Confronting radical change, creating the future

As we all know, the delivery of health care is in a period of unprecedented change. At a recent meeting a chief nursing officer of one of our local hospitals shared, “I have been in this [health care] for 30 years, I have never seen a time like this.”

I have reflected on her comment and the changes I have experienced in my life as a nurse. Do you remember when DRGs were first introduced? That was the first time I remember serious discussions around the belief that cutting costs would ruin the quality of health care; patient outcomes would plummet, people would suffer. Alternatively, we were introduced to outcomes data: the more that is spent on health care the poorer the outcomes. Counterintuitive.

Health care systems have had no choice but to improve quality while decreasing costs. The systems that have survived have fundamentally redesigned care delivery—and will continue to do so; others have gone out of business.

Similarly, funding for higher education is being drastically cut and the general public is demanding increased quality. A headline in the February 15 issue of the Chronicle of Higher Education was similar to many recent postings: “Americans Value College but Question Its Quality, National Survey Finds.” Survey findings indicate the majority of Americans believe higher education is important, but only a quarter believe it is affordable. The author calls for radically different approaches to higher education; others call for increased relevance.

We will be asked to do more with less. I like what the Magnet® model says: “health care reformation calls for a type of controlled destabilization that births new ideas and innovations.” Higher education needs a similar model.

The College of Nursing has a history of innovation, and we are continuing to re-invent ourselves to stay relevant. On page 1, you’ll read about our college’s retreat and open space proposals as examples of individual and collective imagination. Our midwifery clinics (pages 8-11) offer creative care options to patients from varying socioeconomic backgrounds. And our alumni board is looking at new ways to help alumni with similar interests connect, such as LinkedIn groups (page 19).

And, the innovation is just beginning. I don’t pretend to have all the answers, but invite us all to think differently, to engage in mindful curiosity and discovery. This requires a willingness to entertain difficult (wicked) questions, challenge our beliefs, embrace diversity of thought and opinion, and take risks. Together, we can create the future.

**Sarah Thompson**, PhD, RN, FAAN
Dean and Professor
GRASSROOTS GROWTH: RETREAT LEADS TO BIG IDEAS

In January, faculty, staff, students and clinical partners from the College of Nursing gathered for a full-day retreat titled “Liberating Structures.” Consultant Keith McCandless led the group through several exercises to help build creativity and vision for the college. One exercise, called Open Space, invited participants to identify something they were passionate about and begin to imagine how that would align with the college.

More than 40 ideas were brought forward and discussed. Group leaders were then invited to submit proposals and compete for funding to bring their ideas to fruition. Fifteen faculty and staff members took their ideas to the next level. Included in the list is a research collaborative with hospitals and other providers to analyze their data and translate the results back into evidence-based practice. “This will be a forum where health care deliverers can partner with college faculty on research projects in areas of mutual interest and importance,” says Karen Sousa, PhD, RN, FAAN, associate dean for research and scholarship. “The college can also offer a menu of technical capabilities to health care deliverers who have great research ideas but lack experience in design and conduct.”

Another idea being considered is a smartphone app that would help students find deadlines, the academic calendar, forms, graduation and other useful information. “With so many students using smartphones, it is my hope to put helpful program information literally in the hands of the student,” says Judy Campbell, PhD, coordinator of graduate programs.

“This was a real grassroots effort to get faculty and staff to identify what they’re passionate about and go for it,” says Dean Sarah Thompson, PhD, RN, FAAN. “There are a lot of great ideas on the table.”

Additional proposals involved academic and community partnerships, faculty development, global health, pathways to graduate programs, gerontological nursing and others. Final decisions will be made this spring.

COLEGE WELCOMES BERARDINELLI AS VISITING ASSOCIATE PROFESSOR

Candace Berardinelli, PhD, RN, began working with the CU College of Nursing on Jan. 7 as a visiting associate professor. She was previously dean of Loretto Heights School of Nursing at Regis University and is well known in Colorado for her work at Regis and her service on the Colorado Board of Nursing. During her tenure at Regis, Berardinelli developed its Family Nurse Practitioner program, the RN-BSN distance learning option, and most recently, the Regis University Center for Excellence in Teaching and Learning. While at CU, she will be assisting the college in three areas: beginning a faculty development program, establishing a firm foundation with external partners for the college’s revised RN-BSN program, and teaching in the i-LEAD master’s program.

RESEARCH OFFICE ROLLS OUT NEW NAME

The CU College of Nursing’s Office of Research and Extramural Affairs (OREA) recently changed its name to the Office of Research and Scholarship (ORS). “Extramural affairs means funding,” says Associate Dean Karen Sousa, PhD, RN, FAAN. Even though “funding is absolutely necessary, it shouldn’t be the purpose of what we do here—we are here to discover, to inform, to help. The spirit and the name of this office should reflect that. ‘ORS offers unparalleled research and funding support.’ ”

Sarah A. Thompson, PhD, RN, FAAN, kicked off the first alumni event of 2013 in San Diego with five alumni from the College of Nursing. Attending were (left to right): Rich Ward, Marion Lane, MS ’75, Karen Peterson, BS ’75, Marilyn Braun, MS ’75, Dean Thompson, Bronwynn Jones, BS ’66, and Carlin Callaway, BS ’97, and current DNP student.

Research-wise, ORS helps students and faculty with consultation, protocol adherence, statistical support, writing/editing, and full-scale mock reviews prior to grant submission. ORS introduces to students and faculty all available funding options, and the staff provides meticulous pre-award and post-award support, helping secure funds, distribute funds and coordinate all funding-related forms.

UNDERGRADUATE STUDENTS TAKE ON LEADERSHIP ROLES

Congratulations to senior Gretchen Schluefer, who was recently elected as a state officer in the Colorado Student Nurses Association. She takes on the role of membership director-north. Gretchen is also the president of the CU Student Nurses Association (CUSNA) on campus. She attended the meeting with another CUSNA leader, Kayla Jablonska.

In March, Heather Ponicsan was elected president of the Anschutz Medical Campus Student Senate. She is the first undergraduate and the first nursing student to lead this organization.
College celebrates careers in Foster, Gilbert retirements

The College of Nursing last December bade farewell while celebrating two outstanding women whose careers focused on caring for children: Roxie Foster, PhD, RN, FAAN, and Lynn Gilbert, PhD, RN, PNP-C, FAAN. Together these nurse researchers’ careers at the college spanned 40 years.

Foster, PhD program director and chair of the Division of Adult and Senior Health, distinguished herself in the study of pain management in pediatrics, having conducted research to improve pediatric nurses’ pain management practices. She co-directed the interdisciplinary Pain Consultation Services at The Children’s Hospital from its inception in 1991 through 2010. Foster influenced national pain management policy through her work with the American Pain Society and the American Society of Pain Management Nurses. Her role as vice president for Nursing Research and Education at The Children’s Hospital provided Foster the opportunity to explore methods for integration of caring theory and actualization of evidence-based practice.

She was first author or co-author in more than 30 publications on children’s pain and has been an investigator on 19 pediatric pain research studies.

Foster continues to serve as editor-in-chief of the Journal for Specialists in Pediatric Nursing, an international journal devoted to the application of best evidence. During her tenure as its editor, Foster has mentored scores of authors in disseminating science to guide nursing practice.

Among many honors, Foster in 2007 received the college’s Elisabeth H. Boeker Award for Faculty Excellence in Research and in 2001 the Dean’s Award for Excellence in Teaching.

Foster’s career in nursing education began in the late 1960s at Purdue University, where she was a nursing instructor; later she held staff nurse positions in acute care settings in Arizona, Indiana, Colorado and Illinois, followed by teaching positions at colleges in Denver. She joined the CU College of Nursing faculty in 1990.

