

Transformations

IN NURSING & HEALTH

Autumn 2012

The Ohio State University
College of Nursing



Ohio State launches first nurse practitioner-led interprofessional primary care clinic

Ohio State Total Health & Wellness at University Hospital East to serve Columbus' east side

Bernadette Melnyk, Margaret Graham, and Kristie Flamm, leaders of the new practice, located on the 12th floor of University Hospital East

See page 6



Announcing a landmark inaugural conference on best practices in promoting and sustaining wellness in academic settings, with tracks on faculty and staff wellness, student wellness, academic medical centers, and wellness innovation.

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Confirmed speakers

Wesley F. Alles, PhD, director, Stanford Health Improvement Program

Jack Groppe, PhD, vice president of applied science & performance training, Wellness & Prevention, Inc., a Johnson & Johnson Company; co-founder, Human Performance Institute

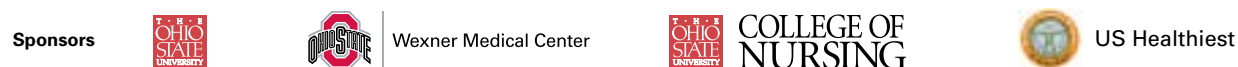
Bernadette M. Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, associate vice president for health promotion, chief wellness officer, and dean, College of Nursing, The Ohio State University

Michael F. Roizen, MD, chief wellness officer, Cleveland Clinic; co-founder, RealAge, Inc.

Janet Wright, MD, executive director, Million Hearts Initiative

Abstracts and posters

The abstract submission deadline is Friday, January 11, 2013, 5 pm EST. Abstracts may be submitted online at www.healthycademics.org



For the latest information on speakers and registration, please visit www.healthycademics.org

The Ohio State University College of Nursing

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AUTUMN 2012

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The Ohio State University
Wexner Medical Center

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Mary Howard, MS, RN, NEA-BC
Administrator Patient Care
Services/Chief Nursing Officer
The Ohio State University
Wexner Medical Center
University Hospital East



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DEAN'S MESSAGE

BERNADETTE MAZUREK MELNYK

Opportunities abound: Our time is *now*

By leveraging our phenomenal team's talents and resources, we can make a huge impact

The current state of healthcare and health of Americans create a bleak picture for the future in many ways. We spend trillions of dollars on healthcare, yet our country



Bern Melnyk

ranks 37th in health outcomes. We are living in an era in which behaviors are the #1 killer of Americans. Overweight and obesity will soon pass tobacco as the leading cause of preventive death in the US, and the World Health Organization has recently declared physical inactivity as the fourth leading risk factor for global mortality. The Centers for Disease Control predicts that one out of three people in the US will have diabetes by 2050. One of two Americans has a chronic illness and one in four have multiple chronic conditions. Further, one out of four people has a mental health problem, yet less than 25% receive any treatment. Stress, anxiety, and depres-

sion are pervasive problems in faculty, staff, students, and the members of our community. Despite these alarming statistics, opportunities abound for our university, college, and nursing profession to positively impact healthcare and the health of our university, community, state, and globe. However, we must have a clear vision of how we will improve these conditions and act *now* with a sense of urgency—because we are living in an era in which it is predicted that our children will have a shorter lifespan than we do.

In this edition of *Transformations*, you will read about how a rapid response to a request for applications this summer led to a \$1.5 million Health Resources and Services Administration (HRSA) grant to help launch our very first nurse practitioner-led clinic that will provide comprehensive and integrated mental and physical healthcare services to the people of East Columbus. At this health center, we will deliver high value, low cost care through an inter-professional team comprising pharmacists, physicians, social workers, mental health coun-

sultors, nurses, and dieticians. You also will read about the rapid acceleration in NIH-grant funding that we have had this year with research that is addressing some of our most pressing and costly morbidities. Finally, you will learn about the extraordinary interprofessional team to create the healthiest university on the globe, as well as the outstanding achievements of our college's faculty, staff, students, and alums, of whom I am so proud.

My first year as a Buckeye was filled with exciting challenges and phenomenal opportunities. By traveling with President Gee across the state this summer to promote health and wellness, I learned first-hand about the love that the people across this state have for our university. Further, in my travels across the country and globe, I met hundreds of our alums and learned what it really means to be a Buckeye. I have been at several universities throughout my career, but none of them can touch the Ohio State spirit and passion.

