Celebrating National Nurses Week May 6-12

An OHSU prostate cancer study participant focuses on strength training at March Wellness in the new OHSU Center for Health & Healing. Read more about this study in "Working Out for Better Lives" below.

NEWS

Working Out for Better Lives
An Oregonian article by Nancy Dow

On Portland's South Waterfront, in the shadow of the new tram, men in yellow hats are exercising for their lives.

They are part of a three-year Oregon Health & Science University study, financed by the Lance Armstrong Foundation. Study leaders hope to come up with an exercise prescription to benefit men dealing with prostate cancer who are on testosterone-lowering medications.

The men, who received yellow LiveStrong hats for Christmas, are divided into two study groups. One is focused on strength training; the other on stretching and flexibility. They take hourlong classes three days a week in the new OHSU Center for Health & Healing.
"It's too soon to say what data will emerge. The prostate study is "uncharted territory," says Kerri Winters-Stone, PhD, an exercise physiologist and assistant professor at the OHSU Cancer Institute and OHSU School of Nursing.

To read the complete Oregonian article, click here.

Program Helps Geriatric Scholars Achieve Results
A Nurse.com article by Barbara Kancelbaum

For many doctorally prepared geriatric nurse researchers, getting to the next career level -- whether landing research funding, attaining a post-doc fellowship, or networking with top leaders in the field -- is an elusive goal. The Geriatric Nursing Research Scholars & Fellows program of The John A. Hartford Foundation Institute for Geriatric Research is a weeklong intensive course to help researchers build significant programs of research, overcome challenges, and measure outcomes. The program's long-term goal is to boost evidence-based practice and improve the quality of health care for older adults. Now, with 127 alumni, the 10-year-old program's effect is becoming clear.

Held at NYU College of Nursing every July, the scholars program brings together emerging geriatric nursing researchers and leaders from around the country. Two nationally recognized geriatric nursing researchers join with NYU faculty to provide intensive feedback on each scholar's research subject and proposal, offer career advice, and give direction regarding sources of funding and further training. At the end of each day's program, the scholars revise their proposals and submit them for review the next morning.

"The very notion of a senior mentor in geriatric research is rare and exists only at a handful of top research universities," says program director Elizabeth A. Capezuti, RN, PhD, FAAN, co-director of the Hartford Institute and 1998 institute scholar. "We give participants the opportunity to meet with senior mentors and help them get to the next level, whatever that may be."

Faculty have included Neville Strumpf, RN, PhD, FAAN, Edith Clemmer Steinbright Professor in gerontology at the University of Pennsylvania; and Pat Archbold, RN, DNSc, FAAN, and Barbara Stewart, PhD, both professors emerita at the School of Nursing, Oregon Health & Science University.

Some of the scholars have been nurses who set out to study older adults. Others, like Deborah D'Avolio, APRN-BC, PhD, a Claire M. Fagin Post-Doctoral Fellow at the University of Pennsylvania, became interested in older adults through their specialties. D'Avolio, who is a certified acute care nurse practitioner and adult nurse practitioner, has spent most of her clinical career in inner-city emergency departments.

"That's where you see a magnified picture of what's wrong with health care, because you see people who can't get care in other settings, and older adults tend to be especially disenfranchised," she says. "For them, it is particularly important to get care when there is an exacerbation of a chronic illness."

While an assistant professor at the MGH Institute of Health Professions in Boston, she began a pilot study on older adults' access to health care. In the summer of 2005, while participating in the Oregon Health & Science University John A. Hartford Summer Postdoctoral Program, under
the mentorship of Theresa Harvath, RN, PhD, she began initial data analysis of her study results. Her research showed that, even when older adults have a primary care provider and some form of insurance, they still have trouble getting an appointment when they need one.

"Older patients encounter multiple barriers when trying to access health care. Some patients find it difficult to manage the phone system in doctors' offices. When there are no immediate appointments, some give up," says D'Avolio. She applied to the scholars program, hoping for robust critical appraisal and feedback on the pilot study to plan the next steps of her research.

Through the scholars program, which D'Avolio attended in 2005, she met Strumpf and Julie Sochalski, RN, PhD, FAAN, who are now her Hartford post-doctoral mentors at the University of Pennsylvania School of Nursing. The week-long program not only helped her commit to pursuing a post-doctoral degree, but helped pave the way for developing a program of research that integrates health services research and geriatric nursing. She is currently preparing a study examining the impact of access to care for urban older adults.

To read the complete Nurse.com article, click here.

