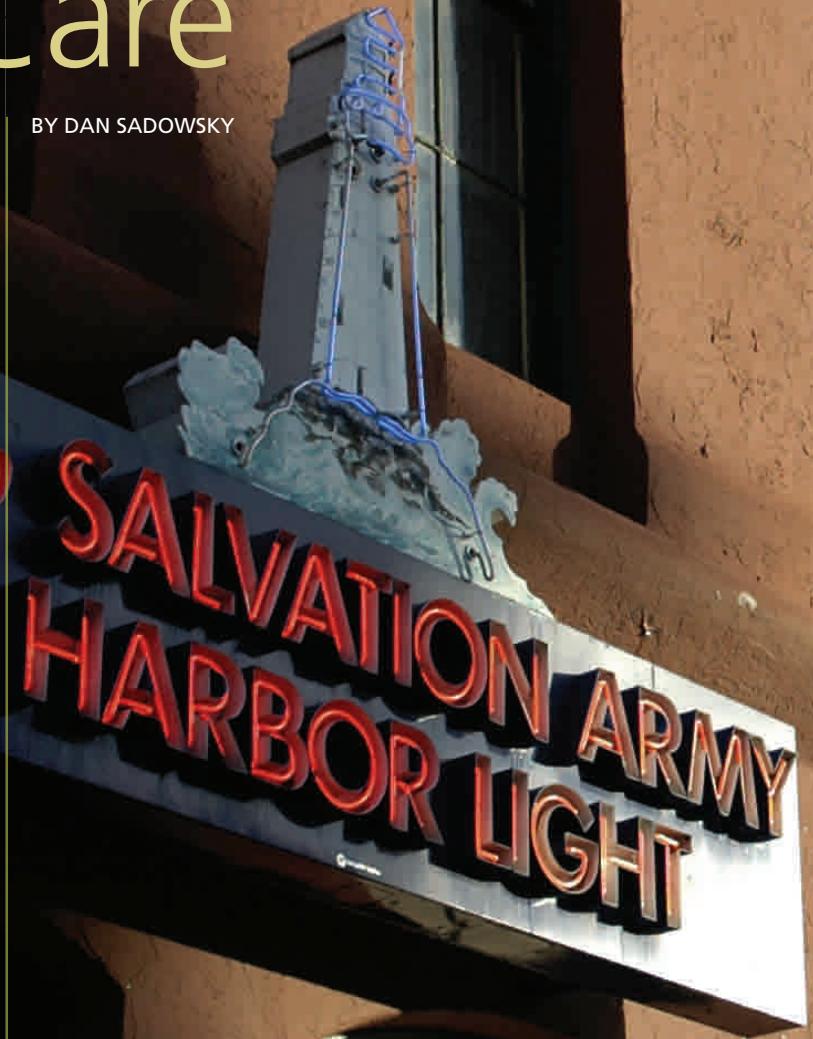
Located amidst other homeless services in Salvation Army's downtown facility, the project "gives people the chance to catch their breath, get back on their feet and find the resources they need to stay healthy," says part-time coordinator Anna Long.

HIP's second-floor space evokes memories of an old-fashioned convalescent home: It is a long, sparsely furnished room with white walls and a neat row of single, gray metal cots. A tiny office holds little more than crates of supplies, a desk and a couple of file cabinets.

The low-tech setting underscores the basic nursing skills practiced by Long, two part-time nurses and roughly two dozen OHSU clinicians, students and other volunteers. "It's all about nursing fundamentals," says Long, who is also a master's degree candidate in the psychiatric nurse practitioner program at the OHSU School of Nursing. "It's about using your senses and your knowledge about how human beings function to deliver excellent care."

Students praise the learning environment it offers. "It's an opportunity to put down the medical tools and pick up the social tools," says John Harris, a fourth-year nursing student from Vancouver, Wash., who fulfilled his community-health rotation in the infirmary. He says he's better able to build a rapport with down-and-out patients and understand their post-discharge challenges.

Marna Flaherty-Robb, RN, MSN, CNS, the nursing school's associate dean for practice development and integration and HIP project manager, says she's reassured by the success of HIP's initial six-month pilot phase. "We look forward to working with the Salvation Army to build a strong, sustainable service for years to come."





2006 Outstanding OHSU Student Volunteers

On Friday, May 5, undergraduate and graduate students from all schools and programs in Portland gathered to recognize outstanding OHSU students for volunteer work in their communities; local, national and international. The following students received nominations for awards at the First Annual OHSU (Portland) Student Volunteer Recognition and Awards Ceremony:

Congratulations to:

Laura Jenson (bachelor's class of 2007), who received special recognition for being an "Inspiration to Others." Laura was nominated for an award in the following categories: Global/International Service, Community Service and Outreach, and Volunteer of the Year.