As the New Year ap-

proaches, I encourage you to make a resolution to **Make Just 1 Change** for your and your family's health. Together, we can create the healthiest university, community, and alumni base on the globe. The upcoming holidays are a special time of the year, especially to share gratitude for our many blessings and inspire hope for a New Year with fulfilled dreams. I can honestly say that I am truly blessed to be a Buckeye and to have all of you in my life. Stay tuned for the exciting opportunities and our accomplishments to come in 2013!

Fond regards,

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN
Associate Vice President for Health Promotion
University Chief Wellness Officer
Dean and Professor,
College of Nursing
Professor of Nursing & Pediatrics, College of Medicine





Kristie Flamm, Margaret Graham, and Bernadette Melnyk at University Hospital East, site of the new Ohio State Total Health & Wellness

FIRST NURSE PRACTITIONER-LED INTERPROFESSIONAL PRIMARY CARE CLINIC IS LAUNCHED

Health center will offer primary care to the underserved, while allowing College of Nursing clinical education and services to expand

By Kathy Baird

The new healthcare environment will emphasize wellness and prevention, with an increased need for nurse practitioners and other primary care providers. Fueled by a new \$1.5-million grant, the College of Nursing is expanding its clinical services and its student base to meet this growing need.

With the award of a \$1.5 million, three-year grant from the US Department of Health and Human Services Health Resources and Services Administration (HRSA), the College of Nursing has launched Ohio State's first-ever nurse practitioner-led intercollaborative practice and a new Total Health & Wellness center at Ohio State's University Hospital East. To expand clinical experience for its students while serving community needs, the college also has developed several other clinical partnerships.

"As this is our college's very first health center, the HRSA funding is so terrific for us and for the people who reside in the East community," says Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, dean of the College of Nursing, who also serves as associate vice president for health promotion and chief wellness officer of the university. "We have a very strong nurse practitioner advanced practice program," Melnyk adds. "I believe that we need to provide opportunities for students to be engaged with faculty in practice, so that is a key strategic direction that we're taking for the college."

Ohio State Total Health and Wellness is expected to open its doors to patients in December. In addition to support from HRSA, it is among several programs at the university funded by a one-year renewable Medicaid Technical Assistance and Policy Program (MEDTAPP) Healthcare Access Initiative (HCA) offered through the Office of Medical Assistance (Ohio Medicaid). The MEDTAPP HCA funding supports education and retention activities for medical students, residents, fellows, and practitioners committed to serving the underserved using innovative health care delivery models and evidence-based practices.

“By opening a nurse practitioner-led health center we are role modeling high-quality care for our students,” explains Margaret Clark Graham, PhD, RN, FNP, PNP, FAAN, associate dean for advanced practice and community engagement and associate professor of nursing. “We hope this center will be the prototype and that we can grow more opportunities like that in other areas.”

“The purpose for the health center is to educate students on how to care for the medically underserved,” explains Graham. The new center will serve the entire community with all health insurance coverage, including Medicare and Medicaid, as well as payment arrangements for the uninsured.

The practice will serve several major goals:

- Establish the first nurse practitioner-led clinic for the College of Nursing
- Establish an intercollaborative practice for interdisciplinary professional education
- Increase access to primary care for the neighborhood of University Hospital East
- Help reduce unnecessary emergency room visits, while also providing any needed follow-up care to emergency room patients
- Offer integrated treatment to address both medical needs and mental health needs at a single location

The health center’s integration of primary care and mental health care is an important move. While one in four Americans face some form of mental illness, overall access to mental health services is limited and most of those affected do not receive treatment. Underserved patients with limited insurance coverage may face even greater obstacles. Studies have shown that combining medical and mental health services improves access while reducing stigma and cost, for positive results.

Many patients who do not have a regular primary care provider turn to emergency rooms for routine care. The emergency room at University Hospital East treats a high volume of such patients each year. The new health center should help to alleviate this patient load by serv-



A patient examination room at the new Ohio State Total Health & Wellness

ing patients’ routine care needs so that emergency room services can focus on more critical needs.

