Nurse practitioner 40th anniversary celebrated

Co-founders commemorated in bronze

Like ripples from a rock tossed in a pool, the impact of the Nurse Practitioner Program begun at the School of Nursing in 1965 has spread far and wide.

A reception was held Nov. 14, 2005, honoring the 40th Anniversary of Nurse Practitioner education and practice, and the two visionary co-founders who launched the groundbreaking program.

Co-founder Loretta Ford, EdD, FAAN, was a professor at the School of Nursing and is now dean emerita of the University of Rochester School of Nursing, and the late Henry Silver, MD, was a professor of pediatrics at the CU School of Medicine (SOM), and creator of the Child Health Associate Program at the SOM.

The highlight of the afternoon’s festivities in Humphreys Postgraduate Center was the unveiling of a commemorative plaque with the likeness of Drs. Ford and Silver cast in bronze. The plaque will be hung in a place of honor in the School’s new building currently under construction at the UCDHSC Fitzsimons campus.

Among the speakers were SON Dean Patricia Moritz, SOM Dean Richard Krugman, as well as Gerald Merenstein, MD, director of the SOM Child Health Associate/Physician Assistant Program, Victoria Erickson, PhD, clinical associate professor, and Dr. Ford. Although Dr. Silver’s widow, Mrs. Henrietta Silver, was unable to attend the reception, their son, Andrew Silver, MD, was on hand to see his father’s efforts honored, and also spoke to those gathered for the joyous celebration.

A wall display showed the evolution of the NP program throughout its four decades. The program was created in 1965 to address shortages in primary care providers and to meet the needs of underserved populations and rural areas. Today, there are more than 200,000 NPs in the United States. From Australia and Denmark to Nepal and Zimbabwe, nurse practitioners are providing preventive health care and expanding the NP profession globally.

Accelerated BS program puts students on fast-track to nursing careers

The U.S. Department of Labor is projecting the need for more than a million new registered nurses by 2012. To fill that need, nursing schools across the nation are exploring different ways to increase student capacity and to reach out to new student populations.

One approach underway at the UCDHSC School of Nursing is the accelerated baccalaureate degree program for non-nursing graduates. The program builds on students’ previous learning experiences and transitions students into nursing who come into the program with degrees in other disciplines.

The SON’s fast-track BS degree program offers a quicker path to licensure as a registered nurse for individuals who have already completed a bachelor’s or graduate degree in a non-nursing area.

Thirty-one nurses graduated in the SON’s first class this past December and will enter the workforce a full semester earlier than nursing students in the traditional program who graduate in May.

“Individuals come into our program from another career because they have felt there’s something missing in that career,” said Dr. Preheim. “They want to have greater significance in their work, so they’re looking for a career that’s more fulfilling. These students are highly qualified and have some very ambitious goals.”

Typical second-degree nursing students are highly motivated; able to learn in a fast-paced manner, know how to manage their time, and excel in class, said Dr. Preheim. Accelerated students are also eager to acquire clinical experiences, and often request extra credit assignments.

Courses are offered in a compressed format with no breaks between sessions. Students must complete science prerequisites prior to entering the program.

Feedback from the recent graduates has been favorable and their evaluation of the program will be used to enhance future educational and clinical experiences.
This academic year has been a time of celebration and change.

The School of Nursing was honored to have special guest Loretta C. Ford, EdD, FAAN, with us as we closed a year-long celebration of the 40th anniversary of Nurse Practitioner education and practice in the U.S. On November 14, at a reception honoring Dr. Ford and the late Henry Silver, MD, co-founders of the first NP program in the nation, the school unveiled a bronze plaque with their likenesses, which will hang in a place of honor at the school's new building being constructed at Fitzsimons. (See cover article.)

The SON also was honored to welcome Andrew Silver, M.D., to the event. We were delighted that he could join us, representing the Silver family on this special occasion. Early NP graduates attended the reception—renewing friendships and reminiscing about the program that changed their lives and the way health care is delivered. Participants experienced a “wall of history” designed by Mary Wagner, MS, senior instructor and Ann Clay, MS, and witnessed a revolving video about the NP Program—past and present, created by Victoria Erickson, PhD, clinical associate professor.

On December 10, the SON held a reception for thirty-one students—the first to graduate in the school's new accelerated BS degree program. The school-wide celebration was attended by graduates, their families and guests, and SON faculty and staff. This fast-track program has provided expanded opportunities for individuals with degrees in other fields to become nurses who will move into the work force at an accelerated pace and help fill the national need for more than a million new nurses. (See cover article.)

We were delighted to see this first class graduate. The second group of accelerated students began the program this spring and a third class will matriculate in the summer. At the present time, the SON plans to admit two accelerated cohorts of students per year, in addition to our traditional BS program.

Speaking of enrollments, the overall SON enrollment has remained at the highest level in our history. We currently have almost 900 students in the School, including more than 370 full-time undergraduate students and over 500 students in our graduate level courses, most of whom are working and attending school part-time.

We are very pleased to announce that Victoria Erickson, PhD, clinical associate professor, has been appointed program director for the school's new Doctor of Nursing Practice (DNP) program and the Master’s program, effective Feb. 1. Dr. Erickson has been the option coordinator for the school's U.S. News & World Report #1 ranked Pediatric Nurse Practitioner (PNP) master's degree option since 1987.

Dr. Erickson has conducted health research in the area of children with asthma and worked with a national and local interdisciplinary team to establish assessment and treatment guidelines for adolescents with depression. She has provided consultation for several PNP programs nationally and served for several years on the Interdisciplinary Objective Review Panel for the Healthy Tomorrows Partnership for Children Program at the Department of Health and Human Services’ Maternal and Child Health Bureau. In recognition of her practice excellence, Dr. Erickson received the Dean’s Award for Excellence in Faculty Practice in 1996 and the Dean’s Award for Leadership in 2000. Dr. Erickson was named as a Distinguished Practitioner of the National Academies of Practice in 1998 and we are delighted to welcome her to this important position. We have other wonderful news to report to you in this edition of the School of Nursing News—please read on!

**Hold the Date!**

**9th Annual Lola M. Fehr Lectureship**

Thursday, April 27 — 3 pm  
School of Nursing Auditorium  
University of Colorado at Denver and Health Sciences Center  
Ninth Avenue Campus

**Speaker:**  
Patricia Yoder-Wise, RN, EdD, CNAA, FAAN

“Forces for the Future: Expanding Nursing’s Potential”

Reception Follows

For details, see Reunion Weekend Schedule on Page 6.

**School of Nursing News**

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Send alumni news to:  
Office of Alumni Relations  
UCDHS/C, Mail Stop A080  
4200 E. Ninth Avenue  
Denver, CO 80262  
alumni@uchsc.edu

The Nursing Job Board can be accessed at www.uchsc.edu/nursing/studentcentral  
Click on Nursing Job Board listed in the Student Resources section.
The unintended path - Palliative care revisited

By Dr. Robin Pedowitz, contributing writer

When death is imminent, the ultimate wish - aside from immortality - is often to “pass on” quickly and peacefully, without pain or fear. Sadly, the harsh reality of dying is often quite different.

In acknowledgement of this road too frequently traveled, Hospice and Palliative Care, the unique and holistic treatment of the living person during the process of dying, is currently under review for certification as an official medical subspecialty by the American Board of Medical Specialties.

Janet Mordecai, BS ’65, knows only too well some of the obstacles and deficiencies of health care delivery during the dying process. From the time of her husband’s emergency surgery, to his diagnosis of pancreatic cancer, and to his death five months later in June 2002, Mrs. Mordecai accompanied her husband on the inadequately-maintained path known as “quality of life.”

Mrs. Mordecai, a registered nurse who retired with a background in ICU, public health, orthopedic, rehabilitation, and teaching, came to recognize and experience a health care system that seemed to lack important resources for her husband, her family and herself, in their time of need. She also imagined the daunting tasks posed for many others who have much less familiarity with health care in this country: negotiating “the system” and end-of-life issues.

Mrs. Mordecai turned adversity into social action.

After selling her husband’s company, she took a sizable portion of the proceeds and placed them in a non-profit organization, and now, she has contributed funds to the UCDHSC School of Nursing to support education and research in the field of palliative care, as well as other scholarships.