Another expert in pediatric nursing care and science who will be missed, Lynn Gilbert also retired in December. Gilbert, associate professor emerita, taught in the college’s nationally ranked pediatric nurse practitioner program and practiced and precepted at faculty practice sites. Gilbert’s research interests included cardiovascular risks in children and lifelong health implications, and cross-cultural and international child health.

Before coming to CU in 1994, Gilbert worked and taught in Africa, South America and Haiti, teaching pediatric primary care to nurse practitioner students and providing care to indigent families in Colorado.

Gilbert received her master’s degree in maternal-child and public health from University of California, San Francisco, her post-MS PNP certificate from CU in 1979 and a PhD in behavioral pediatrics and community child health from Union Graduate School in 1994. She chaired the early childhood section of the National Association of Pediatric Nurse Practitioners’ (NAPNAP) obesity prevention guidelines and received NAPNAP’s Henry Silver Memorial award in 1997.

Gilbert’s research focus at the College of Nursing was pediatric cardiovascular risk reduction, which was supported by the National Institute for Nursing Research, the Robert Wood Johnson Foundation and the Agency for Healthcare Research and Quality.

Gilbert has been interested in child health around the world since her days at Stanford University, which she attended on a scholarship to study international relations and chose nursing as an additional major for bettering child well-being in the world. Since finishing her dual-degree in nursing and international relations in 1965, Gilbert worked in child health in Africa, teaching pediatric primary care to nurse practitioner students and providing care to indigent families in Colorado.

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Gilbert and her son Kevin developed a bilingual web-based community surveillance and clinical screening tool, HeartSmartKids, used with more than 60,000 children in the past five years. Childhood chances, choice and challenges provide a foundation for lifespan health and disparities—a theme she reiterated to her advanced-practice nursing students in her clinic and community service and in her research.

(left to right) Roxie Foster, PhD, RN, FAAN, and Lynn Gilbert, PhD, RN, PNP-C, FAAN.
College of Nursing From Our Wall

**College of Nursing International Program**  
March 11, 2013

In February, the college’s international program hosted 19 nursing faculty from seven universities on the islands of Kyushu and Okinawa, Japan.

**College of Nursing National Ski Patrol**  
March 8, 2013

Marylou Robinson, PhD, RN, FNP-C, assistant professor, has been a member of the National Ski Patrol (NSP) for 25 years. She currently holds the role of senior alpine patroller and outdoor emergency care instructor at Ski Granby Ranch and is a division level instructor trainer for the entire Rocky Mountain Division, encompassing several mountain states.

**College of Nursing Successful Dissertation**  
January 18, 2013

Please join us in congratulating Dr. Yuki Asakura, who successfully defended her dissertation yesterday!

**College of Nursing Nursing History Center**  
January 10, 2013

Members of the Nursing History Center Committee met with Fred Overholt, son of Dorothy Mae Coventry Overholt, BS ‘44 (deceased). Mr. Overholt and his brother, James, donated historical memorabilia from their parents’ school days to the history center. Nursing History Center Committee members include (L-R) Diane Lenfest, Jody Henrichs, Carole Mutzebaugh, Kathy Crisler and Corinne Koehler.

www.facebook.com/cucollegeofnursing is a public web page. You don’t have to join Facebook to check it out.
Childhood obesity expert becomes first Loretta C. Ford Endowed Professor

**LAST FALL** Bonnie Gance-Cleveland, PhD, RNC, PNP, FAAN, returned to her alma mater, this time as the first Loretta C. Ford Endowed Professor.

Gance-Cleveland, who earned her undergraduate, master’s and doctoral degrees from the CU College of Nursing, is professor in the Division of Women, Children and Family Health and brings a broad range of research and clinical experience to the position. Her work focuses on decreasing health disparities in vulnerable populations by advancing science for culturally sensitive care; she also collaborates with professional organizations to develop evidence-based, culturally sensitive practice guidelines.

Her focus, in both federally funded research and in clinical care, stems from a passion for helping the underserved—not only in the southwest Denver community where she grew up, but also in her current practice at the Sheridan Health Services school clinic, which the college hired her to open in 1995.

“Many times poor people didn’t have the same access to education. I knew people in the community, so it became a personal mission,” she says. “As we took histories and completed physicals at the clinic, we could also see the overwhelming barriers to mental health care, so we obtained funding to expand mental health services. I wanted to prove that we were making a difference in the school based health programs for both physical and mental health. That’s when we were funded to evaluate the school-based support groups for adolescents with an addicted parent, conducted a statewide CQI initiative for School-Based Health Centers (SBHC) and evaluated outcomes of preschool SBHCs. Gance-Cleveland worked with Lynn Gilbert, PhD, RN, PNP-C, and Kevin Gilbert, PhD, to develop technology decision support to promote evidence-based obesity care in pediatrics, and is currently funded by the Agency for Health Research and Quality for a mixed-methods, comparative effectiveness trial in 24 school-based health centers in six states on the use of technology to improve adherence to obesity guidelines.

As a nursing student, Gance-Cleveland learned about the nurse practitioner role in her undergraduate pediatric nursing course. “But it was my work at the Sheridan school-based health center that ignited my interest in research. I knew we were making a difference to the children we served and I wanted to prove it.”

She was a faculty member, practicing as a pediatric nurse practitioner and conducting research for most of the 10 years after completing her graduate studies at CU. As a professor at the College of Nursing from 1997 to 2004, Gance-Cleveland taught and mentored students in the nursing undergraduate, master’s and doctorate programs.

Gance-Cleveland’s distinguished contributions to the profession, to teaching and to the care of children are evidenced in awards and honors such as Nurse of the Year-Leadership from the Arizona Chapter of the March of Dimes in 2011; a certificate of recognition for outstanding service to the National Association of Pediatric Nurse Practitioners, the School Based Health Care Special Interest Group, and Children in 2010; the Dean’s Teaching Award from CU’s Health Sciences Center in 2003; and being named fellows of the American Academy of Nursing and the National Academies of Practice.

Gance-Cleveland says she is “thrilled to be home,” adding, “The beauty of the CU College of Nursing is how it integrates clinical research with faculty practice education. Not many places in this country do that.”
Research targets obesity in its incubators: pregnant women

The First Thing you notice when you meet Teri Hernandez, PhD, RN, is her energy—energy that infuses her pedagogy as well as her scholarship. And Hernandez, assistant professor of medicine and nursing, commits her research energy to a critical U.S. health care issue: obesity.

Hernandez’s studies are helping create an obesity-free future by addressing obesity in, literally, its present-day incubators: pregnant women. Hernandez has identified pregnancy as a pivot point for obesity/diabetes in future generations.

“It’s one of human life’s astonishing ingenuities,” Hernandez explains. “Pregnancy automatically makes a woman’s cells insulin-resistant, keeping sugar in the blood.” Nature understands that placental blood must be glucose-rich to meet the demands of the developing fetus. But according to Hernandez, society’s trend toward obesity is doubling-down on nature’s elegant design: Heavy women with obesity-linked insulin resistance get pregnant, adding pregnancy-linked insulin resistance. In addition, pregnancy-linked weight gain adds to the existing obesity-linked adipose build-up. The results: (1) in utero exposure to the mother’s diabetes is a major diabetes risk factor for the growing fetus, and (2) obesity during pregnancy correlates strongly with high birth-weight newborns, predisposing the newborns to future obesity. Thus, children may be entering the world already facing a two-strike count—not hopeless, but definitely precarious.

Hernandez’s research shows a simple solution: dietary control. To stop the negative cascade of intergenerational effects, the pregnant woman simply must watch what she eats.

