

FPB

Nursing

A Publication of The Frances Payne Bolton School of Nursing

SPRING 2009



SERVICE LEARNING

TAKES UNDERGRADUATES
INTO THE COMMUNITY
FROM THE START



CASE WESTERN RESERVE
UNIVERSITY

FRANCES PAYNE BOLTON SCHOOL OF NURSING

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By Deanna Bottar

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DEAN'S MESSAGE

Dean May Wykle, PhD,
MSN '69, BSN '62, RN, FAAN



Dear Friends,

I never imagined I'd find myself writing about the economy in a message introducing an issue of our alumni magazine, but these are not ordinary times. Indeed, the economic downturn is hitting everyone pretty hard, and I want to take a moment to reflect on how the downturn may affect us as nurses, both professionally and personally.

The country's economic woes, from job losses to foreclosure, pay freezes to furloughs, will certainly increase the incidence of anxiety and depression in all of our patients. Nurses can play a major role in caring for the mental health and emotional well-being of our patients. I'm not just speaking of mental health nurses, whose special role is examined in an article beginning on page 20. All nurses play an important role, from being a reassuring presence in the delivery room or hospital unit to serving as a knowledgeable primary care provider. We do not simply fend off disease; we promote wellness, including mental health.

These are tough times—and economic difficulties and insecurity increase stress and the risk for depression. Those of us who interact with patients on a daily basis, whether or not we are mental health care providers, need to be especially alert for the signs of stress and depression and to be assertive about making proactive referrals for support.

Not only does the economy mean more stress for patients, it means more stress for nurses as well. Nurses are experiencing the same financial pressures and the same threat of layoffs or reduced hours, along with increased pressure to see more patients per shift. With increased pressure, it is essential to take care of yourself. Take time to exercise. Prioritize getting a good night's sleep. Eat right. Don't forget every once in a while to do something just for yourself. Taking time for self-care will allow you to manage your stress better, so you can be there for all the people you care for—at work and at home—every day.

With optimism for a healthy and secure 2009,

A handwritten signature in black ink that reads "May L. Wykle". The signature is written in a cursive, flowing style.

Dean May L. Wykle



EXCHANGE PROGRAMS GIVE UNDERGRADUATES GLOBAL PERSPECTIVE ON HEALTH CARE

Five years ago FPB launched an exchange program with a university in Australia to allow undergraduate students an opportunity to learn about health, culture and community through immersion in another culture. With the success of that first exchange, the program has been expanded, and students can now participate in exchanges in Hong Kong, St. Thomas (Virgin Islands) and Taiwan. The benefits of such cultural exchanges are manifold. Just ask Cecelia Ratay, Kayla Tran and Anson McQuigg, seniors who spent eleven weeks in Hong Kong from September through November 2008, attending classes at Hong Kong University (HKU) and participating in clinical observations.

“The best way to learn another culture is to just pack your stuff, go to that country and see it firsthand,” said Mr. McQuigg, who plans to return to Hong Kong for a visit over spring break. “Seeing a completely different culture made me realize how to communicate better when there is a language barrier and understand what foreigners go through when they come to

the U.S. It was a good experience for me to see how it feels to be a minority.”

Ms. Ratay believes that the experience of negotiating cross-cultural communication will help participants become better nurses. “Nurses need to be great communicators and work with all kinds of people. Living for eleven weeks in Hong Kong, where English is not always spoken, helped me to fine-tune my communication skills and heightened my awareness of nonverbal communication,” explained Ms. Ratay, who participated in research on the incidence of respiratory illness related to air pollution and smoking. “I would tell future exchange students to be ready for an academic and cultural adventure. They will not necessarily be ‘pushed out’ of their comfort zones, but they will realize how large their comfort zones really are and how easy it is to connect with people from such a different cultural background.”

While the cultural aspects of these exchanges come to mind first for returning participants,

such exchanges extended their nursing knowledge as well.

“Working independently and away from the structured clinicals back at FPB, I have developed confidence in my nursing abilities,” said Ms. Tran, who took advantage of the opportunity to work in multiple departments of a community clinic while in Hong Kong.

A true exchange, the program sends students in both directions. The first exchange students to come to FPB were six students from Hong Kong in fall 2008. Nine more Hong Kong students are expected this spring, along with one from St. Thomas and three from Taiwan this spring and summer. The St. Thomas exchange occurs simultaneously, while the Hong Kong exchanges are consecutive. “It’s been a good program for our students,” said Marilyn Lotas, PhD, RN, associate dean for the undergraduate program and BSN program director. “Often students return saying they learned a great deal about themselves, more about themselves even than about others. I think that is true.



FPB exchange students enjoy a farewell lunch with HKU nursing students and exchange students from Sweden in Hong Kong.

Many of them comment that they've made friends for life. And we are beginning to identify some possible collaborations with faculty in our partner sites."

In a group e-mail sent to Dr. Lotas in May 2008 and signed simply "HKU Students," the first group from Hong Kong said, "We enjoyed the trip in the United States so much. Thank you very much for taking care of us in Cleveland. The time in Cleveland was really enjoyable and unforgettable. Hope to see you in the future."

Perhaps the most important long-term impact of student exchanges comes in the form of changes in those who participate, young people today who will become tomorrow's leaders. "I absolutely believe exchanges like this promote understanding between cultures and countries," said Ms. Ratay, who enjoyed the opportunity to get to know many people while living in the dorms at HKU. "The world has too much of a sense of 'us' and 'them' when it comes to diplomacy and relations between countries. I have come to understand from my eleven-week experience in Hong Kong that there is no 'them' anywhere in the world, only 'us.'"

—Tim Tibbitts



View from Victoria Peak of Central Hong Kong Island, Victoria Harbor, and Kowloon.

Sheila Burke Delineates Health Care Challenges at Annual Schlotfeldt Lecture



The fifth annual Rozella Schlotfeldt lecture was presented on October 27, 2008, by Sheila P. Burke, RN, MPA. Her lecture, entitled "The Future of Health Care: Impact of the Candidates' Positions" focused on current health care policy in America, how it came to be that way and what the future holds for health care. Ms. Burke examined both how the public views health care reform and how the major political parties differ in their views on health care. Ms. Burke discussed the affordability, accessibility and quality of health care, noting the need for health care reform, and pointing

out that "the public trusts nurses, and we can be the ones to lead efforts for health care reform."

Ms. Burke is a Faculty Research Fellow at the Malcolm Wiener Center for Social Policy and a member of the faculty at the John F. Kennedy School of Government at Harvard University. She is also a Distinguished Visitor at the O'Neill Institute for National and Global Health Law, Georgetown University Law Center, and a research professor at Georgetown University's Public Policy Institute.

This lecture was attended by all BSN students, in addition to alumni and members of the faculty and staff. The annual lectureship series is held in honor of the late Rozella May Schlotfeldt, FPB's Dean from 1960-1972.

To view a video recording of Ms. Burke's lecture, visit our website: <http://fpb.case.edu/News/lecture.shtm>.

—Deirdre Murphy, BSN Student



Going the Distance: Guatemala's Mission Reaches Those in Greatest Need



Alumni volunteers Jennifer Brubaker, left, and Alison Sturman, right, care for baby Helen, center, an infant who came to the clinic with bronchiolitis.

In October 2008, eight MSN students spent a week on a medical mission in San Raymundo, Guatemala, accompanied by two faculty preceptors and two alumni. The group provided medical care at a medical clinic in this rural village ten miles from the capital city.

Participating students included Cynthia Mason, James Novotny, Jennifer Tucker, Kandace Thomas, Kimberly Garcia, Lita Morris, Nathan Oxenford and Patricia Wolford. Jennifer Brubaker, MSN '08, who went on the mission trip in 2007 as a student, and Alison Sturman, MSN '08, joined the group as volunteers. FPB associate professor and MSN program director Carol Savrin, ND '01, and Margaret Bobonich, MSN '00, organized the trip and served as preceptors.

Front row: Margaret Bobonich, Jennifer Tucker, Carol Savrin, Kandace Thomas.

Back row: Patricia Wolford, Kimberly Garcia, Nathan Oxenford, Lita Morris, and James Novotny.



The program not only provided students with an opportunity to give nursing care to those in need, but it also offered an excellent educational experience. The volunteers provided a wide range of health care related services, from providing primary care and working in the OR for simple surgery cases, to staffing the pharmacy and on-site lab, making for a more comprehensive experience than is available in most clinical experiences.

Responsibilities did not end there. Given the rustic nature of the temporary clinic, volunteers found themselves answering the call to take out the trash, sweep floors and even fix a broken toilet.

“The greatest educational benefit was being forced to think critically and creatively about how to provide care in resource-scarce conditions,” said Nathan Oxenford, who is working toward dual certification as both a pediatric and a family nurse practitioner. “There was also a great deal of benefit gained from working side by side with other students and thinking through difficult situations together. I found collaborating with students from other disciplines to be the most intellectually stimulating experience, while the people and the food provided the richness of the cultural experience.”

For Jennifer Brubaker, now a PhD student at FPB, the opportunity to log clinical hours in an intensive way nudged her to do something she’d always wanted to do. “I had always been interested in a medical mission, but you find a million reasons why you can’t,” said Ms. Brubaker, who works part-time as a family nurse practitioner. “The opportunity to go on this mission as an MSN student gave me an extra push, because I could get clinical hours and go with a group of students I knew.”

Ms. Brubaker found the mission trip offered “a nice transition from book learning to a more independent clinical setting,” noting that preceptors made themselves available



Nathan Oxenford listens to the chest of a pediatric patient.

but encouraged autonomy. “As a bedside nurse, I have a very practical learning style,” she explained. “Reading in books is not as helpful as putting knowledge to use with patients.”

Because of the lack of access to regular medical care, people in San Raymundo often present with illnesses that have progressed much farther than those usually seen in the United States. “It can be heartbreaking,” noted Ms. Brubaker. “You see diseases that haven’t been treated. For example, you see people with full-blown skin cancers that would have been biopsied and safely removed in an area with greater resources. It really cements the book learning and helps you to understand the need for prevention.”

This year, thanks to a grant from the Cleveland-based Center for Community Partnerships, the FPB team was able to use new otoscopes in conducting check-ups and making diagnoses. “Our students see about 150 patients per day. Last year, all ten students shared three otoscopes” explained Carol Savran, who secured the grant. “Much time was wasted at the clinic waiting for an otoscope to become available, and then moving the otoscopes from room to room.”