Mrs. Mordecai wants to impact end-of-life care and make some changes. She said that her husband was the kind of person who “knew he had only five months to live and wanted to live it to the fullest, doing things that were important and enjoyable. She remembers her husband’s situation, some of the good care that he had and what he termed “the various indignities.” She was particularly disappointed with the incomplete pain management he received towards the end of his illness. As a result of these and other experiences, Mordecai has associated herself with various organizations and with health care practitioners involved in bringing comfort, support, dignity and quality of life to those treading an uncertain path.

One of these people, Paula Nelson-Marten, PhD, associate professor and a practitioner, researcher and educator at the School of Nursing, has been

Continued on page 13

Correction...

Kelly Johnson, MS '03, was selected as one of six recipients to receive the 2005 Nightingale Award for Excellence in Human Caring. Johnson, one of three SON alumni statewide to receive the prestigious award, is vice president, patient care services and chief nursing officer at Craig Hospital in Englewood, Colo. She was listed as a finalist only for the Nightingale Award in the Fall edition of the SON News. We regret the error and offer our congratulations to Ms. Johnson on her receipt of the award and for her significant contributions to the profession of nursing.
Helping to reassemble lives after Hurricane Katrina

By Kenna Bruner
Office of Public Relations

For two weeks last October, Gene Marsh, PhD, professor and chair of the School of Nursing’s Division of Health Experience and Technology, provided basic health care to evacuees struggling to reassemble their storm-tossed lives in the aftermath of Hurricane Katrina.

Although many at the School of Nursing volunteered, Dr. Marsh was the only faculty member chosen by the Public Health Service. On Oct. 18, she arrived in Baton Rouge, La., where FEMA, the Public Health Service (PHS), and the State of Louisiana had established an operation center for health care workers mustered from across the country.

“When disasters happen, you feel compassion for the people affected and you want to do something — anything — to help,” said Dr. Marsh. “It was an opportunity to get back to my roots in public health nursing.”

Dr. Marsh served on a multidisciplinary team of five health care professionals who went out tirelessly to areas of Louisiana to find evacuees, assess and attend to their immediate health needs, and begin restoring the region’s damaged public health infrastructure.

The team was dispatched to Tensas Parish, an economically poor area near the Mississippi-Louisiana state line where the Mississippi River meanders past cotton fields, shanties and historic antebellum homes. Some 2,000 evacuees had moved in, but their exact whereabouts and health needs were unknown. Since there was no medical care being provided for the evacuees, Dr. Marsh and her teammates set up a makeshift clinic.

“Our basic mission was to find out what was happening to those people,” said Dr. Marsh. “PHS was trying to close the temporary shelters that had been set up all over the state and get the people into something more permanent, whether it was in the homes of friends and relatives or temporary FEMA housing. We were supposed to figure out where they were and what they needed. It was a real public health adventure,” she added.

Prior to Katrina, many in the parish were already burdened with chronic health woes and poverty. Because the evacuees’ medical records were lost in the storm, Dr. Marsh and her team tried to determine medications and dosages for people with diabetes, heart disease and hypertension.

She checked blood pressure, tested blood glucose and administered immunizations for flu, tetanus and hepatitis. While tending to the people’s health needs at the makeshift clinics, Dr. Marsh listened to their touching stories of survival, often as the first outsider to hear them, thus providing vital psychological health care as well.

“First, we determined what their medical needs were,” said Dr. Marsh, “but the biggest need they had was to talk. Listening to their stories, I think, was far more therapeutic than any medication we could have provided.”

Dr. Marsh vividly recalls one man talking about how he had to chop a hole in the roof so he and his family could escape the water surging through their home. They saw that an elderly neighbor had climbed to safety atop his own house — onto a roof made of metal. For four days the family and their neighbor sweated under a hot summer sun waiting to be rescued. For four days the family watched helplessly as their elderly neighbor, unable to leave his roof, slowly succumbed to the heat and humidity.

Dr. Marsh also got to tour New Orleans and the lower Ninth Ward. Despite seeing news coverage of the ravaged area, she was stunned by the magnitude of destruction. The water had pumped out leaving behind a thick hard layer of mud. The houses still standing had been gutted with the jumbled remains of furniture, plumbing and crumbling walls piled in the streets.

Dwellings were marked with symbols left by search and rescue teams indicating what had been found inside people or animals, alive or dead. Some houses bore messages left by the hopeful: “Please don’t bulldoze our home.” Everywhere was the stench of decay from mildew, rotting vegetation and flood debris.

“I wasn’t prepared for the scope of the damage. It was huge. It was everywhere,” said Dr. Marsh. “At home I felt justified sitting in front of my TV criticizing FEMA for not doing anything. Granted the response was slow, but when I got down there and experienced the scope of what FEMA had to deal with, I was amazed that anything could be done.

“I can now imagine what it means to have absolutely nothing,” she said.

Nurses helping nurses

After Hurricane Katrina hammered the Gulf Coast, UCDHSC School of Nursing faculty, staff and students immediately responded to a desperate plea from East Jefferson Regional Hospital in Metairie, LA, a suburb of New Orleans.

Although the hospital there suffered only minor damage in the Aug. 29 hurricane, many of the nurses and staff personally lost everything but the uniforms they were wearing that day at work. East Jefferson is the only full service hospital to be able to continue to serve the people of New Orleans and surrounding East Jefferson County after the Hurricane’s devastation. Many of the staff had to live in the hospital after the storm because they had nowhere else to go; their homes, their friends’ homes and family members’ homes were all destroyed by Katrina.

Mary McHugh, PhD, associate professor and director of Professional Development and Extended Studies at the SON, immediately began collection efforts for the most immediate needs. The faculty and staff of the SON were incredibly generous. Two huge boxes packed with personal care items such as underwear, soap, shampoo, toothbrushes and toothpaste, hair-brushes, sanitary supplies and toys for the children of the staff were shipped to the nurses in need.

Dr. McHugh, president of Alpha Kappa Chapter of Sigma Theta Tau then worked with the Alpha Kappa Board to implement an Adopt-a-Nurse program. An individual or a department in a hospital in Denver could adopt an individual nurse or a family in Metairie. So far, 14 families with children have been adopted, but more are waiting, especially individuals.

“Somebody had to do something,” said Dr. McHugh. “Most of us had donated money to the Red Cross. But many nurses in Denver wanted to help directly, in a personal way, our fellow nurses who — despite their tears at the loss of their own homes and belongings — were continuing to heroically serve the people of the New Orleans area.”

For more information about donating or the Adopt-a-Nurse program, contact Dr. McHugh at 303-315-4244 or mary.mchugh@uchsc.edu.
SONAA President’s Column

Greetings to Alumni,

I have been reflecting on “old” friends. This fall I received lovely notes from a couple of our alums. One was from Jane Ulsefer-Van Lanen (MS ’69), who is a graduate of the psych masters program; Jane and I were not in school together, but worked together at Rush-Presbyterian-St. Luke’s Medical Center in Chicago. For the five years I was at Rush and commuting every week back to Denver, Jane was a dear colleague who could make me laugh at the drop of a hat. She has such a wonderful, irreverent sense of humor. And as most of you know, laughter keeps us sane in an otherwise insane world. It allows us to cope when we would otherwise “unravel.” Having such colleagues is a gift. I hope that each of you has someone like that from when you were in school at CU.

While in the Master Program, I had a dear colleague in the Maternal Child group, Shannon Perry, and another colleague from the Medical Surgical group, Carol Brautigam. Shannon and I were in many classes together and frequently leaned on one another and provided support. Carol and I were in the Micro Teaching course together where we learned wonderful presentation skills (and were video taped each time we presented to our classmates in the micro teaching lab). We actually practiced the skills we were learning. Carol has been the faithful Secretary and Treasurer of the Alumni Association Board of Directors. What a treat to see and visit with friends from transforming life experiences.

Education is a transforming life experience and each year in April the Alumni Association provides the opportunity for School of Nursing alumni to meet with classmates and colleagues and to discover what they are doing with their lives, what fun things have occurred such as children and grandchildren, and of course, all the latest stories about nursing work and experiences.

I encourage you to attend the annual Alumni Weekend, April 27 – 29, 2006 and not only meet with friends and colleagues but to discover what’s new at CU. Wonderful things are happening at the school and the University of Colorado Hospital. If you are interested in contacting members of your class, call or email our Alumni Relations Office. The staff will be delighted to assist you and facilitate reconnections with members of your class. I look forward to seeing you in April, 2006.