Hernandez’s research is driven by her love of science and fueled by interdisciplinary outreach. Her eclectic research team reflects this: Hernandez herself started as a clinical nurse and morphed into nurse-researcher, earning her PhD from the CU College of Nursing in 2009. Her research partner is a physician, Linda Barbour, and her team includes: Chris Law, a surgeon, and experts from pediatrics, bionutrition, maternal-fetal medicine, gastroenterology, endocrinology, epidemiology and physiology. Hernandez describes research-team meet-ings as “everybody sharing ideas, and we’re all better for it.” The variety of backgrounds, perspectives and input lets the group triangulate to truth—the members stake out different positions, and then each inches toward the middle.

“I have the best job,” Hernandez says. “I get to ask questions for a living. Who gets to do that? I do! Just think what we could do if we had more nurses in the mix.”

Editor’s Note: Interested in this research? Read Hernandez, Teri L.; Friedman, Jacob E.; Van Pelt, Rachael E.; and Barbour, Linda A. “Patterns of Glycemia in Normal Pregnancy: Should the current therapeutic targets be challenged?” Diabetes Care. July 2011 vol. 34 no. 7. 1660-1668. Available online at http://care.diabetesjournals.org/ content/34/7/1660.full#
Going global where it’s needed most

PAM PRAG is no stranger to health care in developing nations. She has volunteered in Uganda, Indonesia, Zambia, Haiti and Afghanistan. Her more recent foray was to Benepa, Nepal, last fall, where she was asked to evaluate the possibility of a partnership between the Scheer Memorial Hospital College of Nursing and the CU College of Nursing. Prag was on a team of health care professionals volunteering under the auspices of Centura Health’s Global Health Initiatives (GHI). She returns to Nepal this May.

Prag (BS ’85, MS ’95, MPH ’12) is a certified nurse-midwife and a senior clinical instructor in the University Nurse Midwives faculty practice of the College of Nursing. Her specialty was needed on the interdisciplinary Global Health Initiatives team, whose mission is to promote health, wellness and health education and to improve access to medical services to underserved populations around the globe. Their work in Nepal historically has been focused on the enormous problem of uterine prolapse.

“Improving health has to come from within the culture,” Prag says. “The women who are the educators there agree that it’s not the way girls should grow up.” But improving the health picture for women and infants won’t happen overnight.

The right place to start is education, which leads to prevention. “One idea that was well received by the Scheer Memorial faculty was to focus on the community health rotation of the student nurses,” Prag says. “Educating girls is a beginning. Mobilizing these young women to educate their own community will give credibility and sustainability to this process.” Fortunately for the team of volunteers and for the Nepali people, help from others is welcome and valued, but it’s clear they are not looking for short-term hand-outs. The Nepali people want to improve their own system, and they recognize that it starts at the grass-roots level—with education.”

Prag is passionate, and it shows. “The experience really got to me,” she says of the fall trip. “The Nepali people are so warm and genuinely interested in participating in a solution to a problem. They want their country to be recognized as a country that’s moving forward and becoming a player in the western part of the world.”

Another concrete challenge is the need for basic resources such as computers for online studies, improved internet access, mannequin simulators and books.

With her own children grown, Prag avows that devoting more time to teaching other health care providers to address health issues in places like Nepal is her “greatest joy.” That’s one reason she and her colleague Amy Nacht are developing a global health practicum, a three-credit elective for College of Nursing graduate students, and potentially graduate students in the Colorado School of Public Health, that will entail a three-week concentrated course in Nepal. The objective of the course is to address public and community health topics that cross disciplines and allow for collaborative efforts across the medical community and beyond.

Prag is collaborating with the CU School of Dental Medicine, the School of Public Affairs and the Colorado School of Public Health, all of whom are in the formative stages of developing similar programs in developing nations. “We’re using resources well, and the collaboration is very satisfying,” she says. “So we’re really on the edge of some exciting things.”

Prag hopes to offer the Global Practicum course every six months, to “spark an interest” among College of Nursing students to develop a long-term, sustainable partnership. “This partnership isn’t the kind of effort where you take two weeks and go and do good things and then come home,” she says. “There’s nothing wrong with that, of course, but what we’re doing has to be sustainable. With a partnership for the long haul, we can make such a difference. Education, leading to prevention, is a huge solution.”
WITH A PARTNERSHIP FOR THE LONG HAUL, WE CAN MAKE SUCH A DIFFERENCE. EDUCATION, LEADING TO PREVENTION, IS A HUGE SOLUTION.
NICHOLE (Harris) Jenkins has witnessed horror the rest of us only read about.

A highly trained medic and USAF veteran of Operation Iraqi Freedom in 2007, Jenkins, 28, is a “continuity” patient at the University of Colorado Hospital’s PROMISE Clinic (Perinatal Resource Offering Mood Integrated Services and Evaluation). The clinic was established in 2009 to provide on-site screening, evaluation and treatment for perinatal women experiencing mood and anxiety disorders. Since January of this year, the clinic has seen 89 new referrals, according to certified nurse midwife Amy Nacht, MSN, a member of the clinic’s interdisciplinary team.

Jenkins, considered a high-risk pregnancy, was referred to the PROMISE clinic during an emergency visit to University of Colorado Hospital (UCH) while she was pregnant and bleeding heavily. With the father of her first baby having distanced himself—in fact, he wanted her to terminate pregnancy—and having returned from a seven-month deployment to Iraq, where she lived in a tent and worked nearly around the clock, Jenkins suffered from depression as well as from post-traumatic stress disorder. The two conditions exacerbated each other.

The experience of taking care of insurgents as well as Americans—men, women and children with horrific injuries—was devastating, Jenkins says. “Once, a patient who was stable at the time I finished my shift later coded. After that, I was afraid to leave my shift. I felt so guilty, like it was my fault.” Jenkins, who had five years of experience working in surgical ICUs before her deployment, started being “hyper-vigilant” and would “frantically clean and stop talking to people. I was using compulsive behavior to escape.” When she returned home, Jenkins says, “I was alone, I felt down and anxious and was crying constantly. I knew I needed help.”

At the PROMISE clinic Jenkins met with Nacht and Kristina Shillingford, RN, a patient navigator (pictured above). “Changes in pregnancy can compound other feelings,” Nacht says. She and the PROMISE team work very closely with Cheryl Chessick, MD, associate professor of psychiatry and director of the Women’s Studies and Treatment program at the University of Colorado Depression Center. Chessick helped launch the PROMISE Clinic and provides therapeutic oversight, personally helping with complicated cases.

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“I’ve never been given a doctor’s cell number but Amy gave me hers. That meant a lot to me,” Jenkins recalls. “She really cared about my well being.” In addition to her emotional condition, Jenkins injured her back while on deployment, so is in chronic pain. “Depression and chronic pain make each other worse,” Jenkins says, but Nacht put her at ease about medications.

The clinic also forges relationships with community mental health services and clinics, UCH’s Outpatient Psychiatric Practice, Children’s Hospital Colorado and other providers so women have continuing access to care.

“We’re very sought after,” Nacht says. “We’re the only clinic in Colorado with this interdisciplinary model.”

“Amy and Kristina have helped a lot. I don’t know what I would’ve done without them,” says Jenkins, who will continue to go to the PROMISE Clinic until she has another therapist. Nacht has put her in touch with group resources. “I’m definitely a hard patient,” Jenkins says, “but they haven’t given up on me.”
HOPE FORGEY didn’t want a repeat of her first natural delivery, which involved a doctor she didn’t know, vacuum assistance and a third-degree tear from her vagina almost to her rectum. “It was traumatizing,” she says.

