

STUDENT HIGHLIGHT



Amanda, third from left, with her support system at OHSU La Grande.

Amanda Vieira De Melo

By Christi Richardson-Zboralski

Amanda Vieira De Melo '23, a senior nursing student in La Grande, grew up surrounded by family in Recife, the capital city in the state of Pernambuco in Brazil. Her grandmother was a doctor and Vieira De Melo was drawn into the healthcare environment at an early age; healthcare ran through her veins.

Vieira De Melo has always loved assisting people from underserved populations. She spent the past 12 years helping people in need of basic care, education, clothing and food. She volunteered to serve the homeless, orphans and the economically challenged in urban and remote communities in Brazil before taking a leap to join her father in the rural community of Joseph, Oregon. Her commitment to health for all and to serve those in need never wavered.

Viera De Melo said, "I work at the top of my license and have taken on a role to help with more gender-inclusive campaigns on our social media channels. I provide Narcan education to staff and community members and safe medication administration protocols."

When she chose to attend the OHSU School of Nursing in La Grande, Viera De Melo received an Oregon Primary Care Transformation grant (OPACT), as well as a Wallowa Memorial Foundation scholarship, which helped pay for her schooling. The grant includes a professional development opportunity and membership in the Ambulatory Care Nursing Conference.

In 2021, while working on her BS with a major in nursing, Viera De Melo was hired for an OHSU-sponsored summer research internship. In this role, she assisted a professor with building a scientific model for analysis of nursing workforce burnout levels in the midst of the COVID-19 pandemic. This work encouraged her to start her own systematic research review during Fall 2022 on RN-led patient remote monitoring programs. She was recently nominated for a Flame award for excellence in research.

Viera De Melo graduates in June 2023 and hopes to continue her work in research, leadership, public health and diversity, inclusivity and equity. She will be eligible for her green card soon after graduation.

More information on how students can get involved and fund their education:
Global Brigades: www.globalbrigades.org/ and
OPACT: www.ohsu.edu/school-of-nursing/oregon-primary-care-transformation

New end-of-life doula services focus on rural, houseless populations

OHSU School of Nursing alum aims to make end-of-life a social, not medical event

As a hospice nurse, Erin Collins, M.N.E., RN, observed that many of her patients were afraid of dying, in denial of their imminent death and consequently unprepared for it.

Collins is a certified hospice and palliative care nurse with 16 years' experience in oncology and end-of-life care. She recently completed a Master of Science in Nursing Education at the OHSU School of Nursing, Portland campus, and was selected as a 2022 Cambia Health Foundation Sojourns Scholar.

"As health care providers, it is not always about saving lives at all costs, it's about supporting someone to live and die well," Collins said. "That often includes where they want to die and who they want to be present."



During a community event people were able to write down what was on their bucket list before they die.

Read the full story:
<https://news.ohsu.edu/2023/03/24/new-end-of-life-doula-services-focus-on-rural-houseless-populations>

The purpose of the NBRA is to provide seed money for promising nursing research projects. NBRA proposals are evaluated on relevance, design, and feasibility.

- Sandra A. Banta-Wright, Ph.D., R.N., NNP-BC
Exploring partner support/breastfeeding self-efficacy in the Neonatal Intensive Care Unit
 - Laura Mood, Ph.D., M.S.N., R.N., CNOR
Exploring the role and practice of community-based nurses
 - Angie Docherty, Nurs.D., M.P.H., R.N.
A collaboration with Western Oregon University and Southern Oregon University
 - Exploring pre-nursing career intention
 - Exploring the role and practice of community-based nurses
 - Sandra A. Banta-Wright, Ph.D., R.N., NNP-BC
Exploring partner support/breastfeeding self-efficacy in the Neonatal Intensive Care Unit
- Congratulations to the following faculty members on their Naomi Ballard Research Awards:
- Congratulations to Lindsey Miller, Ph.D., who was awarded a National Institutes of Health individual R01 grant, the largest award to an individual for their research. Her study is the RSELES Study: Remote Sensing of (older adult couples) Engagement in Life and Variability in Everyday Support. This study addresses a critical public health need to discover ways to delay functional disability related to Alzheimer's disease and related dementias.