Karen Kowalski, PhD, FAAN
(2011)
President, SONAA
The year 2006 will mark the 50th anniversary of our graduation from nursing school. It is hard to believe that so many years have gone by! Through all the years in between we’ve tried to stay in touch and each year see one another (as schedules allow!). This year is a special anniversary, and all of us on the reunion committee want to encourage you to come to Denver during Alumni Weekend and celebrate this milestone event!

The dates of the School of Nursing Alumni Weekend are Thursday to Saturday, April 27-29. As usual, the Alumni Luncheon will be held Friday at noon, Humphreys Lounge, Denison Memorial Library. Relax with friends and renew acquaintances while enjoying a luncheon honoring the class of 1956 and all alumni gathered! Classes will be seated together. Spouses/guests welcome. Boyd Loehr, RN, ICU shares photos and his experiences in New Orleans in a presentation entitled “Hurricane Katrina and New Orleans: A Volunteer and Nursing Perspective.” Menu includes Chinatown chicken cabbage bowl with soy sesame vinaigrette, tange key lime for dessert and Starbucks coffee service.

To register for the School of Nursing Alumni Weekend, please watch your mailbox for your official invitation and return it to:

UCDHSC
Office of Alumni Relations
4200 East Ninth Avenue, A-080
Denver, Colorado 80262
303-315-8832
877-HSC-ALUM
alumni@uchsc.edu
www.uchsc.edu/alumni

Dear Classmates,

The year 2006 will mark the 50th anniversary of our graduation from nursing school. It is hard to believe that so many years have gone by! Through all the years in between we’ve tried to stay in touch and each year see one another (as schedules allow!). This year is a special anniversary, and all of us on the reunion committee want to encourage you to come to Denver during Alumni Weekend and celebrate this milestone event!

The dates of the School of Nursing Alumni Weekend are Thursday to Saturday, April 27-29. As usual, the Alumni Luncheon will be held Friday at noon, with our class being honored on our “Golden Anniversary.” Alumni Weekend includes a number of planned activities including the annual Lola Fehr Lectureship, tours of the city and the new campus at Fitzsimons (talk about how things have changed over the years — you will be amazed by the changes to the old army base and hospital!). Plus, we’ll have time for our special “sharing” about our lives, including professional and personal growth over the years. In addition, we have a special time in the mountains in beautiful Estes Park planned for anyone interested in extending the reunion into the next week.

Please set aside this special weekend to come back to the CU campus on Ninth Avenue and Colorado Boulevard to see friends and reminisce. As the years slide by, it is even more important to renew old ties. I do hope you will join us in Denver in 2006.

Sincerely,

Mary Racen Brown (BS ’56)
A nurse practitioner finds her calling in the Navy

By Kenna Bruner
Office of Public Relations

Paula Sexton, (M S ’80, FNP ’82), is a commander with the U.S. Navy stationed at a naval hospital in Bremerton, Wash., where she trains military family practice physicians. In her practice as a family nurse practitioner (FNP)/licensed independent practitioner, she manages primary care of military patients and families, from infants to the elderly, with a range of episodic and chronic health care needs.

After 14 years as a hospital-based nurse, Sexton realized a lifelong dream to serve her country by joining the Navy in 1990 at age 35. Her Navy career has taken her to various posts, from Quanitco, Va., to Spain and Italy. In 1992, she was deployed to Guantanamo Bay, Cuba, to help care for 15,000 Haitian refugees fleeing the torture and killings after a bloody military coup in their home country.

It’s obvious you’re passionate about your career. So, did you choose nursing, or did nursing choose you?

My grandmother, aunt and great-grandmother were nurses. When I was in training, the nurse practitioner program was taking off. I was so impressed with the autonomy and holistic care that NPs realized, that I knew it was what I would do with my life. I chose the UCDHSC School of Nursing for the quality of its program, which I felt was the top program in the country.

Who were your inspirational nursing role models?

Kathy Magilvy, PhD, FAAN, currently professor and assistant dean for graduate programs, mentored me in my undergraduate program. She stood out as a nurse, an educator and role model. When I saw her name on the school’s Web site (www.uchsc.edu/nursing), I had a mentoring flashback to my BS days. I emailed Dr. Magilvy to thank her for being instrumental in my development as a nurse and helping me realize my dream of advanced nursing practice.

I also had mentors at the Sisters of Charity at St. Mary Corwin Medical Center. One provided care to migrant farm workers in Avondale, Colo., and she mentored me in this clinical area. Another was director of pastoral care. I learned counseling and caring skills from her. Others were clinical nurses who were the best role models for caring.

It’s nice to be able to acknowledge the contribution of nurses who had an impact on my career.

You had planned to join the Navy when you finished nursing school in 1976. What did you do until you joined in 1990?

I was going to join after nursing school, but my mother became ill and remained ill until her passing in 1987, and I wanted to be close to her and my family during that time.

I was hospital-based as a clinical specialist and used my NP skills to teach physical assessment, and was a consultant for the nurses in the neuroscience and rehabilitation wards at St. Mary Corwin Health Medical Center in Pueblo, Colo. Pueblo is my home town and I earned my MS degree through the school’s outreach program there.

In 1987, I began soul searching about realizing my dreams and chose the Navy to begin my second career. I thought the NP role and humanitarian service in the military would be a perfect fit.

Tell us about your career in the United States Navy.

Both my father and great-uncle served in the Navy. My great-uncle said, “You will love the Navy and they will love you!” My first duty was at the military hospital in Jacksonville, Fla., with a family practice residency training program. I was able to refresh my clinical skills as a nurse practitioner by teaching residents about geriatrics and by making home visits.

My naval career has taken me to a family practice clinic in Naples, Italy, where I served military personnel assigned to NATO forces; to Qauntico, Va., where I was stationed at a branch clinic serving Marines; and to Rota, Spain, in a naval hospital family practice clinic serving active duty personnel and families. I supported the fleet of ships that would stop in Spain while moving through the Mediterranean; and to the Naval Medical Center in Portsmouth Virginia where I served at the Family Practice Clinic at Oceana Naval Station.

One reason I joined the military was to provide humanitarian support, as well as to care for those in active duty and their families. Being stationed overseas opened my eyes to the world, its politics and its needs.

The Navy has been most supportive of the NP role and I am able to work autonomously as a licensed independent practitioner. Serving in the military where I teach and care for our military members and families is my second most proud accomplishment. My first is being a nurse.

My experience at Avondale Colorado Migrant Clinic and seeing their poverty guided me into a direction of humanitarian assistance as an NP. My first humanitarian experience in the Navy was the Haitian crisis – and the scale of suffering for those people was great. They fled Haiti for political reasons and because of the vast poverty. They presented with many diseases, including parasites, leprosy, anemia and malaria. I felt as an NP I could contribute to their care, so I volunteered for the military mission.

How did assisting with the humanitarian cause during the Haitian immigration crisis change you?

The experience with the refugees touched me a great deal. After the experience, I felt I had become a child of the world. Never again could I turn my eyes away from poverty and populations in need. My training as an NP prepared me well to care for the Haitian refugees. I even delivered a baby in a tent when the mother could not make it to the hospital in time!

When you’re not traveling with the Navy and working on behalf of humanitarian causes, what do you like to do?

Travel! My travels have taken me to Europe, Egypt, Israel and Russia. I drove through Italy in my little Plymouth Horizon hatchback – perfect for the winding hills towns of Italy. I’m so interested in history and architecture and have traveled extensively exploring all this world has to offer. I enjoy watching the day-to-day life of people from many cultures and feel that I have developed a great appreciation for different cultures and ways of living. Living in a foreign country is so different from vacationing. I was blessed to get to know people there and to be a part of their lives.

I have nine nieces and nephews, all living in Colorado. My father, sister and three brothers have been supportive throughout my career and my being long distances from home.

I had three dreams: To finish the BS nursing program in 1976; to become a Nurse Practitioner; and to serve my country in military service. I’d like to thank my parents for guiding me to my nursing and military careers – Thanks, Mom and Dad.
Katherine V. Ferguson (BS ’56), Anchorage, Alaska, reports that her travels of late are of a wandering type. She writes, “Since my husband developed congestive heart failure, we do not travel as much — only safe places.” They have an RV, and her husband likes to fish. She notes that although she is in retirement she has kept her RN license current and is always “ready for duty!”