After learning she was pregnant with her second child, Forgey, who wanted another natural birth because of her sensitivity to pain medications and anesthesia, decided to work with midwives. Encouraged by Certified Nurse Midwife (CNM) Jessica Anderson, senior instructor and associate service director for the Center for Midwifery at the CU College of Nursing and the other CNMs at the center, Forgey dove in. The more she thought about her previous delivery (she felt her best in the hospital bathtub) and the more she read, the more it made sense to have her second baby in the water.

Forgey is among the 75 women in the past year who delivered babies in an inflatable blue pool at the University of Colorado Hospital Center for Midwifery, the only hospital in the state to offer hospital-based water birthing. The hospital has been offering water births for the past 15 to 20 years, but when the Center for Midwifery opened in 2004 as a boutique midwifery practice promoting water births, more women began to see the appeal of easing their labor and delivery in the warm, calming waters of a pool.

“It’s a tool, not a mode of birth,” Anderson explains. “It’s a tool that may work out in labor for some women; some women change their mind; the mother may decide to get out, or we may decide for them that it’s not the safest place to birth. It’s an option, but it’s not right for everybody.”

Though water birthing is thought of as a New Age phenomenon, Janet Balaskas, natural childbirth advocate and author of the book Water Birth, has said there are accounts of South Pacific Islanders giving birth in warm shallow pools and stories of similar practices among the ancient Greeks and Egyptians.

It wasn’t until the 1960s, however, when Russian researcher Igor Tjarkovsky began helping women give birth in the water and filming them (he even studied women giving birth in the sea with dolphins present) that the idea began to take hold. The benefits ascribed to it are akin to those associated with hot baths: reduced anxiety, less pain, and lower heart rate and blood pressure. Plus, research has shown a decreased risk of vaginal tearing.

“It’s a beautiful way to birth, very calm and peaceful,” Anderson says. “The transition from womb to water is similar, so babies don’t breathe until after you bring them out of the water. The babies are very calm.”

The process goes something like this: A large inflatable pool is set up in the birthing room and filled with tap water that’s about body temperature—98 to 100 degrees. The pool has soft walls, a seat and different water depths so the mother can change positions easily in the water. A nurse or certified nurse midwife regularly checks the baby’s heart rate and mom’s progress. When it comes time to deliver, the father or support person can remain at the side of the pool or join her in the water. The baby is born underwater, then brought to the surface by the midwife and placed in mom’s arms. Critics of the procedure worry about safety and risks of infection. But the Center for Midwifery’s outcomes data over the past eight years, which Anderson hopes to publish soon, doesn’t bear that out. “We’ve seen it’s a safe option for women and babies.”

“My experience was just unbelievable,” Forgey says about her water birth. “I never felt like I was in the hospital. I would do it 10 more times compared to my first delivery. I loved every minute of it.”

And baby Arielle? “She loves to take baths,” Forgey says. “It may or may not have anything to do with the water birth, but you put her into the infant tub and her whole body relaxes and chills out. She feels very at home in the water.”

Center for Midwifery offers state’s only hospital-based water birth experience
WHEN Amanda Tam told her mother she planned to have her first baby with a certified nurse-midwife, her mother asked a simple question: “Why wouldn’t you go to a doctor?” That response was mild compared to the people in Tam’s family who told her she was “crazy.”

Today, more than three years, two babies and 19 hours of labor later, Tam is a true believer in the advantages of bringing a baby into the world with a midwife. “A midwife sits with you through the entire labor,” she says. “Midwives understand that it’s important to let your body do what it naturally wants to do.”

Tam made a personal choice, but she is part of a growing trend. According to a recent study published in the *Journal of Midwifery and Women’s Health*, midwives attended the births of 8.1 percent of the country’s babies in 2009—a record high.

That trend is also apparent in the University of Colorado’s two faculty midwifery practices, both of which attend births at the University of Colorado Hospital. The Center for Midwifery (CFM), a boutique private practice, opened in 2003 with two practicing midwives. During its first month, CFM had five births. Today, the center has five full-time certified nurse-midwives and brings 35-50 babies into the world each month.

“Midwives have been ‘catching’ babies forever,” says Jessica Anderson, MSN, assistant service director at the center. “We don’t say ‘delivering’ babies, because we are just there to be with women and families.”

The original faculty practice, the University Nurse Midwives (UNM), cares for middle-income women and the underserved in the metro Denver area, including refugee and low-income women. With 20 certified nurse-midwives on staff, UNM handles 60-80 births every month.

“Our patients learn, when they receive care in our practice, that we take the time to listen, to educate and to support their health,” says Amy Nacht, CNM, MSN, associate director at UNM. “We connect them with community resources and provide comprehensive women’s health care.”

CU College of Nursing student Stacy Moore, RN, who plans to complete her studies to be a certified nurse-midwife in August, has helped with more than 15 births, but she still remembers the first time she guided a baby with only her hands and no assistance.

“It was an amazing experience and nerve-racking at the same time, because you literally have this life in your hands,” she says. “Those nerves, though, should never really stop, no matter how many babies you catch.”
Moore traces her interest in women’s health to an undergraduate experience shadowing a physician in Ecuador who ran a nonprofit agency serving pregnant teenage girls. “I remember helping a woman during labor,” she says. “I had no experience, so I was in shock. I was in awe of both the physician and the woman giving birth.”

After two and a half years as an emergency department nurse in South Carolina, Moore decided to move across the country to attend school at the Anschutz Medical Campus. “I love the mountains, I wanted to live out west and CU [College of Nursing] had one of the top [certified nurse-midwifery] programs in the nation.”

Ask what made the program so appealing, and Moore doesn’t hesitate to praise the faculty and the large variety of clinical experiences she received at the two very different midwifery practices located on one campus. “It didn’t feel like I was in one place with one clinical experience,” says Moore. “Having two different practices with distinct patient populations allows us the opportunity to have a variety of experiences as if we’re at separate locations.”

Moore also believes her training has given her room to develop her own style of bringing babies into the world. “There’s a lot of art in obstetrics,” she says. “So there’s room for your personal touch.”

Jessica Anderson found her calling to become a certified nurse-midwife when she was working as a nurse and began to wonder if women were being given enough voice in their labor and delivery.

“I had to ask myself ‘Are we really honoring the process of childbirth? Can I do this for 20 more years and bite my tongue?’ The answer was ‘No.’” Anderson describes the relationship between a pregnant woman and a certified nurse-midwife as a “partnership.”

“We go through the journey together and make decisions together, spend time talking about labor, about birth, about becoming parents,” she says. “There’s no magic to what we do. We guide families.”

She points out that the university’s nurse-midwives provide the same standard of care as a woman seeing an obstetrician/gynecologist would receive. If it is needed, midwives refer a woman to a physician at any point in the pregnancy or labor.

CFM is the only hospital midwifery practice in the Denver metro area to offer water births, an option that Amanda Tam used for her second child. She labored in a tub, covered with water to her chest.

“It was warm, buoyant and eased my pain,” she says. “When the baby was born I reached down and grabbed him and lifted him out of the water before he took his first breath.”

The College of Nursing nurse-midwife graduate program has space for 12 students in each class, with 11 currently enrolled. The program could take from 12 to 24 months to complete, because requirements vary for post-master’s students. Nancy Lowe, PhD, chair of the Division of Women, Children and Family Health in the College of Nursing, believes that graduating students are in a perfect position to practice what they have learned.

“We’re in a midwife-friendly state, and our students have had experience both in the classroom and in their clinicals with two thriving, stable faculty practices,” she says. Those students who might want to continue to earn a PhD also have the opportunity to observe faculty nurse-midwives doing research, like the work Marie Hastings-Tolmanda, PhD, is on a Fulbright Award in South Africa.

Because of their varied clinical experience, students who graduate from the program can go into the community of their choice and provide care to a diverse range of patients. “We want them to be culturally competent,” Nacht says. “Here they will learn to care for both an educated population and an underserved population, and they will leave feeling confident they can handle themselves in both environments.”