The clinic was established by Texas-based Refuge International, and during the October trip, a small team of volunteer physicians from Refuge International was in country to coordinate efforts with local medical officials. Started in 2001 by Deborah Bell and Jennifer Hartsell, both nurse practitioners, Refuge International also operates clinics in Sarstun and Las Picayas, Guatemala. In addition, Refuge International makes trips to Chocoma, Guatemala, and Kisumu, Kenya. The San Raymundo clinic, which is now open year round, also plays host to medical volunteers from other universities at various times throughout the year.

—Tim Tibbitts



DECEMBER *Pinning*



EXCERPT FROM MEREDITH PEIFFER'S BSN ADDRESS



Tonight is the culminating event of years of hard work. On our first day as freshmen, we sat wide eyed and on the edge of our seats in our first lab session, dreaming of the things we would learn and the people we would encounter. Our instructors have guided our growth as people, students and nurses, introducing us to concepts we never knew existed and teaching us about nursing, from the basics of assessing a patient, taking vital signs and assigning a nursing diagnosis, to digging deeper into the practice of nursing and discovering the evidence that

supports every action we carry out.

Regardless of what the future holds for us or what our plans may be, there is one thing we should all keep in the front of our minds: the ampersand. It may sound strange that I say to keep the “and” symbol in your thoughts. But let me explain. The ampersand is not a period; it does not terminate a sentence. It is not a comma, a breath between two related phrases. It implies more, an addition, something else to come. It urges you to ask yourself, “What else can I do? What will help me be the best nurse that I can be, not only for myself, but for my patient?”

Whenever you think you have reached your peak, done enough, learned enough and become the best nurse you think you can be, ask yourself what more you can do. Where you think there should be a period, challenge yourself to insert the ampersand instead.

My fellow graduates, I encourage you to pursue your nursing careers with the passion and drive, motivation and fortitude that we had as new freshman, not only in order to serve your patients to the best of your ability, but also to do honor to the wonderful education we have received over these past four years. This education is the springboard for great things to come, and I look forward to hearing of the accomplishments that this class has to offer the world.

A participant in Air Force ROTC throughout college, Meredith Peiffer is to be commissioned as a Second Lieutenant in the United States Air Force and will be stationed as a nurse at Eglin Air Force Base in Florida.





Above (from left):
Janine Stage, Sue James,
"Outstanding Student
Award" recipient Stacie
Spears, and Ebony McNeal.

Left: T.V. Joseph Kollannur
with his wife and son.

Right: Rachel Auster Miller
with her family and her fiancé
Scott Johnston.

EXCERPT FROM BRYSON STAIR'S CERTIFICATE OF PROFESSIONAL NURSING ADDRESS



Because students in the graduate-entry program already have degrees, they can focus their time and energy strictly on nursing. The program is sixteen vigorous months in the classroom and clinicals, developing the skills necessary to become registered nurses. This is our story.

In the beginning, it was scary. There were thirty-nine of us. Three males and thirty-six females...that is a lot of estrogen! These thirty-nine unique individuals brought to the class a variety of backgrounds, stories, experiences and personalities that enriched our classroom and clinical discussions. In the beginning, we learned to talk to patients...and learned to give bed baths...to genderless manikins...then real patients; we gave immunizations to hot dogs, and by week 8, we were passing medications.

In the middle, we became very comfortable, with each other and with ourselves in the nursing role. We were also figuring out that we could be comfortable with our newly developed skills. We could assess patients head to toe, hang IV medications and chart progress notes with ease. We learned how to function on no sleep and how to write multiple papers in one weekend—and we got really good at recognizing when a dental student was at our classroom door trying to figure out if our classroom was the one he or she was supposed to be in.

In the end, we have grown to be outstanding professional nurses. We have countless stories of how we have affected patients' lives over the past sixteen months. We have experienced birth and death, mania and depression, joy and sorrow. And through it all, we have formed friendships that will last a lifetime.

To close, I want to quote from the movie *Hope Floats*: "Beginnings are scary, endings are usually sad, but it's what's in the middle that counts." So to my classmates, I want to thank you for sixteen amazing months.

Bryson Stair works in the Surgical ICU MetroHealth Medical Center. Having recently been selected as a Choose Ohio First nursing fellow, Mr. Stair plans to continue his nursing education at the graduate level and one day hopes to teach either in the classroom or in a clinical setting.





AMERICAN ACADEMY OF NURSING CONFERENCE ATTENDEES

Martha Swartz, BSN '77, 2008 AAN Fellow; Linda Q. Everett, MSN '85; Katherine Jones, FPB faculty member; Fran Hicks, MSN '64; Mara M. Baun, MSN '70; Ruby L. Wilson, MSN '59; Diana Lynn Morris, PhD '91, MSN '86, FPB faculty member; Carol Lockhart, BSN '65; Barbara L. Nichols, BSN '66; Mary Denise Moller, DNP '06, 2008 AAN Fellow; Carolyn J. Yocom, MSN '75; Elizabeth Ann Madigan, PhD '96, FPB faculty member; Lillie Cobbs, mentor to Dean May L. Wykle; Cynthia Cecilia Chernecky, PhD '91; Naeema Al-Gasseer, World Health Organization representative in Iraq; Mary E. Kerr, PhD '91; Dean May L. Wykle, Jeanne M. Novotny, FPB honorary alumna; Shirley Mason Moore, PhD '93, MSN '91, FPB faculty member; Mary Elizabeth Happ, MSN '88, 2008 AAN Fellow; Susan M. Schneider, PhD '98, 2008 AAN Fellow; Ruth Blatt Merkatz, MSN '77; Janice M. Riordan, AAN Breastfeeding Panel; Elizabeth Moore, AAN Breastfeeding Panel; B. Jeanette Lancaster, MSN '69; Rebecca M. Patton, MSN '98; Greer Lita Glazer, MSN '79, PhD '84; Gene Cranston Anderson, FPB emerita faculty member, 2008 AAN Living Legend, and her husband Richard Sowsl.

We Gather *Together*

The Frances Payne Bolton School of Nursing and Dean May L. Wykle were proud to recognize the five FPB honorees at the annual FPB alumni luncheon during the American Academy of Nursing Conference on November 7, 2008. Forty-two attendees gathered at the Westin Kierland Resort & Spa in Scottsdale, Arizona, to pay tribute to 2008 Living Legend Gene Cranston Anderson, FPB professor emerita, and to four new fellows inducted into the AAN that weekend: Mary Elizabeth Happ, MSN '88; Mary D. Moller, DNP '06; Susan Moller Schneider, PhD '98; and Martha Kirk Swartz, BSN '77.

DEAN'S ANNUAL THANKSGIVING DINNER

Dean May L. Wykle hosts a Thanksgiving dinner each year to recognize those donors who provide leadership support to the Frances Payne Bolton School of Nursing. 2007-2008 donors were honored at the Thanksgiving dinner held on November 16, 2008, at the Manor House at Squire Valleevue Farm in Hunting Valley, Ohio. Donors who contribute \$500 or more to FPB within an academic fiscal year (July 1 – June 30) are invited to this special annual event.



University President Barbara Snyder, center, enjoys visiting with supporters.



Dean May L. Wykle and Ida Danzey, DNP '08, at FPB reception.

DEAN MAY L. WYKLE NAMED EDUCATOR OF THE YEAR AT NATIONAL LEAGUE FOR NURSING EDUCATION SUMMIT

FPB hosted a reception for alumni at the National League for Nursing Education Summit in San Antonio, Texas, September 20, 2008, where Dean May L. Wykle later received the Nurse Educator of the Year Award.



Susan Prion, BSN '79; former dean and honorary alumna Joyce Fitzpatrick; Carrie Lenburg, MSN '60, BSN '58; Russell Swansburg, BSN '52.

Dancing Away Childhood Obesity— Not Just Research for Peg Heinzer

Before coming in to the office in the morning, FPB Associate Professor Marjorie “Peg” Heinzer, PhD ‘93, MSN ‘84, PNP-BC, CRNP, drives a half-hour out of her way to Mayfair Elementary School in East Cleveland. Her official reason for being there is that she is conducting research on the impact of exercise on childhood obesity. The real reason she’s there is the kids.



“I love it,” says Dr. Heinzer. “To see these children blossom and to know that they’re improving their health—it’s very gratifying.”

The study, “Dance Pad Exercise for a Healthy Weight in Childhood,” is funded by the Midwest Nursing Research Society. A group of twenty students at high risk for obesity do twenty minutes of video-game aided dance each morning. They watch a program and do steps on a mat that collects data on their steps. The study, which measures fitness changes, is driven by the question of whether, without changing diet, kids’ health can be positively impacted by adding exercise.

Dr. Heinzer took measurements on the experimental group in mid-December, and they revealed a reduction in waist circumference. Dr. Heinzer was pleased. “That change in waist circumference is telling me right away that their risk of coronary artery disease is going down.” Although the study was not designed to focus on the academic impact of exercise, she has qualitative evidence that school attendance is up and that participating students are more on task in school.

“I hope that these children have healthier lifestyles and they continue to exercise.”

“This program works because it’s fun,” said Dr. Heinzer, who has observed that although she neither expected nor emphasized skill improvement, students tend to compete with themselves to improve their accuracy each time they get on the dance mats.

Dr. Heinzer did not initially set out to study childhood obesity—much of her work has centered on resilience in children after a crisis, usually the death of a parent. But when she was asked to consider studying obesity, she rose to the challenge and has found a creative way to tackle this increasing problem. And her commitment to the students of Mayfair Elementary goes well beyond the scope of her study. She has helped to secure grant money to make before school dance available to all students who want to participate, and there are plans to add a nutrition component and even a gardening program at the school. “I hope that these children have healthier lifestyles and they continue to exercise,” Dr. Heinzer said. “Because they’ll feel better, they’ll work better in school, and they’ll have more success.”

—Tim Tibbitts



CAREER CONNECTIONS



Nursing Career Connections 2008 drew a full house to the first floor lounge.

Alumni, Students Make Connections at Annual Event

On November 18, 2008, the first floor lounge at FPB was bursting at the seams with students eager to receive advice and inspiration from alumni. The Nursing Career Connections event was a great success this year, as returning alumni urged students to seize opportunities and strive to become leaders in the field.

Event co-chairs **Kathleen Chohaney, MSN '00**, and **Margaret Bobonich, MSN '00**, welcomed undergraduates, graduates and alumni. Ms. Chohaney introduced the Alumni Association to students, stressing both the significance of alumni in recruitment and the importance of the Annual Fund for scholarships.

Mrs. Bobonich shared her own journey through FPB, declaring: “They can’t get rid of me around here!” She emphasized the importance of getting involved with alumni while in nursing school, advising students to make connections and begin networking now, in anticipation of securing a job. “FPB graduates are *leaders*—not just nurses,” said Mrs. Bobonich, sounding a theme that would be revisited throughout the evening. “If you dream it—it can happen. We blaze our own trails.”