Mary Haave (BS ’58), Denver, Colo., reports great news from the Class of 1958! The Class of 1958 is the first class in the history of the UCDHSC School of Nursing to endorse a nursing scholarship. She writes, “We recently reached over $25,000 for our SON Class of 1958 endowed scholarship. Currently, we are working with the CU Foundation on an endowment agreement, and will be developing criteria for the nursing scholarship.” If anyone from the Class of 1958 is interested in giving input on the endowment agreement or the scholarship criteria, please contact Mary Haave at 303-670-3061 or mmary312@yahoo.com. Mary encourages support of the scholarship through gifts made payable to the CU Foundation or a SON Class of 1958 Scholarship Fund at 4200 E. 9th Ave, A-680, Denver, Colo., 80262. Individuals can also contribute to the scholarship in your will, estate plan, or a memorial to Class of 1958 classmates who are deceased. Marilyn Shahan (Shady), Mary Alice Evans McIntyre, and Karen Swanson Aarambel.

Ardis Miller (BS ’56), Denver, Colo., writes to tell us that she is currently enjoying gardening, traveling to Central and South America, Turkey, Nepal, Morocco, Canada, and Japan (the U.S.), and choral singing. She is also a board member for the Ecumenical Refugee Services.

Mary Jo Barnhart Powell (BS ’57), El Cerrito, Calif., writes to report that she is still working occasionally as a home health care management. She travels frequently since she has two children and two grandchildren live in Switzerland. She says “I have an excuse for frequent trips to Europe!”

Regina Brennan (BS ’75), Amelia Island, Fla., sends her regrets for not being able to attend the Alumni Weekend reunion get together and noted that she is winding down her career on Amelia Island.

Denise (Ambel) Coppa, PhD (MS ’79), North Kingston, R.I., is currently the director of the family and geriatric nurse practitioner programs at the University of Rhode Island, where she received her doctorate in nursing.

Judy Malekiewicz (MS ’75, PhD ’91), Greeley, Colo., regrets not being able to attend the upcoming reunion and reports that she is retired after thirty years of teaching pediatric nursing at the University of Northern Colorado, Greeley. She has a summer residence in Mackay, Idaho and is very active in their historical society.

Karen Tlach (MS ’71), Bozeman, Mont., joined the faculty of the College of Nursing at Montana State University in 1971 and retired in 1997. At the time of her retirement she had been the campus director for 7 years and believes her psych nurse background served her well in the administrative arena. Her oldest son, born in Jan ’73 at Rose General, is a computer software engineer, married and living in the Chicago area. Younger son, born in Jan ’78 in Bozeman is now in his third year of medical school at CU and seriously considering child psychiatry as a residency choice. His wife will complete her School Psychologist program when he completes his M.D. Tlach writes, “I really smile when he tells me of rotating through a pediatric hospital and MD asks him if he is related to me, many of the M.D.s have been residents rotating through the UMC and ask if he knows me. His wife is a Psych Nurse Practitioner/CNS and lives in Atlanta with their child. Son, Woody, is a financial advisor and ‘Aggie’ like his father. He lives in College Station, Texas. She writes that after she left Texas Children’s Hospital she started the School Nurse Program at Baptist West. She is now retired and enjoying her country life.

Mary McMahon, MS ’84, Denver, Colo., reports that her husband Don live on a small ranch 90 miles between Houston and Austin, but only a few miles from Texas A&M for her ‘Aggie’ husband. Their daughter Kelly is a Psych Nurse Practitioner/CNS and lives in Atlanta with her husband. McMahon lives in Parker with her husband, Ryan Butner. Her daughter Erin is a third-year student at CU and seriously considering child psychiatry as a residency choice. She was a marketing company in Sausalito. McMahon’s focus on the Board is on membership.

Rae Marie Pericharos (MS ’97), APRN-C, MSCN, Lakewood, Colo., was named Health Care Professional of the Year by the Colorado chapter of the National Multiple Sclerosis Society. She is an instructor and nurse practitioner in the UCDHSC School of Medicine and is also a rehabilitation and instructor at the University of Colorado Multiple Sclerosis Center. Recently, the National Multiple Sclerosis Society honored her for her work with MS patients, her nurse practitioner teaching, and for the MS teaching clinic she holds twice a month at Denver Health Medical Center. The teaching clinic, which debuted four years ago, is supported by the Colorado chapter of the National Multiple Sclerosis Society.

Erin (Haywood) Nell (ND ’99), Stambolt Springs, Colo., writes “I’m married to my gorgeous husband and have two little girls (Ruby and Madalyn). I am working and living in Steamboat and loving the mountain life!”

IN MEMORIAM
Margarethe Lorensen (MS ’73), St. Ornan and Copenhagen, Denmark, died October 31, 2005 with her family by her side. Professor Lorensen had a remarkable career, and was the first Danish nurse to become a PhD. She also became the first professor at the Institute of Nursing Informatics at University of Oslo and was a leading personality in nursing science not only in Scandinavia, but also on the European and international scene. As founder of Danish Society for Nursing Science, Danish Nurses Research Fund, past president of the Nordic Academy of Nursing Science, and the European Working Group in Nursing Research (WENR), the impact of her life’s work will be visible for many years.

Meet the SONAA Board of Directors...

The SONAA Board of Directors is the governing body of the School of Nursing Alumni Association and consists of elected officers who determine policy, goals and management objectives of the Alumni Association. The association strives to provide programs and services which stimulate interest in, build loyalty for, and increase support for the UCDHSC School of Nursing among its alumni and students.

In an effort to familiarize you with the association, we would like to introduce you to some of the members of the SONAA Board of Directors.

Lieutenant Angela Dougherty, CCRN, CRFN, CEN, MS student representative, Denver, Colo., is a Colorado native and a U.S. Navy Nurse currently in the Masters of Science Program as a Clinical Nurse Specialist in Critical Care. Maintaining national certifications as a critical care nurse, flight nurse and emergency nurse is a reflection of her dedication to caring for critical patients from womb to tomb around the world. One of Lieutenant Dougherty’s great joys in nursing comes from teaching tomorrow’s healthcare providers and leaders. She relaxes by hiking in the mountains and SCUBA diving. After graduation in May she will be shipped off to the U.S. Naval Hospital, Guam.

Carol A. Brautigam, RN, MS ’71, secretary/treasurer, Aurora, Colo., received her BSN from St. Olaf College before attending the UCDHSC School of Nursing. She served in the Navy Nurse Corps for three years during Vietnam aboard the 450 bed hospital ship U.S.S. Sanctuary. Over half of her forty years in nursing have been dedicated to formal education or staff development. Brautigam currently serves as clinical faculty for Kaiser Permanente in Englewood, Colo, where she is responsible for student placement, some classroom teaching and clinical responsibilities.

She has been a member of the SONAA Board of Directors for five years.

Eve L. Hoygaard (MS ’89, WHNP ’96), member, Aurora, Colo., is a women’s health nurse practitioner for Jefferson County Department of Health & Environment. Her prior experiences include being a nurse manager (Gyn Oncology/Breast Center), education coordinator, and staff nurse (L&D, ICU and Peds). She serves as the president of the Colorado Nurses Association and is a member of the Colorado Nurses Foundation Board. Her husband of 37 years, Bill, is a retired airline pilot and they both enjoy travel as well as camping and hiking. Hoygaard is interested in increasing the number of active members of the Alumni Association as a step toward increasing Alumni funded scholarships for our School of Nursing. She is especially interested in encouraging nurses to be more politically active. She is the newsletter coordinator for the Alumni Association section of the School of Nursing Newsletter.

Patricia A. Lambert, RN, BS ’56, member, Denver, Colo., a native of Michigan, got married, raised three boys and has been active doing volunteer work for scholarships for student nurses since she graduated from the School of Nursing with her nursing degree. She now has five grandchildren and children of Colorado as her home.

