New Beginnings
A Passion for Nursing

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OHSU and the School of Nursing saw great challenges and change in the last year. However, change brings the opportunity for beginning anew.

As this academic year came to a close we said good-bye and thank you to a calm and capable leader, Saundra Theis, PhD, RN, interim dean. Since Theis came to OHSU in 2000 to lead the Ashland and Klamath Falls campuses, she has been committed to what is best for the school. This included postponing her retirement to serve as interim dean in June 2006. Please join me in thanking Sandy for her unwavering leadership and commitment, and congratulating her on her retirement.

Under the capable guidance of Dean Theis in the midst of challenges facing OHSU this last year, the school sought to rediscover the activities and people that collectively define the school. During the first week of Spring term the school embarked on a weeklong photo shoot to document the school’s integral activities: teaching, learning, discovering and caregiving. We call the project Week One. I invite you to rediscover the important work of the School of Nursing through this pictorial exploration.

Subsequent articles in this year’s Nursing Progress delve deeper into the activities captured during Week One. Topics of articles include: the daily activities of faculty statewide; research about end-stage liver disease and treatment decisions; our first class of nurse anesthesia graduates; and our first class of bachelor’s students in the new OCNE curriculum. This issue also looks to the future of the school by exploring a new scholarship established by a long-time friend of the school and the opening of our newest campus in Monmouth.

As I begin my new role as dean I do so with great esteem for those that came before me. I came to OHSU because it has a national and international reputation for preparing nurses for the many facets that make nursing a career to grow with you throughout a lifetime. I will carry on these traditions of quality academic programs and research strength, and I hope to grow the school’s practice-based research. I hope to build stronger connections in the community and learn what people expect of the school. We’re not a done deal; we’re on a journey to something better. In order to partner with you on this journey, my first priority will be to get to know you and better understand your concerns, hopes, dreams and aspirations.

I invite you to read this issue of Nursing Progress and join us as we celebrate the last year of work and embark on new beginnings.

Sincerely,

Michael Bleich, PhD, RN, FAAN
Dean and Professor, OHSU School of Nursing
Week One:

During the first week of spring term 2008, the OHSU School of Nursing embarked on a weeklong photo shoot to document the school’s integral activities on all campuses: teaching, learning, discovering and caregiving. We call the project Week One. Rediscover the important work of the School of Nursing through this pictorial exploration.

A pictorial exploration of the OHSU School of Nursing

Above: Instructor Natalya Hasan teaches a group of sophomore students at the Simulation and Clinical Learning Center in Portland.

Right: Dawn Lewis, La Grande junior nursing student, observes a blood draw by Marcie Mullenberg at the EOU Student Health Center.
Left: Klamath Falls bachelor’s students have a spring day “boys vs. girls” snowball fight.

Above: Eastern Oregon University’s Badgley Hall – home to OHSU’s La Grande campus.

Below: Carol Howe, DNSc, CNM, FAAN, professor, interim director of Advanced Practice Nursing Programs and director of the Nurse Midwifery program, leads a discussion in an issues seminar for the Nurse Midwifery Program. To read more about Dr. Howe and the daily life of faculty, turn to page 14.
Top: Carol Christlieb, MSN, RN, associate professor on the Ashland campus, leads a discussion with a clinical group of students in Ashland.

Above: Ashland campus seniors Michelle Higgins and Terri Mensch practice clinical skills with “SimMan.”
Top: A new building is being constructed on the Oregon Institute of Technology campus which will house OHSU’s Klamath Falls campus.

Above: Sophomores on the Klamath Falls campus converse before class begins.

Left: Colleen Casey, PhD, RN, examines activity in older patients in her NINR-funded instrument feasibility study. To read more about Casey’s research, turn to page 18.
Top: Students arrive for class on the Portland campus.
Above: Bachelor’s student Nathalie Quinn, Portland.
Top: Ashland campus senior David Jewell listens intently during a clinical course orientation.

Above: Portland campus nurse anesthesia students take notes in a class at the Simulation and Clinical Learning Center. To read more about the Nurse Anesthesia program turn to page 22.

Left: Christine Clifford, Ashland campus staff, stocks supply shelves.
Above: Graduate student Manami Fuyara studies on the first floor of the School of Nursing in Portland.
Top and above: Family nurse practitioner students in Portland participate in a group discussion.

Left: Students gather on the third floor to unwind between classes on the Portland campus.
When Michael Bleich reported for work on his 18th birthday, he had no idea he was embarking on a journey that would last at least four decades and deliver him to the pinnacle of a profession he had no plans to enter. “At 18, I wasn’t having deep thoughts about the future,” he recalls. “And I never thought about health care as a career.”

Now 56, Bleich is pulling up his Midwestern roots and transplanting them in Oregon where he will become the next dean of the OHSU School of Nursing.

That first job as an orderly at a Wisconsin psychiatric hospital was “unexpectedly interesting,” he says. He liked it well enough to become a licensed practical nurse in 1972. After that, he completed a three-year RN diploma, a baccalaureate in nursing science, a master’s in public health, and ultimately a doctor of philosophy degree in 1998.

As he moved through his formal education and a series of positions as a staff nurse, hospital nursing director, administrator, teacher and consultant, he stopped thinking about nursing in just a clinical sense. “In reality, it became a fascinating profession to me. Nursing offers people opportunities to reinvent themselves throughout a career.

“Today I think of nursing as a place for scientists. And for executives. Nurses work in the pharmaceutical industry and others in quality and patient safety; still others address health literacy and clinical informatics. Community health work is within the purview of nurses—and new roles are emerging in bio terrorism or natural disaster care. We serve individuals, families and populations, whether at the bedside, in primary care, or in public health agencies. It’s a profession that offers...
people great richness and depth of opportunity, and I try to help young people understand this,” he notes.

His own richness and diversity of experience was a “fortuitous alignment” with OHSU’s needs, according to Lesley Hallick, PhD, provost and vice president for academic affairs. “Our current focus is to tie together the university’s schools and their missions of practice, teaching, research and service,” she says. In particular, she notes that the OHSU health system is hungry for academic leadership in nursing and practice-based research, health policy and health delivery research. “Michael seems like an ideal candidate to facilitate interdependency between the nursing school and OHSU’s health system and other schools.

“We believe that he will carry on the school’s traditions of quality academic programs and research strength, while infusing the school with much stronger practice-based research.”

Indeed, his current boss, colleague and friend, Karen Miller, PhD, RN, dean, University of Kansas Schools of Nursing and Allied Health, and senior vice chancellor for academic and student affairs, University of Kansas Medical Center, says he has “a stellar record for innovation in clinical academic services and also in community outreach. He is an expert in complex systems and that certainly describes academic health centers.”

Bleich is professor and associate dean of clinical and community affairs in the School of Nursing and chair of the Department of Health Policy and Management in the KU School of Medicine. He also serves as executive director of KU HealthPartners, Inc., and has been “quite progressive about nursing’s role and continuum of health care,” Miller says. “He has had great successes expanding our faculty practice plan – a source of revenue for the school that supports the academic programs and the opportunity for students to participate in an array of clinical services led by the faculty.”

In 1999, when he became executive director of the KU HealthPartners, the practice and consultative revenues were $260,000; by 2007 they were more than $1 million.

Miller says he was a key player in developing KU’s doctor of nursing practice program and that the school has benefitted from his ideas for educating future nursing leaders. “He’s been committed to the education of nurses, is an outstanding teacher at all levels and has strong grounding in academics.”

As OHSU’s new dean, Bleich (rhymes with ply) reports that his first priority will be getting to know the faculty, students and community. He hopes to better understand the dimensions, strengths and gifts that faculty members bring to enrich the program. “I want to understand their issues, concerns, hopes, dreams and aspirations.”

He adds that the school is a service organization that exists to make a difference in the life and health of Oregonians. “I want to be out and build stronger connections in the community and learn what people expect of the school. We’re not a done deal; we’re on a journey to something better.”

With his impressive credentials and experience, it’s interesting to note that when asked about seminal moments in his career, he tells the story of a young burn patient. “He came into the ER with second and third degree burns. I was present for him—really present—throughout this pivotal moment in his life. I saw him several years later, and he recognized me. He thanked me for the care, and I thought to myself, I was just doing my job.

“I realized then that the care I provided was hardwired into his life from the intensity of being present during a critical hour of need. As nurses, it is not constantly in the forefront of our thinking that we’re trying to make a huge difference. We nurse because human caring is the right thing to do in combination with our considerable clinical expertise. So I came to understand the power of this human connection. Nursing is a powerful discipline and it needs to be practiced with respect for intimacy of what people will share with you in those synchronous moments. It’s a very intimate profession.”