Amy Goldman, assistant director of the CWRU Career Center, described the Alumni Career Network, through which students can be connected with alumni in almost any city in the United States and at many locations overseas. These contacts can help graduates land their dream jobs. Ms. Goldman also advised students to discover the benefits of networking, which she described as “just talking.” Her last piece of advice, however, was a mother’s nightmare—Ms. Goldman jokingly declared: “Now... you *are* allowed to talk to strangers!”

The first alumni presenter, **Lorrie Considine, BSN ’79**, advised students to look into careers in public health, which she called “the best kept secret.” “I wish I had known more about public health while I was working in the hospital,” said Mrs. Considine,

who worked in labor and delivery, postpartum, high risk pregnancy and women’s surgery units before taking a position with the Cuyahoga County Board of Health. Mrs. Considine, who is now the program manager for the Perinatal Hepatitis B Prevention Program and the Cuyahoga County Child Fatality Review Program, told attendees she loves her job because she is able to reach a broad spectrum of patients.

Students were interested to hear from **Pamela Hetrick, MSN ’03**, who has been working as a nurse midwife at MacDonald Hospital since March 2004. “I love being at the bedside with patients,” she stated. “As a nurse midwife, people have been so welcoming, inviting me into their family.” In order to get where they want and be this content, Ms. Hetrick advised students to “go back to school!” Ms. Hetrick knows from experience the value of continuing education, having first received her associate degree in nursing from Kent State University, then her BSN from the University of Phoenix and her MSN at FPB to become a certified nurse midwife.

FPB lecturer **Ron Hickman, Jr., PhD ’08, MSN ’06**, also encouraged students to go back to school and never to stop asking: “Is there a better way to do this?” Dr. Hickman, FPB Alumni Association Board treasurer and chairperson of the Alumni Research Awards Committee, said he frequently asks himself this very question, which is why he is always involved in research. Dr. Hickman is a clinical research scholar in the National Institute of Health’s Multidisciplinary Clinical Research Training Program and the 2008 Eleanor Lambertson Research Scholar from the American Nurses Foundation. He advocated networking, but he also advised students to develop close relationships with members of the FPB faculty, as he did.

John Albert Mathie, MSN ’95, ND ’82, shared his story of becoming a certified registered nurse anesthetist (CRNA). Dr. Mathie also talked about the value of continuing to pursue one’s education. He received his bachelor’s degree in zoology from the State University of New York at Oswego before going on to become a double graduate from FPB as a member of the very first ND class, in addition to finishing the MSN program in nurse anesthesia.

Presenter **Heather Schober, BSN ’96**, returned to the theme of becoming a leader. As a nurse in the Cleveland Clinic’s Pediatric Intensive Care Unit, Mrs. Schober was asked to be a charge

(Continued on page 35)



Counterclockwise from right: Alumni presenters Matthew Schnupp, Ron Hickman, Pamela Hetrick, and Lorrie Considine greet attendees at the Nursing Career Connections event.

SERVICE. LEARNING.

THEY'RE NEARLY IMPOSSIBLE TO SEPARATE IN
FPB'S UNDERGRADUATE CURRICULUM

by Deanna Bottar

BSN Student Jon Milan directs traffic at the Indoor Olympics, a Senior Capstone project designed to promote health and fitness.



Sometimes the best classroom for nursing students isn't a classroom at all.

FPB's undergraduate students from their first semester on campus find themselves off campus—in schools and programs that strengthen and develop their nursing skills while simultaneously providing valuable services to the community.

The idea is to take what once was reserved for a one-semester community health course and make it a core part of the curriculum, enriching the student experience with a broader view of the nurse's role in society.

FPB sophomore Paul Mutua credits his experience in a Cleveland elementary school with increasing his confidence in problem solving and making sound decisions, while simultaneously teaching him about the health problems of the community—all in FPB's back yard.

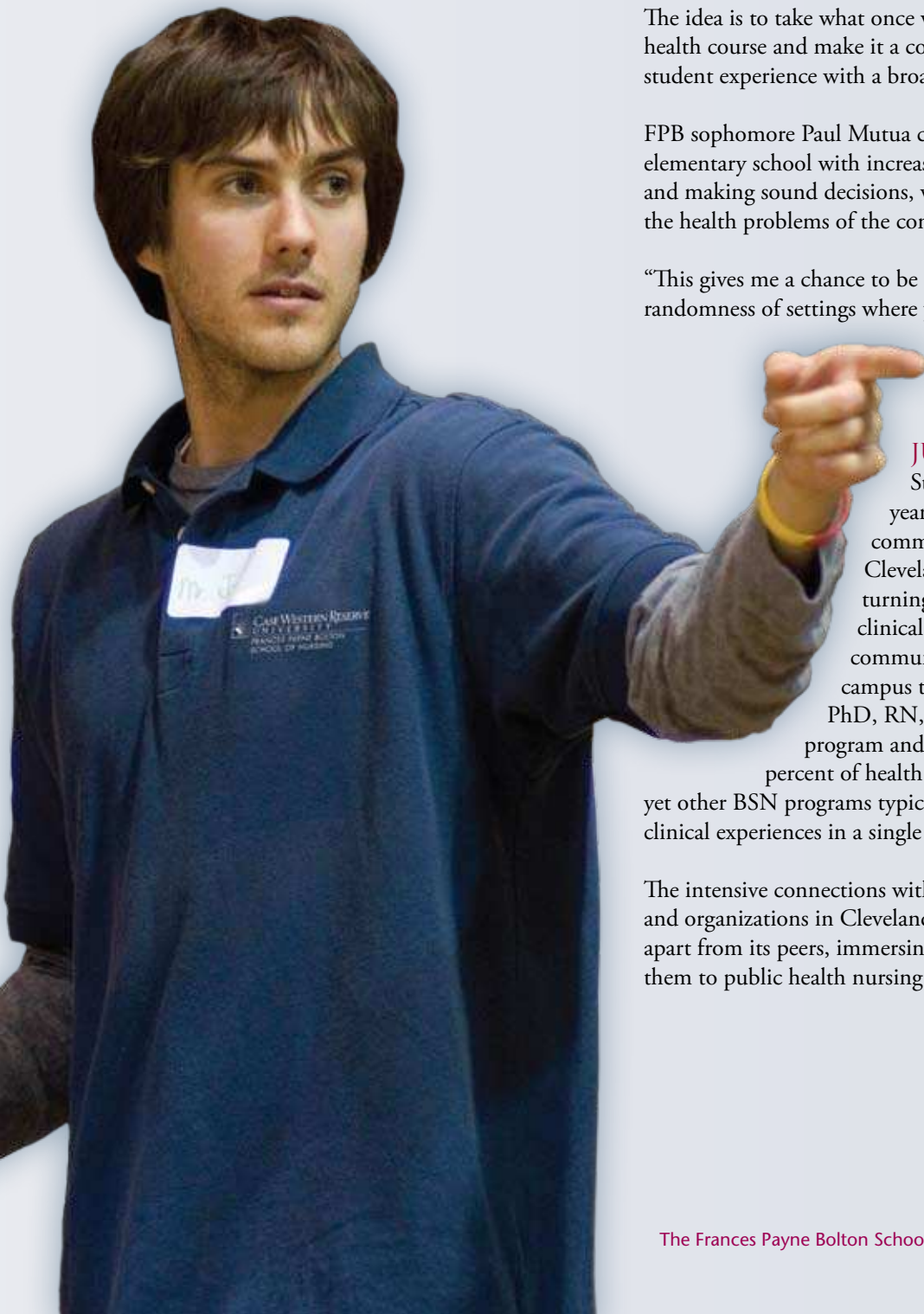
"This gives me a chance to be in the community and get used to the randomness of settings where you are not in control of everything," said Mr. Mutua, a Kenya native, who transferred to FPB from Lakeland Community College in summer 2008.

JUMP IN, FEET FIRST

Starting in the first semester of their first year, FPB undergraduate students have community assignments that take them into Cleveland's city school district—essentially turning several public elementary schools into clinical sites. "The goal is to expose students to community health issues from their first days on campus through graduation," said Marilyn Lotas, PhD, RN, associate dean for the undergraduate program and BSN program director. "After all, 80 percent of health care is delivered in the community, and yet other BSN programs typically offer community and public health clinical experiences in a single undergraduate course."

The intensive connections with schools and other health care agencies and organizations in Cleveland set FPB's undergraduate nursing program apart from its peers, immersing students in the community and exposing them to public health nursing throughout their years as BSN students.

(Continued on page 16)



BSN students teach first aid to parents at the Case Elementary School in Cleveland, Ohio.

The push toward community public health is rooted in a service learning model that has evolved over the years. In the past, like many other schools FPB offered a one-semester community health course. In contrast, the current model fills the freshman through senior years with hands-on community experience.

“Our unique partnership with our local school district provides a learning laboratory for our BSN students while we provide a service to the schools,” Dr. Lotas said. “We believe this grounding in a community is the best possible preparation for our students to meet the challenges of health care delivery in a changing world.”

SCHOOLS MIRROR COMMUNITY

“Each semester that nursing students spend in the community builds on the last semester,” said Marcella Hovancsek, MSN '81, BSN '75, RN, nursing instructor and coordinator for first-year students.



A BSN student takes a blood pressure during the school day.

For example, freshmen are introduced to the Cleveland community by observing children in elementary school classrooms while tutoring or providing classroom assistance.

“Nursing students consider wakefulness, nutritional status, signs of illness, and developmental appropriateness for their age,” Ms. Hovancsek said. As the students progress in the BSN curriculum, their community clinical experiences become more sophisticated.

Soon students are ready to assist the school nurse in the clinic with state-mandated height, weight, vision and hearing screenings, and to handle playground injuries or children who are ill during the school day. Health and science lessons requested by teachers are crafted by student groups under the supervision of their assigned faculty members and presented during the school day.

FPB instructor Kat Courtney, MSN '02, CNM, RN, LCCE, CKC, spends Friday mornings with FPB students in Cleveland city schools. She said the opportunities are life-changing for many undergraduates, who learn about urban students, school nursing, community nursing, and most importantly, “how nursing touches health in many more ways than the in-patient role.”

“What I’m hearing from students and graduates is that their perspective on nursing is changed by these experiences,” Ms. Courtney said, adding that FPB is collaborating with other schools within the university to start an interdisciplinary certificate program in global health. “Many of them are more open to the concept of community health, and even starting a global health specialty. That probably wouldn’t have happened a couple of years ago. Now they’re looking at non-acute care right from the beginning.”