Jana Flesher (nurse midwifery), who received an honorable mention for the Educator Award. Jana was nominated for an award in

the following categories: Educator and Community Service and Outreach, and was a finalist for Volunteer of the Year.

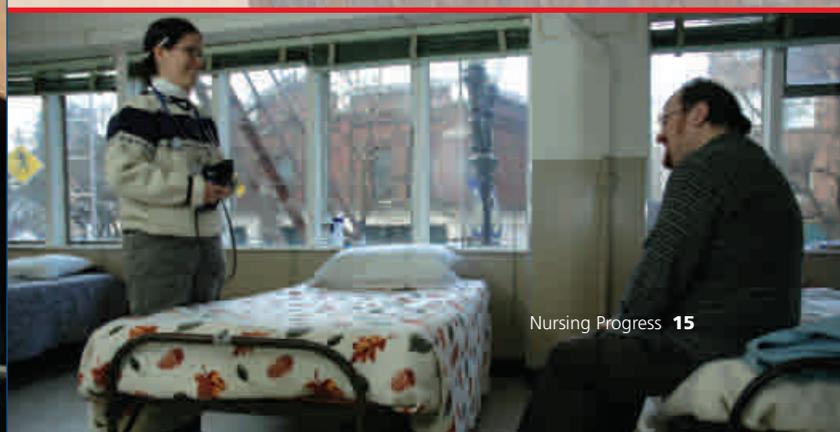
Lindsay Grenier (nurse midwifery), who was nominated for an award for her Global/International Service.

Sandra Laden (bachelor's class of 2007) who was nominated for the Volunteer of the Year award.

Bree Schreitz (nurse midwifery), who was nominated for an award for Community Service and Outreach.

James Suiter (family nurse practitioner), who was nominated for an award for Community Service and Outreach.

Jennifer Myers (bachelor's class of 2007), who was nominated for an award for Community Service and Outreach.



School Announces New Leadership



Judith Gedney Baggs



Claudia Burnett



Carol A. Ledbetter



Bill Gaynor



Kathleen Knafli

The School of Nursing has recently announced the appointment of the following new leaders:

Judith Gedney Baggs, PhD, RN, FAAN, assumes the position of senior associate dean for academic affairs. Previously she was at the University of Rochester, New York. She is a scholar in clinical ethics and end-of-life care and has been a nursing educator for more than 15 years.

Claudia Burnett, MBA, has accepted the position of assistant dean of finance, Office of Administration. In the past 15 years, she's held executive positions in operations and finance in not-for-profit endeavors, including primary and secondary education, the Oregon Symphony and the Oregon Historical Society.

Bill Gaynor, MPH, has been appointed associate dean for administration and finance. He will continue to serve as the school's director of planning, Center for Healthy Aging and co-director, Oregon Geriatric Education Center. Before joining OHSU, he held several administrative positions in hospital service administration and was the president of two health service enterprises.

Kathleen Knafli, PhD, is the senior associate dean for research and faculty affairs and also the first holder of the Elizabeth N. Gray Distinguished Professorship. She came to OHSU from Yale University School of Nursing. She is noted for her study of children with chronic illness and family support systems.

Carol A. Ledbetter, PhD, RN, FAAN, is the new associate dean, La Grande campus. Previously she was on the faculty of the College of Nursing, Texas A&M-Corpus Christi and also served as senior vice president and chief operating officer of Surgical Anesthesia Services, LLC, and Surgical Synergies, Inc. Her research interests include evidence-based practice.

Dean Potempa Leaves OHSU After 10 Years of Service

Oregon Health & Science University School of Nursing Dean Kathleen Potempa, DNSc, RN, FAAN, has accepted the position of dean of the University of Michigan School of Nursing, announced OHSU Provost and Vice President for Academic Affairs Lesley Hallick, PhD. Potempa will continue at OHSU through the summer. The University of Michigan School of Nursing is one of the top three nursing schools in the country.

"I leave OHSU with mixed emotions and a fond sense of many wonderful colleagues here. The School of Nursing at OHSU is poised for continued growth and excellence and I will eagerly watch its progress," Potempa said.

"I suppose this is the best kind of bittersweet," said Hallick. "Dean Potempa has been a phenomenal leader in this state and will be terribly missed. She represents the quintessential example of leadership. She is the consummate team player, but is equally able to focus on the specific tasks for which she is responsible. She created a vision for the school and its critical role in the university and the university health system, developed the consensus and energy to accomplish their goals, and implemented a strategy to deliver. She did all this in the face of repeated budget cuts, the recruitment of the next generation of researchers, and with the challenge of managing a statewide program.

