Nursing Progress
OHSU SCHOOL OF NURSING
2007

NURSING JOINS HANDS WITH COMMUNITY
A Passion for Nursing

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The class of 2007 graduates at Arlene Schnitzer Concert Hall in Portland.
The last year has brought much change to OHSU and the School of Nursing. Joseph Robertson, M.D., became OHSU’s next president, and I moved north from the school’s Ashland campus to lead the school as interim dean. In addition to the new faces, OHSU has new front doors. The university opened two buildings: the Peter O. Kohler Pavilion, a much needed expansion of OHSU Hospital; and the environmentally friendly Center for Health & Healing, a new door to OHSU on Portland’s South Waterfront. The center is home to March Wellness, a fitness and wellness center grounded in science, operated by the School of Nursing, and backed by the full resources of OHSU. And OHSU was fortunate to partner with the City of Portland to build the Portland Aerial Tram, connecting the South Waterfront with OHSU’s main campus on Marquam Hill.

Change and growth beget challenges and opportunities. By joining hands with the community the school is able to face challenges and embrace opportunities. As the articles in this issue of Nursing Progress illustrate, the school has joined hands with a variety of partners to take advantage of the opportunities afforded us. As a member of the Oregon Consortium for Nursing Education, a statewide partnership of nursing education programs, OHSU is able to provide bachelor’s level nursing education to students in their home communities—a significant step towards addressing the nursing shortage looming across the state. Other articles illustrate how foundations have partnered with us to fund crucial programs and research, such as Dr. Kerri Winters-Stone’s research which tests the theory that exercise offers some protection against fractures and improves daily function and quality of life for cancer survivors. You will also read about how individuals have joined hands with us to fund professorships and scholarships which aid the school in bringing top-notch faculty and students to OHSU.

Other stories in this issue of Nursing Progress highlight new programs and new faces at the school. I invite you to read the following pages and witness how the OHSU School of Nursing is joining hands with the community to lift nursing to new heights.

Sincerely,

Saundra Theis, PhD, RN, interim dean
OHSU School of Nursing
Can exercise prevent bone loss and aging in cancer survivors?

Studies seek answer

Making it through cancer therapy is tough enough. Yet many survivors bear additional risk for broken bones, premature aging and the related side effects from treatment. OHSU Cancer Institute and School of Nursing researchers, backed by three national cancer foundations and the willing participation of survivors, are testing the theory that exercise offers some protection against fractures, and at the same time improves daily function and quality of life.

“We’re applying a targeted exercise program specially developed to reduce fracture risk in cancer survivors,” says Kerri Winters-Stone, PhD, principal investigator for three separate studies under way. “We’re looking at how exercise affects physi-
cal determinants for fall risk, such as leg strength, mobility, stability and balance." Participants in each study have had cancer treatment that can lead to bone loss or increased risk for falls.

The first study involves men who have prostate cancer and are taking testosterone-lowering medications, leaving them vulnerable to weight gain and rapid loss of muscle and bone tissue.

The second study group consists of women whose breast cancer treatment triggered premature menopause. Instead of taking years to transition through this life phase, these breast cancer survivors undergo the process very rapidly. "These women get a five or 10-year jump on developing osteoporosis and other related problems," says Winters-Stone, associate professor and associate scientist in the OHSU School of Nursing and OHSU Cancer Institute.

Women 50 years of age and older at the time of their breast cancer diagnosis and more than one year past primary treatment comprise the third group. "We're looking at the combined effects of aging and breast cancer treatment," says Winters-Stone. New research indicates that these survivors have poorer physical function than women of the same age without cancer and that cancer treatment may accelerate aging.

Researchers randomly assign study participants to either strength training or stretching exercises. The strength training is designed to load muscles and bones, and the stretching and flexibility exercises promote range of motion and relaxation. After one year, investigators will compare the effects of these two exercise modes on bone health, body composition and physical function.

"These studies are attractive to participants because all of them gain something," says Winters-Stone. "People tend to choose aerobic or walking types of exercises, but stretching or strengthening exercise can yield meaningful physical changes in a short time. Participants feel better and notice physical changes that keep them coming back."

Says five-year bone cancer survivor Haralee Weintraub of Portland, "Since starting the program, I am stronger, more flexible and in less pain. My knees used to cause me so much pain that I took 800 to 1200 mg. of ibuprofen and had to limit walking and biking exercises. Now I don't need the pills."

The three studies have enrolled more than 130 participants from the Portland and Vancouver, Wash., areas for group classes held at March Wellness in the OHSU Center for Health & Healing on the South Waterfront.

The studies have grants that run for two or three years. Funding is provided by the Susan G. Komen for the Cure Foundation: $249,700 for the study of women 50 and older; the American Cancer Society: $714,926 for breast cancer survivors with early menopause; and the Lance Armstrong Foundation: $245,296 for the prostate cancer study.

"We feel a sense of pride that the money Oregonians raise for these national organizations is coming back to the local community," says Winters-Stone. "I wish that the people handing out water at the Race for the Cure, for example, could see how their hard work makes our work possible and changes people's lives."

In the future, the researchers hope that evidence gathered from these studies will be adopted by the mainstream fitness community. "I would like to see a setting with trained instructors who know enough about cancer and related treatment to modify exercise programs and provide group support among survivors," Winters-Stone concludes.

Collaborators include Lillian Nail, PhD, RN, and Jill Bennett, PhD, RN, (School of Nursing); Tomasz Beer, MD, Chris Ryan, MD, Mark Garzotto, MD, and Arpana Niaik, MD (OHSU Cancer Institute); and Yvonne Michael, ScD (Public Health and Preventive Medicine, School of Medicine).