Today, Amanda Tam has two healthy sons, 3-year-old Oliver and 14-month-old Nolan. Her mother, who watched her deliver both boys, has a new attitude toward nurse-midwives.

“My mom had three C-sections, so she never saw a baby born,” Tam says. “She has a lot more respect for women who give birth and what midwives do. This changed her.”
Providing resources to care for our children

ON THE FIFTH floor of Education 2 North, past College of Nursing offices and all the way down the hall to a bright and open seating area, is a small group of offices that is home to a one-of-a-kind resource in the country: The National Resource Center for Health and Safety in Child Care and Early Education (NRC).

One of only two designated centers at the College of Nursing, the NRC’s mission is to improve the quality of out-of-home child care and early education programs by supporting child care providers and early educators; families, health professionals and early childhood comprehensive systems; state child care regulatory agencies; state and local health departments; and policy makers. The center houses a full text of searchable licensing requirements for all 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands. The NRC updates the regulations for every state on an ongoing basis and manages two list-serves for the Maternal Child Health Bureau. It also co-produces several publications, including a volume comprising a total of more than 650 standards for child health and safety.

In 1995, Krajicek and colleagues successfully wrote the grant that was awarded funding from the Department of Health and Human Services’ Maternal Child Health Bureau. “We applied for the grant at the time the internet was developing,” Krajicek says. “Our proposal included putting all the information online, which we were successful in doing.” Although an independent entity, the center has “lived” at the College of Nursing ever since. Through the cooperative agreement, the center’s staff is completing the second year of a four-year funding cycle.

Krajicek credits extensive experience in interdisciplinary work with landing the NRC grant. “We work inside and outside of nursing, as well as with other disciplines such as early childhood educators, psychologists, medicine, and legal experts. We collaborate with 10 technical panels representing multiple disciplines to develop standards for child health and safety.”

The NRC now maintains a leading website and is co-publisher of the recently released 3rd edition of Caring for Our Children: National Health and Safety Standards: Guidelines for Out-of-Home Child Care. The center partners with the American Academy of Pediatrics, the American Public Health Association, and Maternal Child Health Bureau.

In 2003 the NRC also produced the 2nd edition of Stepping Stones to Caring for Our Children, developed to identify standards most necessary to prevent harm.

“Our goal now is to complete the 3rd edition of Stepping Stones by May 1, 2013,” Krajicek says. “Those are the benchmarks used by licensing and other constituents in terms of mortality and morbidity. The goal of this document is to support state licensing and regulatory agencies and other stakeholders in their efforts to achieve improved health and safety in child care,” Krajicek says. That shorter document will be composed of 137 standards.

The NRC comprises an interdisciplinary team of three full-time personnel, three part-time personnel, and two graduate students. The staff positions include an IT professional, librarian, program specialist, psychologist/evaluator, child care health consultant, public health consultant and research assistant.

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Stacey Wall: Expanding the role of nurse practitioners

**Stacey Wall** has a vision for the future: nurse practitioners as hospitalists.

“My goal is to implement an in-patient hospitalist clinical rotation for nurse practitioner students at Children’s Hospital Colorado’s main campus as well as several networks of care satellite locations,” Wall says. “I see the DNP program as an opportunity to advance my career as a nurse leader and broaden the clinical and educational opportunities of nurse practitioners with the University of Colorado and Children’s Hospital Colorado community. I plan to strengthen and integrate my skills as clinician, leader and educator in the DNP program.”

Advanced-practice nurses are well suited to meet the needs of our changing health care system, Wall says. “They provide quality patient care and coordination of health care resources in multiple settings, including primary, acute and specialty care.” Wall’s goal is to complete the DNP program and advance her career in pediatric nursing leadership at Children’s Hospital Colorado.

It’s a worthy goal, and one that will take a strong leader to accomplish, but Wall believes she is a born leader and has extensive experience. She is not only a doctoral student in the College of Nursing, but also the director of the Advanced Practice Hospitalist Program at Children’s Hospital Colorado.

“I started working with the hospitalist team in 2006 alongside one other pediatric nurse practitioner in the new role of PNP hospitalist. Since its inception, the program has grown from two part-time pediatric nurse practitioner hospitalists to six full-time pediatric nurse practitioners,” she says. Additionally, Wall participates in several hospital-wide committees, including the Advanced Practice Shared Governance Council, the Division of Nursing Service Excellence Pillar Goal Committee and the Center for Clinical and Operational Excellence.

**Advanced-Practice Nurses Provide Quality Patient Care and Coordination of Health Care Resources in Multiple Settings, Including Primary, Acute and Specialty Care.**

“I am now in a leadership position and understand the need to advance my career through the DNP program in order to advocate for the profession I have grown to love.”

Wall is also a 2013 recipient of the University of Colorado Alumni Association Scholarship.

“I hope to be a positive role model for my children by continuing my education and by demonstrating the value of ongoing education for professional advancement and personal satisfaction,” she says. “Earning this scholarship illustrates the reward and recognition that is possible with hard work, integrity and perseverance.”

Continuing Nursing Education

**AN APPLIED STRUCTURAL EQUATION MODELING INTENSIVE**

Anschutz Medical Campus, Aurora, Colorado | June 18-20, 2013

Nursing and other health science researchers are using new models for measurement with new programs for data analysis. This three-day intensive will provide in-depth instruction on how to apply Structural Equation Modeling (SEM) to health-science research. The content is designed for researchers who are new to SEM and those who are using SEM and who are seeking to improve their skills.

An optional session for individual consultation with the course faculty will be available on the fourth day (separate fee applies). Attendees choosing the optional day should bring their own research data.

**AGENDA**

- **Tuesday, June 18 | 8:30 a.m. – 5 p.m.**
  - Introduction to structural equation modeling
  - Review of regression analysis

- **Wednesday, June 19 | 8 a.m. – 5 p.m.**
  - Exploratory and confirmatory factor analysis

- **Thursday, June 20 | 8 a.m. – 5 p.m.**
  - Converting concepts to Research Topics
  - Special Topics: Mediation Analysis
  - Longitudinal Growth Curve Modeling

**Friday, June 21 (optional) | 8:30 a.m. – 2:30 p.m.**

- Individual Data Consultation (separate fee applies)

**FEATURING:** Karen H. Sousa, PhD, RN, FAAN, professor and associate dean for research and scholarship at the College of Nursing; Paul Cook, PhD, a licensed psychologist and director of the College of Nursing Center for Nursing Research; Sarah Schmiege, PhD, is assistant professor in the department of biostatistics and informatics, and serves as the statistician for the College of Nursing.

**REGISTER** by May 15 to receive the early bird discount.

This educational program for 21 contact hours is provided by the University of Colorado College of Nursing’s Office of Lifelong Nursing. The CU College of Nursing is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

**QUESTIONS?** Call us at 303-724-6883 or email NursingCE@ucdenver.edu.

Additional information and registration is available online at www.regonline.com/ASEM.

**SAVE THESE DATES FOR FALL**

**MOTIVATIONAL INTERVIEWING FOR HEALTHCARE PROFESSIONALS**

September 27, 2013

Provides in-depth understanding of Motivational Interviewing (MI) as an evidence based approach to support health behavior change.

Interactive teaching and practice exercises prepare participants to use MI in patient encounters to improve outcomes in diverse situations.

Registration will open in June 2013 with a link accessible from the CNE webpage below.

**LIMITED OBSTETRICAL ULTRASOUND WORKSHOP**

October 4-5, 2013

A popular course designed to help providers identify the indications for and applications of the limited OB ultrasound exam.

Teaching methods integrate didactic content with demonstration and hands-on scanning of pregnant women in a two-day instructional format.