Developing leaders is another passion of Bleich’s. “I see nursing as a leadership profession. We need to be part of creating organizational systems and processes, and be able to influence policy around how healthcare is designed because of our capacity to hear the family, patient and community voice.”

Bleich’s Kansas colleagues will miss his sense of humor and genuine connection with people, according to Miller. “He believes whole heartedly in faculty participation in decision-making, and he’s a good friend and colleague to many nurse leaders across the country. Mike is a nurse leader for the future.”

When Bleich packs up his belongings, including his little cockapoo Mickey, and heads for Oregon, he’ll be starting near the onset of the old Lewis and Clark Trail—about a mile from his office in Kansas City. “Every time I drive by the trail, I think I’ll soon be at the other end of it.”

• Professor and chair, Department of Health Policy & Management, KU School of Medicine, Kansas City, Kan., 2006-present
• Faculty, Cockcroft Leadership Development Program, College of Nursing, University of South Carolina, Columbia, S.C., 2006-present
• Nebraska Nurse of the Year, Nebraska Nurses’ Association, 1993
• Executive Nurse Fellows Program, Robert Wood Johnson Foundation, 2000-2003
• Johnson & Johnson-Wharton Fellowship, University of Pennsylvania, summer 1996
• Inducted as Honorary Alumna, KU School of Nursing, 2006
• Inducted as a fellow in the American Academy of Nursing, 2006
• Friend of National Organization of Nurse Practitioner Faculties Award, 2008
• Research, management and consulting expertise in complexity science, leadership development, nursing informatics, clinical systems design, and workforce and reward system development
• Divorced father of three adult daughters
Say Goodbye to Saundra Theis

Interim Dean’s Long and Illustrious Career Winds Down
Saundra Theis, PhD, RN, was tantalizing close to winding up her long and illustrious career. Only one year to retirement.

But in June 2006, Kathleen Potempa, DNSc, RN, FAAN, departing dean of OHSU’s nursing school, asked Theis whether she’d consider serving as interim dean until the university could find a permanent replacement. It would mean a weekly commute from her home (and husband) in Ashland to Portland, and putting off retirement for a while.

It also meant taking the helm during turbulent fiscal times, a legislative session and the first wave of students in the Oregon Consortium for Nursing Education. She was about to assume the presidency of the Oregon State Board of Nursing, and to top it off, nagging hip pain could signal the need for replacement surgery.

Besides, she was happy in her job. “I was completely surprised by the request (to serve as interim dean),” she recalls.

When she left the University of Illinois in 2000 to become the associate dean and head of the school’s Southern Region Campuses (Ashland and Klamath Falls), she knew it was a career dream come true, according to Theis’ close friend and colleague, Kathleen Knafl, PhD, former senior associate dean for faculty and research affairs.

“She once told me she didn’t aspire to be dean but if she did, she’d be attracted to a small undergraduate nursing program in a really fine university,” Knafl continues. “Ashland was a career dream come true.”

By consensus, she was the best choice for the interim dean position, and when Lesley Hallick, PhD, provost and vice president for academic and student affairs, made the request official, Theis knew she would accept.

Says Hallick, “I wanted continuity going into the legislative session, and also someone who could do the heavy lifting during budget cuts. It wasn’t Sandy’s first love, but she has a democratic style and could steer the school through rough times.”

In her six-years in southern Oregon, she increased research, strengthened programs academically and influenced the curriculum changes related to OCNE, according to Carol Christlieb, MS, RN, director of academic programs, Ashland campus. “She was a good friend and mentor who encouraged faculty to go for their terminal degrees.”

“The people around her mourned her loss when she accepted the interim position,” reflects Chris Fiuren, MS, department administrator, Ashland campus. “But we were thrilled at the same time because we knew she was the only person who could do it. We still consider her ours.”

And so began the two-year shuffle, boarding a plane in Medford on Sunday and returning home late Thursday or Friday each week. “I think everything she had in Portland was rented–her apartment, furniture, car–but yet she was totally committed to the job and doing what was best for the school,” says Judith Baggs, PhD, RN, senior associate dean for academic affairs.

Not able to put off the hip surgery, she had the procedure seven months into the Portland job–mid-legislative session. She selected minimally invasive surgery and a surgeon with a reputation for fast recoveries. She was back to work in a couple of weeks.

Undoubtedly, her biggest challenge was the budget. “We cut back and yet tried to keep the quality of programs and research,” she recalls, adding that “it’s difficult to lead in a time of scarcity.” She says cutting enrollment wasn’t an option, given the nursing shortage and that OHSU has the only state-run baccalaureate and graduate nursing program. Instead, it had to reduce or cut other programs, including two nurse practitioner-led clinics in Eastern Oregon – Elgin and Union.

“I felt that part of my role was to look on the bright side of things. By the end of the legislative session, we had preserved and kept the strength of our missions,” she says.

In December 2008, Theis finishes six years on the state nursing board, the last two as president. She says learning about disciplinary action of the board and all the ways that nurses can get themselves into trouble was an eye opener. “I came to appreciate the role of a board member in oversight of an agency.” She was president during highly charged public criticism of the agency for not taking stronger disciplinary action against nurses.

“Sandy was a calm and capable leader during turbulent times,” says Holly Mercer, JD, RN, executive director of the board. “She has been instrumental in helping the board develop new policies to increase public safety. Her guidance and insight have been invaluable. We will especially miss her no-nonsense way of cutting through issues, especially when reviewing a complex discipline case.”

Her ability to “put her head down and get the job done” –as Knafl phrased it–has served the school, the nursing board and countless other professional organizations well.

“She’s humble, bright and a good decision-maker,” says Baggs. “She consults with people before making a decision and she’s passionate about education. She’s been a perfect leader for the school during this interim time.”

So after nearly a half-century in the profession, what advice does this sage 68-year-old leader have for the rest of us? “It’s important to be able to hear what people are saying and then take time to reflect. In our busy lives, we sometimes don’t reflect on things. Good leaders are knowledgeable and collaborative. How do you get others to do things and also feel good about themselves? That’s what I’ve tried to do.”

As for retirement, she’s letting it unfold. “I don’t know what I’m going to do.” And then she goes on to list the possibilities: volunteer in hospice, help with the League of Women Voters, re-learn to play the piano, pull out the needle point, travel and visit her two grandchildren in Boston and Minneapolis.
What is a day like for faculty members at OHSU’s School of Nursing? How do they approach education? What’s the first week of school like? What do they hope to accomplish? Four faculty members with diverse backgrounds, expertise and daily routines shared snippets of their lives and approaches to teaching. Read on for a glimpse.

Linda Felver, PhD, RN, associate professor at the Portland campus, is a personal trainer for the mind. This 30-year veteran prepares meticulously for the 60 to 100 students who learn pathophysiology and pharmacology as undergraduates, or advanced physiology/pathophysiology as graduate students in her classroom, where she spends the majority of her time. “My overall goal is to assist students in gaining skills and competencies for their program.”

How the first week of school goes depends on how much prep time she’s been able to carve out before classes start. “When I’m able to have my course Web sites complete for the whole term, the first week of class isn’t a scramble. My courses and my online material are always a work in progress because I’m incorporating new knowledge constantly,” she says.

Felver avoids having students merely memorize facts but goes for deep learning. Like a personal trainer for the mind, she
challenges students to rise beyond where they thought they could go and then provides tools to meet that challenge.

Michelle Frazier, simulation specialist at the Ashland campus, is part casting director, creative artist, production coordinator and teacher. As a faculty member responsible for setting up situations that mimic real patient scenarios, the former communications broadcaster takes advantage of the theater arts strengths of Southern Oregon University. Two specially equipped theaters feature mannequins and a control center with audio and computer controls to simulate patient care from home to hospital settings.

Caching in on a wealth of local talent, Frazier writes scripts and hires actors to play the roles. Last year, an actor portrayed complex patients, such as those with schizophrenia or alcoholism. How would you do an intake with a young man with that type of symptomology? – she and other team members ask students. To form an understanding of empathy, the simulation faculty team may put students in the role of a mom or dad.

The team’s teaching philosophy is based on collaborative learning with the students. “We’re here to provide a safe place for them to practice their new knowledge and skills and to help if they have questions or concerns,” she says.

Carol Howe, DNSc, CNM, FACNM, director of midwifery program and interim director, Advanced Practice Nursing Programs on the Portland campus, is coach, mentor and eventually colleague. In her 30th year at OHSU, Howe knows from experience reducing first-week stress means front loading her classroom. “I’m busiest the week or two before a term starts, getting the syllabus together, lining up the reading and double checking to be sure guest speakers show up.”