“We are quite pleased that the College of Nursing has chosen to establish Ohio State Total Health & Wellness at University Hospital East,” said Elizabeth Seely, executive director of University Hospital East at The Ohio State University Wexner Medical Center. “Access to primary care continues to be a challenge for many individuals. We anticipate that this health center will provide another opportunity for continuity of care in an appropriate setting through convenient and same-day appointments,” Seely says. “The future of healthcare will demand models such as this one; this is another great example of Ohio State leading the way.”

Initially, the new 3,400-square-foot Total Health & Wellness will operate four and one-half days a week, Monday through Friday. The facility includes four patient exam rooms, two counseling rooms, two staff office areas, a lab, and a lobby and reception area. At first, it will accommodate 125 to 140 patients a week, with future expansion possible as staffing resources grow.

Kristie Flamm, MSN, RN, FNP, ACNP, a nurse practitioner, has been named director of the center. (See sidebar.) Flamm also will provide direct patient care. Other staff will include a full-time LPN, a part-time psychiatric nurse practitioner, and a receptionist. Graham will lead a faculty practice on-site one-half day each week. Beginning in January 2013, nursing students will rotate through

the center to gain clinical experience.

The health center also will create interdisciplinary faculty practice opportunities for a pharmacist, a social worker, psychiatric nurse practitioners, a mental health counselor, and a dietitian, with a physician available for collaboration. Each professional will mentor students in their field who rotate through the health center for clinical experiences. Students from these varied disciplines will work together, learning to combine their strengths for patients’ benefit.

“We want it to be a nurse practitioner-led, intercollaborative practice,” Graham emphasizes. “In 2011, there was a push through the American Association of Colleges of Nursing and their counterparts in medicine and pharmacy to put together the goals of intercollaborative practice,” Graham says. Those goals are outlined in two reports—“Core Competencies for Interprofessional Collaborative Practice,” and “Team-Based Competencies: Building a Shared Foundation for Education and Clinical Practice”—which were released in 2011 by six national health professions associations and three private foundations. “We would like to use that as our model,” Graham notes. “The idea is to put our students together and have them learn together in a clinical setting, teaching our students in the clinical area to work as a team. It’s something that we haven’t done very well across the country. Right now, our education is, in large part, siloed.”

Several special programs will be offered through this practice to address specific health concerns:

- The Creating Opportunities for Personal Empowerment (COPE) Healthy Lifestyles TEEN program for overweight adolescents and for depressed teens
- The US Department of Health and Human Services Million Hearts initiative, designed to prevent one million heart attacks and strokes nationwide over five years
- A US Preventive Services Task Force depression screening program
- Another evidence-based collaborative program to improve management of chronic disease such as diabetes and cardiovascular disease

While grants will cover initial operating costs, the long-term expectation is that Ohio State Total Health & Wellness will be financially self-sustaining.

Other college clinics

The College of Nursing also is working to expand its existing clinical collaborations. Two faculty members for the pediatric nurse practitioner program currently provide after-hours care at a Westerville clinic run by Nationwide Children’s Hospital, and college leaders hope to expand that collaboration to other similar clinics.

Other wellness programs

Beyond clinical services, “we hope to do a lot of health promotion and wellness activities,” Graham said. Nursing students are instrumental in a pilot new-employee onboarding program to promote wellness at Ohio State. (See sidebar next page.)

Plans call for community health nursing students to be based at the new health center to conduct other community wellness programs, possibly including some on-site partnerships with Columbus Public Schools.

Evidence-based practice

“In my role as chief wellness officer, I am really passionate that all the initiatives we are undertaking across the university in health and wellness have to be evidence-based,” emphasizes Melnyk, who recently completed a four-year term on the United States Preventive Services Task Force which sets evidence-based practice recommendations for primary care providers. “We know through studies

Flamm to direct new health center

Nurse practitioner Kristie Flamm, MSN, RN, FNP, ACNP, an emergency room practitioner at Ohio State since 2009, has been named director of Ohio State Total Health & Wellness at University Hospital East. Flamm, who is working toward her doctorate in nursing practice, has 25 years of varied nursing experience that



Kristie Flamm, director of Ohio State Total Health & Wellness

includes work in acute care and primary care settings as well as teaching and administrative positions.