Registration will open in July 2013 with a link accessible from the CNE webpage below.

**www.nursing.ucdenver.edu/CE**
Kim Morris: On the front line of the future of nursing

At the time, she was working in a primary care clinic while taking care of a small child at home. After shadowing another nurse practitioner for a day, Morris realized geriatric care was where she wanted to be. “I knew I had found my calling with this vulnerable population,” she says, noting the care that “so desperately needed.” Geriatric care also would provide the flexibility Morris needed to care for her young child.

Morris has worked at INSPIRIS, a company dedicated to end-of-life care, for more than eight years—first as a staff nurse practitioner, then as a team leader, and now as director of clinical operations. “As a company we focus on proactive care, frequent visits and communication with patients and families in order to prepare them for end of life,” she says. “We have found that culture and religious beliefs play a strong role in families’ decisions.

“As a company we focus on proactive care, frequent visits and communication with patients and families in order to prepare them for end of life,” she says. “We have found that culture and religious beliefs play a strong role in families’ decisions.

“I think we’re seeing a shift in the living choices of older Americans. They’re staying away from the nursing homes much longer and staying in their homes,” Morris says. “Our programs bring nursing and medical care to the patient’s home to help prolong the time that they can live where they choose.”

Even though Morris still has four semesters left in the DNP path, her experience as a doctoral student is already impacting her career as she takes on more leadership responsibilities at work.

“I am now responsible for the program development, business goals and metrics, and development of more than 50 nurse practitioners and physicians. I am in a key decision-making role and the education I am receiving in the DNP path is guiding me to make educated, structured improvements in this program.”

Morris is also part of an ethical team at INSPIRIS that works with families struggling with advance directives. The team is creating a transitions program to address care issues for the frail elderly when they return home after hospitalization.

In terms of future career plans, Morris plans on continuing in a nursing leadership role. “I am really excited with the changes that are on the horizon with the Affordable Care Act. I think nursing will play a bigger role in the design of our future models of care, and I want to be on the front line, designing programs to move us into the next generation of health care.”

She says, “My goal, once I obtain the DNP, is to take an active part in the development of policies and programs that will further the integration of nurse practitioners into the roles of primary care.”

“I USED to read medical encyclopedias for fun,” says doctor of nursing practice student Kim Morris. “I’ve always been fascinated by pathology and disease.” That fascination led Morris, a 2012-2013 recipient of the College of Nursing Alumni Association Scholarship, to a career in nursing. She’s been a registered nurse since 1994 and a nurse practitioner since 2002. After becoming a family nurse practitioner and practicing in a general family practice unit, Morris stumbled on geriatric home care in 2005.

“I AM REALLY EXCITED WITH THE CHANGES THAT ARE ON THE HORIZON WITH THE AFFORDABLE CARE ACT. I THINK NURSING WILL PLAY A BIGGER ROLE IN THE DESIGN OF OUR FUTURE MODELS OF CARE, AND I WANT TO BE ON THE FRONT LINE, DESIGNING PROGRAMS TO MOVE US INTO THE NEXT GENERATION OF HEALTH CARE.”

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NURS6744 ADVANCED CONCEPTS IN PALLIATIVE CARE
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Intensive class held five days on the Anschutz Medical Campus in Aurora, Colo., followed by online discussion.

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Kathy Magilvy leaves legacy in students and ‘grand-students’

WITH A College of Nursing career spanning more than 30 years, Kathy Magilvy, PhD, RN, FAAN, has longevity few here can share. And memories to go with it—like the time she and three fellow doctoral students were entering data on keypunched cards into an archaic card reader as part of a statistics course. Their professor cautioned them: “Whatever you do, make sure the cards stay in order.” The card reader had been patched up through the years, and while they watched aghast, it rattled and clunked and spewed cards all over the room. Four hours later the cards were back in sequence.

Magilvy, who was among the first graduates of the college’s PhD program in 1982, has since been recognized time and again for her research and mentoring. She’s retiring from the college at the end of May. What she’ll miss most, she says, is the students. “Students energize me,” she says. “They have such different career paths and such different ideas. I really learn from them and enjoy watching them excel in their careers.”

Magilvy has served on dozens of dissertation and other student committees, but it’s the mentoring that means the most to her, and for which she’s received awards. Magilvy has mentored (aka chaired) about 26 PhD students, several MS thesis students, and several ND and DNP capstone students. “They’re all out there in the world—in research, in academe, and in some cases, leading practice.” Magilvy also has enjoyed teaching students in all four programs, sharing her knowledge of public health nursing, gerontology and research.

At professional meetings Magilvy encounters former students who are now mentoring their own students—“grand-students,” she calls them. “I know that even though I did only this tiny piece to help launch them, such as sharing my love of qualitative research, I know those students touched other students. It means something to me to be just a small part of that. I can see them grow and develop, and go further in their careers than I could ever think of going in my own. And Colorado is where many of them got their start. It’s really important that alumni be able to say this [college] was a meaningful part of their life.”

Magilvy’s research has focused on health care in aging populations, particularly in rural areas. With a background in public health nursing, she developed an interest in gerontology and geriatrics, and where the two fields come together in the delivery and outcomes of community-based services for older people.

In 2008 Magilvy received the Elisabeth H. Bocker Faculty Excellence in Research Award; it enabled her to return to Japan, where her work in gerontology and public health is well regarded. In fact, she has been to Japan nine times since 1999, when a professor visiting from Japan asked her to mentor a student in post-doc work because their areas of expertise were matched. “I couldn’t believe she found me, but it turns out that some of my work had been translated into Japanese. It was the start of a wonderful continuing relationship with Japanese colleagues and friends.”

Is the College of Nursing better now than it was? Magilvy demurs, “I don’t think you can say one time of life is better than another, but certainly the move [to the Anschutz Medical Campus] was the most amazing and awesome thing this college could have done. We made a transition from a fairly parochial health sciences campus to a world-class medical center.”

Magilvy’s passion for learning about other cultures won’t fade as she begins a new life chapter. She’s looking forward to traveling, reading, taking classes and learning to speak Japanese. (She’s on the board of the Japan America Society of Colorado.) “Depending on where I go, I might like to lecture and would like to be involved in research in some way,” she says. “Learning will always be part of my life.”

Top: Kathy Magilvy and former doctoral student Hannah Sandy, BS ’04, MS ’06, DNP ’11, at the American Public Health Association meeting in 2009. Bottom: Magilvy with a day care client at the Hamamutsu Senior Center in Japan.
WHEN  Terry Biddinger was a young girl growing up in Mason City, Iowa, she was a member of just about every club in the school (except the future farmers club). That penchant—to want to be with other people and get things done—has driven Biddinger throughout her careers as nurse and, in recent years, as the director of external affairs for the College of Nursing.

Biddinger retired March 31 after helping raise millions of dollars to fund endowments and scholarships for the college.

Fundraising isn’t for everyone, says Biddinger, who has served on 18 boards, including presidencies of the Mental Health Association of Colorado, the CU School of Dentistry Advisory Board and the Denver Lyric Opera Guild. “I learned very early on in board work that everything ties back to fundraising. But you don’t want to be a fundraiser if you can’t deal with rejection,” she says. “And if it’s not fun, don’t do it.”

When she was hired by the college in 2006, Biddinger asked then Dean Pat Moritz where the greatest needs were: One of the most critical was rural health education for nurses. With a generous gift from her friend Janet Mordecai, Biddinger in 2007 established the $1.9 million Daniel and Janet Mordecai Endowed Chair in Rural Health Nursing. The gift included four graduate student Rural Health Nursing endowed fellowships. In 2011, Associate Dean and Professor Amy Barton, RN, PhD, FAAN, was named chair.