Left: Patient Joseph Borsch participates in Winter's study with senior research assistant Elizabeth Dawn Creach, MS.

Union County Coalition and OHSU researchers tackle childhood obesity

BY LEE LEWIS HUSK

Life in the country is sweet but it also comes with disadvantages. What if the nearest fresh produce is 30 miles down the road and the main exercise your kids get is walking to the school bus stop? Healthy diets and regular exercise may be hard to achieve.

"Childhood obesity is one of the most significant public health issues of our time, and several studies suggest that the problem may be worse in rural settings," according to Nancy Findholt, PhD, RN, associate professor, OHSU School of Nursing La Grande campus.

To address this problem, Findholt has initiated the U.C. Fit Kids project – a community-based participatory research effort in which 25 community members representing Union County's six school districts, local hospital, public health department, and several community organizations are working with researchers from the School of Nursing, the OHSU Department of Public Health & Preventive Medicine, and Eastern Oregon University to assess factors that contribute to childhood obesity.

"We are studying how the school and community environments in Union County promote healthy habits or, conversely, create barriers to them," says Findholt. The Northwest Health Foundation is supporting the current assessment. "After this work is done, we will customize interventions to fit this environment." She emphasizes that any solution must be a combined effort of the schools, community and families.
In addition to in-kind support exceeding $3 million from OHSU and community colleges, OCNE has received generous backing – a total of more than $4 million from the following:

- Northwest Health Foundation, $650,372: backed initial development of the curriculum and consortium infrastructure; supported initial work on clinical education redesign; continues to contribute to strengthening OCNE and advocating support from potential funders.

- Meyer Memorial Trust, $609,498: supporting OCNE infrastructure until more permanent funding can be obtained; funding some Clinical Education Redesign pilot projects, and planning the clinical immersion course.

- Kaiser Permanente Northwest, $200,000: supported statewide focus groups on strengths and weaknesses in current model of clinical education; hosting a statewide consensus conference on clinical education redesign; supporting clinical education redesign pilot projects.

- The William Randolph Hearst Foundations, $249,583: helping develop two senior-level courses on OHSU campuses and for distance delivery at community colleges.

- U.S. Department of Health & Human Services, Health Resource Services Administration, Division of Nursing, $643,410: supported faculty development for OCNE leaders on each campus related to curriculum and instructional approaches.

**OCNE’s supportive partners**
Once again, Oregon is out front with a pioneering initiative, this time for dealing with the nursing shortage and revamping the educational system to meet 21st century demands. By 2010, OHSU through the Oregon Consortium for Nursing Education will graduate more than 400 new nurses – twice today’s numbers. And those graduates will be steeped in a reformed curriculum designed around competencies for today’s rapidly aging and increasingly diverse population.

“As far as we know, the initiative is the first of its kind in the nation and represents unprecedented collaboration among nursing schools in which the critical health care needs of the population trump competing interests and values,” says Christine Tanner, PhD, RN, the A.B. Youmans Spaulding Distinguished Professor, OHSU School of Nursing, and curriculum development project director for the consortium.

She says national nursing leaders, policymakers, health care analysts, foundations and funding agencies are looking at ways to adapt Oregon’s plan across the county. “We know of at least 15 other states in various stages of replicating the program.” The soon-to-be released Carnegie Foundation for the Advancement of Teaching National Study on Nursing Education has endorsed OCNE as the national model for nursing education reform.

The Oregon Nursing Leadership Council created the coalition in 2002 and delegated education reform to it. With community colleges and OHSU’s four nursing school campuses (Ashland, La Grande, Klamath Falls and Portland) serving as the foundation, the coalition opens up educational opportunities to people across the state, especially those living in rural counties, and in a sense creates a statewide university.

The initiative – now in the second of three roll-out phases – allows students to make one application to a consortium school and move seamlessly throughout the program without losing credits or financial aid, according to Sheila Kodadek, PhD, RN, statewide director of undergraduate programs, OHSU School of Nursing.

Left: Students participate in a lecture class in the school’s Founders Auditorium.

- Oregon Health Career Center, $35,000: contracting with health systems to recruit workers into nursing programs; supporting second-year curriculum development.
- The Ford Family Foundation, $805,875: facilitating staff nurse training as preceptors for immersion component on 12 campuses.
- Oregon Workforce Investment Board (through Simulation Alliance), $512,226: supporting simulation capacity at OCNE campuses
From the student’s perspective, you can earn a bachelor’s degree without leaving your home, through your local community campus, and the program works like this: You enter any university or community college in Oregon or elsewhere to take non-nursing courses and liberal arts and science electives. During your sophomore and junior years, you begin to incorporate nursing courses from a participating community college or on one of OHSU’s nursing campuses. During your third year you begin taking the upper division electives in one of Oregon’s four-year colleges or universities. Your fourth- and final-year occurs at one of OHSU’s four nursing campuses or by distance learning, capped by a six-month clinical internship. Although the program is aimed at baccalaureate preparation, students on community college campuses can exit after three years with an associate’s degree in nursing.

Imbuing graduates with the right skills and competencies for the future means having instructors who can teach the new competencies – a difficult task considering the parallel shortage of nursing faculty. To leverage existing faculty and resources, the OCNE has enlisted nursing educators and clinical nursing leaders to delineate competencies needed in today’s world and then educate the educators. Coalition schools also share faculty with unique expertise in specific fields to avoid duplication.