“The patient-centered approach is important to me,” Flamm says. In the new center, “We’re going to be seeing a population that is especially at risk, that hasn’t been receiving primary care. We need to be sure we’re looking at all of their health needs and addressing patients’ goals. Listening to patients makes a big difference.”

Services which address both medical and mental health needs also should benefit patients. “Depression and anxiety are very prevalent and that’s often a big barrier to treating patients,” she says. If emotional needs are not addressed, it is hard to move beyond those needs to help patients understand the

importance of other necessary treatments, she explains.

As an emergency room practitioner, Flamm saw first-hand the need for a clinic of this kind. “I see so many patients without access to care. If we can improve access to care and get them continuity of care, we can really help with the outcomes. With continuity of care, we are able to impact patients’ lives long-term—see them back, and work through problems and issues,” she says.

Student involvement is also important. “The ability to have the students here is a great advantage because they can be spending more time with patients, helping to figure out what their needs are so that we can address those,” Flamm says. While students and providers both benefit from this collaboration, “That’s a big advantage to the patient as well—more personalized care they are likely not even to get in another clinic setting,” she notes.

Flamm says her hope is that “we end up feeling like not just a medical home but a true home for these patients. If we can make ourselves accessible and equitable no matter what their circumstances, that’s a big key.”

that evidence-based healthcare improves outcomes by at least 30 percent and it reduces costs,” she says. “Everything we do in our practice is going to be steeped in delivering evidence-based healthcare. We prepare our students to go out and practice that way.”

Recently, “some very distressing findings” were uncovered about the implementation of evidence-based practice, Melnyk says, when she and collaborators published a study surveying the experi-

ences of 1,000 nurses across the US. “One of the biggest barriers to nurses being able to implement evidence-based healthcare is the resistance of their leaders and managers as well as their nurse and physician colleagues,” Melnyk recounted, as much of healthcare practice is still steeped in tradition, relying on the methods originally learned. “We still have a major problem translating findings from research into clinical practice to improve care and patient outcomes,” she says. Educating

Onboarding screenings provide student opportunities

One innovative pilot project creating expanded clinical opportunities for nursing students is Ohio State's new-employee onboarding program in health and wellness, conducted through University Health Connection.

In line with Ohio State's goal to become the healthiest campus and employer, "We want staff to be at their optimal health and practice preventative care," says Kate Gawlik, MS, RN, adult nurse practitioner and College of Nursing clinical liaison for the program. "The program is really about getting people connected with resources, depending on what their personal wellness goals and needs are."

New employees of the Wexner Medical Center are randomly selected to participate in the current pilot project, and plans call for all new employees of the university and medical center eventually to participate in this wellness screening program.

As part of the hiring process, a blood sample is obtained and several biometrics are recorded. New employees then meet with a wellness nurse, who counsels them on what their screening results mean. With an emphasis on "know your numbers," they learn their cholesterol, blood sugar, and

blood pressure "numbers," their body mass index, and their waist circumference—all important health indicators.

New employees are then linked with helpful resources around campus, such as referrals to an Ohio State primary care provider, health coaching, dietitians, fitness resources, pharmacist medical management, and other services as desired. If any serious findings are discovered during their initial screening, new employees are referred for immediate care in the clinic or the emergency room if appropriate, while follow-up on less serious issues is referred to their primary care provider.

College of Nursing students serve as health guides, helping new employees navigate this screening process. The nursing students are educated to understand biometrics and to assist with the finger stick blood glucose tests and the blood draws for cholesterol tests. This education also prepares students for their role in future health screenings around campus, as part of the effort to help promote a campus-wide culture of wellness.

"The project should help catch disease early," Gawlik notes. Several new employees have already been diagnosed with diabetes and high blood pressure, and at least one learned he had a potentially serious heart condition.

As of press time, the onboarding program had served 556 new employees. Eventually it will roll out to serve the 3,000-plus new employees who join Ohio State each year.



Kate Gawlik

new practitioners in evidence-based care should help to lead the way.

Expanding care capacity

Another upcoming change is an expanded need for primary care. "With new healthcare reform going into implementation in 2014, we're going to have 33 million more people in America who are eligible to receive covered healthcare, and we have such a shortage of primary care providers," Melnyk says. "So we also are expanding these opportunities to meet the healthcare needs in the community," she notes, through expanded clinical education and services. "Nursing is going to play a very key role, not only in primary care but also in the management of chronic illness, in transition care from hospital back out to the community."