Because her students are already graduates and professionals, her relationship with them tends to be more collegial, she says. The highlight of her year is when the 10 to 12 midwifery students return at the end their externships. “The graduating students come back to make presentations, and I see how well they’ve developed. At this point, they’re no longer students but colleagues. It’s what keeps me going all year.”

Earlier in her career, Howe spent more time clinically focused, but now devotes most of her time to the classroom. She has 25 graduated classes practicing out in the world and loves seeing the good work they’re doing.

Gary Laustsen, PhD, FNP, assistant professor, is Renaissance man on the La Grande campus. On a campus experiencing a critical shortage of faculty, Laustsen has many roles—
Marie Duncan responded quickly to the request for an interview about her friend, colleague and former student, Marsha Heims. "Is she OK? I was worried something had happened." Away in Colorado, Duncan knew Heims was dealing with breast cancer, round two. On hearing assurances that she was fine, Duncan’s relief was audible. “I love her so much.”

The two women once shared a faculty office in Emma Jones Hall on the Portland campus in the 1970s, before the school moved to its new building. Duncan, PhD, RN, who retired in 1999 but returns to teach seniors, recalled a summer that the two women spent combining their two courses (Duncan taught maternity nursing, Heims taught pediatric nursing) into one course on family nursing. “It was difficult giving up half a term,” Duncan admitted. “So we made a joke of it. We called ourselves Duncan Hines (after the baking company). Each time we met to discuss the curriculum, we’d have to decide symbolically whether we were making cupcakes or bunt cake, and how we were going to frost it.” She said they shared the journey with their students who also participated in the symbolic discussion. On the last day of class, the students gave their professors a Duncan and Heims decorated cake.

“Now, when Marsha and I see one another, we stop, look each other in the eye, bow, and say, ‘Esteemed colleague.’”

A scan of Heims’ professional record reveals a prolific researcher, author and lecturer on topics in nursing education, pediatrics and family health. In fact, if you wish to print Heims’ CV, you’ll need lots of paper because it’s 22 pages long. You’ll learn that in her 30-plus years as a faculty member, she won many teaching awards and was voted by students to fulfill the honorary position of faculty marshal at graduation about a dozen times, according to Sheila Kodadek, PhD, RN, associate dean of undergraduate programs.

Heims stated that child and family health, and nursing education are the two dominant themes and joys in her professional life.

“I’ve walked in downtown Portland with Marsha and Marie Duncan when a former student would come up to them and say, ‘I’ve never forgotten you. You were the best teacher I ever
To her students, she said that even if you find a more efficient and faster way to do things, don’t get sloppy in your practice, for example with medications, infection control or other people’s feelings. “That’s dangerous, and you’re going to hurt someone.”

To her colleagues, she said, make us as nurses visible. “Post a bulletin board the size of a large screen TV in the school lobby that shows what our graduates are doing for the profession, for research, for humanity.” She recalled a leadership conference where she walked the aisle, stating out loud and asking the nurse attendees to repeat the words, “I am a nurse, I have a voice, I will use it.”

Heims spoke recently from her home where she’s nurturing her own health after a right breast amputation—her word, and chemotherapy and radiation. “It’s her second encounter with breast cancer—the first occurring 19 years ago in her left breast. She had a lumpectomy then and returned to work without taking leave. But this time she’s facing a more aggressive situation. “It was a big tumor, and it scared me. But I tell myself, my family and my co-workers that I’m going to survive.”

She said the huge theme in her life is that people are the most important, and powerful. “Stay connected with one another, and share your power.”

Always the teacher, Heims has taken her own experience with breast cancer into the classroom. “When you put your own personal or other example into it, students listen. Emotions and events tend to stick in their minds,” she explained. “Last summer I shared with the beginning nursing students what was happening to me—here’s my port, this is what it looks like, feels like, here are the medications I take and this is what they’re doing to me.” She also discussed the nausea and fatigue two realities she continues to deal with today.

As for the future, Heims isn’t sure whether she’ll return to work or retire. “I love teaching and my students. I love nursing. I love my life, and I love my family. I’m still figuring out what that balance will look like in the next few years.”

And from all the people whose lives she’s touched, it’s clear they’ll be standing next to her—hoping for the chance to give something back to this extraordinary teacher, mentor, friend and colleague.
It's a myth that patients dying of liver disease don't experience pain, according to a researcher who studies the issue. "We know very little about the pain and distress these patients feel. Research has shown they report pain in the last three days of life comparable to that experienced by patients with advanced lung or colon cancer," says Lissi Hansen, PhD, RN, assistant professor, OHSU School of Nursing.

With a two-year, $155,000 grant from the National Institute of Nursing Research, one of the National Institutes of Health, Hansen hopes to fill gaps in our knowledge about the pain and other symptoms experienced by these patients. She says liver failure can be caused by a number of factors, but because it can be associated with drug or alcohol abuse, health care providers may be reluctant to prescribe pain medication. Providers may also worry that a sick liver can't process certain medications. "It's a double hit for these patients," says Hansen.

The study specifically aims to learn how patients and their families describe changes in pain and symptoms over time and ways they find to cope—whether through medication or other strategies. Hansen says her pilot study is a first step to improving pain and symptom control at the end of life for patients suffering liver failure.

Because so little is known about people with end-stage liver disease, one of Hansen's goals is to increase public awareness of the symptoms. "Patients with liver failure are tired, are on diuretics so have to be close to a bathroom, they sleep a lot, itch, gain weight and feel nine-months pregnant," she says. "No
Researcher Takes
Instrument Feasibility Study Examines Activity in Older Patients

Aging, illness and bed rest often spell trouble for older adults who are hospitalized. One common result is inactivity and accelerated muscle breakdown, which can translate into limited mobility and even disability after hospitalization. Researchers have been studying ways to quantify this type of inactivity but most methods rely on subjective reports or observations by health care workers, patients and researchers. Invasive objective tests, such as muscle biopsy or tissue oxygenation, can capture the body’s response to inactivity, but these methods do not measure the level of activity itself.

One nurse is testing the idea that if she can objectively

one has followed them in real time to get their experience.”

Hansen, the study’s principal investigator, and her research team will enroll 20 patients with liver failure at clinics at OHSU and the Portland Veterans Affairs Medical Center. They will also enroll 20 family members. The team will ask patient and the family caregiver their perceptions of pain and other symptoms experienced by the patient in the past week. They’ll conduct the interviews every month for six months in the hospital, clinic or at the patient’s home. She says it is the first prospective, longitudinal descriptive study of its kind.

Another first-of-its kind NINR-funded study is giving Hansen’s team a window on how patients, families and the health care team make decisions about life-sustaining treatments. The study focuses on patients who are candidates for a liver transplant but who develop complications and end up in an intensive care unit for stabilization. Because of the national shortage of donor organs and the precarious nature of life in liver failure, Hansen says the reality that many of these patients will receive a new liver is slim.

“The ways in which patients, family members and the health care team decide to forgo life-sustaining treatments, such as mechanical ventilation, dialysis or giving blood products, and turn to comfort care is essential knowledge in caring for these patients,” says Hansen. “We could see different ways that decisions evolve, depending on the knowledge of family members, the number of times a patient has been in the ICU, etc. Some patients and their families need little guidance while others don’t have a deep understanding of what’s happening.”

This two-year, $426,000 study aims to provide a “rich description of the life-sustaining treatment decision-making process,” according to the team’s abstract. The team will observe six to 10 patients receiving care in an ICU at either OHSU or Portland Veterans Affairs Medical Center.

“Our focus is to be present when decisions are being made,” says Angel Williamson, a senior nursing student, one of four observers on Hansen’s team. “We try to be there at the bedside when the health care team makes morning rounds or when we know that a decision about life-sustaining treatments is about to be made. We also obtain information from the chart and by interviewing the health care providers, family members and patients. Other members of the data collection team are Susan Rosenkranz, MA, research associate; Amanda Ryan, BSN, RN, nurse practitioner student; and Yi Yan, BSN, RN, doctoral candidate, 2008-2010 John A. Hartford BAGNC Scholar.

“We get unique insight into what really is going on,” Williamson says. “It’s such a rich environment, I’ve learned so much,” she adds, expressing appreciation for the opportunity to work on a research team as an undergraduate.

Both she and Hansen feel privileged being allowed into the lives of these patients and their families. And Hansen says support from the clinicians—the nurses, physicians, social workers, respiratory therapists, etc.—makes the studies possible. “I enjoy going to work and being at the ICU every day, checking to see how things are going.”
and noninvasively measure common movements in the hospital, such as sitting up in bed, moving from the bed to a chair or walking, she may have the first step in tying activity with outcomes. With this information, Colleen Casey, PhD, RN, clinical nurse specialist and newly graduated doctoral candidate at the OHSU School of Nursing, says she hopes that clinicians can better promote activity during hospitalization.