STUDENTS BECOME TEACHERS

Sophomore students, such as Mr. Mutua, build on the freshman experience by helping to teach asthmatic children about their illness, using the Open Airways for Schools program designed by the American Lung Association.

This past fall, Mr. Mutua and a fellow student worked together at Nathan Hale Elementary School to teach the Open Airways for Schools curriculum. He said it was interesting to step outside his role as student and become a health educator.

Open Airways for Schools is designed for 8- to 11-year-olds who have been diagnosed with asthma, said Emily Lee, MED, CHES, program director for the American Lung Association of Ohio. The three-way partnership among Cleveland schools, CWRU and the Lung Association



“The CMSD-CWRU Nursing In-Service Learning Program allows the Cleveland Metropolitan School District the opportunity to expand its resources, which in turn, allows us the ability to expand the number of families we serve.”

—Cleveland Schools CEO Eugene Sanders

helps to get programming into the schools in a cost-effective manner, she said.

So far, more than 60 FPB undergraduate students have been trained to provide the Open Airways program. They in turn have taught more than 600 school children how to better manage their asthma, Lee said.

“The impact that they have is amazing,” Ms. Lee said. “A lot of the nursing students don’t really see themselves as educators, so when they get to go out into the schools and teach kids, they’re thrilled. This is health education. They are empowering kids to deal with their asthma.”

MEETING MULTIPLE NEEDS

The school nurses, who often are stretched thin covering multiple buildings, also receive help. Cleveland schools CEO Eugene Sanders said partnering with FPB is a point of pride.

“The CMSD-CWRU Nursing In-Service Learning Program allows the Cleveland Metropolitan School District the opportunity to expand its resources, which in turn, allows us the ability to expand the number of families we serve,” Dr. Sanders said. “Our school nursing staff is proud to take part in molding the next generation of nurses.”

(Continued on page 18)



FPB's Marilyn Lotas, right, works closely with the Cleveland Municipal School District's Debbie Aloschen.

Debbie Aloschen, MEd, BSN, RN, manager of nursing for Cleveland schools, applauds FPB's community public health initiatives. Ms. Aloschen oversees a school nursing staff that serves 108 public schools and 144 parochial schools in Cleveland.

While the schools have fifty-six nurses—more than in years past—the schools also have sicker children because more students with special needs are integrated into typical classrooms than ever before.

What Ms. Aloschen likes most about the schools' alliance with FPB is that both parties came to the table and laid out their needs. FPB wanted an environment where students could learn about the health needs of multi-cultural communities and how nurses can effect change at the neighborhood level. The Cleveland schools wanted help in getting state-mandated screenings completed and accomplishing other routine tasks.

"The schools see illnesses in the very young—second-graders with Type 2 diabetes, hypertension, high cholesterol," Ms. Aloschen said. "With service learning, the BSN students are getting more into the community than they would with a regular community rotation. They're looking at communities. They're seeing trends."

STARTING A NEW TREND

Matthew Schnupp, BSN '07, RN, is a public health nurse for the Lorain County General Health District, west of Cleveland. Unlike most nursing school graduates, who head straight for acute or critical care, Mr. Schnupp capitalized on his community public health experience, while a student at the county health department level, then at the state level and then at the Centers for Disease Control in Atlanta.

His FPB experience came in the early days of the school's community public health initiative, but he remembers distinctly how community health struck a chord with him from the beginning. It started in an anthropology class in which global health was a lecture topic.

"That's when I really got excited. I'm thinking to myself, 'This is broad thinking. This is big picture. This is showing me why people end up in the hospital,'" he said. "Until that point, I don't think I could identify what was missing."

Ms. Hovancsek noted that Mr. Schnupp is among several recent FPB graduates who have pursued community health as a first career. Many others switch to community health after working in acute or critical care environments. Mr. Schnupp said it is exciting to see FPB shaping its undergraduate nursing curriculum to include more public health.

In his current role, he works to bring immunizations up to date for people who take part in the State of Ohio's WIC program, which provides nutrition advice, milk and formula to women, infants and children. He has devised a database to track immunization compliance in infants through 24-year-olds.

Another aspect of his job is managing data as he works to document how nursing activities link with essential services and standards, showing what public health needs to deliver to people.

"I am working to create some metrics and measurements to see if we are contributing to public health outcomes," he said of his work creating computer databases and analyzing data.

He said that this combination of skills—working directly with patients and keeping the big picture in mind as he works to collect and analyze data—were nurtured at FPB, and the whole idea of assessing public health needs to prevent hospitalizations and create a healthier community should start at the undergraduate level as at FPB.

GROOMING FUTURE NURSES

Another FPB community initiative, the Health Academy at Cleveland's Lincoln West High School, is designed to show high school students career opportunities in the health care field. FPB has taken over funding of the project, which began with a Robert Wood Johnson grant administered through Cleveland's West Side Ecumenical Ministries. Lincoln West Science Department Chairman Manuel Mendoza said the goal of the Health Academy is to expose students to the skills required in health care careers and the educational opportunities available to get students into those careers.

This means providing avenues for Lincoln West students, all of whom are minorities and 76% of whom use English as a second language, to be inside hospitals, to view surgeries, to visit hospices, to work in long-term health care facilities and to get state nursing assistant certification as the first step in a nursing career.

The program is open to any student who expresses an interest because the doors of opportunity should be available to all, Mr. Mendoza said. Dr. Lotas agreed, saying that FPB's involvement in the Health Academy is intended to reach as many students as possible.

"Skimming off the cream of the crop—who might make it anyway—isn't going to lead to the greatest impact," Dr. Lotas said. "Any kid who is willing to work with us, we are willing to work with them."

NOT CHARLIE BROWN'S TEACHER

So far, the Health Academy has helped to shore up academic progress and reduce absenteeism among the students who are involved. Last year, while only about 25% of Lincoln West students passed the 10th grade Ohio Graduation Test, 64% of students enrolled in the Health Academy passed. Overall, the school has absentee rates of nearly 68% and tardy rates around 35%, but students in the Health Academy are only tardy 7% of the time and absent 3% of the time.

"FPB opens up a lot of opportunities for us," Mr. Mendoza said. "They have opened up their school to us. They are working as advisers on several levels."

While the program is still in its infancy, plans for the future are unfolding. They include research possibilities, a community service piece, and engaging FPB nursing students as mentors for Lincoln West students, Mr. Mendoza said.

"Hearing it from us as their teachers is like hearing it from a parent. It sounds like Charlie Brown's teacher talking to you," Mr. Mendoza said. "Hearing it when they are in a hospital working with nurses and working with patients, students really get some of the concepts and start to mature a little bit and understand that they need to learn how to convert cc's to liters and pay attention to math and science."

FINISHING STRONG

A student's undergraduate service learning experience culminates in a senior "capstone" project, in which students work in small groups to design and implement a community health project. While most projects are implemented in Cleveland, many with schools that students have gotten to know during previous service learning assignments, capstones have taken students as far away as the US Virgin Islands or the Gila River Reservation in Arizona. "We definitely got an experience unique to the globe, even though it was in our own country," said BSN student

Renata Lorenzo, whose capstone included rotations through public health nursing (home health), epidemiology, school health and family planning on the Gila River Reservation.

Capstones allow students to synthesize both nursing skills and community health course work while taking leadership on a project of significance. For example, in one recent capstone, a team of students developed a parent education component to be implemented alongside the American Lung Association's Open Airways program for school children

with asthma, and the program is being considered for adoption by the ALA.

Service. Learning. By combining these two imperatives, FPB's undergraduate program positively affects its community while effectively preparing the next generation of nurse leaders.



Participants in the Health Academy at Lincoln West" display what they've learned at a Cleveland Municipal School District School Fair in Fall 2008. BSN students will begin mentoring Health Academy students in Fall 2009.



Mental Health Nursing:
MAKING CONNECTIONS, IMPROVING LIVES

by Susan Lacey and
Tim Tibbitts



“When is mommy coming home?” “Why is Daddy so sad?” “Why do we have to leave our house?” As the US military engagements in Iraq and Afghanistan wear on and the US economy sinks into deeper decline, these questions are sadly more and more often in the hearts and on the lips of our nation’s children. Extended overseas deployments and the stresses caused by the economic downturn do not just affect the adults involved; they affect entire families and entire communities. Stress, such as that associated with economic strain and wartime deployment, increases the risk of parental anxiety, depression, and other mental health problems, that in turn can lead to family discord and mental health challenges for children.

All of these experiences can have long-term consequences for children, as children may experience the physical or emotional absence of their parents as stressful or even traumatic. And there has been substantial research documenting the negative effects of parental depression on kids.

“The data are clear. The research is irrefutable,” said Kristie Brandt, ND ’96, MSN ’94, director of the Parent-Infant and Child Institute in Napa, CA. “There is no doubt that early childhood experiences contribute to a person’s physical and mental well-being throughout life. However, while professionals and parents agree that physical abuse and neglect cause psychological damage, they don’t always recognize that less obviously adverse events in a child’s life can have serious consequences, too.” Children who are called names daily, experience humiliation, feel abandoned, are hungry, are not shown love, or cannot depend on predictable parental care are at increased risk for developing mental health disorders and other unhealthy lifestyle habits as they get older.

“Military deployment, for example, has tremendous attachment ramifications,” added Dr. Brandt, who retired in January 2007 from a twenty-five year career as Napa County’s chief public health manager. “Attachment is supported through all our senses, and if the parent isn’t physically present, that’s very difficult for both parent and child. We need to therapeutically attend to the experience of the child *and* the parent, and work to support strong connections between them even when a

parent may be stationed thousands of miles away for many months at time.”

So how do mental health practitioners help parents and kids make the vital connections needed in order to have good relationships and positive mental health?

THE PARENT-CHILD CONNECTION

The most important time to intervene for the benefit of parents and children is at the beginning, at birth. An infant-parent mental health specialist who focuses on children from birth to age five, Dr. Brandt educates physicians and other professionals to spot problems immediately, provide early intervention, and help parents access therapeutic services if problems intensify. While working as a women’s health nurse practitioner and nurse mid-wife, Dr. Brandt decided that she wanted to focus her efforts on the very early phase of life. “Doing deliveries is very dramatic, but it’s also very brief,” she said. “I realized that the high impact work is in the area of how mothers and their babies fall in love. We can call it ‘attachment,’ but it really is falling in love.”

At the time, Dr. Brandt would deliver a baby, and then usually not see mother and child again until a follow-up appointment six weeks later. “I realized I was missing so much in those six weeks,” she explained. “And I realized the attachment process has tremendous ramifications, for the baby, the family and for the community.”