NEWS AND ANNOUNCEMENTS

Series three of the OHSU Nursing@Noon webinars concludes with a presentation by Linda Felver, Ph.D., R.N., and Pamela Pierce, M.L.S., M.S. They will discuss their work to improve access to photographs that help students learn to recognize conditions in skin of various colors, and increase their awareness of issues related to health and diversity. Visit ohsfoundation.org/alumni/school-of-nursing/ohsu-nursing-noon/



UPCOMING WEBINAR

The Inclusive Photos Project

In this digital lecture series, speakers tackle the important issues of our time in the field of nursing. To learn more, register for upcoming events and view recordings of presentation from the first two series of Nursing@Noon go to ohsfoundation.org/alumni/school-of-nursing/ohsu-nursing-noon/. Questions? Email us at alumni@ohsu.edu.

OHSU Nursing@Noon webinar series

WEBINARS

SPRING 2023

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

Follow us on Instagram www.instagram.com/ohsu_school_of_nursing/

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

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OHSU is an equal opportunity, affirmative action institution. 3/23 (130)

Connections

A PUBLICATION FROM THE OHSU SCHOOL OF NURSING

SPRING 2023



Nursing students socialize before class.

Greetings!

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



I hope that you are doing well in 2023. It is mid-cycle for the 2022-2023 academic year and your OHSU School of Nursing is having a productive year. Our courses and programs are in session and increasingly back in person. In December the school affirmed updated Mission, Vision and Values statements, along with a 2022-2025 Strategic Map that sets forth priority areas of focus for the next three years. We are moving forward on 18 proposals approved for funding from new state appropriation monies that will allow us to educate more graduates,

build diversity and inclusion of our members, including faculty and students, and invest in our people, programs and spaces. In March, we will host a Commission on Collegiate Nursing Education accreditation site visit. Our faculty continue to lead for the future in education, research and scholarship, and practice and our alumni are serving Oregon and beyond.



Total funds raised in support of the OHSU School of Nursing

\$1.99M



Total funds raised in support of students

\$458K



Gifts from alumni Thank you!

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BY THE NUMBERS | Fiscal Year June 2021 to 2022

Read the full story online: <https://dysl/7qTph>

– Kelly Solo, graduate nursing student
"Not only has this experience taught me to be comfortable in my own vulnerabilities, but it has also shown me the kind of leader that I want to become in my own career as a Pediatric Nurse Practitioner."



Lessons learned from the Mother Baby Unit

"For me, OHSU has done so much to impact my growth both as a professional nurse and student. OHSU has increased my knowledge and sense of leadership to guide me on my path to becoming a nurse anesthetist. Every term that goes by I am inspired to gain skills to expand my excellence in my nursing career going forward. OHSU values nurse leadership and continued professional development, guiding me closer to who and where I want to be every day. Because of OHSU I want to continue to go as far in this profession as possible."