Mary McMahon, MS ’84, member, Parker, Colo., graduated from the School of Nursing with a masters degree in Community Health Nursing. She is currently the director of Perinatal Services at Memorial Hospital in Colorado Springs and is the chapter coordinator for the Denver Metro Area Chapter of the Association of Women’s Health, Obstetrics and Neonatal Nurses (AWHONN). McMahon lives in Parker with her husband, Ryan Butner. Her daughter Erin is a third-year student at CU-Boulder and will be studying in Spain next semester, while son Matt graduated from the University of San Francisco in 2004 and is currently working as a director for a marketing company in Sausalito. McMahon’s focus on the Board is on membership.

Elizabeth Pace, MSN, RN, CEN, honorary member, Denver, Colo., has been a member of the School of Nursing Alumni Association board of directors since 2003. While not a CU graduate, she was selected to receive the Honorary Alma Mater Award of the Year by the Board of Directors...
Nurses can make a difference by making their voices heard

By Eve Hoygaard, (MS '89)

Nurses have potential political power and influence within the health care arena. This has not been utilized by many nurses. The American Nurses Association (ANA) has long been identified as a major "voice" for nurses and remains so. ANA President Barbara Blakeney continues to be ranked as one of the most powerful women in health care. She speaks for the profession and encourages other nurses to make their opinions known.

In November 2005, the ANA "Lobby Day" provided state nurses association presidents and executive directors with an opportunity to meet with their senators and representatives to discuss a variety of nursing health care topics. In my capacity as current president of the Colorado Nurses Association (CNA), I participated in the Lobby Day, meeting with Senator Ken Salazar and his staff and the staff from the offices of Senator Wayne Allard, Representative Mark Udall and Representative John Salazar.

I was able to share material developed by ANA with each of the legislative offices and also utilized the opportunity to discuss the education and roles of Advanced Practice Nurses (APNs). Legislation concerning Medicaid reimbursement for APNs is anticipated to be addressed during early 2006.

I wanted to share this brief report on my visit to D.C. with you, fellow School of Nursing alumni, to encourage you to contact your elected officials and share your thoughts as a nurse with them. It takes just a few minutes of your time and has the potential to make a huge impact.

You have several options for contacting your legislators, locally or at the federal level. E-mail is relatively easy and quick. Letters to federal offices may take weeks to pass through the current screening for " Anthrax," etc., but can still be powerful means of communicating your thoughts about legislation.

Make phone calls or send faxes supporting, for example, the funding of nursing education programs or other health care related issues. If you have a nurse legislator, make contact with her/him to find out their position on such topics. Find out what potential legislation is planned at the state level that may impact your practice. Attend a state Board of Nursing meeting to see what is being discussed.

You can make a difference. The joint response to emails/faxes/phone calls from a large number of nurses will be noticed!

The HSC Office of Alumni Relations is happy to announce the addition of a new online service to alumni of the University of Colorado at Denver and Health Sciences Center campus! Your Alumni Network is a FREE online community and alumni directory where you can search for friends, make new connections, learn about upcoming events and post Class Notes simply by logging into our easy-to-use online interface on the HSC Alumni website.

Accessing Your Alumni Network could not be easier! Simply follow these 4 steps:

1. Locate your Alumni ID #. Your unique Alumni ID # can be found printed just above your name and address on this newsletter! Or, simply call the Office of Alumni Relations at 877-HSC-ALUM (472-2586) or send us an e-mail at alumni@uchsc.edu to request your number.

2. Go to the HSC Office of Alumni Relations website at www.uchsc.edu/alumni and click on "Your Alumni Network" on the left navigation bar. You will be directed to a welcome page.

3. Scroll to the bottom of the welcome page and click on "Register Now." You will prompted to enter your name and class year, and will be presented with a list of possible matches. Click on your name.

4. You will be prompted to enter security information or ID Number. Enter your Alumni ID #. The system will guide you through the remainder of the process where you can create your unique user ID and password, obtain your personal information and begin exploring Your Alumni Network.

As a registered member of Your Alumni Network, you will have access to the full online directory. The directory is a great resource for personal and professional networking and an easy way to keep up-to-date on fellow alumni. In addition, the Class Notes section allows you to post personal and professional updates and read about what your friends and classmates are doing.

To ensure your privacy, you must register yourself for this community, and you may display as much or as little information as you wish other alumni to see. All registrants are verified as a legitimate user by the Office of Alumni Relations before they have access to Your Alumni Network.

We hope you will take full advantage of this new and exciting service to stay connected with one another and CU! If you have questions or would like more information about Your Alumni Network, please contact Anthony Kapp or Wende Reoch in the Office of Alumni Relations at 877-HSC-ALUM or alumni@uchsc.edu.

SONAA Board Members

Continued from page 8

in 2001. While on the board, she has worked on strategic planning and membership activities. She is also the CEO of Peer Assistance Services, Inc.

Sura Clare Sandekian, MS '69, past president, Denver, Colo., graduated with a master’s degree from the School of Nursing in 1969 with a major in Psychiatric-Mental Health Nursing and a minor in Business. She served as the associate director of nursing at the Colorado Psychiatric Hospital and at the University Hospital and was a clinical faculty member for many years. Her career has spanned over 50 years in nursing, primarily in administration, psychiatric and addictions. She retired from the Army Reserve after 28 years of service, with many tours as chief nurse of the 550th Med. Hospital at Fitzsimons Army Medical Center. Although retired, she serves on the following boards in addition to the SONAA Board of Directors: Peer Assistance Services (past president, treasurer), Friends of Nursing (current treasurer, liaison to UCDHSC School of Nursing Scholarship Committee), and the Regional AIDS Interfaith Network (past president). Her primary hobbies are her four grandchildren, traveling with her husband Pat, and reading historical novels.

Martha H. Stoner, BS '66, MS '67 PhD '83, member, Denver Colo., is a new member of the board and will bring her student, alumni, and faculty perspective to her service to the Alumni Association. An associate professor emeritus of the UCDHSC School of Nursing, Dr. Stoner was a longtime member of the faculty where she coordinated the Nurse Practitioner Program in Continuing Education and later taught research and community health across academic programs. She also held a joint appointment with University Hospital where she served as associate director for research. Her prior experience includes developing and coordinating the Home Dialysis Training Program at University Hospital, and while in that position, co-authoring a classic resource book: A review of hemodialysis for nurses and technicians. The 8th edition of the book was published recently. Dr. Stoner served on the CNA Board of Directors for many years and more recently served on the Board of Directors of the Alpha Kappa Chapter at Large of STTI where she developed and maintained the website. Her husband, Russell B. "Duke" Stoner is a professor emeritus from Metropolitan State College of Denver where he taught technical writing.

The School of Nursing Alumni Association Board of Directors is a great way to contribute to the health and well being of your alma mater and make a difference. The board consists of a president, president-elect, secretary-treasurer, and chairs of standing committees (Awards, Fundraising, Membership, Nursing Archives and History Centre, Policy & Procedure Bylaws, Publicity/Publication, Reunion, and Student Visibility/Activities).

If you are interested in learning more about the Board of Directors or would like to get involved, please contact the Office of Alumni Relations at 303-315-8832 or alumni@uchsc.edu.
Since 1999, Bernadou "Bernie" Johnson, an IT professional at the SON, provided a range of technical services supporting the school's Web site and online education program. In November 2005, he transferred from the SON to the CU Denver campus to be a Web application developer in the office of Academic Technology and Extended Learning.

When Johnson came on board at the SON, there was little in the way of an information technology (IT) infrastructure to support the online education program. By working closely with Drew M irque, IT professional; Leann Fields, MA, senior instructor; and Diane Skiba, PhD, FAAN, professor, Johnson provided an IT foundation that supported the implementation of many projects along the way. "It was a supportive and innovative environment that I truly enjoyed," said Johnson. "Due to the wide ranging types of requests we received for technical assistance and development, I had an opportunity to work directly with just about everyone at the SON. The SON is home to some great people — who I already miss."

Dr. Margaret Topf retires

Margaret Topf, PhD, professor, advanced practice psychiatric nurse and psychologist, retired from the University of Colorado at Denver and Health Sciences Center on Dec. 31, 2005. During her career, she primarily taught psychiatric nursing and nursing research. She chaired a career total of 42 student master's degree thesis committees.