OCNE also is reforming clinical education. “We still have a majority of students doing their clinical experiences in acute care settings, which doesn’t work well anymore,” Tanner says. “Nursing practice has shifted in the past 10 years to long-term care settings, and other community based settings, with more emphasis on health promotion and management of chronic disease.” She says eight pilot projects around the state are testing different clinical education approaches on what works and what needs to change. “Oregon is the first state to seriously examine clinical education, and the results may serve as a national model.”

By the time OCNE reaches full implementation in 2011, it will need 450 clinical teaching associates – individuals in clinical practice who can guide the internship experience. OCNE staff is conducting workshops that help these associates incorporate the new competencies into their practice and approaches to clinical teaching.

Another way to extend clinical experience is to incorporate learning through clinical simulations in the early years of a student’s education. Its proponents say simulation can be both a safe and more inexpensive way of educating students than the traditional acute-care settings. By the time they enter their six-month clinical internship, students will have spent many hours in a safe, predictable learning environment.

“We’re offering a superior education that is attracting strong students and enthusiastic faculty,” Kodadek states. “Our goal is to prepare nurses to practice nursing with the sophistication needed to improve the quality of care delivered in Oregon and beyond.”

**Master’s-level nurse anesthesia program aims to address shortage**

**BY LEE LEWIS HUSK**

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. And according to the Oregon Association of Nurse Anesthetists, CRNAs provide 80 percent of anesthesia services to rural Oregonians.

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.
In response to the growing need for high-quality certified registered nurse anesthetists in Oregon and the Western U.S., OHSU School of Nursing opened the Nurse Anesthesia program in the fall of 2006.

When the first graduates spill from OHSU’s gates in early 2009, program director Stephen Yermal, PhD, CRNA, 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,” says Yermal, who was appointed the program’s director in January 2007.

The post-baccalaureate graduate program is geared to the seasoned RN who has substantial prior experience working in critical care settings, has a record of outstanding academic achievement, is patient care focused, and desires the challenges found in anesthesia education. Students are enrolled full-time throughout this 27 month program. Upon graduation, students will earn a master’s degree and be eligible to sit for the National Certification Examination conducted by the Council on Certification of Nurse Anesthetists.

During the first 12 months of the program, the learner-centered curriculum focuses on building a solid foundation in basic sciences, principles of safe anesthesia practice, professional role development and evidenced-based practice. In addition, students and faculty are engaged in weekly lab sessions using our state-of-the-art clinical simulation center, as well as an introduction to daily anesthesia practice in several affiliated hospitals. During the remaining 15 months of the program, students are engaged in supervised clinical practice at a variety of institutions and gain knowledge and experience in providing anesthesia services to all age groups undergoing a wide variety of surgical and diagnostic procedures. Upon completion of the program, the student will be well-positioned to successfully pass the certification examination and begin their new career as a safe, highly competent nurse anesthetist.

Yermal estimates that 90 percent of new graduates will practice in an academic or community hospital setting, with the remainder going to ambulatory care settings using our state-of-the-art clinical simulation center, as well as an introduction to daily anesthesia practice in several affiliated hospitals. During the remaining 15 months of the program, students are engaged in supervised clinical practice at a variety of institutions and gain knowledge and experience in providing anesthesia services to all age groups undergoing a wide variety of surgical and diagnostic procedures. Upon completion of the program, the student will be well-positioned to successfully pass the certification examination and begin their new career as a safe, highly competent nurse anesthetist.

Program prerequisites and more program information is located at www.ohsu.edu/son or contact the School of Nursing Office of Admissions at 503 494-7725 or proginfo@ohsu.edu.

School of Nursing at-a-glance 2006/07

Enrollment
Undergraduate ......................................................... 581
Graduate ................................................................. 207

Diversity
Under-represented ................................................... 7 percent
Male ................................................................. 15 percent

Percent of applicants accepted
(Competitive rating)
Undergraduate ......................................................... 23 percent
Total for all programs ........................................... 30 percent

Undergraduate students with a previous degree
Bachelor’s degree ......................................................... 21 percent
Graduate degree ........................................................ 3 percent

Record of excellence
• U.S. News & World Report consistently ranks the school’s graduate program in America’s top 10 – and is currently ranked seventh. The nurse-midwifery program is ranked first.
• The school consistently appears among the top ranking by the National Institutes of Health for its research and training grants – and is currently ranked 16th.
If you call “march wellness” an adult fitness center, you’ll be partially right. It is a fitness center with a gym, swimming pools, cardio and strength training equipment, and exercise studios. It is also a wellness center, grounded in science and backed by the full resources of Oregon Health & Science University. Members have access to trainers and health coaches, physical therapy and support groups for those recovering from injury or living with chronic illness, classes on everything from yoga to healthy cooking, and even a day spa.

Located at the base of Portland’s sky tram in the new OSHU Center for Health & Healing and a few feet off a walking path along the Willamette River, march wellness – small “m,” small “w” – is the brainchild of the School of Nursing, which also runs the center.

“We connect all facets of an individual’s life into his or her wellness,” says Executive Director Amber Webster, MS. A Portland native who previously directed medical wellness centers in Illinois, Webster says she had been waiting for a medical wellness center to open in the Northwest. “OHSU has done a fabulous job of taking care of illness; now the university’s growing expertise in illness prevention and wellness is embodied in this beautiful, integrated center for the community.”

