

## Emily Jones Named Robert Wood Johnson Foundation Nurse Faculty Scholar for 2014

Assistant Professor Emily Jones, PhD, RNC-OB, a researcher in the College of Nursing and Health Sciences studying cardiometabolic health promotion in American Indian women, has been selected to participate in a competitive program designed to advance the careers of talented junior nurse faculty.

Jones is one of just 12 nurse educators nationwide to win the prestigious grant from the Robert Wood Johnson Foundation (RWJF) Nurse Faculty Scholars Program this year. The award is given to junior nurse faculty who show promise as leaders in academic nursing. Jones will receive the three-year, \$350,000 award to promote her academic career and support her research. She is part of the program's seventh and final cohort.

Jones will partner with two regionally diverse tribal communities to examine influences on American Indian women's lifestyle behaviors following gestational diabetes, and to inform a postpartum lifestyle intervention tailored for local culture and women who have recently given birth. She and her interdisciplinary team will assess the intervention to determine the best approach to reducing cardiometabolic risk in these communities.

"Type 2 diabetes and cardiovascular disease can be prevented or modified through lifestyle behavioral change," Jones says. "Yet



*Dr. Emily Jones*

American Indians continue to suffer disproportionately from these diseases, and early intervention in childbearing women with prior gestational diabetes is essential. Enhanced strategies are needed among American Indian women who report low self-efficacy or family support.

"This award provides a remarkable opportunity for me to build on previous work and develop a cardiometabolic risk-reducing lifestyle intervention generalizable to American Indian women with prior gestational diabetes," Jones adds. "It's an incredible honor to be part of the final cohort of Nurse Faculty Scholars as the RWJF shifts focus toward building a culture of health for all Americans,

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## Message From The Dean



"Without continual growth and progress, such words as improvement, achievement, and success have no meaning."  
—Benjamin Franklin

When I reflect on the past year at the College of Nursing and Health Sciences, I am most proud of our growth and progress. Our dedicated team of faculty, administrators, staff, and students has worked countless hours to examine our mission, vision, goals, and accomplishments. Through such strategic planning, the college has grown tremendously, working with our constituencies and partners to develop (1) a shared vision and goals, (2) a shared understanding of our strengths and weaknesses, and (3) opportunities that will help us to share resources and use them collaboratively.

This kind of understanding requires an atmosphere of

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## International Exchange PhD Students Working with Dr. Ana Lindsay of Exercise and Health Sciences (EHS)

**Josiane Luzia Dias Damé, DDS, MSc**, is a doctoral candidate in the Graduate Program in Epidemiology in the Department of Social Medicine, School of Medicine, at the Federal University of Pelotas, Rio Grande do Sul, Brazil. She holds an undergraduate degree in dentistry from the University of São Paulo, with postgraduate work in family health, and a master's degree in epidemiology from the Federal University of Pelotas. The topic of her doctoral thesis is "Smoking Patterns and Factors Associated with Tobacco Use in Pregnant Women."

During a four-month stay at UMass Boston, which began in September, Damé has been working with EHS's Dr. Ana Lindsay on data analysis and writing the third paper of her doctoral thesis. The data was drawn from studies conducted in 2013 in Rio Grande to assess prenatal and childbirth care in 2,680 women. Information was obtained using questionnaires administered during the first 24 hours after birth.

Dr. Damé will also conduct an exploratory review of the literature on mothers' beliefs and practices related to child feeding and oral health in early childhood. This will facilitate a future collaboration on Dr. Lindsay's research in "Influences on Mothers' Child Feeding Practices and Child Health and Nutrition."



*Dr. Ana Lindsay (middle) with international exchange PhD students Josiane Damé (left) and Raquel Mezzavilla (right)*

**Raquel Mezzavilla, RN, MSc**, is a doctoral candidate in the graduate program in nutrition, food, sciences and health in Rio de Janeiro State University's Institute of Nutrition. She holds an undergraduate degree in nutrition, with postgraduate work in clinical nutrition, from the Federal University of Rio de Janeiro, and a master's degree in food, nutrition, and health

from Rio de Janeiro State University.

Data for her doctoral thesis, which is titled "Influence of Maternal Psychosocial Factors on Complementary Child Feeding Practices," comes from a prospective cohort study designed

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*Kathleen Williams Kafel*

of Massachusetts Lowell to discuss issues of concern to older adults and their caregivers.