The OHSU School of Nursing was selected as one of five John A. Hartford Foundation Centers of Geriatric Nursing Excellence nationally.

The OHSU Center of Geriatric Nursing Excellence is dedicated to preparing nurse leaders to meet the challenges of caring for the aging population through the integration of practice, education, research, and policy. Specifically, the center aims to:

- Increase the number of faculty with expertise in gerontological nursing
- Increase the number of expert gerontological nurses and nurse practitioners
- Advance the science of gerontological care

Current academic program offerings include the Post-Baccalaureate to PhD program and Post-master's Certificate in Advanced Gerontological Nursing.

To read more about the center's programs, visit www.ohsu.edu/hartfordcgne.

EVENTS AND ANNOUNCEMENTS

OHSU Nurse Shows Photographs Featuring Cancer Life After Cancer Benefit May 18

"Defining Identities - Three young adults with cancer," a show of photographs by John Blalock, a nurse and photographer, will be on display at the NewSpace Center for Photography, 1632 S.E. 10th Ave. in Portland. The opening event is Friday, May 4, from 6 to 10 p.m. The images were created with three of his patients. A fundraising party, benefiting the Life After Cancer program at Doernbecher Children's Hospital, is scheduled for Friday, May 18, from 7 to 10 p.m.

Life After Cancer is a means of sharing stories of resilience, hope and change. It helps young cancer patients find meaning through
the process of making photographs.

For more information and a sampling of photographs, go to www.cancerlife.org or contact John Blalock at blalockj@ohsu.edu.

Graduation Ceremonies June 8-16

School of Nursing commencement ceremonies are during the week of June 8 - 16 around the state. For detailed information about the ceremonies for your campus, click here.

Ninth Annual Northwest Nursing Education Institute June 18-20

Learning like a nurse: New strategies

The Northwest Nursing Education Institute is an annual event providing the opportunity for nurses from the region to meet together to develop, renew and refine the knowledge and skills needed for the teaching of nursing in educational and clinical settings. Attendance at the Institute is appropriate for faculty from schools of nursing, staff development specialists from clinical agencies, clinical nurse specialists, and nurses interested in moving into educator roles.

The Institute provides a stimulating array of topics of interest to both novice and expert educators who are employed in clinical and educational settings. Plenary workshops by our featured speakers are designed to provide the latest information on teaching practices and on issues facing nurse educators, regardless of setting. Concurrent sessions provide the opportunity for in-depth exploration and discussion among participants, actual development of instructional tools, and/or practice in using some instructional methods.

For more information and to register, click here.

New Development Director Joins the School of Nursing

Heidi Shuler joined OHSU at the end of March as the director of development for the School of Nursing. Shuler has experience working in health care, higher education and arts agencies in California and Oregon.

“I enjoy helping people identify meaningful ways to contribute to the areas of their community that they most wish to touch, influence or change,” says Shuler. “It is a pleasure to share the school’s message about nursing’s interest in promoting wellness, improving the quality of nursing care through research of methods and outcomes, and the urgency to meet Oregon’s impending nursing shortage by placing educational opportunities state-wide.”

As the school’s development officer Shuler’s goal is to increase student access to nursing education by developing more scholarship funds and to encourage and remind people to pinpoint an area of nursing they wish to support in their estate plans.

To support the School of Nursing, contact Shuler at 503 494-7525 or e-mail shulerh@ohsu.edu. You can also read more about the school’s programs at www.ohsu.edu/son.

Academic Programs Information
Announcing a New Masters Degree Program in Nursing Education

A master's degree in nursing can open new career doors and unlock your personal and professional potential. In this new program, the student will gain advanced knowledge and experience in one of two clinical areas (either gerontological nursing or community health nursing), as well as theory and practice in nursing education.

Graduates of this program will be prepared to teach undergraduate students in a school or college of nursing and to assume a staff development position in a clinical agency. Whether in a class with new nursing students or on a clinical unit with practicing nurses, engaging learners and supporting their development is rewarding work. We hope you'll join us in this new career opportunity.

Meet our faculty at an upcoming information session. Click here for times and location.

Now accepting applications for this program. For more information about this program and other program offerings, click here.

HELPFUL LINKS

For more information about OHSU School of Nursing, click here.
For more OHSU School of Nursing news, click here.
To share a story idea for future Nursing eNotes, e-mail sonnews@ohsu.edu
To read Nursing eNotes archived issues, click here.
Alumni? Click here to update your mailing address or other contact information.
To visit the OHSU academic and research Web site, click here.
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