Graham agrees. "Graduate-prepared nurse practitioners are going to be key in providing primary care services," she

says. To meet this demand, the college is increasing enrollments in its master's degree nursing programs, as well as its RN to BSN program. For the current 2012-2013 academic year, there are 58 students enrolled in the DNP program, compared to 24 students three years ago; 230 students enrolled in the master's degree nursing program, up from 133 students three years ago; and 213 students in the RN to BSN option, compared to 109 students three years ago.

A key limitation to growth in student class size is the number of clinical sites, so an expanded base of clinical sites will be helpful. "The more clinical sites we have, the greater number of nurse practitioner students we can educate," Graham says. "Because there is a need for primary care providers, we feel we can match that need by providing primary care through the College of Nursing, plus providing clinical sites," Graham says.

"And we hope those clinical sites will be intercollaborative," she adds. "We see all of that as a win for us."

Under the past healthcare system, "We focused on illness care," Graham said. Health promotion and disease prevention will play a more prominent role in the new healthcare marketplace. "There is this gigantic shift to look at how we keep people from getting these chronic diseases."

"We do see our focus in this integrated care model as being one looking at health promotion, prevention, providing for primary care needs—which would include managing chronic disease—and then the mental health component," Graham says. An expanded clinical presence will help the college do all of that, while educating practitioners for the future. ■

Kathy Baird is a freelance writer based in Columbus.

New faculty appointments bring strength and innovation to the College of Nursing

A US Surgeon General with a distinguished career. A dedicated researcher investigating improved communication with critical-care patients. An eight-time winner of the American Journal of Nursing Healthcare Book of the Year award. A lifetime explorer of how stress affects premature birth. All are esteemed faculty who have decided to make The Ohio State University College of Nursing their academic homes.

By Kathryn Kelley

These new faculty members and experts in the field of nursing comprise nursing's best and brightest, lending their national stature to the strong academic and research program already in place at the college.

"A key strategy to building an innovative, top-tier, and dynamic organization is the recruitment of the best faculty in the nation—not only those who are the most competent in their fields, but people who are positive team players and deeply committed to accomplishing our team's vision and mission," said Bernadette M. Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN, chief wellness officer, associate vice president for health promotion, and dean of the College of Nursing.

Ohio State's leadership and impact in current and emerg-

ing health issues has long been a strong draw for top-notch faculty. The College of Nursing is one of seven health sciences colleges at the university, part of the most comprehensive health sciences academic campus in the nation. A nearly 100-year history with a rich tradition of excellence in teaching, learning, research, and service has resulted in the college being an important resource for producing the highest quality of professional nurses, advanced practice nurses, and researchers to the state and nation.

"As exemplified in our recent recruits, including Drs. Carmona, Happ, Porter-O'Grady and Ruiz, we are pursuing the nation's best to leapfrog our Buckeye organization forward in the most exciting and impactful ways," added Melnyk. "We recruit people who think the impossible and do the impossible, which is aligned with our college's unique vision."

Richard H. Carmona, MD, MPH, FACS

Dean's Distinguished Professor of Health Promotion and Entrepreneurship

Dr. Richard Carmona will share his expertise in public health, health literacy, and health innovation with students and faculty, as well as the greater community, through keynote presentations and lectures, outreach projects, and national advocacy of College of Nursing strategies. Carmona's responsibilities with the College of Nursing include helping students learn to think innovatively and entrepreneurially about the delivery of healthcare.



"The healthcare environment is challenging and ever-changing," said Carmona. "Nursing graduates can make valuable contributions to all aspects of health promotion and healthcare delivery when they are prepared to lead change that helps improve healthcare quality and control costs."

In 2002, Carmona became the 17th Surgeon General of the United

States. As US Surgeon General, he focused on prevention, preparedness, health disparities, and global health.

Carmona has published extensively and received numerous awards, decorations, and local and national recognitions for his achievements. He is vice chairman of Canyon Ranch, the country's leading health and wellness company, and president of the board of directors for the nonprofit Canyon Ranch Institute. Carmona is also the first Distinguished Professor of Public Health at the University of Arizona's Mel and Enid Zuckerman College of Public Health.