A 2005-2007 John A. Hartford Foundation Building Academic Geriatric Nursing Capacity Predoctoral Scholar, Casey applied for and received a two-year, $66,000 grant from the National Institute of Nursing Research to study a noninvasive instrument called an actigraph, or activity monitor. She says it’s like a sophisticated pedometer that senses motion through an internal accelerometer. In her study, subjects wear one on their chest like an EKG lead and one on their wrist like a watch to measure motion and heart rate. She says similar devices have been commonly used in sleep studies or in athletes to calculate energy expenditure but they have not been extensively tested in older populations or on hospital patients.

“Our first step is to determine whether the device can capture what we’re interested in,” she reports. The research team will gather 60 patients, 65 years and older with a planned surgery or hospitalization. The team has set up a hospital-like room within OHSU Hospital. Clinical researchers simulate an in-patient stay by attaching “fake” but realistic equipment—IVs, oxygen, blood pressure cuff, leg compression devices—and then lead the subjects through a protocol of standard nursing activities, all the while measuring this activity.

“If we’re able to use this device for low-level movements, such as sitting up in bed or taking short walks, it could be practical for inpatient settings,” Casey says. If workable, the next research step would be a larger, longitudinal study to correlate activity trends with outcomes, such as length of stay and post-hospital morbidity.
When eight nurse anesthetists leave OHSU’s School of Nursing in December 2008, they’ll be resuscitating more than patients. After a half-century’s slumber, they’ll be reviving nurse anesthesia education in Oregon—which has not existed since 1956. Nurse anesthetists are the profession’s oldest specialty group and are the primary anesthesia providers in rural America.

“With Oregon’s large rural demographic make-up and one of the lowest per capita ratios of certified registered nurse anesthetists in the nation, this program is well positioned to increase availability and delivery of vital anesthesia and resuscitative services to Oregonians,” says OHSU Program Director, Stephen Yermal, PhD, CRNA.

Other programs exist in the Western United States, but OHSU’s is the only master’s level nurse anesthesia program that’s part of an academic health center, according to Yermal. The advantages include access to diverse patient populations, OHSU’s Simulation & Clinical Learning Center, and a collaborative relationship with a top-ranking anesthesiology department in the OHSU School of Medicine.

A seasoned clinician and educator from several East Coast universities, Yermal was drawn to OHSU’s program because of the nursing school’s national reputation for high quality programs and for the opportunity to guide the fledgling initiative. He previously helped two other institutions (Georgetown University and the University of Miami) launch their nurse anesthesia programs.

Joel Swift, one of the first eight students in OHSU’s program, says he can’t wait to start work. He’s a member of a large family of health practitioners—his mother, wife, mother-in-law and brother are all nurses, and his father is a scrub tech. He enjoys being behind the drape and focusing wholeheartedly on one patient at a time. “I like making people feel good, and...
it’s great to give medicine to calm someone down but also to comfort and do the non-pharmacology things that convey that everything is going to be all right. Nursing is a very intimate.”

Swift’s background is typical of many who enter the field. He worked as a staff nurse in cardiac recovery at a Portland hospital for three years. The nurse anesthesia program requires a baccalaureate degree and a minimum of one year of critical care experience, but because the program is highly competitive, many applicants have two to five years of intensive care experience. The specialty draws a disproportionate share of males—42 percent compared with eight percent in nursing, according to the American Association of Nurse Anesthetists.

He was also drawn to the salary and lifestyle the specialty affords. Nurse anesthetists are the highest compensated of all nursing specialties, with an average annual salary of $140,000, according to the 2007 AMG Group Compensation and Financial Survey. However, students pay higher tuition ($70,000 for the 27-month program) than other graduate nursing tracks at OHSU.

The school received a three-year, $1 million grant from the federal Health Resources and Services Administration to help it launch the program through 2010. Another 10 students are slated to graduate in 2009, and 12 students in 2010.

Yermal says that from a faculty perspective, the program is running smoothly but concedes that the first couple of years have had their challenges. He and Douglas Arditti, MSN, CRNA, comprise the program’s faculty. “We’re still refining the curriculum,” Yermal reports, adding that the entire curriculum won’t be taught until this September. The program received an initial three-year accreditation from the Council on Accreditation of Nurse Anesthesia Educational Programs and will apply for full accreditation in 2009.

Dayna Cary, another member of the inaugural class, says
The OHSU School of Nursing offers a variety of undergraduate and graduate nursing programs—including bachelor’s, master’s, postmaster’s and doctoral—all designed with you in mind. With campuses located throughout Oregon, taking the next step in your nursing education has never been easier.

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“Doctor of Nursing Practice 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.”

Helen Turner, MSN, RN-C, CNS, APRN-BC, Doctor of Nursing Practice candidate

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For specific program information, visit: www.ohsu.edu/son or, contact the Office of Admissions at 503 494-7725 or proginfo@ohsu.edu

A Passion for Nursing
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Oregon Health & Science University

OHSU is an equal opportunity, affirmative action institution.
Arlene Koon, RN, instructor, orients a group of La Grande sophomores to Grande Ronde Hospital’s OR.
Out with the Old, In with the New

Oregon’s Pioneering Statewide Curriculum Worth the Effort

BY LEE LEWIS HUSK

Definitely worth the effort. That’s how several faculty and students at OHSU School of Nursing’s La Grande campus describe the transition to the new statewide curriculum.

The switchover, which began on OHSU campuses in 2006, results from the pioneering initiative by the state’s major nursing groups to increase enrollment and revamp nursing education for the 21st century. The Consortium for Nursing Education–OCNE (informally pronounced “ock-nee”) has the nation’s eyes focused on Oregon.

The last class of traditionally educated students graduated in spring 2008. Now, after years of hard work and planning, OHSU nursing school students on all five campuses are receiving the new curriculum. The inaugural baccalaureate-degree class will finish in spring 2009.

At present, Portland has 27 students in the new curriculum with another 10 in transition at the community-college level; Ashland has 52 plus about 30 at the community college; La Grande 32, Klamath Falls, 2; and the newest campus in Monmouth has 27.

Under the new system, students complete one year or more of pre-requisite courses at community college or four-year university and apply to nursing school, typically at the end
of their freshman year.

OHSU’s La Grande campus is hosted by Eastern Oregon University, but students come from all over the state and even around the world in their sophomore year to begin the rigorous three-year nursing curriculum.

OCNE is very different from traditional nursing education, according to Gary Laustsen, PhD, RN, FNP, assistant professor who runs the simulation lab, teaches and works as a family nurse practitioner at the EOU student health center. The main difference, he says, is the integrated curriculum. Specialty areas, such as pediatrics, obstetrics or med-surg, aren’t separated into individual courses but integrated throughout the three years. Students also start with the simulated learning on mannequins and then move to live patients in the clinic and hospital settings in their sophomore year.

“OCNE is raising the standard of nursing care,” says Karen Hasel, MSN, RN, assistant professor who teaches pathophysiology, pharmacology and other courses, and also works occasionally at the local hospital. “The faculty is 100 percent behind the groundbreaking effort, even if it means working long hours. We’ll be able to show the nation that we can do this in Oregon with a high quality student at the end of the day.

Arlene Koon, BSN, RN, who introduces sophomores to patient care through simulated learning on mannequins, con-current with her colleagues on the difficulty of the first couple of years. She says that all campuses must meet the same OCNE benchmarks but that each has flexibility in how it meets those goals. She added that what she learned 30 years ago and what today’s students need to know is vastly different. “Nurse responsibilities now require our graduates to be so much more knowledgeable.”

Natasha Roth, who will be a junior this fall, says her sophomore year went fairly well. “We were just the second class in the new curriculum so the school had some things to iron out.”

Roth particularly enjoyed the interaction she had with pediatric patients and their families at St. Luke’s Children’s Hospital in Boise. “Everyone was really nice and let us do what they thought we could do safely.” She also got to experience a medical/surgical ward at Grande Ronde Hospital in La Grande. “The interaction at the hospital and in the clinical setting lets you put what you’ve learned in class and in the sim lab to work.”

In addition to Boise and La Grande, students will get clinical experience in physician offices, community health centers and hospitals in Pendleton, Baker City, and Bend, all in Ore.; Napa, Idaho, and the Tri Cities and Spokane, in Wash.