"Her support and development of the Oregon Consortium of Nursing Education, which just completed an agreement with eight community college nursing programs to create a model for the seamless education of tomorrow's nursing work force, is being watched by the nation's nursing leaders as the plan to emulate. We are grateful for the legacy



Kathleen Potempa

she leaves and wish her as much success in the next phase of her life.”

Sandra Theis, PhD, RN, associate dean for the Ashland and Klamath Falls campuses, has been named interim dean. A transition plan and national search will be announced.

Potempa has been the dean since 1996 and was appointed an OHSU vice president in 2002.

Under Potempa’s leadership, the school built a mature research program,

moving from \$2.3 million in national funding in 1996 to \$7.8 million last fiscal year. She also brought OHSU’s rural research program to a level of maturity through the formation of the Center for Rural Research, which is based on the Ashland campus. The school is ranked sixth in the country by *U.S. News & World Report*.

The size of the school’s faculty has grown from 68 when Potempa arrived at OHSU in 1996 to 179 faculty and instructors currently. During that time, a number of new programs began including the online RN to bachelor’s program in 2000. The school also launched a regional PhD program that incorporates distance learning to the benefit of students in Washington, Montana and Utah. The school’s graduate programs also have expanded through the regional campuses as well as to programs in Bend and Lane County.

The school also expanded its clinical presence under Potempa’s leadership with practice revenue growth six-fold during the last 10 years to \$6 million this last fiscal year. OHSU built a new facility for the Union Family Health Center and opened the Elgin Family Health Center and the Rural Network for Schools in Union County – all significant resources for rural Oregonians. The school’s Health Management Services, a corporate wellness program, began in 1997 and has grown to a nearly \$700,000 program this year. The school also has taken the lead in the innovative Homeless Infirmary Project in which its faculty and students provide care to qualified homeless residents in collaboration with The Salvation Army.

Among the school’s innovative programs is “march wellness”, which will open this winter in OHSU’s Center for Health & Healing in the OHSU Commons located in the South Waterfront. “March wellness” will be a unique center that provides a bridge between traditional medical services and the value of health-oriented exercise and wellness activi-

ties that members can gain through customized programs.

Potempa provided critical leadership to nursing education statewide through her role on the Oregon Nursing Leadership Council, which brought together all stakeholders in nursing education and practice statewide. The ONLC led to the creation of the Oregon Consortium for Nursing Education, a partnership of OHSU and several community colleges in Oregon to offer a single nursing curriculum leading to the baccalaureate degree in nursing.

During Potempa’s tenure, the school has established itself as a leader in the use of simulation in nursing education. Not only did the school open a new Simulation and Clinical Learning Center in Portland in 2003, it also opened simulation centers at each of its regional campuses and has become a national resource for educators at other institutions who have begun to use simulation education.

Also under Potempa’s direction, the school has established the Center for Healthy Aging, the Center for Symptom Management in Life-Threatening Illnesses, the Hartford Center for Geriatric Nursing Excellence, the Center for Health Disparities Research and the Center for Family Care in Oregon.

During the past decade, the school was able to establish six distinguished professorships, which is among the highest of nursing schools nationwide. The school’s endowment has increased four-fold to \$11.3 million.

The school has also established itself internationally for its leadership in global health education with partnerships with schools in Mexico, Guatemala, Ecuador, Thailand, Japan, China and Taiwan.

Potempa is a nursing leader who has served on numerous local, regional and national organizational committees, advisory councils and boards. She has served on American Association Colleges of Nursing Task Forces and Committees consistently since 1997. She has served as a member of the American Academy of Nursing Finance Committee, the Board of Directors of the Oregon Heart Association, and the Oregon Congressional Task Force on Health Personnel. The U.S. Secretary of Health and Human Services appointed Potempa to the National Advisory Council on Nurse Education and Practice in 2001 for a five-year term. Potempa received the 2002 Mentor Award by the Oregon Medical Research Foundation. Potempa was cited as one of 50 great leaders of Oregon by the *Oregon Business Journal* in 2004 and was named as one of the city’s top 25 leaders by *Portland Monthly* magazine in 2005.

**OREGON HEALTH & SCIENCE UNIVERSITY
SCHOOL OF NURSING**

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OHSU includes four schools, two hospitals, numerous primary care and specialty clinics, multiple research institutes and several community service and outreach units.

This past June OHSU School of Nursing graduated 374 undergraduate and graduate students statewide.