Its Web site, www.marchwellness.com, speaks softly of “wellness dimensions” – the physical, emotional, intellectual, spiritual, financial, social, and creative aspects of being well. “Our goal is to help you create good habits that provide self-motivation and inspiration to let healthy change come
Member cites good health, motivational trainer for belonging to March Wellness

BY LEE LEWIS HUSK

Improving his cardiovascular system, getting his weight down and “buying another 20 to 25 years of good health” are reasons Sid Galton, 60, cites for joining March Wellness.

“It was really important for me to establish better health habits,” says the retired Portland native. He appreciates the center’s state-of-the-art equipment, the highly skilled staff, its coordination by the nursing school and its location in the OHSU Center for Health & Healing. “You’re in a 16-story building with access to nurses, physicians and other experts if something should happen.”

The Metro Family YMCA recently transferred its 30-year old cardiac therapy program to March Wellness due to the university’s expertise in cardiovascular medicine and its innovative approach to maintaining wellness. The center also offers Pilates for people with Parkinson’s disease and will develop other disease-specific programs in the future.

Webster reports that since January 2007 when the center opened, membership enrollment has been brisk. People are coming from area businesses, the neighborhood, OHSU faculty and students, and some by referral from their physician or nurse practitioner. All new members (unless excused by their practitioner) undergo a health appraisal, consisting of a bike test, cholesterol screening, body composition assessment, height and weight, and flexibility and grip tests. To provide trainers and exercise specialists with information about health concerns, every new member also completes a health history questionnaire. Members pay a small initiation fee and monthly dues of $100 which includes full use of the facility and access to virtually all group classes.

The next step in March Wellness’ evolution will be to host student interns. “We want to incorporate the wellness philosophy and begin to teach about behavior change in the nursing, medical and dental curriculum,” Gaynor reports. “Our model in the Western world has been on episodic intervention with illness; it’s important that professionals of the future understand wellness models.”
For the first time in Oregon, 19 individuals entering OHSU’s School of Nursing this summer will have the opportunity to earn the highest practice degree possible—a Doctor of Nursing Practice. With the focus on practice rather than research, this new program complements traditional PhD-prepared nurse scientists with a whole new corps of nurses educated specifically to translate scholarly work into practice.

Instead of culminating in a knowledge-generating research effort, these students will finish with a clinical residency and clinical inquiry or practice application project. “The scholarship of application expands the realm of knowledge beyond mere discovery and directs it toward use in practice,” says Program Director Anne Rosenfeld, PhD, RN, CNS, FAAN. “The residencies will occur in a variety of settings—some in acute care, some in underserved or minority communities, and some in primary care. We want to demonstrate that this is not specific to one kind of health care delivery system. It crosses all settings.”

The program’s founders envision that nurses with this doctorate will be leaders in innovating practice with the skills to translate, disseminate and integrate clinical knowledge to transform the quality of health care. And with today’s shortage of nursing faculty, some may choose academia.

One of the first candidates enrolled in the DNP program is Helen Turner, MSN, RN-C, CNS, APRN-BC, a clinical nurse specialist in pediatric pain management at Doernbecher Children’s Hospital. “Today, our children face significant challenges on the road to adulthood and my mission is to decrease the number of children whose functionality is diminished by pain.” Turner had considered pursuing doctoral education in the past; however she wasn’t interested in a research or education focus. “DNP preparation will allow me to move my clinical practice to a higher level, especially in the areas of research translation and utilization, influencing organizational systems, and use of technology for teaching and evidence based practice.”

Almost everyone agrees that the complexity of today’s health care system, coupled with fast moving advances in science, require a high level of education among individuals at the top end of their profession. The influential Institute of Medicine has called for the dramatic restructuring of all health professionals’ education to ensure patient safety and quality.
Native Oregonian joins La Grande campus as first doctoral practice nurse

BY LEE LEWIS HUSK

Gwen Short is returning to her birth state with something no other citizen has: a doctor of nursing practice degree. Raised in Enterprise, Ore., until the age of 11, Short spent many years in and out of academia and patient care and finally found a way to blend the two. When the University of Kentucky College of Nursing, where she was on faculty, started the nation’s first Doctoral of Nursing Practice program, she applied and was accepted into the first class.

“Nurses need to be able to deal with health care system complexities at the terminal degree level,” says Short. “We’re working with physicians and other disciplines that have doctorates. Nurses should have an avenue to reach that point.”

Graduating in December 2006, Short joins the OHSU School of Nursing La Grande campus as the director for clinical enterprise and community-based projects. “When I saw the job description, I thought, ‘This is my job. I’m excited about helping the school bring the DNP program to La Grande.’

As an experienced family nurse practitioner, Short hopes to be involved in community projects with a team approach. She also looks forward to working in a rural setting with rural health needs.

The program will begin in phases. This year and next, students will be professionals already holding a master’s degree in an advanced practice nursing specialty who want to expand their education to the doctoral level. In 2009, the school will admit its first students without an advance practice nursing degree that have either a bachelor’s or master’s degree in nursing. By 2012, all entering graduate students will be doctorally bound, and the school will discontinue the master’s advanced practice nursing program. However, it will continue to enroll both types of students – those with an APN degree and those with a baccalaureate. The APNs’ doctoral preparation will take two years – part time the first and full time the second year; and the post-baccalaureate program requires three full years. By 2015, the school anticipates turning out about 150 graduates a year from all parts of Oregon and beyond.