Raised in Southern Oregon, Roth chose OHSU’s La Grande campus to experience a new place and because she was interested in exploring the Wallowas and other surrounding mountain ranges.

“We have many students who come to La Grande because they love outdoor activities and can play intercollegiate sports, such as ski or participate in track and field,” reports Hasel.

It probably doesn’t hurt the school’s recruiting efforts that OHSU and its partners statewide will soon give the country its first peek at nurses trained in a whole new way. “Nursing educators across the country are looking to see whether we can pull this off.” The proof will be out next spring.
The OHSU School of Nursing just got one campus bigger. In recognition of the nursing shortage, the 2007 Oregon legislature designated support for Western Oregon University in Monmouth to open a fifth campus for educating baccalaureate-bound nurses in partnership with the OHSU school. It joins state universities in Ashland, Klamath Falls and La Grande as regional sites for dual enrollment with the Portland-based school.

The nursing curriculum is the same across the state among OHSU and other nursing schools participating in the Oregon Consortium for Nursing Education.

Twenty-seven nursing students are enrolled at Monmouth starting in the fall 2008. All will have completed at least one year of pre-requisite course work, either at WOU or at any accredited Oregon or U.S. school.

WOU is in the process of renovating an entire floor for classrooms and a clinical simulation and clinical skills lab, as well faculty offices and student space. The site will have its own director who reports to the Portland campus, says Sheila Kodadek, PhD, RN, associate dean of undergraduate programs. “We’re thrilled to be there.”

Kodadek says the campus has had a positive response from clinical training sites in the area, such as nearby Salem Hospital. “They’ve put out the welcome mat for our students.” She says faculty recruitment is on-going and that the program has had inquiries from qualified faculty applicants who have been waiting for a chance to teach in a university program near their homes.

“WOU has a superb track record for attracting and retaining minorities and has had a lot of services to help those students stay in school and succeed,” says Kodadek.

Established in 1856, WOU is Oregon’s oldest public university.
Friends, Family and Colleagues Create the Jean Bates Scholarship for OHSU Nursing Students

BY LEE LEWIS HUSK

It was a well-guarded secret for a while. But when Jean Bates was getting ready to make yet another contribution to the OHSU Foundation, her friend and companion Stephen Young had to give her the news. Friends, family and colleagues had been secretly pooling their money for several months to create an endowment in her name. He thought she might want to “drag something of her own” into the fund.

“We did a great job keeping it under wraps,” he says, adding that the most “dangerous part was lifting her address book, copying it and putting it back together.” Young, 67, a money manager and senior vice president with Wedbush Morgan Securities in Portland, says he was amazed at the response he got from people. “Everyone wanted to do something for Jean.”

As a result of their efforts, nursing students in financial need at any of OHSU’s campuses will receive scholarship aid from the earnings off the endowment. The foundation requires a minimum of $50,000 for an endowed fund.

On hearing the news, Bates reports that she felt both humbled and honored. “It took them a year to put this together—it absolutely blows my mind when I think about all the work they did to create this fund.”

Those who know her lifelong commitment to the nursing profession say she richly deserves it.

Friend and colleague, Susan King, RN, executive director, Oregon Nurses Association, says that Bates has been a champion for nursing, nursing education and the school throughout her long career. “Professionally, Jean has done it all,” says King. “She’s a behind-the-scenes person who makes things happen.”

Bates, 72, graduated from the University of Oregon School of Nursing (now OHSU) in 1959, worked as a public health nurse and also assisted in open heart surgeries at University Hospital. She earned a master’s degree in 1971 and taught on the school’s faculty for many years. “I think I served on every possible committee,” she says.

She was a major force in securing funding for the nursing school’s building, was elected president of the ONA and established its foundation in 1982. During her tenure, she helped lead the group’s successful effort to establish independent prescription authority for advanced practice nurses. She also served on the OHSU Foundation board for many years. At the national level, she was a board member of the American Nurses Association.

“I am thrilled beyond belief for my mom,” says daughter Suzie Bates, who helped Young with the effort. “My mom is forward momentum at all times. She’s always striving to help organizations make better and smarter decisions.” Bates’ other child, son Bruce Bates, chimed in, “I’m proud of my mom and happy that she’s been honored in this way.”

Above: Jean Bates, Class of 1959, and her companion Stephen Young at home.
Sharing with Favorite Charities Easy with Your IRA

BY LEE LEWIS HUSK

If you haven’t spent every dollar of your individual retirement account by the time you die, you can make sure that what’s left—be it large or small—is shared among your favorite non-profit organizations. That’s what one retired OHSU School of Nursing faculty member has done for the School of Nursing, even though the school can’t take the money to the bank. Yet.

“I keep everything until I no longer have need for it,” says the anonymous donor. If something unexpected happens, she wants the organizations that have meant a lot to her in life get some benefit after her death. “It gives me peace of mind that I’ve made these provisions.”

Heidi Shuler, director of development for the School of Nursing, says that many alumni would like to leave something to the school but it’s not always feasible to make a major gift in their lifetime. They can give through their estate by designating a percentage or a specific dollar amount. Another option is to create a charitable remainder trust in which donors give an asset to the foundation to manage and then draw income for life.

In the case of this donor, a part of whatever is left in her IRA will go to the OHSU Foundation for nursing student scholarships. Designating the School of Nursing on her IRA was as easy as listing the name, address and tax identification for the OHSU Foundation, and it didn’t required a lawyer, she reports.

“It’s a way to give that’s painless and has no tax consequences to the heirs—assuming the money goes to a non-profit,” says Pete Sommerfeld, senior director of gift planning, OHSU Foundation. “We are grateful for those kinds of gifts.” He says the foundation offers guidance on charitable planning but recommends that people also see their own attorney for estate planning.

To learn more about the many ways to give, contact Heidi Shuler at 503 494-7525, shulerh@ohsu.edu, or Pete Sommerfeld, 503 220-8328, sommerfe@ohsu.edu.
A Conversation with the Current President, Colin McInnes, MSN, RN

Colin McInnes, MSN, RN, is president of the OHSU School of Nursing Alumni Association and is a “two-time grad” – earning a bachelor’s in 2002 and a master’s this year. He was a nontraditional student having already earned a bachelor’s degree before entering nursing school in his 30s. Catching up with this busy nurse (he works as an RN at Legacy Emmanuel), graduate student and volunteer alumni association leader wasn’t easy but here’s what he told Nursing Progress.

NP: What’s the association’s primary mission?
CM: Advancement of the school and its alumni. We have an annual phonathon to raise money for the school, which dates to 1919 and has 10,000 graduates. We try to call grads as far back as we can. Phonathon callers raise between $80,000 and $100,000 yearly.

NP: How is the money spent?
CM: The primary purpose is to raise scholarship funds. Also there’s the dean’s Fund for Excellence which supports important programs. We also support student activities such as the new student orientation. And we give students basic supplies such as lanyards.

NP: In addition to the phonathon, what else does the association do?
CM: We help pay for the graduation picture of each class and mounting it at the school. We help with career day. We also sponsor an open house the day before graduation with the current cohort, plus graduating classes going back every five years. This year 17 women from the class of ‘48 and 13 from the class of ‘58, with a total of 60 alumni attended. It was great to hear their stories. We also invited the class of ‘58 to participate in convocation and honored them with the Golden Rose Pin.

NP: What do you like best about being involved?
CM: Connecting with other graduates and the scholarship program. The AA gives away $12,000 in scholarships yearly across all programs and campuses. The scholarship team reviews 70 or 80 applications a year and gives to those with the highest need. Reading about the needs of students and being able to help in a tangible way, then receiving recipients “thank yous” is very satisfying. Thank you letter writers frequently state that in the future they want to “repay” the generosity of the donors, and we suggest a gift to the scholarship fund. Then we see the full circle of giving, which is fantastic.

NP: Where does the $12,000 come from?
CM: We have an endowment of about $350,000 from alumni gifts (including the phonathon), and the interest funds the scholarships. This year we awarded six scholarships of about $2,000 each – four bachelor’s students, one master’s and one PhD.

NP: What’s the biggest challenge of the association?
CM: Convincing people to volunteer. Nurses are busy people, and we explain it’s not going to take a lot of time – just a few hours a month. The six-member board meets in Portland quarterly, and we teleconference members outside the area. We need alums who can bridge more connections, such as class leaders who want to help organize and keep members of their class connected.

For more information about the association’s activities, membership and news, go to www.ohsu.edu/son/alumni.
The OHSU graduate nursing senate, better known as GNS, was formed in 2006 by several graduate nursing students. All graduate nursing students are considered members and there are no fees to join or participate. The goals of this student run organization are to provide a formal voice for all graduate nursing students, promote professional development and networking among the various graduate programs in the School of Nursing, and to support graduate students in transitions to and from graduate school.