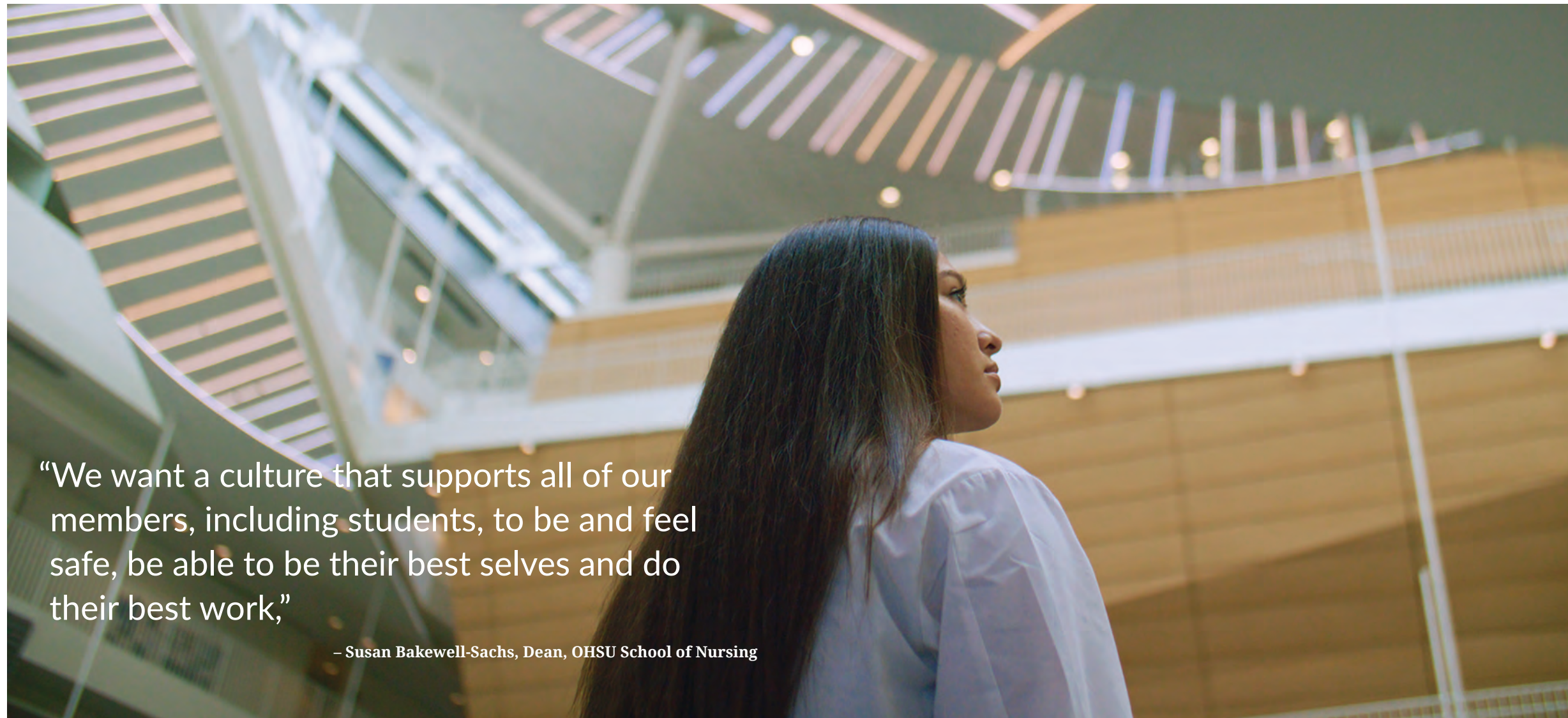


We've heard some great stories all across the OHSU School of Nursing campuses about what our students love about OHSU. Karli Ranson from OHSU's Portland campus shared her thoughts:

What students love about the OHSU School of Nursing

STUDENT PERSPECTIVES

SCHOOL OF NURSING CONNECTIONS



“We want a culture that supports all of our members, including students, to be and feel safe, be able to be their best selves and do their best work,”

– Susan Bakewell-Sachs, Dean, OHSU School of Nursing

Northwest Native American Center of Excellence, housed in the Department of Family Medicine, offers initiatives to accelerate the success of native medical health professionals including a Wy'east pathway for nursing students.

Retooling the School of Nursing's Future

By Lee Lewis Husk

An organization's mission, vision, values and strategic plan comprise the bedrock on which its future is built.

Already planning to update its mission, vision, values and strategic map, the OHSU School of Nursing saw a more immediate need to do so as a changed world emerged from the COVID-19 pandemic. Amplified deficiencies in the health care system had become painfully obvious to anyone needing access. Clinicians weren't always available when someone needed care, and inequities in marginalized and minority communities were made worse during the pandemic.

The American Hospital Association (AHA) reports that staffing shortages replaced financial challenges as the top concern among CEOs. “Many believe today's staffing shortages, particularly in nursing, are more pronounced than in the past,” AHA stated. It called the workforce shortage hospitals were experiencing a “national emergency,” projecting the overall shortage of nurses to reach 1.1million by the end of 2022.

As evidence of the urgent need to act, the Oregon Legislature passed HB 5202, part of which supports the OHSU “30-30-30” plan to address the state's health care workforce shortages. The program goals are to raise the number of graduates in clinical programs by 30% and increase university student diversity to 30% by 2030. The Legislature approved \$20 million and a one-time \$25 million that the OHSU Foundation will match for student scholarships.