Licensed by the state of California as an RN and having practiced emergency and critical care nursing, he earned an associate in arts degree at Bronx Community College of the City University of New York, and received his nursing training in the US Army. His medical degree is from the University of California, San Francisco, and he received his master's degree in public health (MPH) from the University of Arizona.

Carmona has also served for more than 20 years with the Pima County Sheriff's Department in Tucson, and is one of the most highly decorated police officers in Arizona—as well as a nationally recognized SWAT expert. He serves as chairperson of the Partnership to Fight Chronic Disease, as health and wellness chairperson of the Strategies to Overcome and Prevent (STOP) Obesity Alliance, and as chair of the Time to Talk CARDIO advisory board.

Mary Beth Happ, PhD, RN, FAAN

Dean's Distinguished Professor of Critical Care Research

Dr. Mary Beth Happ is the first Dean's Distinguished Professor of Critical Care Research at the college. Happ is a nationally renowned, NIH-funded critical care and aging researcher who was formerly the UPMC Health System Chair in Nursing Science and full professor at the University of Pittsburgh School of Nursing. Happ also held secondary appointments in the School of

Medicine Department of Critical Care Medicine, Clinical and Translational Science, and the Center for Bioethics and Health Law.



Happ's research, supported for more than 16 years with funding from the National Institutes of Health, and professional and philanthropic foundations, focuses on understanding and improving communication with seriously ill hospitalized adults and older adults who are unable to speak. Her program of research includes studies of prolonged mechanical ventilation, interventions to improve patient communication during mechanical ventilation, treatment decision-making, symptom communication, and distraction-interruption in the intensive-care unit (ICU).

She has authored more than 100 journal articles, editorials, published abstracts, and book chapters. She completed a PhD, followed by a post-doctoral research fellowship, at the University of Pennsylvania School of Nursing.

Happ decided to join Ohio State, where she "found the energy, new initiatives, and the opportunity to grow a center of scholarship and excellence to be really exciting and a good fit for this stage in my career."

"I was also impressed with the collegiality and connections for clinical scholarship and practice-based research at The Ohio State University Wexner Medical Center, particularly in the critical care environment," she added.

Happ's husband graduated from Ohio State in turf science, so they lived in Columbus in the early 1990s. Both of her sons are in the Midwest—one is a freshman and member of the University of Cincinnati baseball team and her older son works in Chicago as a currency trader.

Golf and baseball are a big family

interest and Happ enjoys gardening and reading.

Timothy Porter-O'Grady, DM, EdD, ScD(h), APRN, FAAN, GCNS-BC, NEA-BC, CWCN, CFCN

Clinical Professor and Leadership Scholar

Dr. Timothy Porter-O'Grady has been named Clinical Professor and Leadership Scholar. With 42 years of health care experience, he is internationally renowned in innovation leadership and has held roles from staff nurse to senior executive. He is senior partner at Tim Porter-O'Grady Associates, an international health consulting practice specializing in health systems futures.

Porter-O'Grady has published extensively with more than 175 professional journal articles and 21 books and is an eight-time winner of the American Journal of Nursing Healthcare Book of the Year Award. He has consulted internationally with more than 500 institutions and has lectured in more than



1,000 settings internationally. Porter-O'Grady holds two earned doctorates in learning behavior and in organizational and systems leadership. In addition, he

received an honorary doctor of science degree from the Medical University of Ohio. He is board certified as a nurse executive, has done post-doctoral work in aging, and is a wound specialist.

"I've worked together with Dean Bernadette Melnyk in the past, creating and designing innovative programs and curricula which better help nursing leaders confront and adapt to the future of healthcare with more innovation and creative tools and skills," said Porter-O'Grady of his decision to join the Ohio State team. "Her commitment to innovation and creating futuristic and relevant programs for nursing leaders

and a solid high quality reputation of the faculty converged to make it impossible for me to say no."

Porter-O'Grady has a home in the Blue Ridge Mountains where he spends as much time as possible hiking, writing, and relaxing. His partner of 35 years and he currently are raising a teenager. As a certified wound and foot specialist and CNS, he offers his services to the underserved elderly and homeless population in downtown Atlanta.