Over the 2007-08 school year, the GNS was busy with many activities. During fall and winter quarter, welcome back breakfasts were held to celebrate the new terms. Students got the chance to catch up while enjoying muffins, fruit and coffee. In addition, during fall quarter, a doctoral dinner was held to welcome all the new doctoral students (both Doctor of Philosophy and Doctor of Nursing Practice).

This year the GNS had the opportunity to participate in the graduation open house. Student volunteers helped to set up, decorate, and welcome families for the open house, in addition to handing out graduation gifts (pens and business card holders) from the GNS to the graduating students.

Another important opportunity that the GNS provides is small scholarships available to graduate nursing students for professional development. Over 20 scholarships were given out this past year in order to help students defray the costs of attending conferences and other such events that promote networking and professional development.

In addition to the above events, the GNS met with Dr. Judith Baggs to ensure that graduate student voices were considered during tort cap discussions. Similarly, in spring term, the GNS worked with the school’s administration to explore strengths and areas in need of improvement for graduate programs overall, as well as issues specific to each graduate program.

The GNS has big plans for next year, so please stay tuned.

Rebecca Scobee, RN, BSN
President, Graduate Nursing Senate,
ThirdYear BS-PhD Student,
OHSU School of Nursing, Portland Campus
Faculty Publications

Judith Gedney Baggs

Ann Kibble Beckett

Jill Anne Bennett

Robert M. Bennett

Juliana C. Cartwright

Carol Ann Palanuk Christlieb

Rick Daniels

Linda Felver

Nancy E. Findholt

Jesika S. Gavilanes

Vivian Gedaly-Duff


**Teresa Tarnowski Goodell**


**Lissi Hansen**


**Theresa A. Harvath**


**Dena Hassouneh**


**Susan Elizabeth Hickman**


**Gail M. Houck**

Science, high function in persons with fibromyalgia. Kim Dupree Jones
Health midwifery practice: An analysis. Shelley L. Jones
to exercise. despite improvement in the acute growth hormone response
despite improvement in the acute growth hormone response


Shelley L. Jones

Judith Kendall


**Frances F. Lee-Lin**


**Michael C. Leo**


**Ariel Linden**


**Maggie McVay Lynch**


**Karen S. Lyons**


**Deborah Messecar**


**Lois Lachmann Miller**


**Lillian M. Nail**


**Joanne Noone**


**Carol Parker Walsh Terhune**


**Mary Frances D. Pate**


**Nancy A. Perrin**


**Nancy Press**


Anne Gassmann Rosenfeld


Amy Miner Ross


Maria Elena Ruiz

Elena O. Siegel
Siegel, E.O., Sikma, S. (2008). Provider and Systems-Level Understanding of Healthcare Delivery to Older Adults: 41st Annual Communicating Nursing Research Conference/16th Annual Western Institute of Nursing (WIN), Garden Grove, CA.


Nancy C. Winters

Kerri Winters-Stone


Lisa J. Wood

Heather M. Young

Funded Research 2007-2008

Judith Baggs
Training
Advanced Education Nursing Traineeship Program
HRSA, Bureau of Health Professions - Division of Nursing
7/1/2007 - 6/30/2008

Robert Bennett
Clinical Trial
Cross-over multiple dose study assessing the analgesic efficacy and safety of oral GRT9906 compared to placebo in subjects with primary fibromyalgia syndrome
Grunethal
10/1/2005 - 10/23/2008

Clinical Trial
A Randomized, Double-Blind, Placebo-Controlled Trial to Evaluate the Safety and Efficacy of MK-0677 25mg in Treatment of Fibromyalgia
Merck Research Laboratories

Clinical Trial
A Long-Term, OL, E & S Study of Xyrem in Subjects with Fibromyalgia
Jazz Pharmaceuticals (through Monitor)

Clinical Trial
A PG RDB, PC, MC Proof of a Concept Trial to Assess the E & S of 2 Different Transdermal Doses of a Rotigotine in Subjects w/ Signs & Symptoms Associated w/ Fibromyalgia Syndrome
Schwarz BioSciences, Inc.
6/19/2007 - 6/30/2010

Tina Bloom
Predoc Research
A Collaborative, Intersectional Approach to Health Disparities in Pregnancy
National Institute of Nursing Research
8/1/2007 - 7/31/2009

Susan Butterworth
Research
High Impact Intervention for Employee Health Promotion
Center for Disease Control

Elizabeth Caley
Predoc Research
John A. Hartford Building Academic Geriatric Nursing Capacity Scholarship
John A. Hartford Fund
7/1/2006 - 6/30/2008

Juliana Cartwright
Research
End of Life Care in Assisted Living Facilities
National Institute of Nursing Research
9/30/2004 - 8/31/2008

Research
Creating Enriched Clinical Learning Environments through Partnership in Long-term Care Northwest Health Foundation
1/1/2007 - 12/31/2008

Colleen Casey
Predoc Research
Physiologic Responses to Simulated Care Activities in Older Surgical Patients
National Institute of Nursing Research
8/1/2007 - 7/31/2009

Mary Ann Curry
Other Sponsored Agreement
The Identification and Reporting of Violence by People with Disabilities
Department of Education
12/1/2003 - 11/30/2008

Bonnie Driggers
Training
OCNE: Development of Real-World Clinical Training for Nursing Students
Kaiser Foundation Health Plan of the Northwest

Deborah Edlredge
Research
Customizing Family’s Symptom Management Skills Post HSCT
National Cancer Institute
9/14/2005 - 8/31/2008
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<th>Title</th>
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<th>Grant Details</th>
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<td>Theresa Goodell</td>
<td>Clinical Trial</td>
<td>Feasibility Study for Pressure Ulcer Prevention Dressing (Bursamed) VAMC</td>
<td>VA Research Foundation 3/1/2006 - 6/30/2008</td>
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<td>Anne Greenlee</td>
<td>Research</td>
<td>Mouse Embryonic Stem Cell Model to Predict Risk of Neural Tube Birth Defects</td>
<td>Society of Toxicology Colgate Palmolive 1/1/2007 - 6/30/2008</td>
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<td>Training</td>
<td>GAANN Fellowship Program for Doctoral Students in Nursing</td>
<td>Department of Education 8/15/2007 - 8/14/2010</td>
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Carol Howe  
**Training**  
Midwifery: Efficacy/Data/Disparity/Education/Expansion  
HRSA, Bureau of Health Professions - Division of Nursing  
7/1/2008 - 6/30/2011  

**Other Sponsored Agreement**  
Doula Care for Laboring Women: Impact on Obstetrical Outcomes and Patient/Provider Satisfaction  
CareOregon  
6/1/2007 - 6/30/2008  

**Other Sponsored Agreement**  
Doula Care for Vulnerable Populations: Outcomes and Utilization  
CareOregon  
1/1/2008 - 12/31/2008  

Shigeko Izumi  
**Postdoc Research**  
Quality of Nursing Care for Hospitalized Patients with Advanced Illness  
National Institute of Nursing Research  
12/15/2007 - 12/14/2009  

Amy Johnson  
**Predoc Research**  
Sleep, Symptoms & QL in Adolescents during Chemotherapy  
National Institute of Nursing Research  

Kim Jones  
**Research**  
Maximizing Beneficial Effects in Fibromyalgia  
National Institute of Nursing Research  
9/1/2002 - 5/31/2008  

Ginger Keller  
**Predoc Research**  
Doctoral Scholarship: Cognitive Effects of Cancer Treatment  
American Cancer Society  
8/1/2007 - 7/31/2009  

Carol Kemp  
**Predoc Research**  
John A. Hartford Building Academic Geriatric Nursing Capacity Scholarship  
John A. Hartford Fund  
7/1/2006 - 6/30/2008  

Judith Kendall  
**Research**  
Nurse Case-Management Intervention for ADHD Families  
National Institute of Nursing Research  

Lindsay Kindler  
**Predoc Research**  
Risk Factors Associated with a Progression from Spinal Pain to Fibromyalgia  
National Institute of Nursing Research  
7/1/2007 - 8/31/2009  

George Knafl  
**Research**  
Modeling HIV Subjects’ Electronic Monitoring Data  
National Institute of Allergy and Infectious Diseases  
2/1/2006 - 10/31/2008  

Michael Leo  
**Research**  
An HIV/AIDS Prevention Intervention for Asian Pacific Islander Women: Do Partners Make a Difference  
Northwest Health Foundation  
1/1/2007 - 6/30/2008  