The investment will enable OHSU to expand culturally competent health care access for communities across the state by graduating more nurses and advanced practice nurses, along with other health disciplines.

SoN Dean, Susan Bakewell-Sachs, was one of the primary architects of the 30-30-30 plan, along with George Mejicano, then senior associate dean for education, School of Medicine, and David Robinson, then OHSU's interim executive vice president and provost.

“We want to leverage the interplay of priorities of 30-30-30 funding with the nursing school's strategic plan,” Bakewell-Sachs said.

For example, the school's strategic plan prioritizes filling faculty vacancies and 30-30-30 funding has permitted an increase in the base salaries for every rank – instructor through professor. “We were able to move from the 40th percentile to the 75th percentile of nationally benchmarked salary quartiles,” Bakewell-Sachs said, pointing to a section of the strategic plan to recruit and retain faculty and staff who can contribute to diversity, equity and inclusion.

The School is a partner with 10 community colleges through the Oregon Consortium for Nursing Education (OCNE), offers an online RN to baccalaureate program, and has four campuses across the state hosted regional universities, to boost student access and address rural shortages of nurses. “The SoN has a large commitment to meet workforce needs,” Bakewell-Sachs said. “We have the greatest workforce needs [compared with other health professions] and have a significant investment to increase the supply of RNs and advanced practice nurses.”

As enrollment increases, the school must rev up recruitment and retention of faculty. The American Association of Colleges of Nursing reports that faculty shortages have limited student capacity even as the need for professional nurses continues to grow and that “budget constraints, an aging faculty and increasing job competition from clinical sites have contributed to the crisis.” 30-30-30 funds will enable the SoN to support OHSU faculty and OCNE community college faculty to earn Master of Nursing Education and doctoral degrees.

Supporting diversity

One of the SoN's strategic goals is to advance the school of nursing culture by cultivating diversity, equity, inclusion and belonging. “We want a culture that supports all of our members, including students, to be and feel safe, be able to be their best selves and do their best work,” Bakewell-Sachs said.

Grants from the Health Resources and Services Administration (HRSA) helped the school create a program to enroll, retain and graduate more underrepresented students and support them through

a program known as HealthE STEPS (Advancing Health Equity through Student Empowerment & Professional Success). Diversity coordinator positions were created to support students as part of the HealthE STEPS program. Their role is being sustained but with a new title: student inclusion and success coordinators.

“We're trying to build on prior success of the HealthE STEPS program,” said Karen Reifenstein, Ph.D., R.N., senior associate dean for student affairs and diversity. “We think this model could be a best practice in the retention to graduation of underrepresented students and help diversify the workforce.” The school will use some of the 30-30-30 funding to increase the student inclusion and success coordinators' total FTE and for additional training.

The coordinators help students identify their needs and assist them by providing counseling, peer and career support. Reifenstein said the HealthE STEPS program, which focused on Hispanic and Native students, had a 100% graduation rate.

Another program that touches diversity and workforce needs will be the SoN's Wy'east Post Baccalaureate Pathway, inspired by the School of Medicine's Wy'east Pathway for American Indian and Alaska Native (AI/AN) students. The Northwest Native American Center of Excellence (NNACoE), housed in the Department of Family Medicine, offers initiatives at key moments from high school through early faculty level to accelerate the success of Native medical health professionals. The Wy'east Medicine pathway represents the transition point from postbaccalaureate to medical school. The nursing school's Wy'east program, with funding from 30-30-30, will focus on a pathway to the accelerated baccalaureate degree.

Linda Paul, Ph.D., R.N, assistant dean, Portland undergraduate program and SoN Wy'east program director points to a critical shortage of Indigenous nurses in Indigenous communities. “We want to prepare nurses to be health care providers on the reservations, in Indian Health Services and caring for Indigenous clients.”

“The first-year activities will include focus groups with current American Indian and Alaska Native nursing students and graduates to learn how to make the program more culturally aligned,” said Peggy Wros, Ph.D., R.N., professor and emeritus faculty, who is leading the planning phase for the SoN's Wy'east pathway. Student recruitment will start in the second year with enrollment in the third year in 2024.