(Continued on page 22)



Kristie Brandt (holding baby) connects with her daughter Michelle, left, and Michelle's new baby Ashley.

affects the nature of the parent-child relationship. For example, if the baby has a motor movement deficiency and can't turn toward the sound of her mother's voice or reach for her face, the mother may consciously or unconsciously ascribe motives to the baby such as 'My baby doesn't love me,' or 'My baby is rejecting me.' These perceptions have great impact on the developing relationship between the parent and child, and support from a professional may be needed if the relationship gets off to a difficult start."

The parent-child connection can be influenced by something as simple as the language and handling used by a parent when changing a child's diaper, e.g., is the parent in this encounter gentle, relaxed and affirming or rough, harsh, and angry? Then, as babies and children develop, typical behaviors at each new phase of development can cause parents concern and anxiety. "Dr. Brazleton always says that it's important to be vigilant about the meaning parents are making at each developmental step," Dr. Brandt said. "But the importance of the parent-child relationship is not something nurses, pediatricians, Ob/Gyns, or other professionals are regularly taught."

Dr. Brandt believes that it is important to teach others to recognize early warning signs of problems in the parent-child relationship that might otherwise go undetected. To do so, she co-developed and co-directs the Infant-Parent Mental Health Post-Graduate Fellowship with Dr. Ed Tronick, an intensive 15-month inter-disciplinary training program that teaches professionals to identify subtle symptoms in the parent-child relationship. "I love training specialists, because their reach is going to be so great," said Dr. Brandt, who carries a caseload of patients in addition to her teaching and administrative

responsibilities. "I love doing direct therapeutic work," she added. "Yet there's always a part of me that's sad when I'm called in to do a consult on a case, and realize that the problem had to come so far before the child and family could get the help they needed."

Citing the work of renowned pediatrician T. Berry Brazelton, MD, with whom she regularly appears on the lecture circuit, and researcher Ed Tronick, PhD, Dr. Brandt explained that "A baby's behavior has deep meaning for the parent. How we make meaning

affects the nature of the parent-child relationship. For example,

Dr. Brandt is on the committee to promulgate national standards for infant-parent and early childhood mental health training and endorsement, and credits her time as a student at FPB for giving her the idea of creating an intensive-based training. "Because I did an intensive degree program at FPB, it was very natural for me to use this format in the training of the Infant-Parent Mental Health Fellows."

"The biggest challenge in the parent-infant mental health field is getting people to realize that the time from birth to age five really matters," said Dr. Brandt, who despite her busy schedule somehow finds time to

write articles and book chapters. "Once children who could have been helped earlier start school, their challenges may be much more difficult to address." But she believes that practitioners in this field "must hold fast to the belief and hope that individuals can change and heal—and we can help," she said.



Kristie Brandt teaches other professionals to recognize early warning signs of mental health problems.

A CAREER IN MENTAL HEALTH NURSING

Bringing about that healing takes a special kind of person, according to FPB assistant professor Linda Lewin, PhD, APRN, BC. "A career in mental health nursing is not for someone who needs to say to a patient, 'Follow my advice and you will feel better.' We have to meet people where they are, assess their capabilities, and plan an intensive treatment regimen that reduces acute levels of stress and provides steady improvement over time. And we don't always see immediate improvement."

FPB assistant professor Jane Suresky, ND '95, MSN '88, APRN, BC, emphasizes: "A mental health nurse is someone who helps the patient develop therapeutic insight into the crisis. Our field requires tremendous patience and empathy because mental health counseling is a process that helps individuals to discover their strengths and weaknesses."



*“Watching a family
fall in love is the most
beautiful thing in the world.”*

—Kristie Brandt

Dr. Suresky, whose research includes women’s mental health, youth violence, and stress and resourcefulness in family members of the severely mentally ill, noted that more funds are needed to provide appropriate care. “It has been difficult to secure adequate funding for mental health treatment because of limited mental health insurance benefits,” she said. “Lifetime coverage for mental illness is typically \$10,000, as compared to \$1 million for general health issues.”

Dr. Lewin also pointed to the difference between Parkinson’s disease and schizophrenia coverage as an example. “Parkinson’s disease and schizophrenia are both linked to the neurotransmitter dopamine,” she said. “However, while Parkinson’s disease is fully covered by insurance, schizophrenia is not. There is a stigma associated with people who have the mental disorder of schizophrenia. Patients with Parkinson’s disease, on the other hand, are considered to have a neurologic disorder. Perhaps this physical explanation explains why insurance will typically cover no more than 20 mental health related hospital visits and 10 hospital days a year for someone with a diagnosis of schizophrenia. This can be frustrating to a therapist because a diagnosis of schizophrenia can respond well to on-going interventions. These patients respond appropriately when they receive timely and well managed care.”

Dr. Suresky, Dr. Lewin and the entire mental health community were encouraged by the Mental Health Parity Act signed by President Bush in October 2008. Mental health care will be more accessible and less expensive thanks to this new legislation, which prevents group health plans from imposing rigid limitations on mental health and substance abuse claims. Starting in 2010, deductibles, hospital stays and co-pays for mental health treatment will be identical to those for medical treatment. Serious disorders previously relegated to the murky waters of “mental illness” will finally get the attention, the funding and the treatment they deserve.

FPB currently offers education for mental health nurses in the form of a graduate program, and Dean May Wykle is committed to enhancing the ability of mental health nursing graduates to address the mental health issues affecting families today. “In the next academic year, FPB will change the mental health curriculum so that the program produces a family psychiatric/mental health nurse practitioner/clinical specialist.” Dean Wykle added that “faculty will offer instruction in mental health issues across the life span and future nurses will be prepared to deal with issues of stress in families and treat all of the family’s members.” These graduates will be better equipped to assist families in self-preservation, especially when facing the toughest challenges, including lengthy military deployments and similar complex challenges in the future.



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- ...Ruth's 401(k) lost 25% of its value.
- ...Her stock portfolio lost 36%.
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Award Marks 65th Anniversary of Historic Bolton Act



To honor the 65th anniversary of Congresswoman Bolton's Nurse Training Act of 1943, the Frances Payne Bolton School of Nursing conferred a special "Frances Payne Bolton Award" on a nurse educator who embodies the congresswoman's spirit, University of Pennsylvania nursing professor Mary Naylor, PhD, RN, FAAN. Nearly 1,000 nursing school professors, deans, and researchers, medical school presidents, corporate and community leaders, and congressional representatives attended the October 1, 2008, ceremony in Washington, DC.

Dr. Naylor was selected for her internationally recognized research to improve the outcomes and quality of life for vulnerable, elderly patients and reduce the cost of their care. The model she and her team developed for the follow-up care of chronically ill, high-risk older adults provides more discharge planning and home follow-up with an emphasis on preventing complications through continuity, communication, education, and careful management. "It is my great fortune to work with such a dedicated research team," said Dr. Naylor. "Thanks to them, and to so many foundations and partners, I've stimulated interest in the challenges that chronically ill older people face when the health care system and their homes intersect. By targeting this sweeping human and societal problem, my research team and I have been able to demonstrate how our model improves services, outcomes, and lives. I am honored to be recognized, and encouraged that the major gap between hospital and home continues to close."



Mary Naylor, PhD, RN, FAAN

Dr. Naylor's unflagging efforts to correct entrenched and widespread flaws in the health care system are similar in scope and foresight to those of Congresswoman Bolton, whose quick response to the critical shortage of trained

nurses during World War II resulted in the Bolton Act of 1943, creating the Cadet Nurse Corps and adding 125,000 well educated nurses to the war effort. The act was the first legislation to provide federal funding directly to students for streamlined training, and it allowed more women not only to join the wartime workforce, but also to become nurses in the future. In August 2008, at the urging of Dean May L. Wykle and assistant professor Susan Tullai-McGuinness, PhD '03, MSN '96, U.S. Representatives Steven C. LaTourette and the late Stephanie Tubbs Jones introduced legislation that officially commemorated the 65th anniversary of this important turning point in the nursing profession.

"I am humbled to be likened to Frances Payne Bolton," said Dr. Naylor. "But recognition such as this couldn't have occurred without my wonderful research team and supportive colleagues, as well as the many partners, clinical scholars, and families who have participated in my work. One person alone cannot bring best practices into the real world. Success is emblematic of teamwork."

—Susan Lacey

FPB FEATS

AWARDS & HONORS

September 1, 2008 – January 31, 2009

Caron Baldwin, Technology Director, received a Videoconferencing Opportunity Grant from CWRU's Instructional Technology and Academic Computing (ITAC) Department.

Alberta Bee, Post-Doctoral Fellow, received funding from the W. K. Kellogg Foundation for her project entitled "The Stress and Health of African-American Women Transitioning from Motherhood to Early Grandmotherhood."

Barbara Daly, PhD, MSN '72, RN, FAAN, Gertrude Perkins Oliva Professor in Oncology Nursing & Clinical Ethics Director, UHCMC, received a 2008 Mather Spotlight Prize for Women's Scholarship. She was honored at Mather's Annual Women of Achievement Luncheon in September.

Evelyn Duffy, DNP, ANP/GNP-BC, FAANP, Assistant Professor, was appointed co-Associate Director of The University Center on Aging and Health at FPB.

Faye Gary, EdD, RN, FAAN, Medical Mutual of Ohio Professor for Vulnerable and At-Risk Persons, was appointed by the Commonwealth Fund to the Expert Advisory Panel guiding the development of Joint Commission hospital standards for culturally competent patient-centered care.

Ronald Hickman, Jr., PhD '08, MSN '06, RN, ACNP-BC, Lecturer, received funding from the American Nurses Foundation (ANF) for "Decision Regret in Recipients of Automatic Internal Cardiac Defibrillators." He was also distinguished as the 2008 Eleanor Lambertsen RN/ANF Scholar.

Jill Kilanowski, PhD, RN, CPNP, Assistant Professor, received funding from the ANF for "Preferred Methods of Nutrition Education: Focus Groups with Migrant Farmworker Mothers." She was also designated as the 2008 Gloria Smith RN/ANF Scholar.

Linda Lewin, PhD, APRN, BC, Assistant Professor, was elected President of the Ohio Chapter of the American Professional Society on the Abuse of Children.

Shirley Moore, PhD, MSN '91, RN, FAAN, Edward J. and Louise Mellen Professor of Nursing & Associate Dean of Research, received the 2008 Competence in Aging Award from The American Heart Association Council on Cardiovascular Nursing.

Diana Morris, PhD '91, MSN '86, BSN, Associate Professor, was appointed co-Associate Director of The University Center on Aging and Health at FPB.