Maggie Lynch  
**Training**  
Master Educator’s for Rural Areas (MERA)  
Oregon Center for Nursing  

Karen Lyons  
**Research**  
Couple Perceptions of Fibromyalgia Symptoms  
National Institute of Arthritis and Musculoskeletal and Skin Disease  
6/1/2008 - 6/30/2010  

**Research**  
The Family Living with Lung Cancer: Perceptions and Outcomes  
American Cancer Society  
7/1/2007 - 6/30/2011  

**Research**  
Health Status of Rural Chronically-Ill Elderly Couples: A Pilot Study  
School of Nursing - Betty Gray Fund  
8/1/2007 - 6/30/2008
Paula McNeil  
*Training*  
NEXus - The Nursing Education Xchange: Partnering to Increase the Capacity of Nursing PhD Programs  
Department of Education  
10/1/2004 - 9/30/2008  

*Training*  
NEXus - The Nursing Education Xchange: Collaborative Efforts to Resolve the Nursing Faculty Shortage  
HRSA, Bureau of Health Professions - Division of Nursing  
7/1/2008 - 6/30/2011  

Deborah Messecar  
*Research*  
Family Reintegration Following Guard Deployment  
TriService Nursing Research Program  
7/15/2005 - 7/31/2008  

Lois Miller  
*Research*  
Symptoms & Symptom Clusters in End-Stage Chronic Disease  
National Institute of Nursing Research  
4/9/2008 - 3/31/2010  

*Training*  
Infusing Geriatric Nursing into Education Curricula  
HRSA, Bureau of Health Professions - Division of Nursing  
7/1/2006 - 6/30/2009  

Lillian Nail  
*Research*  
Identifying Symptom Clusters in People with Cancer  
National Cancer Institute  
6/1/2004 - 4/30/2008  

*Training*  
Research Training in Individual and Family Symptom Management  
National Institute of Nursing Research  
7/1/2007 - 6/30/2012  

Wendy Neander  
*Other Sponsored Agreement*  
Increasing Cultural Competence for Entry Level Nurses  
Northwest Health Foundation  
10/1/2004 - 6/30/2008  

Connie Nguyen-Truong  
*Predoc Research*  
Doctoral Degree Scholarship in Cancer Nursing: Pap Test Screening Among Vietnamese American Immigrant Women  
American Cancer Society  
8/1/2008 - 7/31/2010  

Nancy Perrin  
*Research*  
Adoption of Buprenorphine in an HMO Setting  
National Institute on Drug Abuse  
5/16/2005 - 5/15/2010  

*Research*  
FICSRS: Forging Implementation of Cancer Screening Remind er Systems  
Kaiser Foundation Research Institute  
10/1/2007 - 6/30/2009  

*Other Sponsored Agreement*  
Partnership to Improve Workplace Safety for In-Home Care Workers  
National Institute of Nursing Research  
6/1/2008 - 5/31/2012  

*Research*  
Primary Care Treatment of Overweight Adolescent Females (SHINE)  
National Institute of Child Health & Human Development  

*Research*  
Weight in Secondary Prevention (WISP)  
National Institute of Diabetes and Digestive and Kidney Diseases  
9/30/2005 - 8/31/2008  

*Research*  
Effectiveness of a Housing Intervention for Battered Women  
Center for Disease Control  
9/1/2005 - 8/31/2009  

*Research*  
Community Partnered Response to Intimate Violence  
National Institute of Nursing Research  

*Research*  
Effectiveness of Bisphosphonate Therapy in Preventing Fractures Among At-Risk Women in a Real-World Setting  
Amgen  
1/1/2007 - 12/31/2008
Research
Focusing Implementation to Bring Effective Reminders: FIBER
National Institutes of Health
5/1/2008 - 4/30/2012

Nancy Press
Research
Center for the Study of Chronic, Comorbid Mental and Physical Disorders
VAMC
10/1/2006 - 9/30/2008

Research
Genomic Health Care and the Medically Underserved
Ntl Human Genome Research Inst, Ntl Inst for Child Health & Human Dev
9/1/2004 - 7/31/2008

Research
Communication Interventions with Melanoma Families
National Cancer Institute
5/1/2004 - 4/30/2008

Research
Is primary care ready to utilize the promise of genetics?
A vignette study
National Human Genome Research Institute
8/1/2006 - 7/31/2009

Maria Elena Ruiz
Research
Preventing Workplace Sexual Assault/Sexual Harassment of Indigenous Farmworker Women
Northwest Health Foundation
1/1/2006 - 12/31/2008

Catherine Salveson
Research
Acupuncture Practitioner Research Education Enhancement
National Center for Complementary & Alternative Medicine, NIH
9/1/2005 - 8/31/2009

Rebecca Scobee
Predoc Research
John A. Hartford Building Academic Geriatric Nursing Capacity Predoctoral Scholarship
John A. Hartford Fund
7/1/2007 - 6/30/2009

Kathryn Sexson
Predoc Research
John A. Hartford Building Academic Geriatric Nursing Capacity Scholarship
John A. Hartford Fund
7/1/2006 - 6/30/2008

Elena Siegel
Postdoc Research
Nursing Home Administrators and Directors of Nursing: How are Skills and Competencies Attained for these Roles
John A. Hartford Fund
7/1/2007 - 6/30/2009

Kristen Swafford
Predoc Research
Person-Centered Care During Morning Care for Persons with Dementia
National Institute of Nursing Research

Christine Tanner
Research
The Oregon Consortium for Nursing Education Comprehensive Evaluation
Robert Wood Johnson Foundation
5/15/2008 - 4/14/2011

Training
The Oregon Consortium for Nursing Education: A National Model to Alleviate the Nursing Shortage & Improve the Quality of Nursing Ed. & Care
William Randolph Hearst Foundations

Training
The Oregon Consortium for Nursing Excellence (OCNE): Expanding Capacity and Enhancing Quality
Ford Family Foundation
7/1/2007 - 6/30/2009

Training
The Oregon Consortium for Nursing Education
Meyer Memorial Trust

Training
The Oregon Consortium for Nursing Education
Oregon Center for Nursing
7/1/2007 - 7/1/2009
Miriam Volpin  
*Predoc Research*  
John A. Hartford Predoctoral Scholarship  
John A. Hartford Fund  
7/1/2007 - 6/30/2009

Kerri Winters-Stone  
*Research*  
POWIR Exercise During Treatment for Prostate Cancer: A Randomized Trial  
Lance Armstrong Foundation  
1/1/2006 - 12/31/2008

Research  
Optimizing Body Composition & Health after Breast Cancer: An Exercise Study  
American Cancer Society  
1/1/2006 - 12/31/2008

Research  
Neighborhood Design and Obesity in Older Women  
National Institute on Aging  
2/1/2007 - 1/31/2010

Research  
Strength Training for Older Breast Cancer Survivors: A Randomized, Controlled Trial  
Komen Breast Cancer Foundation  
5/1/2006 - 4/30/2009

Research  
Comparison of Aerobic & Resistance Exercise in Older Breast Cancer Survivors  
National Cancer Institute  
7/1/2007 - 6/30/2010

Research  
Exercise for Physical Health in Men with Prostate Cancer  
Salem Hospital Foundation  

Research  
Comprehensive Fall Risk Assessment in Breast Cancer Survivors (OCTRI)  
OHSU  
9/1/2007 - 8/31/2008

Lisa Wood  
*Research*  
The Role of Cytokine Deregulation in Cancer Treatment Related Fatigue  
American Cancer Society  
7/1/2005 - 6/30/2009

Research  
The Inflammatory Cytokine Response to Radiation Therapy and Fatigue  
National Institute of Nursing Research  

Stephen Yermal  
*Training*  
Improving Healthcare for Oregonians: A New CRNA Program  
HRSA, Bureau of Health Professions - Division of Nursing  
7/1/2007 - 6/30/2010

Training  
Nurse Anesthetist Traineeship Program  
HRSA, Bureau of Health Professions - Division of Nursing  
7/1/2008 - 6/30/2009

Heather Young  
*Research*  
Hartford Center of Geriatric Nursing Excellence  
John A. Hartford Fund  
1/1/2006 - 12/31/2010

Research  
Heart Health: A Rural Prevention & Treatment Program  
HRSA, Bureau of Health Professions - Division of Nursing  
1/1/2007 - 4/30/2009

Training  
Oregon Geriatric Education Center Consortium  
HRSA, Bureau of Health Professions - Division of Nursing  
9/1/2007 - 6/30/2010

Nanette Yragui  
*Research*  
Disparities at Work: Intimate Partner Violence Survivors and Work-Related Outcomes  
Center for Disease Control  
9/1/2006 - 8/31/2008
Alice “Allie” Jacobson, ’41, is retired and living in Cascade Manor Retirement Center in Eugene, Ore. Her husband has Alzheimer’s disease and lives in the same facility. She enjoys many of the activities offered at the retirement center.