## CNHS Faculty Member Chosen to Participate in Institute for Gerontological Nursing

In August, CNHS faculty member Kathleen Williams Kafel took part in the 4th annual Faculty Institute for Gerontological Nursing, a four-day seminar at which a select group of nurse educators from around the state were convened by the Massachusetts Senior Care Foundation and the University

The seminar focused primarily on ways to improve the state's geriatric, subacute, and long-term nursing facilities. Kafel's interest in enhancing leadership in geriatric nurse education—by engaging students early on and preparing them for roles in the care of older adults in all settings—drew the attention of the institute's organizers.

The complexity of the older adult demographic and its many physical, psychosocial, and economic dimensions calls for students of adult care to have increasingly refined reasoning and assessment

# UMass Boston, Edith Nourse Memorial Hospital Join Forces to Create Dedicated Education Unit for VA Facility

By Kim Choi

We recently implemented a dedicated education unit (DEU) at the Bedford VA Community Living Center. Since then, I've been fortunate to have mentors and advisors who support the use of a DEU at Bedford and acknowledge DEUs' role in helping students gain real-world, hands-on experience with patients and staff nurses. At Bedford I have seen firsthand the importance of creating an optimal learning environment in which students are supported in both their clinical and classroom learning.

UMass Boston students here on our campus help carry out our mission of providing quality services to war veterans. The creation of learning environments for clinical groups has been instrumental in the functioning of our facility. We have seen that collaboration between a highly efficient model, such as the VA system, and a DEU model, such as that provided by the UMass Boston School of Nursing, enhances the professional development of nursing students and staff alike.



*CNHS students celebrate the opening of the Bedford DEU in spring 2014.*



*Ms. Kim Choi (fifth from left) with Dean Kulwicki (foreground), Bedford VA RNs, and CNHS students*

It has been rewarding to see the model evolve from the idea stage to a reality. We've all enjoyed exploring together how to best train our preceptors and create an effective learning environment. The program has truly enhanced our professional environment and improved the quality of learning for students. Students are integrated into the workplace in a way that allows them to play a vital role while gaining a realistic view of nursing practice. Likewise, hospital and staff nurses receive new perspectives on patient care and on the practice of nursing. Teaching provides nurses an opportunity to stay fresh and motivated in their roles as mentors and role models.

*Kim Choi, MSN, RN, is a hospital educator and nurse planner for VISN1, Edith Nourse Memorial Hospital, Bedford, Mass., and serves as an adjunct clinical faculty member in the College of Nursing and Health Sciences at UMass Boston.*

## CNHS Faculty Member Chosen to Participate in Institute for Gerontological Nursing (continued from p. 2)

skills. At the institute, case studies specific to this demographic were shared and examined, and assessment tools were reviewed. The integration of gerontological content into classroom and clinical teaching was a much-discussed topic, as was the need for stronger clinical partnerships in this area.

Each of the faculty participants was assigned a clinical site to visit and study, and each was asked to write a summary of their impressions of the site. Kafel spent a day at Marina Bay Skilled Nursing and Rehabilitation Center in North Quincy, where she was welcomed by the entire Marina Bay staff before participating in a team meeting

and touring the facility. Discussions about learning opportunities and potential partnerships among the sites followed.

The seminar's final day was given over to a discussion of the establishment of a Long Term Care Dedicated Educational Unit by the University of Massachusetts Lowell and the D'Youville Center for Advanced Therapy Transitional Care Unit. The subject made for lively debate among the seminar's participants, as did the changing educational needs of professionals who care for older adults.

Kafel is grateful to have participated in the institute, and she looks forward to sharing the knowledge and experience she gained there with nursing students who have dedicated their careers to the care of older adults.

## Meet the 2014 New England Rising Star Award Winner



*RN Tiffany Costanza '16  
of North Shore Medical  
Center in Salem*

Nurse.com is introducing a new honor into its lineup of GEM Awards. The Rising Star Award recognizes a registered nurse with fewer than five years' experience who is making a difference in the profession. This year's New England region winner is Thao "Tiffany" Costanza of North Shore Medical Center in Salem, Mass.

Costanza has practiced nursing for three years on an orthopedic and neuro unit.

According to her nominator, she is not only knowledgeable and skilled in patient care but strives to create a better environment for her patients and colleagues. She has quickly mastered many nursing and time-management skills, unlike other members of the nursing profession with similar levels of experience.

Patients and staff frequently comment on Costanza's compassion for patients and the ease with which she juggles multiple tasks.