Laura Nosek, PhD, MSN '81, BSN '61, RN, Assistant Professor, was selected by the American Organization of Nurse Executives (AONE) to present her poster entitled "The Clinical Doctorate: Niche or Negligible?" at the AONE's 42nd Annual Meeting and Exposition in San Antonio, Texas.

Maryjo Prince-Paul, PhD '07, MSN '96, APRN, BC-PCM, Assistant Professor, received the 2008 Young Investigator Award at the Chicago Supportive Oncology Conference in October.

Carol Savrin, DNP '01, CPNP, APRN, BC, Associate Professor & Director of the MSN Program, received funding from the Center for Community Partnerships Community Outreach Program to purchase otoscopes for the MSN trip to Refuge International Medical Mission in San Raymundo, Guatemala. She also received recognition from the Nurse Practitioner/Advanced Practice Nursing (NP/APN) Network for Best Poster in Leadership and/or Collaboration in Policy Development during the 5th International NP/APN Network Conference in Toronto.

Valerie Toly, PhD(c), MSN '90, RN, CPNP, Instructor, had her abstract entitled “Families of Children Who Are Technology Dependent” accepted for presentation at the 2009 American Thoracic Society (ATS) International Conference.

Chris Winkelman, PhD '99, MSN, BSN, RN, Assistant Professor, was selected as a Spinal Cord Injury Panel Member for the Department of Veterans Affairs Rehabilitation Research and Development Service.

May L. Wykle, PhD, MSN '69, BSN '62, RN, FAAN, Dean & Florence Cellar Professor of Gerontological Nursing, received the National League for Nursing's Isabel Hampton Robb Lifetime Achievement Award. She was honored at the NLN's 2008 Education Summit in September in San Antonio, Texas. She also received the American Academy of Nursing/Hartford Nurse Leader Award in Aging from the AAN and the John A. Hartford Foundation.

Jaclene Zauszniewski, PhD '92, MSN '89, RN-BC, FAAN, Kate Hanna Harvey Professor in Community Health Nursing, Associate Dean for Doctoral Education & PhD Program Director, received a 2008 Nurse Faculty Loan Program Grant from Health Resources and Services Administration (HRSA).

Amy Zhang, PhD, Assistant Professor, received funding from the National Cancer Institute (NCI) for her research on “Improving Urinary Continence and Quality of Life In Prostate Cancer Patients.”



CLASS NOTES

Rebecca Eden Takes Her Rightful Place in Ohio Veterans Hall of Fame

Rebecca Eden, MN '43, who served in the Army Nurse Corps during WWII, was inducted into the Ohio Veterans Hall of Fame on Friday, November 7, 2008, in a ceremony presided over by Governor Ted Strickland. "It was a very touching experience," Mrs. Eden said of the event. "To be included with the people who had done these remarkable things was very humbling."

A diploma graduate of St. Luke's School of Nursing, she enlisted in the Army Nurse Corps in 1943. After her discharge in 1946, she used the GI Bill to pursue a BSN at FPB. "I always felt fortunate that I was able to take advantage of the GI Bill to go to college," she said. Mrs. Eden, who worked for three decades as a nurse educator, first at St. John's Hospital School of Nursing in Cleveland, Ohio, and later at Cleveland's Jane Addams School of Practical Nursing, found her education indispensable when her husband died in 1959, leaving her to raise four young children on her own.

"I was able to take care of my four young children because I had a saleable skill," Mrs. Eden said. "I used to tell all my students that every woman has to have a saleable skill." Her career at Jane Addams included stints as financial aid director and as director of the school.

Since her retirement in 1985, Mrs. Eden has travelled extensively around the world with her twin sister, Lillian Mulberg. Also, after serving as president of the Ohio State Board of Nursing and State President of the Jewish War Veterans Ladies Auxiliary, Mrs. Eden recently completed her second term as president



Rebecca Eden accepts a citation recognizing her admission to the Ohio Veterans Hall of Fame from Ohio Governor Ted Strickland, right, and Bill Hartnett, Director of the Ohio Department of Veterans Affairs.

of the Tenants' Association at Wiggins Place, a retirement community in Beachwood, Ohio.

"I felt my selection to the Ohio Board of Nursing was a high point in my life," said Mrs. Eden. "But this hall of fame induction eclipsed even that."

—Tim Tibbitts

1950s



Carol Yassine, MSN '59, BSN '55, received the 2008 Dean's Award from the University of Akron at the College of Nursing's distinguished alumni awards dinner and ceremony in October.

1980s

Susan Rose Mazanec, MSN '82, received a Senior Scientist Award from the Midwest Nursing Research Society. She also received a research grant from The Robert Wood Johnson Foundation for her research entitled "A Measure of Systems Thinking: A Key Component of the Advancement of the Science of Continuous Quality Index (CQI)."

Diane Broadbent Friedman, MSN '83, BSN '77, wrote *A Matter of Life and Death: The Brain Revealed by the Mind of Michael Powell* (AuthorHouse, 2008). The book explores the neurological basis of Michael Powell and Emeric Pressburger's film, *A Matter of Life and Death* (1946, known as *Stairway to Heaven* in the United States.). Ms. Friedman, a nurse practitioner specializing in neurological disorders, is at work on her PhD in neuroscience.

2000s

Jenny Swanson, BSN '00, has been



accepted to serve as a medical missionary in Ethiopia. After serving 4 years in the Navy Nurse Corps, Ms. Swanson received her MSN and

became a certified nurse midwife in 2007. This August, Ms. Swanson will be serving in a remote village in southwest Ethiopia called Tikemipt Ishet. Since there is no physician in the clinic, Ms. Swanson will be co-running the clinic. She will also be serving as a child abuse investigator. Anyone interested in learning more about Jenny's plans or supporting her mission can contact her at HisServant@hotmail.com or at jennyswanson@sim.org.

Angela Christine (Valdez) James, BSN '01, passed the national certification exam for Hospice and Palliative Care nurses. She currently works part-time at American Laser Centers and per diem for a local home hospice.



Busakorn Punthmatharith, PhD '01, MSN '97, was recently selected head of the Pediatric Nursing Department, Faculty of Nursing, Prince of Songkla University, College of Nursing, in Hat Yai, Thailand.

James S. Srp, MSN '01, was awarded the 2008 Clinical/Direct Services Award by the International Nurses Society on Addictions at their annual educational meeting in Atlanta, Georgia, in October.

Vickie Armstrong, MSN '03, BSN '01, joined Consulate Management Company as a corporate clinical practitioner for both Virginia and Tennessee.

Vicki Vitacco, BSN '04, recently completed her first semester at the University of Pennsylvania for her master's in nursing and healthcare administration. She is currently working as a staff nurse in interventional radiology.

Jeanine (Bachert) Tenhover, MSN '09, BSN '04, has been hired as an acute care nurse practitioner in the Medical Intensive Care Unit at Cleveland Clinic.

Class Notes were compiled between September 1 and January 31, 2009. To send your update, please use the form below or email Director of Alumni Relations Nada Di Franco at nada.difranco@case.edu.

FPB NURSING ALUMNI NOTES

NAME _____ DEGREE/YEAR _____

HOME ADDRESS _____ NEW

HOME PHONE _____ E-MAIL _____ NEW

BUSINESS ADDRESS _____ NEW

BUSINESS TELEPHONE _____ E-MAIL _____ NEW

TITLE/POSITION _____ NEW

CELL PHONE _____ NEW

NEWS: _____

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- Contributing to the Annual Fund
- Making a will commitment
- Joining the CWRU Alumni Career Network
- Recruiting Students
- Other _____

MAIL THIS FORM TO:

Nada G. Di Franco, Director of Alumni Relations
 Frances Payne Bolton School of Nursing
 Case Western Reserve University
 10900 Euclid Avenue
 Cleveland, OH 44106-4904 (USA)
 Or fax to: (216) 368-3542
 Or send e-mail to: Nada.DiFranco@case.edu
 Or call: (800) 825-2540, extension 5568

Please send us your e-mail addresses, so we can always keep you updated.

Honor Roll of Donors

Below please find corrections to the 2007-08 Honor Roll of Donors, published in the Fall 2008 issue of *FPB Nursing* magazine. The Donor Society legend featured in the Honor Roll was incorrect. Because of this, several names were listed under a Donor Society that did not match the legend. We deeply apologize for this error. Our donors are important to us! We appreciate their interest in and generosity toward the Frances Payne Bolton School of Nursing. It is because of private support that we are able to continue our mission of providing an excellent nursing education to the nurses of our future.

DONOR SOCIETIES

President's Society	\$25,000 and Over
Provost's Society Fellows	\$ 10,000 - \$24,999
Provost's Society Associates	\$ 5,000 - \$ 9,999
Dean's Society Fellows	\$ 2,500 - \$ 4,999
Dean's Society Associates	\$ 1,000 - \$ 2,499
Pacesetter's Society	\$ 500 - \$ 999
Heritage Society	\$ 250 - \$ 499
Century Society	\$ 150 - \$ 249
Participating Society	\$149 & Under

INDIVIDUALS — ENDOWMENT, PROGRAM AND SCHOLARSHIP SUPPORT

President's Society

Edward and Eileen Davis
Esther Jane McNeil, BSN '48

Provost's Society Associates

Constance M. Baker, BSN '61
Gregory G. and Susan Kruszka

Cosimo Sciotto and Susan
(Skinner) Sciotto, BSN '69
Mrs. Ruth L. Webb

Dean's Society Fellows

Faye A. Gary
William and Jean Kiser
Maureen E. Shekleton, MSN '73

Dean's Society Associates

John M. Clochesy, PhD '93
David and Alma Fry
Charlene Phelps, MSN '65
May L. Wykle, MSN '69
BSN '62

CORPORATIONS AND FOUNDATIONS — ENDOWMENTS, PROGRAMS, GRANTS AND SCHOLARSHIP SUPPORT

President's Society

American Association of
Colleges of Nursing
Helene Fuld Health Trust
Northeastern Ohio
Healthcare Foundation
Saint Luke's Foundation of
Cleveland, Ohio
Elisabeth Severance Prentiss
Foundation
The Louise and Leonard
Fletcher Foundation
The Parker-Hannifin
Foundation
The Payne Fund

Provost's Society Fellows

Association of Women's Health
John A. Hartford Foundation
S. K. Wellman Foundation

Dean's Society Fellows

American Association of
Diabetes Educators

ANNUAL FUND

1930s

Dean's Society Associates
Marian Pritchard Forsythe ❖†

1940s

Provost's Society Fellows
Ruth M. Anderson ❖

Dean's Society Fellows

Charlotte A. McArthur ❖†
Lenore Marsh Portman ❖

Dean's Society Associates

Josephine Krempe Benson ❖
Edith Raabe DeGolyer ❖
Jean Reese Fischer
Barbara Crew Long ❖