And in 2008, an anonymous donor gave the college $3 million to fund an endowment for the psychiatric-mental health nursing specialty in the graduate program. The gift enabled the college to reestablish the specialty in the MS program.

One of Biddinger’s most well known fundraising efforts was developing the Touched by a Nurse™ endowment to address graduate nursing education at the college—another critical need. The fund increased support for graduate nursing education—particularly to grow the ranks of faculty. With help from an attorney, she trademarked the name of the fund in 2010.

To support Touched by a Nurse™, Biddinger formed the Advisory Board for the college and organized The Art of Nursing benefit, the brainchild of another donor and friend, Angie Romani. The event invites nurses who are also artists to donate a portion of their sales to help fund the endowment. Last fall that benefit, which was hosted by Marilyn and Pete Coors, raised $10,000. Since its inception six years ago, the Art of Nursing benefit has raised $200,000.

“Terry brought important insight to the college in fundraising as she enthusiastically linked the college, its programs and faculty with those who support nursing and health care,” says Moritz. “She taught us all about stewardship and the joy of sharing what nurses do.”

When the college wanted to create a garden on the east lawn of Education 2 North, Biddinger was instrumental in securing underwriting that covered the expenses. Saunders Construction, Inc., donated its time and manpower to bringing the garden to life.

The fun in fundraising comes from having passion for a good cause, Biddinger says. “You get people to give money by being a good steward; by earning their trust.” And you do that, she insists, by remembering this one cardinal rule: “It’s about the donor; it’s not about you. Ask questions. Find out what matters to the donor, and listen.”

BIDDINGER’S RULE OF ENGAGEMENT: “If it’s not fun, don’t do it”
HOW TO MAKE A GIFT TO THE UNIVERSITY OF COLORADO COLLEGE OF NURSING

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The call to lead

IN MARCH I was able to attend part of the American Organization of Nurse Executives Annual Meeting in Denver, Colo. This meeting draws nurse leaders from across the country. As I spoke to peers, I heard the call to nursing leadership. Not only must we do excellent work at the patient's bedside; we're called to leadership roles in our hospitals, professional organizations, communities and even our alumni associations.

This spring your board of directors has been creating a strategic plan that we'll roll out at the annual meeting in May. We're planning to connect with future alumni (current students) through participation in convocation and Nightingale ceremonies. (Yes, we still give graduates an alumni pin. We now include a message in Nightingale’s Notes on Nursing welcoming future alumni to the discipline and profession of nursing.) We've also started a LinkedIn community to help alumni connect with each other. Our goal is to start subgroups based on specialty, so alumni can network with those who do exactly what they do. We will continue to plan reunions, provide alumni scholarships (as funds are available) and recognize our outstanding alumni through our awards program.

I encourage you to get involved with the College of Nursing Alumni Association. You don't have to live in Colorado. We have one board member who lives in Austin, Texas! (See the member profile on page 21.) And, with LinkedIn, you could help manage a subgroup for your specialty from anywhere in the world! Contact Kelsi.Hertzler@ucdenver.edu for details.

I've been encouraged by the opportunities Dean Sarah Thompson has created this year to meet alumni from across the country at lunches and conferences. She is planning to attend our annual meeting at 4:30 p.m. on Tuesday, May 14 and the "Mock’tail (mock-cocktail) party immediately following. If you live along the Front Range, we hope you'll join us for a fun evening.

If you are just reading about these events in this issue of Connections, it may be because we don't have your current email address. Email is the most cost effective way to send information to alumni. To update your email address or your email preferences, please contact Deanna.Geldens@ucdenver.edu.

We hope to see you soon.

Cynthia A. Oster

CU College of Nursing Alumni Association President
Imagine that your country is at war; your family and friends are being forced to relocate to a camp in another state. You are in nursing school in the middle of your training, but suddenly have to leave everything behind. Thanks to CU Dean Henrietta Adams Longhran, some displaced nursing students from West Coast schools during World War II were able to finish their degrees at CU. These courageous alumni will be honored as Pathfinders at the Annual Awards Luncheon on Friday, Sept. 6.

The college has been in the process of contacting these alumni, but needs help finding a few who are lost. If you know anything about the three alumni above, please contact Deanna Geldens at 303-724-4869. Because we know many alumnae from this era are no longer living, we invite any alum from the 1940s and early 1950s to share their stories with us. Please email your story to Deanna.geldens@ucdenver.edu, or mail it to the CU College of Nursing, attention Deanna Geldens, 13120 E. 19th Ave., C288-1, Aurora, CO 80045.

The faces of hundreds of CU nursing alumni line the halls of the fourth floor. The pictures are fun to view—the uniforms and caps from the 1940s, the big hair from the 1980s and everything in between. Unfortunately, some of our class photos have been lost, many during the move to the Anschutz Medical Campus. The College of Nursing hopes to replace the missing class photos, but would like borrow yearbooks from the following years to help us toward that goal: 1936, 1937, 1938, 1952, 1955, 1958, 1959, 1963, 1964, 1965, 1966, 1967 and 1968. We will take good care of the annual and send it back to you unharmed. If you have an annual from one of these years, please contact Deanna Geldens, deanna.geldens@ucdenver.edu or 303-724-4869.
AN UNEXPECTED JOURNEY

Most students don’t choose nursing school expecting to find a spouse, but for two doctorate of nursing practice students, that’s exactly what happened.

Danielle and Patrick Burchett met on the first day of class as undergraduates in 2005 and are both in the accelerated RN/MSN/DNP program. They married in 2008 after earning bachelor of science degrees and now have two sons: Liam, born in 2009, and Ari, born in 2012.

“A lot of us would go get wings after class at College Inn and hang out,” Danielle recalls. “One day everyone had to leave early and Patrick and I decided we wanted to hang out and see a movie. Long story short, we spent all evening together, caught a 10 o’clock show and didn’t get home until midnight.”

“We were flirting a bit previous to that,” Patrick admits. “We were kind of glad everyone couldn’t come to the movie.”

Danielle and Patrick have had undergdark, master’s program core classes and now doctm classes together.

“It is great to be in class with Patrick,” Danielle says. “We remind each other when assignments are due, explain subjects that might be confusing to one another, and don’t get upset when we don’t have time for each other since we both have to write the same paper.”

Patrick adds that “It is nice to have a wife who understands the demand for school. Now if our kids could just understand that we have a paper due…”

“We are both looking forward to graduating, so we can hopefully one day have a life again!” says Danielle. Patrick agrees. “We’re looking forward to school being done. Life is hectic.”

After their master’s degrees, Patrick became certified as a pediatric nurse practitioner and now works full time in the urgent care/emergency room at Children’s Hospital Colorado. Danielle became certified as women’s health nurse practitioner and works full time for the Tri-County Health Department. Both plan on graduating with their doctorates in May 2014.

1980s

**Ann Froese-Fretz**, MS ’86, RN, CPNP, was recently hired as a continuing nurse education specialist in the CU College of Nursing’s Office of Lifelong Learning. She comes to the college after 33 years in various roles at Children’s Hospital Colorado (CHC), most recently as a clinical nurse specialist. She also worked in CHC’s nursing education/professional development department overseeing continuing nurse education programs. Froese-Fretz was on the clinical faculty for the college from 1992-2003, and was the Magnet® coordinator from 2003-2010.

1990s

**Robbie Henson**, PhD ’95, has been teaching at Oklahoma Baptist University (OBU) for more than 20 years and assisted in the search for a dean. She has received both the Oklahoma Nurse Educator of the Year award from the Oklahoma Nurses’ Association and the Promising Teacher Award from OBU. Her primary research focus is on the nurse’s role in facilitating self and family care through mutual goal setting.