“We hope that these early APNs in the program will stay in their communities and demonstrate the difference their doctoral education makes in their practice. This degree will open doors and give them the credentials to shape national policy, sit on a national task force or make a difference in health care delivery,” says Rosenfeld.
Oregon pioneer and lifetime donor knew school’s needs first hand

BY LEE LEWIS HUSK

After reviewing her accomplishments, you’d be correct in calling May Rawlinson a contributor, philanthropist, visionary and role model, but don’t get her age wrong. “I won’t be 88 until later this year,” she says, correcting this writer. And even though she retired nearly 20 years ago, Rawlinson, professor emeritus, remains focused on the OHSU School of Nursing’s missions and needs.

When she joined the school’s faculty in 1970, May Rawlinson recalls that “we had to buy our own paperclips and other office supplies. Some of the classrooms in the old Multnomah Hospital basement even had leaky ceilings.” The belief that teachers should have what they need to devote all their attention to educating students recast her as a donor. She helped raise money for the school’s new building and furnished a research lab in that new space.

“Education is expensive, and if we are going to have well-prepared nurses, the school must have good faculty and well-equipped facilities,” she says. “Those of us who have been on campus should be the first people to give because we know the benefits. We have invested so much of our lives and energy there that it gives us a sense of satisfaction and ties with the academic community to keep it going – even after we leave.”

A 1943 graduate of the school, Rawlinson joined the Navy during World War II and saw first-hand the effects of “battle fatigue” – now called post traumatic stress disorder. This interest in mental health took her to the University of Portland for a Ph.D. in clinical psychology. Her research with patients caught the attention of nursing school leaders, who asked her to teach in the graduate program. She was one of the first doctorally prepared nurses to join the faculty and worked to establish the school’s doctoral program.

“She had a long-term perspective for the growth of the nursing school that involved getting faculty into research,” says Carol Lindeman, PhD, dean from 1974 to 1995. “She brought funded research to the school in the 1970s when nursing research was very much in its infancy.”

In recognition of her many contributions, the school endowed a professorship in her name. The professorship, now held by Lillian Nail, PhD, RN, FAAN, continues support for other nurse researchers.

“Health care in Oregon is provided at a higher level because of the university’s existence. As a donor, I take pride in these things and know that my money is being spent well,” she states. May is also a member of the Sam Jackson Guild, which honors individuals who have established deferred gift plans benefiting OHSU through the OHSU Foundation.

Rawlinson significantly contributed to fundraising efforts for the School of Nursing’s Portland building which opened in 1992.
An opportunity to celebrate

The Oregon Opportunity, the first major fund-raising campaign in OHSU’s history, concluded on June 30, 2006, topping its $300 million philanthropic target by 26 percent. The six-year campaign raised nearly $378 million from individual donors, foundations, civic groups and corporations.

Oregon Opportunity gifts provided critical support for a wide range of activities and initiatives, including clinical and research programs, student financial aid, endowment, capital construction and much more.

More than 78,000 individual donors, from every corner of Oregon and beyond, contributed to this success. Thanks to their generosity, and to the sustained efforts of civic and philanthropic leaders, the Oregon Opportunity is delivering on its promise to advance the health and well-being of the region and all who live here.

Setting the stage for next campaign

Just as it did in 1917 when Sam Jackson donated 88 acres of Marquam Hill real estate to OHSU, another remarkable gift of land will shape the future of OHSU – and become the focus of its next big fund-raising effort.

The 2004 gift from Schnitzer Investment Corp. of nearly 20 South Waterfront acres provides OHSU with a dazzling future home for a new multidisciplinary academic campus. OHSU’s schools and allied academic programs need the space to educate the increasing number of health professionals necessary to keep up with the state’s growing healthcare needs.

Building this new campus will be a substantial undertaking involving an unprecedented public-private partnership. In the decade ahead, OHSU will join with civic and legislative leaders, the public and other stakeholders to advance a plan to realize this important opportunity. Stay tuned.

2006 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, 2006. 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. Your gift 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_2006.shtml.
Dear alumni partners,

Did you know that over 10,000 nurses have received training from OHSU since 1919? And that our graduate programs continue to rank among the top ten each year?

Your Alumni Association is here for you, to energize you as practicing nurses, to keep you in touch with the latest discoveries in the profession, and to keep you in touch with one another. It is also our charge (and yours) to be here to nurture and inspire excellence in the next generation of nurses. You can both benefit from and help in the Alumni Association’s mission to “support excellence in education, research, practice and community service.”

The reasons and opportunities to be involved are many: find a mentor among fellow alumni, or become one – communicate directly with one another when you register on our online alumni directory at www.ohsu.edu/son/alumni. Learn about current research and other scholarly activities through our publications. Previous issues of our online newsletter, Nursing e-Notes, and the annual alumni magazine, Nursing Progress, are archived online for your reference. You can find them at www.ohsu.edu/son/alumni. Avail yourself of networking opportunities: be involved in the annual career fair, come to the annual Henrietta Doltz Puhaty Distinguished Lecture, and attend the annual meeting. If you are celebrating a reunion year (half-decade or decade) be a coordinator for your class reunion. Come back, take a tour, and reconnect with your school and classmates in a meaningful way – we’re here to help.

And we’re here to accept your help. Our Alumni Association board would like to expand and grow – and for that we need your energy, talent and leadership skills. Partner with us as a board volunteer and/or a donor. The heavy lifting of attending to scholarship and program funding needs can be made lighter by many hands.

Contact us at nursalum@ohsu.edu.