Betty Mann Craig, ’45, retired in 1985 and went on to teach CNA’s for the Red Cross. She now volunteers at a hospital, enjoys her book club, takes classes at a junior college, does needlework, goes to church, and hikes in the local mountains around her home in Canoga Park, Calif. Betty has a cat with an attitude. She also recently piloted a plane for the first time in 50 years.

Shirley (Ross) Davis, ’45, is living at Cornell Estates Retirement Home and enjoys the other residents. A hip replacement and a VA have slowed her down a bit. She enjoys being involved with S.M.A.R.T. and otherwise leads a quiet life.

Georgene Winniford, ’46, says that she got so lonesome on her tree farm that she moved into the Mennonite Village into an independent living apartment. She’s doing a lot of Bible studies, socializing as much as possible and enjoying her church friends.

Elva Buhler Shorack, ’48, keeps busy with church, family and friends.

Patricia “Pat” Rush Siemens, ’49, and her husband are both approaching their 80’s and she says that they are still enjoying life and “hanging in.” One of her granddaughters has entered medical school and she enjoys following her experiences. Her husband retired from family practice 14 years ago and they were lucky enough to do a lot of traveling. She would love to hear from her classmates.

Nancy (Brodie) Alexander, ’51, had a splendid time at the reunion in September of 2007. She writes that out of 18 classmates, five have passed away, one declined attendance, and the other 12 had a delightful time at the reunion in McMinnville, Ore.

Roma L. (Nelson) Hartman, ’52, was married to her husband Stanley Hartman for 56 years when he died last March. Stanley was a retired pharmacist and died from cancer of the pancreas and diabetes.

Carole (Siegworth) Humphrey, ’54, flees the northwest winters by going south to Havasu City, Arizona. Her summers are spent in Bend, Ore., gardening and enjoying Central Oregon. In her spare time, she hooks rugs and weaves.

Ann (Newman) Allen, ’57, retired in 1994 after a 30 year career in public health. She is active in her community and does church volunteer work. She is also the caregiver for her husband of 50 years.
Viola “Robbie” Robinson, ’57, is remaining in her home since her husband’s recent death. She is active at her church and will continue to volunteer at the care center where her husband was a resident.

Margaret “Margie” S. Wagner, ’57, enjoyed a wonderful celebration with her classmates last June at their 50th year reunion. She enjoys her retirement with grandchildren activities, volunteer work, friends and traveling.

Beverley “Bev” A. Kole, ’61, has been caring for her daughter Rebecca who was critically injured in an auto accident in October of 2007. She reports that Rebecca is doing better and Bev is able to get back into the swing of her retirement. She’s been engaged in many home projects, travel, reunions, and her art and music.

Susan “Susie” Maxine (Brooks) Spier, ’62, retired December 30, 2006, after 25 years of CVAMC working in gerontology, and a long-term care nursing home. She accompanies her husband presenting Gospel Hour Service playing the piano and has been going for 20 years. She and her husband also have four grown children aged 31 to 41.

Linda Sharp, ’63, returned to the United States in September of 2006 after working as a nurse in West Africa for 38 years. In March 2007, she retired from the mission agency that she worked with, World Venture. She is now helping with the care of her 93 year old father and learning to be an American again.

Cheryl (Ries) Weir, ’68, retired in 2003 after 25 years as a PNP and 34 years as an RN. She now volunteers as a peer counselor for breast cancer patients. Her other hobbies include making quilts and growing orchids in her greenhouse. She and her husband also spent two weeks in Italy last summer.

Susan (Tucker) Jarrell, ’71, has reached her 20th year working in outpatient hemodialysis. She is currently managing two HD clinics. Her three children are grown and she has four grandchildren that she enjoys very much.

Muriel A. Hoyt, ’72, retired in 1998 from the Centers for Disease Control and now lives in Depoe Bay, Ore. During Muriel’s accomplished career, she had many projects in Africa including: working with an emergency team on an outbreak of Cholera in Ethiopia; joining the Peace Corp for a year in Lesotho; and CDC assignments in Swaziland and Somalia.
Donna S. (Winquist) Duvall, '74, retired from 20 years of pharmaceutical sales last year. She has kept her California NP license current and is debating whether to get back into practicing. She reports that her golf game is improving and that San Diego, where she lives, is a wonderful area for retirement.

Virginia “Ginny” Taylor, ’77, is caring for her mother.

Pamela Zeiler, ’77, has worked in the operating room for more than 30 years. She has a 19 year old daughter in college with the goal of a nursing career. Her family, home and profession are her priorities and she enjoys them all.

Mary (Hildebrandt) McGough, ’78, has been enjoying her passion for direct patient care, working for a locally-owned (Logan, Utah) progressive homecare company. She is nestled high in a lush mountain valley 90 minutes from Salt Lake City. She enjoys birding, hiking, canoeing, running, skiing, off-roading, concerts, and sports at Utah State. She loves her fantastic small town community.

Elaine “Laynie” C. Betschair Smith, ’79 and ’99, is the program supervisor at Marion County Health Department in Salem, Ore. She has been employed there for 18 years, eight of them as supervisor. She has two children: One in Japan and the other in Salem. She also has two Rhodesian Ridgeback dogs and two cats.

Toni L. Kempner, ’80, has been nationally certified as an AIDS certified RN doing HIV research since 1994. In 1997, she also completed her national certification as a clinical research coordinator. She and her husband have three granddaughters, a yellow lab, and live in Portland’s Irvington neighborhood.

Kerry (Moyer) Arnott, ’82, has retired from nursing after 30 years due to a disability from multiple sclerosis. She worked in critical care from staff nurse to CNS for 14 years. She then switched her career direction and began teaching nursing at Linfield College, where she stayed for 11 years. In addition, she was a faculty member at two community colleges. Now she volunteers in healthcare.

Karin Olson, ’85, retired in 2003 after 42 years of working as a nurse. She spent 17 of those years working in Cardiology and Coronary Care and 18 years working for Medicaid in Oregon as a policy analyst. Now she’s active in politics and enjoys retirement.

Sherri (Hunt) Atherton, ’85, has worked for the VA for 22 years. After completing her master’s in 1994, she has been an Infection Control CNS and a Magnet Coordinator for the VA. Magnet designation in 2006 validated her belief in the excellence of VA nurses. In her spare
time she loves keeping up with her kids, aged 12 and 17, in sports like water polo, swimming, lacrosse, and football. This all leaves her just a little time for wine tasting with her husband.

Karen (Douglas) Riesinger, ’92, keeps busy by parenting twin girls. She also teaches mental health clinicals to BSN students and has a part-time family practice. These outlets allow her to express her passion for nursing in a balanced way.

Judith “Judy” A. Colvard, ’95, is retired due to disability, but keeps her license and herself active by volunteering as an RN and by practicing Parish Nursing and homecare.

Karen Keller Horn, ’96, continues to love being a med/surg nurse at Mt. Hood. She finds that having four patients per day makes it hard to do as well as she’d like to. She’s pondering voting for AFT union for Legacy Nurses. Her husband Don’s getting his home business going and her son Colin is a thriving third grader.

Kimberly (Adams) King, ’98, and her husband Alex (Anderson) King, ’98, both graduated from a nurse anesthesia program. They are now both practicing CRNAs in SW Kansas. They also have seven-year-old twin boys and would love to hear from classmates.

Patricia “Pat” Sexton, ’98, works in the pulmonary clinic at Kaiser doing telephone triage. She previously spent eight years in hospice and palliative care.

Melanie Lally, ’99, has been teaching full time at Santa Ana College in California in the nursing program. She is married with a daughter and a son.

Stephanie Shoemaker, ’00, works part-time at Kennewick General Hospital. Otherwise, she spends her time raising her three beautiful children: 4-year-old Ahica, 15-month-old Kelton (adopted), and 11-month-old Kaelyn.

Sarah (Stephen) Jenkins, ’05, is currently a labor and delivery nurse living in Boise, Idaho, with her husband.

Monica Stutzman, ’04, works in a skilled rehab, long-term care facility. She finds her work with the residents and their families very rewarding, although she doesn’t care as much for the industry. She is also working towards a foot care RN certification.

Bonnie M. Watt, ’06, works on an 18-bed unit at a critical care facility. She’s also a new business owner in a great small community, John Day, Ore.
The newly graduated class of 2008 celebrates at Arlene Schnitzer Concert Hall.