2000s

**Michelle Kahn-John**, MS ’00, part-time CU faculty member and PhD candidate, recently presented a Strauss Lecture titled, “Hózhó Through an Autoethnography of the Diné Hózhóójí (Navajo Blessing Way Ceremony).” Her current research focus includes American Indian health, American Indian resilience and protective factors and American Indian healing practices.

**Mary Beth Flynn Makic**, PhD ’07, CNS, CCNS, FAAN, has been accepted as a fellow in the National Academy of Practice. Makic is a research nurse scientist in critical care at the University of Colorado Hospital and is an associate professor adjunct in the College of Nursing.

2010s

**Cameron Boyle**, MS ’12, APRN, is practicing as a certified nurse scientist on the Burn ICU at University of Colorado Hospital. Boyle co-authored an article titled, “Implementation of a Nurse-Drive Burn Resuscitation Protocol: A Quality Improvement Project”, which was published in the February issue of Critical Care Nurse.

IN MEMORIAM

1950s

**Janet Griffith Albertson**, BS ’55, died September 2012 in Tucson, Ariz., after a long illness. Although her health issues limited her nursing practice, it was an important part of her life. She was a member of the first class to graduate in four years with the option to do all the work on the Denver campus.

1960s

**Joyce L. Moreland Weber**, BS ’62, lost her battle with cancer on March 22, 2012 at the age of 71. She earned her master’s degree in 1967 from Boston University. Weber was the founding director of the Healthy Beginnings Pre-Natal Program at McKee Medical Center in Loveland, Colo.

1970s

**Barbara Lewis**, RN ’77, of Westminster, Colo., died Dec. 17, 2012. She completed CU’s geriatric nurse practitioner certificate program in the 1970s. Lewis had retired from Villas at Sunny Acres as a nurse practitioner in 2011.

1980s

**Eileen Jackson Wilcots**, BS ’57, passed away on Sept. 8, 2012, after a short stay at the Visiting Nurse Association hospice of Philadelphia, Pa. She served various disciplines of nursing throughout her career, including hospital, industrial, rehabilitation and home care. Wilcots willed her remains to medical science.

**Ruth Josephine Grosboll**, BS ’59, passed away Jan. 10, 2010 in Wichita, Kan. She graduated from Yakima Valley Academy in 1935 and took pre-nursing classes at Walla Walla College. She studied nutrition during her bachelor’s program at CU. She was well-read in areas of natural remedies, hydrotherapy and natural treatments. Throughout her nursing career, Grosboll worked in a variety of hospitals and nursing homes. She also worked at Steps to Life Ministries for more than 15 years.

1990s

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**FACULTY**

Former faculty member **Lena Sorensen**, PhD, age 65, died suddenly Aug. 17, 2012, at her home in Cambridge, Mass. Sorensen will be remembered as a respected information scholar, committed teacher and international researcher.
KAREN JOHNSON, PhD, RN

TITe
Assistant Professor, School of Nursing, University of Texas at Austin

CU DEGREES
BSN (accelerated) ‘07, CU College of Nursing

MEMBERSHIP
Annual

AREAS OF EXPERTISE
Karen’s expertise is in adolescent health and public health nursing; in promoting resilience and healthy behaviors among underserved youth and addressing social risk factors (e.g., poverty, adverse childhood experiences) that result in disparate levels of health risk behaviors among young people.

PROFESSIONAL ORGANIZATIONS AND HONORS
Alumni Association Board member since 2008, Western Institute of Nursing, Society for Adolescent Health and Medicine, American Public Health Association, Texas Public Health Association

IN HER SPARE TIME
Karen likes to exercise, spend time outdoors, “explore all the cool things to do in Austin, attend sporting events (especially Texas Longhorns football”), and most of all, travel around the country to see her friends and family.

WHY SHE GOT INVOLVED
Karen says she had a very positive experience during her accelerated program and, as the president of the University of Colorado Student Nurses Association, she and her fellow CUSNA officers were very active in creating opportunities for classmates to get involved and give back to the community.

Karen says, “Joining the alumni association was, and still is, a way to remain connected to those who shaped my time as a student and a way to give back to current students and future alumni.”

She adds, “It’s so neat to see where my classmates from the accelerated BS program at CU have ended up.”

WHAT SHE LOVES ABOUT NURSING
“I LOVE THAT THERE ARE SO MANY DIFFERENT WAYS TO MAKE A POSITIVE IMPACT ON THE LIVES OF OTHERS. WHETHER IT’S THROUGH PRACTICE, TEACHING OR RESEARCH, WE ARE A PART OF SOME OF THE MOST SIGNIFICANT MOMENTS IN PEOPLE’S LIVES. IT’S VERY HUMBLING.”

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COLLEGE OF NURSING ALUMNI ASSOCIATION
DUES & DONATION

NAME

ADDRESS

CITY

STATE/ZIP

E-MAIL

PHONE (CHECK ONE: ☐ WORK ☐ HOME ☐ CELL)

JOIN OR RENEW
☐ Lifetime Member $350
☐ Sustaining Member $50 (includes a $15 donation for student scholarships)
☐ Annual Member $35
☐ Make checks payable to CU College of Nursing Alumni
☐ Or charge my credit card:

☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

CREDIT CARD #

EXPIRATION DATE SIGNATURE

SUPPORT THE ALUMNI ASSOCIATION SCHOLARSHIP (working toward endowment)
☐ Please enclose a separate check made payable to the University of Colorado Foundation
☐ Or charge my credit card:

☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

CREDIT CARD #

EXPIRATION DATE SIGNATURE

PLEASE MAIL THIS FORM TO:
Office of Alumni Relations, College of Nursing, 12631 E. 17th Ave., A080, Aurora, CO 80045
MAY
ALUMNI ASSOCIATION ANNUAL MEETING AND “MOCK”TAIL PARTY WITH THE DEAN
Tuesday, May 14, 2013 | 4:30 p.m.
Meeting | 6 p.m. “Mock”tails | Fulginiti Pavilion, 13080 E. 19th Ave., Aurora, CO 80045

Come learn more about what your alumni association is planning for the coming year, then enjoy a mock-cocktail (“mock”tail) and hors d’oeuvres with Sarah A. Thompson and alumni board members.

JULY
MEET DEAN THOMPSON
Dean Sarah A. Thompson is reaching out to meet alumni and donors across the country to share her vision for the CU College of Nursing. If you are attending the Nurse Practitioner Symposium July 12-15 in Copper Mountain, Colo., or live in that area, RSVP to receive an email about this event. Visit www.nursing.ucdenver.edu/alumni_events for details and a link to RSVP.

AUGUST
CU AT THE ROCKIES
Friday, August 9 | 6:40 p.m.
Join fellow alumni, friends and their families as the Colorado Rockies take on the Pittsburgh Pirates. The talented CU-Boulder student who won the CU Idol contest in March will be performing the national anthem. Before the game, stop by the Blake Street Tavern from 4-6 p.m. for free appetizers and fun give-a-ways while they last.

CU MOVIE NIGHT AT CIVIC CENTER PARK
Friday, August 16 | 6:30 p.m. | Civic Center Conservatory
Bike or walk to the Civic Center Conservatory for a CU sponsored movie, The Goonies. Bring the kids, enjoy a picnic or purchase food from on-site gourmet food trucks. The show starts at sundown. Stop by the alumni tent and enjoy a gift for the family. Hurry…supplies are limited!

Watch for more information via email or online at www.nursing.ucdenver.edu/alumni_events.

SEPTEMBER
NURSING ALUMNI ASSOCIATION AWARDS LUNCHEON AND REUNION
Friday, Sept. 6, 2013
Watch for more information via email or online at www.nursing.ucdenver.edu/alumni_events.

OCTOBER
MEET DEAN THOMPSON
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