1950s

Provost's Society Fellows

Ruth M. Anderson ❖
Dorothy Ellen Ebersbach ❖

Provost's Society Associates

Lucy Jo Atkinson ❖*

Dean's Society Fellows

Miriam Thurston Butt ❖
Derry Ann Moritz ❖

ANNUAL FUND LEGEND

- † Deceased
- * Matching Gift
- ❖ 20 or more years of giving

Dean's Society Associates

Patricia Hayes Fosmoe ❖
 Patricia Putnam Godfrey
 Helen J. Hancock ❖
 Marcia A. Luke ❖
 Geraldine Gleason Price ❖
 Janet Wiegert Riley ❖
 Florence W. Spurney ❖
 Russell C. Swansburg

1960s

Provost's Society Associates

Charlene Phelps ❖

Dean's Society Associates

Rosalie Tyner Anderson ❖
 Ann Jenkins Farmer ❖
 Nancy A. Gorenshek ❖
 Fran Hicks ❖
 Rosemarie Mihelich Hogan ❖
 Joan Robinson Hudak ❖
 Vivien Foradori Joebchen
 Barbara Crew Long ❖
 Bonnie J. McLaren
 Laura John Nosek ❖*
 Janice Kirkpatrick Siefers ❖
 Audrey J. Smith ❖

1970s

Dean's Society Fellows

Elaine S. Hopkins ❖

Dean's Society Associates

Rosalie Tyner Anderson ❖
 Judith A. Durkee
 Rosemarie Mihelich Hogan ❖
 Patricia S. McCulloh
 Susan Rush Michael
 Barbara Newlon
 Sally A. Shipley ❖
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 E. Michele Vickery

1980s

Dean's Society Fellows

Elaine S. Hopkins ❖
 Louise Katzin ❖
 Marian Kilker Shaughnessy ❖

Dean's Society Associates

Isabelle Monreal Boland ❖
 Ann Jenkins Farmer ❖
 Leah S. Gary ❖
 John Albert Mathie ❖
 Diana Lynn Morris
 Laura John Nosek ❖*

1990s

Dean's Society Associates

Joyce J. Fitzpatrick
 John Albert Mathie ❖
 Sharon Ann Mathie
 Diana Lynn Morris
 Barbara Newlon
 Mary Therese Quinn Griffin
 James Gerard Sampson

2000s

Dean's Society Associates

Evelyn Marie Lutz ❖
 Mary Therese Quinn Griffin



David Telfer accepts a check from Col. Esther McNeil, BSN '48.

Visiting Committee

Provost's Society Associates

Lucy Jo Atkinson ❖*
 Charlene Phelps ❖
 Robert N. Trombly †

Dean's Society Fellows

Elaine S. Hopkins ❖

Dean's Society Associates

Isabelle Monreal Boland ❖
 Theodore J. Castele
 Allen H. Ford
 Teresa T. Fulmer
 Leah S. Gary ❖
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Dean's Society Associates

Joyce J. Fitzpatrick
 Nora C. Hennessy
 Lynn Lotas
 Diana Lynn Morris
 Laura John Nosek ❖*
 Mary Therese Quinn Griffin

Friends & Parents

Dean's Society Associates

John N. Goetz
 Carol E. Hartman
 Kate Ireland
 Samuel and Barbara Scovil

IN MEMORIAM

WE MOURN THE LOSS OF THESE FPB SCHOOL OF NURSING ALUMNI AND FRIENDS AND EXTEND HEARTFELT CONDOLENCES TO THEIR LOVED ONES.

Grace R. (Castanien) Barnes, BSN '33, died on September 14, 2008, at the age of 96. She was the beloved wife of the late Paul Kenneth Barnes, whom she met while he was studying architecture at Western Reserve University. The two were married for 50 years. Mrs. Barnes is survived by her three children, Sally Barnes, Nancy Doolittle, and Geoffrey Barnes, as well as her four grandchildren, Anne Christina Gelfand, Katherine Barnes, Caroline Barnes, and Alexander Barnes.

Mary F. Pumphrey, DN '34, died on October 14, 2008, in her hometown of Copley, Ohio.

Barbara Brown Tobin, MSN '40, died on July 15, 2008. Her career as a nurse spanned the time from World War II through the era of modern blood banking. Mrs. Tobin also dedicated time to serving on the vestry and altar guild of the Cathedral Church of St. Mark during her 33-year residence in Minneapolis, MN. After retiring to Westerly, R.I., she volunteered for the Westerly Public Library, Christ Church, the Westerly College Club, and other community organizations. She was instrumental in the founding and support of the Westerly Area Rest Meals (WARM) Shelter, which serves the homeless. Mrs. Tobin was the loving wife of the late John D. Tobin, MD. She is survived by her four children, John D. Tobin, Jr., MD, Elizabeth T. Tonkin, Thomas L. Tobin, Esq., and the Rev. Roger M. Tobin. She is also survived by nine grandchildren and one great-grandson.

Evelyn Mlachak Gordon, DN '45, died on April 28, 2003.

Martha Jane Roller Frederick, MSN '46, died on July 7, 2008 at the age of 86. Mrs. Frederick received her certification in public health nursing from FPB. From the 1950s through the 1970s, she worked as a public health nurse in Onondaga and Chemung Counties in New York. She was married to the late Walter E. Frederick. After her husband's death, Mrs. Frederick moved to Hanover, Pennsylvania, to be close to her family. There, she was a member of AARP, the YWCA, the YMCA, and Trinity United Church of Christ. Mrs. Frederick also volunteered at the Hanover Public Library and continued to enjoy playing the piano, gardening, sewing and quilting. She is survived by her son, Carl Frederick, daughter-in-law, Rosalind, and two granddaughters.

Margaret Oberdorfer "Danny" Verner, MN '46, died on June 23, 2008. The daughter of Lutheran Missionaries, Mrs. Verner was born and raised in Andhra Pradesh, India, and educated at the Kodai School in Kodaikanal, Tamil Nadu, India. At the age of 17, she came to the United States alone, to attend college at Capitol University in Columbus, Ohio. She then attended FPB for her master's. While working in the hospital, she met Dr. Hugh Verner, her husband of 62 years. In addition to raising a family in Charlotte, North Carolina, Mrs. Verner was an active volunteer in her community. She helped found the Piedmont Courts Mothers' Club, which convened women residents of public housing for friendship and mutual problem solving. She also helped found the Each One, Reach One reading program for children and played a role in bringing The Shepherd's

Center, which mobilizes older people as volunteers, to Charlotte. She was on the founding board of directors for Habitat for Humanity of Charlotte. One of the first female elders at Myers Park Presbyterian Church, she was involved in many church activities, including chairing a committee that resettled a Vietnamese family and working with the Mecklenburg Presbytery to build a canal in Haiti to provide water to the people of that impoverished nation's villages.

After moving to Montreat, in the mountains of North Carolina, Mrs. Verner dedicated herself to one last project. She helped found the Swannanoa Valley Voice for Children, which developed plans for a program that would include high-quality child care, family services, teacher education and health services. SVVC ultimately partnered with Warren Wilson College in Swannanoa. Mrs. Verner helped raise \$3.6 million to establish the Mountain Area Child and Family Center, which opened on the Warren Wilson College campus in 2001 and now has three sites. There is an education endowment fund in Mrs. Verner's name. Mrs. Verner died peacefully, leaving her love with her husband, three sons and daughters-in-law, six grandsons, one brother, and 15 nieces and nephews.

Dorothy Willits Settevendemie, BSN '48, died in November 2008 at the age of 90. She served as an army nurse for four years during World War II, taking care of soldiers in Italy and Africa. She was also active in the Lyndhurst (Ohio) Presbyterian Church, serving in the chancel and bell choirs for over 40 years. She is survived by her loving

husband, Emilio “Mel” Settevendemie, to whom she was married for 59 years. Mrs. Settevendemie also left her love with her three children, John, Anne and her husband (Randy) Ritz, and Sue and husband (Eric) Wirtz, as well as eight grandchildren.

Mary Collen, DN '48, died on August 4, 2007.

Alice (Koprowski) DeWitt, BSN '49, died on December 22, 2008, at the age of 88. Mrs. DeWitt was a resident of Sagamore Hills, Ohio, and the beloved wife of the late Dr. Paul DeWitt. Mrs. DeWitt achieved the rank of first lieutenant in the US Army Nurse Corps. After training at Camp Atterbury in Indiana, she served overseas during World War II in Tunisia, France, and Italy. Mrs. DeWitt was also the Director of

the St. Alexis Hospital School of Nursing in Cleveland.

Lillian Mogren Johnson, DN '49, died on November 15, 2008. Loving wife of the late David T. Johnson, Mrs. Johnson is survived by her three children, Barbara Stewart, David Johnson, and Nancy Buettell.

Joyce Sayers Eddy, BSN '51, died on November 19, 2008. She was the beloved wife of the late Dr. Bernard C. Eddy. She is survived by their four children, Marcella A. Peterson, Dr. Bernard L. Eddy, Dr. William S. Eddy, and Christopher M. Eddy, DDS.

Phyllis J. Fischer, BS '59, died on September 13, 2008.

Reverend Joyce L. Alford, MSN '61, BSN '59, died on September 3, 2008, at Saint Mary's Hospital in Madison, Wisconsin. She attended the Garrett-Evangelical Theological Seminary and received her degree from there in 1983. She was affiliated with the Wisconsin Conference of the United Methodist Church.

Brenda N. Pryor, BSN '76, died on October 22, 2008. She is survived by her husband, Robert J. Williams, and their three children, Brad, David and Mark.