With gratitude for your support,

Diane S. Bauer, MS, RN, CNS
President, OHSU School of Nursing Alumni Association

Donna B. Jensen
distinguished alumni of the year

Donna B. Jensen, PhD, RN, CNAA, earned a Bachelor of Science nursing degree in 1956 and a Master of Science in 1968. She earned her Doctor of Philosophy degree from Portland State University. She currently is a professor emeritus at the OHSU School of Nursing.

During her nearly 30 years of tenure at OHSU, Jensen made a myriad of contributions to the health care of Oregonians through her diverse roles as a nurse educator, professor and associate dean. Reflecting her family’s heritage in Eastern Oregon, she became deeply committed to addressing the health care challenges faced by residents of rural Eastern Oregon. In the late 1970’s she became instrumental in the development of the OHSU La Grande Campus at Eastern Oregon University – the first program east of the Cascades to offer a Bachelor of Science degree in nursing. The program demonstrated that the majority of nurses educated in rural areas, remain in their rural communities to practice.

Upon retiring from OHSU, Jensen went on to be an active volunteer nurse with the Oregon Trail Chapter of the American Red Cross as a member of a local Disaster Action Team, providing service to victims of house fires, forest fires and floods. Jensen was so energized by these activities that she advanced through the Disaster Health Services section of the American Red Cross. She did two tours at Ground Zero after the 9/11 bombing of the World Trade Center. During Hurricanes Katrina and Rita she coordinated all health services from the Red Cross national headquarters in Washington, D.C. She is currently the Volunteer Manager of Health Services for the Oregon Trail Chapter of the Red Cross, the highest nurse volunteer position in the chapter. She not only oversees volunteer recruitment, but also has created new training methods and protocols for health services.

Jensen has been the author of numerous research inquiries and publications, grant endowments, and far-reaching teaching activities. She has been an invited professor of nursing in Thailand and South Africa. Most recently, she has been an admired and highly requested speaker to address the activities of national disaster response statewide and globally. She entered the underserved practice areas of alternative medicine and the treatment of alcohol and substance abuse, combining her clinical expertise with administrative and research skills focused on community service and policy change.

Jensen is a credit to the OHSU School of Nursing, to the profession of nursing, and to the care of underserved and diverse patients.
The importance of purpose, and the power of song were just a few tidbits of last September’s premier School of Nursing event. The variety of the highpoints is in keeping with the event’s theme of “The Importance of Diversity in Achieving Excellence.”

The room was buzzing as Interim Dean Saundra Theis announced the Champions of Change nursing awards to a powerful group of nurses: Beatrice Gilmore, Pioneer Champion; Caron Strong-Jackson, Student Champion; and Tin Cotton, Hospital Nurse Champion. The Community Nursing award was presented to Lupita Salazar Letscher for her work with underserved populations and communities with special recognition from Oregon Senator Gordon Smith. Donna B. Jensen, distinguished alumni of the year, is proof positive of the importance of nursing and reminded us of why we gather to honor the profession of nursing in so many arenas. Donna shared her memories of Henrietta Doltz Puhaty, bringing a special connection to the evening.

Waves of laughter and streams of tears rolled through the room after keynote speaker, Bertice Berry, Ph.D., took the microphone. Intermixing humor and statistics, she proved that they can go hand in hand. Berry stressed the importance of critical thinking in all aspects of our daily lives. We must always be reviewing how we filter our experiences and the information we learn. Berry left the audience with much to contemplate and with humbling examples of how much more work we each face to truly unify in the power of our diversity.

The lecture was the official kick-off to the weekend-long School of Nursing Homecoming. The reunion featured tours of the cutting-edge Simulation and Clinical Learning Center, and March Wellness, a center operated by the School of Nursing. Lunch featured a family festive atmosphere and the day closed with reminiscing of old times at the class reunion dinners.

Thank you to all alumni, faculty and friends who made these events successful and who reconnected with the School of Nursing.

Do you know an outstanding School of Nursing alumnus? Nominate them for the distinguished alumni of the year award.

This award is designed to recognize and honor an OHSU School of Nursing alum who has excelled in service to the School of Nursing, enhanced the role of the nursing profession and nursing leadership; and/or service to the community; and brought recognition to the OHSU School of Nursing through his/her achievements.

Criteria:
• A graduate of OHSU School of Nursing who has earned at least a bachelor’s degree.
• Works to improve consumer care via improved access, advocacy, and education or health promotion/protection efforts.
• Promotes the values of OHSU and the School of Nursing through nursing practice, education or research.
• Has the ability to work well with others: clients, health care providers and the community. Involved in development of patient care or education programs, community involvement in voluntary health organizations or support of legislative issues important to nursing.
• Shows evidence of a direct impact on consumer education, nursing education or health care provider education.
• Demonstrates continuous learning and promotes the value of continuing education.
• Shows evidence of sharing research knowledge by mentoring and working with junior colleagues/graduate students and evidence of success in moving research into practical applications.

How to Nominate:
Visit www.ohsu.edu/son/alumni/alumnioftheyear.pdf to review the nomination process and print a nomination form.

Deadline
Nominations are due to the Alumni Association office by September 15, 2007.
Class Notes

Marian (Holstine) Lewis, ’42, had an eventful 2006 with a fractured femur and new hip. She and her husband have moved to a condo. While retired from nursing her hobbies include writing. Look for “One More Task” in the Chicken Soup for the Girlfriend’s Soul book.

Louise P. Cavagnaro, ’43, retired from the Johns Hopkins Hospital in 1985 as an assistant vice president. In 1999 the Hopkins School of Nursing made her an honorary alum. Louise volunteers at the JH Medical Archives two days per week. The Cavagnaro Scholarship, established by friends and JH staff, continues to grow and is now in excess of $180,000.