Dr. Topf was the sole or first author of the majority of her 40 publications. She made 30 presentations of her work at professional meetings. She is most known for her research on environmental hazards in hospitals emphasizing noise pollution; theory development in this area; and research methodology articles. Because noise pollution is far reaching, her publications on this have been widely cited in literature outside of nursing and psychology. Recently, she expanded her interests to other types of hospital pollution and to overconsumption in this setting. As professor emerita, she plans to continue her scholarship on environmental sustainability.

Dr. Topf's professional service includes being a longstanding manuscript reviewer for research journals such as Research in Nursing & Health, Heart & Lung, the Journal of Environmental Psychology, and Environment & Behavior. She was an elected national officer in the American Psychological Association from 1999 to 2002.

As chair of the University of Colorado Faculty Senate Privilege and Tenure Committee (P&T), Dr. Topf reported directly to faculty members, their chancellors, and the CU president, as appropriate, on committee member panel investigation and personnel hearing recommendations. She coordinated these proceedings addressing, but not limited to, perceived due process errors in campus level reviews for tenure or promotion and the merit of contemplated dismissals for cause. Dr. Topf was elected P&T chair in 2000 and reelected annually through June 2005.

In 2003, Dr. Topf was recognized as an outstanding contributor to the 2002 revised regent-approved University of Colorado Faculty Senate Constitution and the bylaws of the Faculty Senate of the University of Colorado. As P&T chair, she implemented new grievance and dismissal for cause investigation procedures detailed in the above documents. These aimed to improve the objectivity, due process, early resolution, risk management, and independence of P&T inquiries. She also implemented new regent-approved committee resources such as an outside lawyer to advise committee members on legal matters and experienced faculty member mediators for conflict resolution at the earliest stage of the grievance process.

Dr. Topf previously was a faculty member at UCLA from 1980 to 1990 and California State University from 1973 to 1980. She began her UC Denver School of Nursing appointment in the fall of 1990.
SON hosts multiple international visitors

Tomoko Katagiri, MS, instructor in the Department of Nursing at Yamagata Prefectural University of Health Sciences, Yamagata, Japan arrived at the School of Nursing in January for a two-month study visit. Katagiri is no stranger to the SON, first visiting in 1999 when she accompanied the president of her school, Masahiko Hiroi, MD, PhD, for a formal signing ceremony that established a five-year educational exchange program with the SON. Dean Patricia Moritz, PhD, FAAN, was pleased to welcome President Hiroi again last fall for an official signing ceremony to renew the agreement.

In 2005-06, the SON has enjoyed visits by students and faculty from Japanese Red Cross College of Nursing, Tokyo; Shinshu University in Nagano; St. Luke’s College of Nursing, Tokyo; Shimane University; Tokyo University; Tokyo Healthcare University; and Yamagata University.

Yamagata nursing student, Miyuki Saito, commented: “I’ve been interested in...similarities and differences between America and Japan through the lectures and hospital visits...and even though our countries are different, the feelings are the same...we all think about patients affectionately and always aim for better nursing.”

Dean Moritz and Kathy Magilvy, PhD, FAAN, professor and assistant dean for graduate programs, visited Japan in the fall, giving invited presentations at a conference and renewing educational exchange agreements with Japanese Red Cross College of Nursing, Tokyo Medical and Dental University, and Yamagata University.

In 2005-06, the school also hosted 18 nursing faculty from Thailand who were selected to visit in a competition held by the Thai Ministry of Health. During their stay, they completed two intersession courses, attended faculty presentations and a research conference, and were special guests at the School’s graduation ceremony. After returning to Thailand, they were honored to be chosen from other faculty groups to give a presentation about their visit to the SON.

The School hosted Jintana Yunibhand, PhD, former dean of nursing at Chulalongkorn University, Bangkok, with whom the SON has an educational exchange. She met with Dean Moritz and visited four of her PhD students who are research scholars at the SON this year. In addition, Vannapa Prathumtone, PhD, from Thailand, is currently a SON postdoctoral fellow enjoying her exposure to a U.S. nursing school and adding to the multi-cultural climate of the school.

SON students, faculty, and staff have learned much about different cultures and multi-cultural health needs, and are looking forward to continued educational exchanges.
Advancing the leading edge: Nursing education research

By Dr. Robin Pedowitz
Contributing writer

Recently, during a break in their busy schedules, two nurse educators at the UC Davis School of Nursing, Gail Armstrong, N.D., assistant professor, and Gayle Preheim, EdD, associate professor and director of the BS Program, took time to discuss their evaluation of creative teaching and learning techniques — and it was obvious they both get great satisfaction from their work.

Their research proposal, Integrating the Scholarship of Teaching and Learning with Evidence-based Education through Use of Patient Simulation in Baccalaureate Nursing Education, was chosen as one of six pilot research projects by the steering committee of the President’s Teaching Scholars Program, a teaching and learning collaborative at CU. They are investigating the impact of a cut-ting edge technology — patient simulators — as an educational tool. Potentially, this research could have wide-ranging implications in education for health care disciplines.

They are also looking to the study to provide initial, standardized, evidence-based outcomes contributing to new models of preparing nurses for the realities of practice.

“Simulation is a nice way to bridge the acuity gap, moving from classroom to bedside with requisite practical and ‘critical thinking’ skills,” said Dr. Armstrong. “Given changes in the complexity of the health care environment, including shorter lengths of stay, increased fragmentation of care, temporary staffing and a wider variety of interventions; expectations for students on clinical rotations have also changed.”

Drs. Armstrong and Preheim are enthusiastic about their research and its possibilities for nursing education. They believe that patient simulation is a tool that can provide immediate learner feedback. They also believe it can help students integrate assessment data, develop competencies and reflect on their decisions in a safe environment, under the supervision of an instructor and outside of the acute clinical setting. “Real time,” in the hospital, can then be used to further refine these skills.

Patient simulation is being phased into the curriculum this spring, in the medical-surgical and pediatric nursing courses. Laerdal Medical, a company specializing in life-saving, educational products, developed the Laerdal SimMan, SimWoman, SimChild and SimBaby patient simulators.

A key part of the simulation-learning environment is the flexibility of this tool. Scenarios can be preprogrammed or made up spontaneously. Interaction with instructors can take place in the “here and now,” or be recorded for review and reflection at a later time.

Amy Barton, PhD, associate professor and associate dean for clinical affairs, describes the simulators as particularly useful for beginning students, as they are far less threatening for initial exposure than a real patient care environment.

“The simulators are phenomenal, and really allow students to practice critical-thinking skills in a safe environment,” said Dr. Barton, who provides administrative oversight for the simulation-laboratory program.

“Resusci Anne,” the CPR teaching mannequin developed in the 1960s, is the prototype for these sophisticated, more lifelike machines, explained Timothy Martinez, simulation-laboratory coordinator. But these “mannequin-patients,” with operationally-functional parts, “talk” through an embedded microphone, and even have the capacity for the insertion and withdrawal of bodily fluids. Air compressors, computer hook-up and software can also reproduce bowel, heart and breathing sounds.

“A broad range of assessments and emergency interventions can be practiced, including taking a pulse, auscultation of the lungs and heart, urinary catheterization, chest tube insertion, cricothyrotomy, insertion of intravenous catheters, and blood draws,” said Martinez.

Hurricane Katrina
Continued from page 4

The hurricane evacuation brought into sharp focus how much pets mean to people and how difficult it was for them to take actions to save their own lives knowing they had to abandon their animals. During the evacuation, people were prohibited from taking pets with them because of limited space on the transports.

Dr. Marsh met a woman who was forced to leave behind her beloved dog, but did the best she could to provide for him.

Five long weeks later, the woman was allowed to go back and retrieve what she could from her home. As she walked toward her house, the woman saw there was nothing left. Down the street from where her home used to be, she saw a big dog sitting on the corner. The dog was too far away for her to be sure, but the woman called the dog’s name.

Hearing her voice, the dog came bounding up the street, knocked her down and covered her in slobbery joyful kisses. The woman told Dr. Marsh she’d never smelled anything that reeked as bad as her dog did that day, but what did that matter? She bundled him into the car and together they went back to Tensas Parish.

“The woman was absolutely torn apart because she was sure she’d never see her dog again,” said Dr. Marsh. “That was perhaps one of the most devastating challenges for those people to endure, having to leave their pets behind.”