Eight students with a bachelor's degree in another discipline will enter the SoN pathway as the first nursing Wy-east cohort. A pre-entry program is being considered before matriculation into nursing education. After that, all will undergo a rigorous, 15-month accelerated curriculum to earn a BSN degree. Of the eight, two will concurrently be admitted to the school's Doctor of Nursing Practice for another three years. “The DNP students will most likely focus on family nurse practitioner and psychiatric mental health nurse practitioner specialties where the need is greatest, especially in rural areas,” Paul said. The school will continue to admit eight American Indian and Alaska Native students in its Wy'east nursing pathway in the following years.

Finally, the SoN's strategic plan commits to faculty development and mentoring, with the long-term goal of recruiting and retaining more faculty. Although not funded by 30-30-30, a research and scholarship fellowship program to help early career faculty deploy their research and scholarship programs is being launched next summer. “Our fellowship is not a one-size-fits-all, but rather it will focus on the individual needs and interests of our faculty,” said Hector Olvera-Alvarez, Ph.D., senior associate dean of research. “We'll meet faculty where they are and support them in a way that best meets their needs.”

“We're going to go way beyond recruiting faculty from diverse backgrounds. We're going to actively search for them, bring them in and make them feel included with sensitivity to their starting points, interests and needs,” Olvera-Alvarez said, adding that the fellowship initiative will have diversity and equity at its core principles.

The school will have the capacity for four to six fellows initially but hope that as it grows, all research faculty hired as assistant professors will go through the fellowship. “It really is a pilot for what we hope will become culturally based infrastructure,” Olvera-Alvarez said.

As the nursing school moves from its current plan into implementation, it will focus on the vision of “health for all” by achieving health equity and optimal well-being for individuals and populations in Oregon and beyond.

Alumnae are committed to providing nurse-midwifery care to rural and frontier communities

By Anna Lageson

OHSU School of Nursing alumna Sarah Paeth, B.S. '14, M.N. '16, CNM, grew up in Toledo, Oregon, and remembers that her rural community was not often served by a medical provider. Believing that all communities deserve access to quality health care, especially essential maternal-child health care, inspired Paeth to become a certified nurse-midwife.

Paeth first practiced midwifery in the rural community of Roseburg, Oregon, which saw high rates of tobacco, alcohol, and drug use. When they became pregnant, her patients were often motivated to overcome their substance use.

“This is the only time in a person's life where they get to see a provider practically every other week for nine months,” Paeth said. In her experience, patients are often motivated to make positive changes in their lives that can ripple out to affect their families and community.



Lori Swain, B.S. '14, M.N. '16, CNM, D.N.P. '17

Paeth's OHSU School of Nursing classmate, Lori Swain, B.S. '14, M.N. '16, CNM, D.N.P. '17, agrees that prenatal and postnatal care provide an opportunity to affect the well-being of entire families.

“We provide medical care, but the heart of it is that a child is being born, a family is growing,” Swain said.

Swain and Paeth both have high praise for OHSU's nurse-midwifery program. Paeth said, “It prepared me for everything I have done in my career.” She is thankful to have been selected for the Scholars for a Healthy Oregon Initiative, which paid for her nurse-midwifery education.

Swain, who was also selected for the Scholars for a Healthy Oregon Initiative adds “I'm really thankful for the strength of the OHSU midwifery program. We were well prepared to hit the ground running.”

Swain is currently a member of the Legacy Medical Group Women's Health team in Silverton, Oregon and serves patients from several rural Oregon communities. Paeth recently joined Swain's team but splits her time between Oregon and Alaska, where she works for the tribal communities of the Northwest Arctic Borough.

In Alaska, Paeth is stationed in Kotzebue, a remote village 40 miles above the Arctic circle. Many of her patients live too remotely to visit Kotzebue, so Paeth travels by bush plane to care for them.

“I feel called to serve people in remote locations,” Paeth said. “Your access to quality care should not depend on your zip code.” Her commitment to this belief has also taken her to South Sudan, where she has worked with Doctors Without Borders.

Swain and Paeth both encourage other health care practitioners to consider serving rural communities.

Full article can be found at ohsfoundation.org/stories/ohsu-school-of-nursing-alums-committed-to-providing-nurse-midwifery-care-in-rural-communities/



Sarah Paeth takes a moment to enjoy the sun and pose for the camera.