Costanza is well respected by the unit's other nurses and support staff, who know she will help out whenever and wherever she is needed. A scenario that is typical of her professional approach: While caring for a patient with complex wounds, she partnered with the unit's wound care nurse to make sure the patient received the best care possible, precisely and efficiently carrying out each step of the dressing change process.

For two years, Costanza has been a member of the facility's Joint Commission Champion committees, reporting on tracer activity. She has also helped educate the unit's nurses in Joint Commission standards, creating and sharing with them computer-based presentations on infection-control practices.

## Julie Sieben '01 Presents at the New Balance Falmouth Road Race Expo

Dr. Julie Sieben '01, author of the new book *Six Weeks to Love Running*, was a featured presenter at the New Balance Falmouth Road Race Health and Fitness Expo. A staff member at Boston's Brigham and Women's Hospital, Sieben traverses the gap between allopathic and homeopathic medicine. At her private practice in Plymouth, she focuses on holistic health, lifestyle medicine, and fitness.

In 2001, Sieben earned an undergraduate degree in exercise science/human performance and fitness from the University of

Massachusetts Boston. She went on to earn a doctor of chiropractic at New York Chiropractic College. Introduced to meditation at a young age, she uses it mindfully in her private holistic chiropractic practice. She is a graduate of the Mindfulness Based Stress Reduction Workshop at the University of Massachusetts Amherst, which was spearheaded by Jon Kabat-Zinn, a leading researcher in mindfulness. Sieben is a trainer and fitness and yoga instructor. She travels nationally and internationally, training and certifying fitness professionals.

## Nursing Students Find Creative Way to Fight Breast Cancer

As part of the Breast Cancer Awareness Campaign launched last month at Good Samaritan Medical Center in Brockton, UMass Boston Adult Health students came up with an imaginative and inspiring way to draw attention to the disease. The students dressed a cloth flamingo in handmade UMass Boston scrubs and placed it on Good Samaritan's lawn, where it sat among other such flamingos for the remainder of the month.

For every flamingo placed on Good Sam's lawn, the facility will donate to a local health-care organization. The students dedicated their flamingo to past, present, and future breast cancer patients.

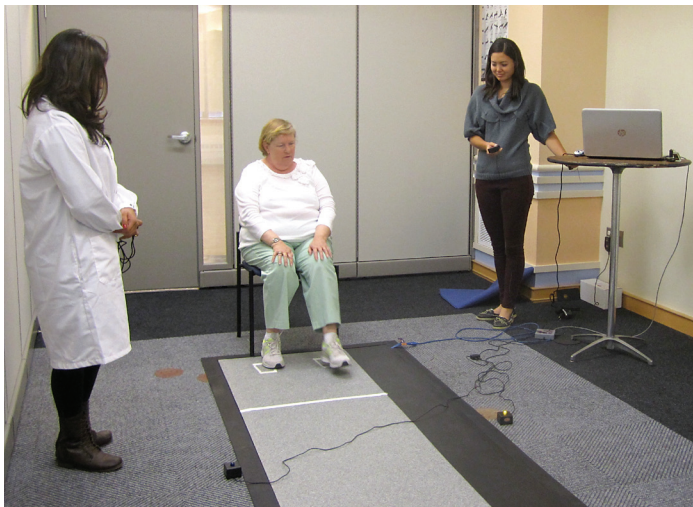


## Exercise Study in Helping Elders with Chronic Pain Receives NIH Funding

Dr. Tongjian You, assistant professor of exercise and health sciences, and Dr. Suzanne Leveille, professor of nursing at UMass Boston, were recently awarded a grant for \$402,575 by the National Institute on Aging, National Institutes of Health. The study's working title is "Helping Elders Living with Pain," or HELP. You and Leveille have been assessing the feasibility and acceptability of a 12-week randomized controlled exercise program in preparation for a trial among community-residing older adults. The study examines the effects of mind-body exercise and simple body exercise on chronic pain, cognition, and endocrine function.



*Members of the research team working on the HELP study. (L-R) Dr. Tongjian You, Netsanet Tsegai, Huan Zhang, Lauren Tierno, Elisa Ogawa, Saurja Thapa, and Dr. Suzanne Leveille*



*Laboratory testing of mobility for the HELP study.*

The two-year study, which will run through April 2016, is a pilot for a larger study that will investigate the biological mechanisms by which exercise alleviates chronic pain, improves physical and cognitive functions, and lowers fall risk in the elderly. The study has started subject recruitment and baseline testing, and free exercise classes are being held at Newton Center.