The day before Dr. Marsh returned to Colorado was her birthday. She had been working in a makeshift clinic in a small town with the ironic name of Waterproof, La. When word got out that it was her birthday, four little girls, from five to seven years old, sang happy birthday to her, and she was invited to a church supper. People with little left to share were nevertheless happy to help celebrate a stranger’s birthday and in the process to celebrate life.

Although far from home on her birthday, Dr. Gene Marsh has four young-sters helping her celebrate.
The Center for Midwifery offers women birthing choices

At one of the most remarkable times of her life, a pregnant woman wants to have some control in how to make her childbirth experience special.

Certified nurse midwives at the University of Colorado Hospital’s new Center for Midwifery couldn’t agree more.

Since opening in fall 2004, the Center for Midwifery on the Fitzsimons campus has delivered more than 170 babies. The center is a private practice with two certified nurse midwives (CNM), whose range of practice includes pregnancy care and delivery, family planning, well-woman exams, gynecological care and care through the menopausal transition. (The menopausal transition can continue for about seven years after the final period.)

“It is important for women to know they do have birth choices,” says Erica Schwartz, MSN, CNM, service director of the center. “A midwifery birth is so much different because it does not feel like a medical process. It feels like a natural process of life. Women want to be part of the birthing process; they want options; they do not want to be treated like they are ill.”

Certified nurse midwives are registered nurses who have graduated from an advanced program accredited by the American College of Nurse Midwives, and have passed a national certification exam. For centuries, women have sought advice and assistance from midwives. CNMs continue this time-honored tradition as skilled health professionals, utilizing modern medical knowledge and technology.

CNMs work with their patients to educate, encourage and empower them to make choices that enhance their pregnancy and childbirth experiences. In a return to a traditional, less-invasive way of giving birth, the midwives allow the labor to develop without intervention, unless it’s called for. That does not mean however, that a laboring woman can’t receive pain medication when she uses a midwife.

The Midwifery Center’s two full-time certified nurse midwives, Anne Mariella, PhD, MPH, CNM, and Jessica Sumwalt, MSN, CNM, stress that the relationship with their patients is a partnership in care. They strive to be a one-stop resource for a woman’s reproductive needs throughout the many changes in her life. First and foremost they take the time to listen, and then practitioner and patient together develop an individual health plan.

Dr. Mariella, assistant professor, is also a certified menopause practitioner. Prior to joining the Center for Midwifery, she taught at Pacific Lutheran University in Tacoma, Wash., and has conducted extensive research on menopausal transition for more than 15 years.

“You as the patient bring the expertise of your health and your life to the partnership and I bring the professional expertise,” said Dr. Mariella. “I respect you enough to listen to your story and then we negotiate together to come up with a plan for what’s best for you.”

“Our philosophy is one of a holistic, family-centered, natural process of birth. We’re willing to support a completely patient-centered birth, because we believe every woman has the right to a safe and satisfying childbearing experience,” she said.

The Center for Midwifery’s deliveries take place in the new 10-bed birth center, located in the University of Colorado Hospital’s Anschutz Inpatient Pavilion at Fitzsimons. The private rooms each feature soothing colors with a flat screen television, a DVD/VCR player and a sofa sleeper for partners.

In a midwifery delivery, women may change positions to get comfortable. They might use squatting bars, position themselves on their hands and knees, or labor in the whirlpool bath. Partners are encouraged to be involved.

Jessica Sumwalt came to Colorado from Milwaukee, Wis., where she had been a practicing midwife in a private practice. She wholeheartedly embraces the midwifery concept.

“I felt like sometimes women were being cheated out of their desired childbirth experience,” said Sumwalt. “We’re not physicians and we have a different philosophy. A certified nurse midwife is a combination of midwifery and technology—we’re the best of both worlds.”

### Palliative Care

Continued from page 3

Palliative care is being offered at the Anschutz Medical Campus, just as it is at the School of Nursing.

Bronwyn Long, DNP/MS student; Dr. Paula Nelson-Marten; and Sean Reed, PhD student.

Doing just that during the past thirty years. She describes herself as “an advanced practice cancer nurse,” who has always dealt with survivorship; with symptom management and quality of life issues. Dr. Nelson-Marten has received grants for research and development of palliative care education curriculums, and served as the 2000-2003 Oncology Nursing Society designee for the End-of-Life Nursing Education Consortium.

The Palliative Care curriculum that is taught through the Professional Development Program of the School of Nursing is a certificate program for graduate study. To date, more than 25 nurses have taken one or both of the certificate courses in palliative care. Their “change projects,” encouraging the implementation of palliative interventions, are now underway at many institutions. Palliative care became a focus for study in the Clinical Nurse Specialist option of the SON master’s program in fall 2004.

Dr. Nelson-Marten noted that her current project “Promoting Palliative Care through Research, Education and Practice,” is seeking additional funding. She would like to be able to continue bringing the program to nurses in acute and long-term care facilities.

“A lot of people think of palliative care as being for the imminently dying and this is not accurate,” said Dr. Nelson-Marten. She emphasizes that palliative care is supportive care with comprehensive symptom management to promote quality of life for individuals living with a chronic, life-threatening or terminal illness. Good palliative care requires an interdisciplinary team approach, given the gamut of health, spiritual, ethical, legal, and therapeutic issues that can arise for the patient and family.

Two School of Nursing students seeking advanced nursing degrees, Sean Reed, in the BS to PhD program, and Bronwyn Long, pursuing the new Doctor of Nursing Practice degree, are focusing on palliative care as a major area of concentration.

Reed is particularly interested in depressive disorders in the palliative care setting. He has narrowed down some screening tools to help with this assessment, and hopes to find a team or unit that will be interested in implementing this kind of screening. He believes that depression is seriously under-diagnosed in the palliative care setting.

Long, like Mordecai, has had some difficult personal experiences with a dying relative. She wants to make it better for others and wants to work on a team. She hopes to be able to help others “navigate with grace” the many difficult decisions that affect an individual’s quality of life at the ebb of their days.
SON awards
2005-06 scholarships

The School of Nursing is pleased to announce the awarding of $113,500 in student scholarships for the 2005-06 year. The scholarships are being awarded for merit, financial need, and diversity, from a variety of sources including gifts and financial aid designated for diversity. Fifty-six students were awarded scholarships ranging from $1,000-2,000, including:

- Harry Albert Scholarship - Alison Bricker, Roger Dockum, Sondra Kahler, Dari Martinez, Lesley Moak, Kirtley Nakarado, Heather Nowlin, Jill Ridley, Brandle Uhrin, and Carol Wiley.
- Dorothy Beck Scholarship - Angela Guidry and Sean Reed.
- R & R Callaway Scholarship - Holly Castle and Ibeth Prather.
- Pearl Coulter Scholarship - Suzette Reuschel.
- Diversity Scholarship - David Aremu, Maria Diaz, Nancy Fiator, Ruth Garcia, Andrew Jacobi, Zjia Manzanares, Lisa Nguyen, Thuy Nguyen, Serah O'neal, Alexandra Pazcox, Hannah Sandy, Ngoc Nguyen, Serah Onyeali, Alexandra Paz-Cox, Hannah Sandy, Ngoc
- J. Rutherford Scholarship - Aline Schulte, Christina Steinmetz, Corinna Trujillo, and Monica Vargas.
- Loretta Ford Scholarship - Bianca Cortese and Lelani Swift.
- Rose McCay Scholarship - Misscha McCabe.
- Paralyzed Veterans of America Scholarship - Adalyn Prewett (see article, this page).
- J. Rutherford Scholarship - Alyssa Robb and Elizabeth Tucker.
- Scholarship Endowment - Mary Doran, Rebecca Jacobson, Joseph Keck, Jennifer Suta, and Cynthia Van Lingen.
- Carrie Stark Scholarship - Jessica Evers.
- Helen Fuld Scholarship Fund - The School of Nursing was awarded a second scholarship by the Helen Fuld Trust that funds annu-
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- Diversity Scholarship - David Aremu, Maria Diaz, Nancy Fiator, Ruth Garcia, Andrew Jacobi, Zjia Manzanares, Lisa Nguyen, Thuy Nguyen, Serah O'neal, Alexandra Pazcox, Hannah Sandy, Ngoc
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- Paralyzed Veterans of America Scholarship - Adalyn Prewett (see article, this page).
- J. Rutherford Scholarship - Alyssa Robb and Elizabeth Tucker.
- Scholarship Endowment - Mary Doran, Rebecca Jacobson, Joseph Keck, Jennifer Suta, and Cynthia Van Lingen.
- Carrie Stark Scholarship - Jessica Evers.
- Helen Fuld Scholarship Fund - The School of Nursing was awarded an endowment from the Helen Fuld Trust that funds annual scholarships for students pursuing B.S. degrees in Nursing. The following were awarded the Fuld Scholarships this year: Angela Augur, Kylie Carson, Nancy Chang, Joelle Frey, Stephanie Goehrig, Carrie Hoover, Marc Hoyle, Ian Kruger, Erica Manteuffel, Erica Nohava, Irene Ochoa, Stephanie Sugars-Morsett, and Elaina Urland.