R. Margaret (Herd) Robbins, ’47, met nine of her classmates for lunch in 2006, which was a pretty good turnout for a class that started with 30 students in October 1944.

Mary (Hoss) Williams, ’50, is a 20 year survivor of breast cancer. She retired in 1988. A native Portlander, she volunteers for Hospice in Astoria. She and Bill have been married for 56 years; they have two children, five grandchildren and three great-grandchildren.

Patricia (Shaw) Andersen, ’53, is enjoying her retirement as she collects dolls and antiques. She also keeps busy with her four children, 11 grandchildren and one great-grandchild.

Billie (Lauer) Mather, ’53, retired from home health care and moved to her daughter’s farm. Her nursing has switched from foot and nail for patients to hoof and feet care on sheep and goats.

Harriett (Stansfield) Sterns, ’53, lives in Kansas, but travels to visit her children and grandchildren. Her husband, John, passed away in July 2005.

Gloria (Spencer) Crowson, ’54, is hoping to return to Oregon. 2005 and 2006 brought three major surgeries. She traveled to Italy in 2006.

Bonnie (Ellis) Stoutenburg, ’55, retired in 2005 and now spends her vacation time in her fifth wheel RV.

Phyllis (Johnston) Loehden, ’56, has returned to the town where she was born. The highlights of her career were volunteer nursing assignments in Jerusalem and Kenya.

Margaret (Schafer) Wilson, ’56, celebrated her 50th wedding anniversary. Joining the party were her four children and six grandchildren. She enjoys traveling.

Norma (Hamilton) Cochran, ’57, keeps very busy with golf, Mah Jongg, fly fishing, weaving and volunteers activities.

Betsy Johnson, ’57, is enjoying her retirement.

Claire (Rambaud) Abel, ’60, is enjoying life. She keeps busy playing golf, gardening, book club, bowling and on fun outings. She has taken some great cruises with her family.

Alice (Stewart) Cannon, ’61, loves living at the beach with Gary and their poodle, Scully. They have an antiques business. She can’t think of anything more fun than being a grandma to two-year old JD.

Joyce Colling, ’61 and ’64, continues to practice as a continence specialist, write and lecture. She enjoys living among the vineyards and wineries, gardening, travel and her five grandchildren.

Mary (Crawford) Finney, ’61, sells golden flaxseed and tries to keep up with her busy husband, three goats, a dog and a large extended family that includes her church.

Diane (Ewing) Fritzler, ’61, retired in June 2003. The same month, she and Tom moved one block from the beach.

Trudy Good, ’61, lived overseas for seven years, returning in 1975. Her career involved teaching and work at the Veteran’s Administration Hospital in acute psychiatry. She is very involved with church and is loving life.

Jean (Steuber) Hodsdon, ’61, spends five months of the year in her 32’ motor home with a Christian RV Group. At home, she and Jim enjoy family, camping, boating and church activities.

Nella (Barendse) Hoffer, ’61, is retired and keeps busy with painting, reading, traveling and spending time with her daughters and grandkids.

Elaine (Garner) Mahoney, ’61, retired from the OHSU School of Nursing in June 2006. She was a clinical instructor in the public health nursing program. After 45 years, she came full circle and considers working with students a great experience.

M. Lynn McCracken, ’61, is retired and traveling in her fifth wheel RV. Her long and varied nursing career took her from the PACU to the ICU to a director of nursing.

Susanne (Payn) Neilson, ’61, is spending her retirement years with Dave and their wonderful grandchildren. Retirement allows her to work at a museum as a docent and tour guide for grade school classes.

Mary “Mimi” Patterson, ’61, retired in 1998. She and Glenn spend their days attending their five grandchildren’s sporting events. They also enjoy gardening, fishing, boating and family reunion trips.

Carolyn (Bishop) Staples, ’61, has received an official “RN – Retired” card from the Oregon Board of Nursing. She keeps busy with family, volunteer work, church, community services and working out.

Connie (Thorne) Tye, ’61, lives on her farm and keeps busy with church, volunteer work and her three young grandchildren.

Jane (Bodenweiser) McEldowney, ’63, started “Called to Nursing” in 2005. She has two specialties; public speaking as Florence Nightingale and camp/outdoor nursing.

Phonathon – Thank you for answering our call

Were you one of the 1,500 alumni who got a call during the last phonathon? If so, thank you for supporting the school with a gift to the Excellence Fund and/or the Scholarship Fund. A total of $99,340 was raised. The average gift amount was $117, an increase over last year’s average gift of $112.

A special thank you to class of 1959 alum, Jean Bates, for her challenge gift of $5,000. To everyone who increased their giving as a result of the challenge, thank you!

The Alumni Scholarship Fund provides approximately $10,000 in scholarships each year. The Excellence Fund supports all teaching, research, clinical and community outreach programs at the school.

Mary (Lindself) Bradley, ’64, worked over 40 years in public health nursing in Wyoming before retiring last year. She earned an MSN at the University of Colorado.

Linda (Ferdun) Kneeland, ’64, earned her master’s degree at the University of California – Davis. She spent 34 years working in hospital nursing and administration and the last 25 years as a family nurse practitioner. She now spends time traveling, making wearable art, quilting, swimming, and attending to her beautiful granddaughter and her elderly parents.

Katherine (Morgan) Wayland, ’64, worked in ophthalmology for 20 years. Since retiring, she works with her son in real estate and spends time with her 11 grandchildren. She enjoys tennis, bridge, golf, working out and skiing.