An epidemiologist and an internationally renowned expert on pain and aging research, Dr. Leveille has an ongoing NIH R01 grant to study the effect of chronic pain on cognition and mobility in older adults. The new study furthers her research in identifying novel strategies for alleviating chronic pain and pain-related functional problems.

Dr. You, an exercise physiologist, has extensive experience studying the effects of exercise interventions on physical and metabolic/endocrine functions in older adults.

The research team also includes co-investigators Dr. Ling Shi, associate professor of nursing at UMass Boston, and Dr. Jane Saczynski, assistant professor of medicine at UMass Medical School; study consultants Dr. Gloria Yeh, assistant professor at Beth Israel Deaconess Medical Center and Harvard Medical School, and Dr. Peter Wayne, assistant professor at Brigham and Women's Hospital and Harvard Medical School; Mr. Huan Zhang, chief exercise instructor, College of Nursing and Health Sciences at UMass Boston; and a group of graduate and undergraduate research assistants.

Dr. JoAnn Mulready-Shick, and Co-Investigator Dr. Jean Edward received funding in August from the Asian American Student Success Program for a new study, "The Impact of Linguistic Modification of Multiple Choice Exam-type Test Items on Nursing Students' Test Proficiency and Faculty Exam Writing Improvement: An Exploratory Study."



*Dr. JoAnn Mulready-Schick*



*Dr. Jean Edward*

## CNHS Professor Receives Award for Research in Tobacco-Dependence Treatment for Korean Americans

Dr. Sun Kim, PhD, RN, an associate professor of nursing in the College of Nursing and Health Sciences, is the recipient of a Patient-Oriented Mentored Research Career Development Award from the National Institute on Drug Abuse (NIDA) in recognition of her clinical trial of a culturally tailored tobacco-dependence treatment for Korean Americans. A Korean native, Kim earned a bachelor's degree in nursing from Seoul National University. In the late 1980s, she migrated to the United States and worked in medical and psychiatric inpatient units for 13 years. During that time, she studied at Rutgers University, earning a master's degree in psychiatric mental health nursing and a doctorate in nursing research. She completed a

two-year postdoctoral fellowship at the University of North Carolina–Chapel Hill before accepting a faculty position, her first, at the University of Medicine and Dentistry of New Jersey.



Dr. Sun Kim

The principal investigator of five funded research projects and the author of 31 articles, she specializes in tobacco-dependence treatment for underserved populations, such as Asian Americans and people with mental illness, and in differences in treatment outcomes owing to gender. She recently received an R56 grant from NIDA to compare the effectiveness of a video-conferencing intervention with that of a telephone intervention. She uses her website (<http://kimstopsmoking.com>) to share research and to support her subjects' smoking-cessation efforts.

## NEW FACULTY



**Phil Nyakauru Gona** received a PhD in biostatistics and an MPH in epidemiology from Boston University. After an appointment at the University of Massachusetts Medical School, he joined CNHS as an associate professor. His research interests include statistical methods for epidemiology across a broad spectrum of biomedical fields and global health, and he also

specializes in longitudinal data analysis of survival methods. He has worked as a researcher at the Harvard School of Public Health's Center for Biostatistics in AIDS Research and the Framingham Heart Study.

Dr. Gona has designed and analyzed double-blind randomized control clinical trials for assessing drugs awaiting FDA approval. He was a member of the Global Burden of Disease 2013, a consortium of scientists whose reporting on communicable and noncommunicable diseases, and maternal and infant mortality, will soon be published in *The Lancet*. His work as a statistical scientist, particularly in cardiovascular disease and HIV/AIDS, has informed a number of public health initiatives, creating evidence-based platforms and promoting inter-institutional cooperation.

Internationally, he has collaborated since 2011 with the Hypertension in Africa Research Team (HART) at North-West University, South Africa, on the African Prospective Study on the Early Detection and Identification of Cardiovascular Disease and HyperTension

(African-PREDICT). If funded, this project will be the first study of a black population in Africa with 10-year follow-up data on cardiovascular outcomes, helping to shed light on behavior, lifestyle, biomarker, and physiological predictors of disease development in the African hypertensive phenotype.