The SON will hold a reception for scholarship awardees on March 31.

In addition, this spring SON students are receiving need-based scholarships in the amount of $65,533 from state funds; $3,000 from the Colorado Commission on Higher Education for Professional Development, non-degree students; $133,656 in traineeship funds for graduate level students, from the Division of Nursing, Health Resources and Services Administration, Department of Health and Human Services; $36,000 in a nurse-faculty loan program for PhD students, where graduates receive 15% per year in loan forgiveness if they work as a faculty member at a U.S. nursing school; and scholarships from organizations that support nursing in Colorado.

Paralyzed Veterans of America awards second scholarship

Paralyzed Veterans of America (PVA), Mountain States Chapter, awarded its second School of Nursing student scholarship at a reception Jan. 10. Master’s student Adalyn Prewett received a $1,000 scholarship.

“The Mountain States Chapter of PVA is proud to contribute to those individuals who, through a chosen vocation, enhance the lives of our members and the disabled community,” said Mark Shepherd, senior executive director of PVA.

“The CU has provided us an endowment vehicle that will help us ensure a better quality of life for all,” said Prewett.

Adalyn Prewett recently graduated magna cum laude from the school’s B.S. accelerated program and this spring entered the master’s program with a focus on children with disability and chronic illness. Fascinated by the nervous system since receiving an earlier master’s degree in anatomy from Colorado State University and dedicated to working with diverse and underserved populations, Prewett decided to focus her future studies and research on spinal cord injuries.

In the summer of 2003, Prewett attended the Special Olympic World Games in Dublin, Ireland, with her roommate. The motto for the games - “Share the Feeling” - summarized her experiences of working as a live-in aid for her roommate who has a lifelong disability.

“My analysis of the relationship between gifted athletes and their supporters underscored the importance of having a positive impact in the lives of those with whom I interact as well as striving toward my own personal goals,” said Prewett.

To make a gift to the School of Nursing, please contact:

Terry Biddinger, RN, BSN
Director of External Relations
CU-Health Sciences Center School of Nursing
303-315-0768 or terry.biddinger@uchsc.edu
Terry Biddinger joins SON

Terry Biddinger, RN, BSN, has joined the School of Nursing as director of external relations. Biddinger is no stranger to the School of Nursing, having been the chairman of the school’s centennial event featuring Mary Tyler Moore in 1998.

Most recently, Biddinger was a major gifts coordinator for the CU Foundation and the director of advancement for the School of Dentistry. She received her BSN from the University of Iowa and is a member of the Colorado Symphony Orchestra Board as well as the Institute of International Education.

She also is past president of the Denver Lyric Opera Guild and the Mental Health Association of Colorado. Biddinger was selected as 1998 Women of the Year by The Villager, a local newspaper that serves the Southeast Denver metropolitan area. She has chaired more than 30 major non-profit events in Denver and will be spearheading outreach and fundraising efforts for the School of Nursing.

Biddinger can be reached at the School at 303-315-0768 or at terry.biddinger@uchsc.edu.

Colorado Nurses Foundation awards seven scholarships

The Colorado Nurses Foundation (CNF) has awarded $31,000 in $1,000-2,000 scholarships to Colorado nursing students, including seven scholarships totaling $8,000 to students at the School of Nursing.

Awardees include:

- **BS students**:
  - Johnson & Johnson Nightingale Scholarship - Leslie Moak
  - Rose Medical Center Nightingale Scholarship - Brande Uhrin
  - Nightingale Scholarship - Diedre Bricker

- **MS students**:
  - Amy and Horace Hagedorn Fund, Nightingale Scholarship - Holly Vause
  - CNA Scholarship - Stacy Wall

- **DNP and ND students**:
  - CNF Nightingale Scholarship - Elizabeth Tucker
  - UCHSC School of Nursing Nightingale Scholarship - Stephanie Goehrig

CNF is committed to creating nursing excellence through the promotion of educational, scientific, and community-based projects, and has awarded 143 scholarships statewide, totaling $176,500 since 1999.

University of Colorado Hospital a magnet for nursing excellence

University of Colorado Hospital has been redesignated a magnet hospital for excellence in nursing services by the American Nurse Credentialing Center (ANCC). The prestigious designation is a benchmark that attracts high-quality nursing staff and enables consumers to identify hospitals with a proven level of nursing care excellence.

ANCC, the nation’s largest nursing credentialing organization, confers the status on only 3 percent of all U.S. hospitals. To gain magnet designation, a hospital must exhibit high job satisfaction and a low turnover rate among registered nurses, excellent nurse-to-patient ratios, and the highest patient care quality as assessed by its nursing staff.

“In the nursing world, magnet status is one of the highest achievements a hospital can attain,” said Colleen Goode, PhD, FAAN, University of Colorado Hospital vice president of patient services and chief nursing officer and adjoint associate professor and Associate Dean for Nursing Affairs at the School of Nursing. “This recognition is a significant acknowledgement of the caliber of nursing staff our hospital has on board and how that professionalism translates into premium patient care.”

2006 Nightingale Nursing Awards set

The 21st annual celebration of Nightingale Nursing Awards For Excellence in Human Caring

Saturday, May 6
The Renaissance Hotel
3801 Quebec, Denver, Colorado

For tickets contact:
Colorado Nurses Foundation
Corinne Koehler, Nightingale coordinator
7831 Lewis Court
Arvada, Colo., 80005
Phone/Fax: 303-758-4291

Sponsored by the Colorado Nurses Foundation
UCDHSC School of Nursing Professor JoAnn Congdon, PhD, FAAN, was selected in 2005 to receive the first Elisabeth H. Boeker Faculty Excellence in Research Award for her research contributing to the understanding of the health issues confronted by rural older adults and their families.

As part of the award, Dr. Congdon presented a lecture for the Elisabeth H. Boeker Distinguished Lectureship on the culmination of her research titled Aging, Rurality and Health Care: Themes and Images from a Program of Gerontological Nursing Research. The lecture was held Dec. 1 in the School of Nursing auditorium.

Dr. Congdon, chair of the Health Outcomes, Populations and Environments Division at the school, began her research on the health care needs of rural older adults in 1989. She gave an overview of the eight grants her research team has garnered and what type of knowledge the grants generated. The long term goal of the grants was to develop a nursing knowledge base about the health care needs of rural older adults, their families and providers, which would lead to nursing intervention models to improve access and quality of health care.

“When I started this work, there wasn’t much attention focused on rural older adults,” said Dr. Congdon, “and I became interested in how nursing could facilitate access to care and delivery of health care services. I worked with a great team of researchers who made the studies possible.”

In her latest grant, Dr. Congdon and her team developed a guide for consumers to use when choosing a nursing home. They are currently evaluating the tool clinically and plan to distribute it to consumers.

The process of choosing a quality nursing home requires that consumers have access to useful and appropriate information about nursing home quality. The three-part guide steers consumers through the process with screening questions to narrow their list of choices, shows them where to find information in the public domain about specific nursing homes, and provides a check list to take along when touring potential nursing homes.

“We developed a knowledge base and added to it about the health care needs of rural older adults and their families,” said Dr. Congdon. “It was not a solo effort and the results are much richer using a team.”

The Elizabeth H. Boeker Faculty Excellence in Research Award is awarded to a faculty member to promote and reward excellence in faculty research at the school and to support further development of the recipient’s research program. Selection criteria included national recognition for significant, substantive contributions to knowledge development in a focused area relevant to the nursing discipline, a sustained record of peer-reviewed publications and presentations, and influence on the work of other scholars.