Christine A. (Waclawski) Kallio, BSN '78, died on November 11, 2008. After receiving her master's from FPB, she worked as an OB/GYN nurse practitioner in Ashtabula, Ohio, before becoming director of nursing at Memorial Hospital in Geneva, Ohio. After marrying her

IN MEMORIAM: MARIAN PRITCHARD FORSYTHE



Marian (Moore) Pritchard Forsythe, BSN '38, DN '35, died Dec. 6, 2008, at her home, Judson Manor at University Circle. She was 94. An advocate for high standards in nursing and community health education, she was involved for many years with her alma mater and was president of its alumni association board from 1972-73. Marian Louise Moore

was born to Floyd and Anna (Slaby) Moore in Cleveland on July 22, 1914. In 1939 she married the late Dr. Walter H. Pritchard, an eminent Cleveland cardiologist and cardiac researcher. In 1985, Marian Pritchard married Dr. William E. Forsythe, Jr., associate clinical professor emeritus of urology at Case Western Reserve University and a urologist in private practice at several area hospitals. Mrs. Forsythe maintained a

love for music throughout her life. Her children remember her as a strong, devoted, and creative mother who, with their father, encouraged intellectual curiosity, interest in ethical standards and enjoyment of and love for one another. Mrs. Forsythe is survived by her husband and her six children, Walter H. Pritchard, Jr., of Eugene, Oregon; Dr. Lawrence E. Pritchard of Scottsdale, Arizona; Diana Pritchard Paolitto of Cambridge, Massachusetts; Marian M. Pritchard of Gladwyne, Pennsylvania; Dr. Timothy J. Pritchard of Gates Mills, Ohio, and Caroline E. Pritchard, MSN '90, of Cincinnati, Ohio; a sister, Virginia Bruning of Cleveland; three stepchildren, Dr. William E. Forsythe III of Lyndhurst, Ohio; Patricia Albrecht of Broadview Heights, Ohio, and Robert G. Forsythe of Granville, Ohio; 16 grandchildren and three great grandchildren. Contributions in Mrs. Forsythe's memory can be made to the Marian Moore Pritchard Scholarship Fund at the Frances Payne Bolton School of Nursing, Case Western Reserve University, 10900 Euclid Ave., Cleveland, OH 44106.



IN MEMORIAM: MARGARET M. O'NEIL



Margaret M. O'Neil, FPB Associate Professor Emerita of Nursing, passed away peacefully on Sunday, January 4, 2009, at age 81. After being hired by then Dean Rozella Schlotfeldt, Professor O'Neil taught at FPB from 1962–1993, first in the BSN program, and then in the ND program. Her expertise was in medical-surgical nursing. She enjoyed clinical teaching and working with students throughout her tenure. She was known to family as dear “Aunt McGee” and great aunt to many. Miss O'Neil, who retired in December 1993 with the distinction of associate professor emerita, was a mentor to many during her 31 years as an FPB professor. Memorial contributions may be made in her name to the Frances Payne Bolton School of Nursing, Case Western Reserve University, 10900 Euclid Avenue, Cleveland, OH 44106-4904.

college sweetheart, Thomas T. Kallio, the couple moved to Catonsville, Maryland, so that Mrs. Kallio could attend the University of Maryland Dental School. After earning her dental degree in 1991, she practiced dentistry in Bethesda for two years before purchasing the Soft Touch Dental Care practice in 1993. Dr. Kallio was especially fond of growing irises, which became the logo for her practice. Dr. Kallio retired after she was diagnosed with brain cancer in 2007. She is survived by her loving husband, her parents Anthony and Wilma, her daughter, Elizabeth E. Welsh, her five siblings, Anthony, Kathy, Marie, Donna and JoAnne, and many nieces and nephews.



Sister Mary Simone Courtade, MSN '76, died on October 18, 2008. After graduating from high school, she entered the Sisters of Mercy and received her BSN from Mercy

College in 1967. She worked with the Sisters of Mercy at St. Mary's Health Care and St. Joseph Mercy in Detroit, where she was head nurse. She also was the gerontological clinical nurse specialist in Muskegon, at what was then Mercy Hospital. She was certified by the American Nurses Association as a gerontological nurse and helped set up a foot clinic as well as senior health programs at Mercy Hospital. She left what is now Mercy Health Partners in 2000 and became a volunteer Chaplin at St. Joseph Mercy in Pontiac, Michigan. Sister Simone was a lifelong advocate of higher education. The Sister Simone Courtade Scholarship Fund was established in

2005 to support nurses in Mercy Health Partners seeking higher education.

Mary Susan Rice Kania, MSN '98, died on October 19, 2008. She is survived by her loving children, Travis and Jennifer.



Esther Boyer “Esh” Sylvester, a long-time friend of FPB, was the beloved wife of the late Willis B. Boyer and the late Edmund Q. Sylvester.

She is survived by her three sons, two stepdaughters, two stepsons, eleven grandchildren, seven stepgrandchildren, eleven great-grandchildren, and four step-great grandchildren.

This memorial section lists deceased alumni and friends of the Frances Payne Bolton School of Nursing for whom we received death notices between September 1, 2008, and January 31, 2009.





FRONTLINE/FPB

CONTINUED

children. Toys have been ordered but have not arrived—for now I use limes for balls and give children empty tape dispensers and spoons and cups. Soon, I plan to draw hopscotch lines on the tent floor.

The most difficult part of the situation is the rain and the mud. The few dirt roads are always difficult, and with all of the rain, they have become a slippery, slidy slope! Trucks and vehicles get stuck on a daily basis and people are continually trying to repair the roads and small bridges. The outpatient team goes to areas 1-2 hours away—and they are forever getting stuck, since they carry food supplies, and tables, chairs, meds, etc. Some days they cannot get through at all; sometimes they make it halfway and walk the rest...with hired daily porters. The trucks bringing all the supplies and equipment from Paris or Addis eventually make it up here, after many delays. The trucks are enormous semis, and I don't know how they manage the steep and winding dirt roads, but when they get to this tiny town of mud houses, they completely destroy the one road. It is now just a huge mud puddle where you sink up to your ankles. The local people, including the children, are barefoot. I think they must be freezing walking through the cold mud.

The national staff (nurses, nutrition assistants, and translators) are not from this area—they come mostly from large cities, where they live and work as middle class people. They, too, are

all having a difficult time with the area and the living conditions. They work 6:30 – 6:30 shifts day and night—walking 1.2 miles through the mud, through a river, over a small wooden bridge, followed by a fairly steep climb up the hill to the hospital. Many have complained about already ruining one pair of shoes and they are requesting rubber boots. Every morning this week, it was pouring rain at 6 a.m. and yet they all arrived on time. I have requested boots and rain coats or ponchos for them and am hoping all will arrive soon. They live in crowded rooms and cook on small kerosene stoves, yet they are smiling and happy when I see them. Meetings here are easy—I walk up a short path to where the staff lives, they all come to greet me and whoever is not working comes out to chat—there is little else to do in this tiny town. In the same way, they walk to my small mud hut (shared by 6) when they have a request for me. My staff includes 21 nurses and 18 nutrition assistants, who all left their families (and life) behind to work with Doctors Without Borders—just like me!

So, by now, you can tell that this is my therapy for the day... writing this report, getting my head around the situation, and some needed quiet time. In all, the malnutrition here is not as bad as anticipated, and with all the rain, the harvest has improved, so things are looking up for the families.

CAREERCONNECTIONS CONTINUED

nurse during a night shift, only three months after orientation. She admitted that she had been terrified; however, she made it through and handled being in charge very well. She added, "I thought to myself, 'Okay, I can do this!'" Mrs. Schober noted just how significant the skills were that she acquired at FPB.

The final presenter, Alumni Association Board secretary **Matthew Schnupp, BSN '07**, brought more inspiration to students. While in school, Mr. Schnupp was drawn to public health, which he studied in Copenhagen, Denmark, for his Senior Capstone experience. Additionally, Mr. Schnupp, who now works in the Lorain County General Health District, completed a preceptorship in public health, working with the Cuyahoga County Board of Health, where he was involved in the development and distribution of materials relevant to pandemic influenza.

Reflecting on his time at FPB, Mr. Schnupp said it was an honor to be back and to speak to others who love and respect nursing as much as he does. Then he paused and noted, "It is not accurate to say that you 'come back' to FPB whenever you return; you *are* the face of FPB nursing and you carry it with you. FPB opens the door for you, but you have a commitment to serve others, and people will respect you for it."

—Deirdre Murphy, BSN Student

FRONTLINE/FPB

NURSING WITH DOCTORS WITHOUT BORDERS IN AFRICA



FPB adjunct faculty member Donna Hicks Myers, MSN '82, MA, CPNP, sent this letter home to friends from her posting in Ethiopia with Doctors Without Borders

August 10, 2008

It's 7:30 a.m. and I slept in today, although awake from 6 a.m. ...not wanting to get up and walk to the latrine. It's Sunday and I'm taking the day off, but do not know what I will do with my time, other than wash some clothes and try to get a shower later in the day when, hopefully, the sun will come out. It is just nice to not have to traipse through the mud to the Stabilization Center. Actually, the SC is a pretty nice place to be—the nurses are friendly and work very hard; and the patients are always welcoming. But there is so much to do and organize and set up that it can be overwhelming at times: we are putting together a new pharmacy system, setting up an autoclave for instrument sterilization, waiting for cupboards and equipment to organize the tents. We continue to wait for an oxygen concentrator for the poor sick children with respiratory problems, and we talk about a transfusion kit for the children with anemia—but I don't know when this will come.

We are now providing therapeutic milk and plumpy nut for the undernourished, and we do have medications to treat common problems. We have admitted 108 patients into the “hospital”

section of the program and have only had 6 deaths—which is quite good because the children are severely malnourished and many have long-term medical problems. The not so severely malnourished are treated as outpatients—approximately 500 so far. We also run one tent for general pediatric admissions—mostly respiratory problems, but also a lot of skin infections, and some bad burns. We have one small baby, “Mimi”, who has been here with her father for 4 weeks. She is 4-6 months old (no one

There is so much to do and organize and try to set up that it can be overwhelming at times: a new pharmacy system, setting up an autoclave for instrument sterilization, waiting for cupboards and equipment to really organize the tents.

knows birth dates), her mother died, and somehow, when she was with a caretaker, she rolled into the fire, sustaining a burn on the top of her head. It was quite bad, but is slowly improving with our treatments. She cannot sit alone yet, but we prop her with blankets and try to encourage her to play and interact—she is quite a happy baby and always smiling when I talk to her. One of my goals before leaving is to promote more activities for

(Continued on page 35)

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The Development and Alumni Relations Department: Nora Hennessy, Rosemarie Ousley, David Telfer, Dean May L. Wykle, Nada Di Franco, Susan Lukianowicz. (Not pictured: Shelley Green.)



The Development and Alumni Relations Department student workers: BSN junior Alex Johnston, BSN sophomore Kathryn Helfrich, Dean May L. Wykle, BSN freshman Lashanita DeVese, and BSN junior Deirdre Murphy.

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 Case Western Reserve University
 10900 Euclid Avenue
 Cleveland, Ohio 44106-4904

Address Service Requested

Parents: If your son or daughter has established a separate permanent address, please let us know by calling (216) 368-5568 or via email at nada.difranco@case.edu.



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Celebration

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The Alumni Luncheon will begin at

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The Class of 1984 celebrates its 25th Reunion this year!