Assistant Professor **Suha Ballout, PhD, RN**, earned a BSN and an MSN from the American University of Beirut (AUB), Lebanon, in 2000 and 2007, respectively. In 2006, she attended Johns Hopkins University as a clinical resident for CNS in palliative care and pain management. Her master's studies included a thesis, "Psychometric Evaluation of the Arabic Brief Pain Inventory." In 2013,

she graduated with a PhD in nursing from Miami's Florida International University. At the AUB Medical Center she assumed a variety of roles, including work as a registered nurse on medical, surgical, oncology, and OB/GYN units, and as a clinical educator for the medical oncology, BMT, and psychiatric in-patient units.

Dr. Ballout focuses her research skills on enhancing the quality of life in persons with chronic illness and their families. Her dissertation examines the effects of age, ethnicity, sexual dysfunction, incontinence, masculinity, and partner relationship on quality of life in men diagnosed with prostate cancer. She is an editorial board member of *Nursing & Health Sciences* and *Journal of Nurses in AIDS Care*.

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## Emily Jones Named Robert Wood Johnson Foundation Nurse Faculty Scholar for 2014

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including the most marginalized and underserved.”

The RWJF Nurse Faculty Scholars Program strengthens the academic productivity and overall quality of nursing schools by developing leaders in academic nursing. Support of junior nurse faculty will help stem a shortage of nurse educators that could undermine the health and health care of all Americans. The Affordable Care Act is rapidly increasing the number of Americans with health coverage, and consequently the demand for skilled nurses is rising, as is the need for nurse educators.

“Translating diabetes and cardiovascular disease prevention to these primary stewards of family health is critical to efforts to eliminate cardio-metabolic disparities in American Indian families and communities across the nation,” Jones says. “I hope this research empowers women to pursue choices that lead to healthy lives for themselves, their families, and their communities.”

Jones will be mentored by Margaret Moss, PhD, JD, RN, FAAN, of Yale University, and Rosanna DeMarco, PhD, RN, PHCNS-BC, APHN-BC, FAAN, and Richard Fleming, PhD, both of the University of Massachusetts Boston.

## Message from the Dean *(continued from p. 1)*

dialogue that is hard to achieve without many meetings, a dedicated leadership, a strong advisory board, committed faculty, and engaged staff and students. I would like to thank all of the students, faculty, staff, partners, advisory board members, and administrators who took time to meet throughout the year and provide input in the development of CNHS’s future. Because of your tireless efforts our college can continue to grow and progress, and we can truly appreciate our shared improvements, achievements, and successes, many of which are outlined in this issue.

In the midst of strategic planning, our team was also able to (1) expand on the vision, mission, and activities of the GoKids Center, (2) host successful Research Day and 35th Anniversary Celebration events, and (3) increase funding resources

for student success. Thank you to everyone who played a role in these significant accomplishments.

In this issue of Harbor Reflections, you will learn more about our growth and our achievements. You will read about Dr. Emily Jones being named as a Robert Wood Johnson Foundation Nurse Faculty Scholar for 2014, Dr. Ana Lindsay mentoring international exchange PhD students, Dr. Tongjian You and Dr. Suzanne Leveille’s study on helping elders with chronic pain, and Dr. Sun Kim’s study on culturally tailored tobacco-dependence treatment for Korean Americans. You will also read about alumni highlights and CNHS events and initiatives. As you read, I hope you will feel fulfilled by your contributions to our college—and in the knowledge that you play a significant role in our strong, vital, impactful, and ever-evolving community.

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## International Exchange PhD Students Work with Dr. Ana Lindsay *(continued from p. 2)*

to evaluate the relationship between intimate-partner violence and childhood growth. The study monitors 550 newborns at primary health clinics during the first five years of life.

Mezzavilla’s six-month visit to UMass Boston will see her work with Dr. Ana Lindsay on two of her doctoral research papers. One is titled “Intimate Partner Violence, Children’s Feeding Practices, and Parental Feeding Styles: A Systematic

Review.” The second, which uses data from the same birth cohort, is titled “Effects of Intimate Partner Violence on Complementary Feeding Practices.”

Mezzavilla will also work with Dr. Lindsay and Associate Professor M. H. Hasselmann, her advisor at Rio de Janeiro State University, on the translation and cross-cultural adaptation of two child-feeding questionnaires.

*Save the Date!*

# The 29<sup>th</sup> Annual Research and Scholarship Day

**Thursday, May 14, 2015**  
**8:00 a.m. – 5:00 p.m.**

**University of Massachusetts Boston | Campus Center Ballroom**

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