Jennie (Brockbank) Lee, ’65, retired from the Shriner’s Hospital in 2005. She is currently playing tennis, enjoying her grandchildren and traveling.

Jane (Bailey) Allm, ’66, retired after 14 years as a nurse case manager. She and Richard spend time at the Oregon coast. They have three sons and two grandchildren.

Fritse Hakkinen, ’66, has been a hospice nurse for the past 21 years. She and Fred have been married for 44 years and they have four wonderful grandchildren. She enjoys hiking and the beach.

Linda (Martin) Henley, ’66, has her own payroll and bookkeeping business with her husband, James. They have eight grandchildren and two great-grandchildren.
OHSU Goes Tobacco Free, September 17

As health care professionals, we have a unique insight into the dangers and dangers of smoking and tobacco use.

That’s why we should all applaud OHSU’s bold move to prohibit tobacco use of any kind in or around its Portland-area facilities, including the West Campus. The policy goes into effect September 17, and will apply to all employees, volunteers, students, visitors, patients and patient families.

OHSU President, Joe Robertson, M.D., MBA explained it best, “As Oregon’s only academic health care center, our knowledge about the health risks of tobacco led us to set the highest standard in maintaining a healthy environment for our patients and employees. This policy is crucial to our commitment to good health on our campuses and a healthy lifestyle for all Oregonians.”

The policy is not an overnight decision. From every corner of the campus, employees formed committees to plan and implement the move. Surveys of tobacco users and non-users were conducted, laws researched, communication plans drafted and support programs instituted.

OHSU is not requiring people to quit using tobacco, only to refrain from its use while on campus. Employees and students who wish to quit are offered support, including pharmaceuticals and counseling, and patients and visitors will be provided free nicotine lozenges.

For more information, visit OHSU’s tobacco-free Web site, www.ohsu.edu/tobaccofree.

Kathie (Bleid) Lasater, ’71, earned her Ed.D. in 2005. She is actively involved in the development of the new OCNE curriculum at the OHSU School of Nursing, where she is an instructor. She has two daughters.

Sen (Lin) Speroff, ’71, retired from nurse midwifery. The last seven years, she was very active in her semi-rural neighborhood. She is interested in healthy communities and a healthy environment.

Dolly Verrue, ’71, is a project manager for EDS. She and her husband, Richard Doerr, have been together for 30 years.

Virginia E. (Jones) Wood, ’65 and ’72, is a nurse consultant for the State of Washington and plans to retire in 2009. She has three children and her first grandchild was born in 2006.

Heidi Klammer, ’76, has the time to work in her garden, hike, swim, cycle and travel.

Donna Koza, ’76, made an awesome trip to New Zealand in 2005. She loves to spend time with her three adult children. She is a member of her church nursing team that volunteers at community events.

Kristine (Maksym) Nelson, ’76, is the lead teacher for the pediatric nursing course at the University of Texas at Arlington’s BSN program. She and Randy have been married for 25 years and have one daughter.

Laura Reith, ’76, is partially disabled and continues to walk and swim for exercise. She volunteers at her local food bank and summer church camp; she is also active in her church. She took an Alaskan cruise in 2006.

Marjorie (Sutherland) Mabry, ’76, has been a labor and delivery nurse since 1980. She has four children. She loves to travel; and snow skiing is her winter passion.

Martie (Robison) Avels, ’77, retired from an enjoyable nursing career due to health reasons. Her greatest accomplishment, other than her three children, is the creation of the Martie Avels Nursing Scholarship.

Barbara Hansen, ’81, is the manager of hospice, lifeline and school nursing, as well as being a certified wound nurse. She lives on five acres with her partner and two basset hounds.

Sheri Malstrom, ’81, has performed field visits to high-risk maternal child clients for the past 21 years. Her husband passed away 15 years ago and she has kept busy raising her three sons. After retirement, she hopes to travel abroad.

Marilou Sempo, ’81, has most recently worked as an adult nurse practitioner in cardiology. Prior to that, she worked in critical care, heart transplant and heart failure programs.

Kathy (Keyser) Rice, ’82, earned her MSN in community health which enabled her to start two community health programs through her church; one for single moms and the second for refugees/immigrants. She has traveled to Hong Kong, Kenya and Sri Lanka.

Terrie (Pearson) Boliek, ’83, spent 23 years in pediatric nursing. She has three children.

Cathleen Amen, ’86 and ’96, is approaching retirement and loves being a grandmother. She enjoys her work at a nurse practitioner in the field of spina bifida.

Valerie McGinnis, ’95, is thinking about returning to the workforce, doing something lighter after a 2003 lifting incident disabled her.

Lisa Cansler, ’96, loves what she does at the family maternity center. She is a clinical associate for University of Portland. She and David have two sons.

Kelleen (Lord) DeBoni, ’96, has had a very busy year with getting married and having a baby. She works in a maternity ward.

Karen Horn, ’96, has worked in medical-surgical nursing for the past 10 years. She teaches nursing students from Mt. Hood Community College. She and Don have one son who is a source of much joy in their lives.

Kristen (Casey) Kidd, ’96, misses Oregon since her husband’s job has taken their family to the mid-west. She and Fritz work together and have two daughters.

Sarah (Atkins) Morris, ’98, is teaching at the nursing program at Clackamas Community College. She is been a proud grandmamma.
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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.

Watch [www.ohsu.edu/son/alumni](http://www.ohsu.edu/son/alumni) for details about this year’s annual alumni meeting coming in October.