R. Jeanne Ruiz, PhD, FAAN, WHNP, RNC Associate Professor

Dr. R. Jeanne Ruiz has been appointed a tenured associate professor at the college. Most recently, Ruiz was the Will Dean Bevens Singleton Endowed Professor at the University of Texas Medical Branch and associate professor and biobehavioral laboratory director at the



University of Texas at Austin School of Nursing.

Ruiz's broad area of research interest includes the effect of chronic stress in women, particularly during pregnancy. She has previously implemented a preterm birth prevention program for women with twin pregnancies that has continued to make a major difference in preventing preterm births. She has been funded from NIH/NINR for the last 11 years to investigate the biobehavioral mechanisms (psycho/social/cultural) and neuroendocrine and immune factors predicting preterm birth and low birth weight. In her currently funded work on high-risk pregnancy, she tests intervention approaches to decrease stress and promote healthier lifestyles in women and infants. This program of research examines ethnic disparities in relationship to birth outcomes and she continues to publish and disseminate this work widely. She is also a woman's

Additional new clinical faculty join the college

Claudia Berry, clinical instructor, prelicensure medical-surgical and PMH nursing

Barbara Bradley, clinical instructor, prelicensure community health & NSHM clinical

Molly Bradway, clinical instructor, prelicensure pediatric nursing

Jennifer Cabe, instructor

Karen Clancy, clinical instructor and 40% in office of clinical placement for graduate students

Jeanne Eberhardt, clinical instructor, OB

Rita Kaspar, assistant professor of clinical nursing, family nurse practitioner online

Lucia Jenkusky, clinical instructor, nurse midwifery

Lisa Long, clinical instructor, EBP and 50% in CTEP

Sharon Lyon-Paul, clinical instructor, prelicensure psychiatric mental health nursing

Shelley Meyer, clinical instructor, prelicensure psychiatric mental health nursing

Andrew Pleasant, senior instructor

Brenda Stickney, clinical instructor, prelicensure community health nursing

Jennifer Thornton, clinical instructor, prelicensure pediatric nursing

Jill Volkerding, clinical instructor, prelicensure medical-surgical nursing

health nurse practitioner, serving high-risk obstetrical patients.

Ruiz was recently selected for induction into the American Academy of Nursing (AAN) for her research contributions. She received her doctorate from the University of Texas Health Science Center at San Antonio, Texas, in 1999.

In joining the College of Nursing, Ruiz said, "I was intrigued by the innovative, progressive movement of the college, the outstanding leadership, the focus for a center on women and children's research, and the many outstanding national researchers that focus on preterm birth."

Ruiz is currently collaborating with Rita Pickler, PhD, RN, PNP-BC, FAAN, nurse scientist at Cincinnati Children's Hospital and research professor at the Ohio State College of Nursing, on research with a perinatal focus. She has

also worked with Associate Professor Thelma Patrick, PhD, RN, on a National Institute of Nursing Research conference on health disparities in birth outcomes.

Ruiz is an avid reader of mystery novels: "I like the mystery novels as they are kind of like my research, putting pieces of a puzzle together for the final picture."

Ruiz has two grown daughters and three granddaughters ranging in age from newborn to six years, and one granddaughter on the way. Her older daughter Lori has her master's degree and teaches first graders in Houston and her younger daughter Pam teaches mathematics at Texas A&M and Del Mar junior college in Corpus Christi. ■

Kathryn Kelley is chief advancement officer of the College of Nursing.

Attention, Buckeye Nation— Welcome to Buckeye Wellness.

Buckeye Wellness is a key initiative of Ohio State's chief wellness officer Bern Melnyk. Ready? Get healthy.

By Sandra Gurvis

O

rganizations strive to improve healthcare and wellness programs, but statistics seem to be working against them. While a statewide obesity rate of over 20 percent was unheard-of as recently as 1995, today

39 states have an obesity rate of 25 percent or more, according to the US Centers for Disease Control and Prevention (CDC). And, with 29.6 percent, Ohio ranks an unlucky 13th. Mental health problems are on the rise as well; in 2010, the American Psychological Association found that 22 percent of respondents reported extreme stress.

Too often, the pairing of stress and excess weight results in chronic illness in one out of two adults in the US, according to the CDC. Diseases such as diabetes have become shockingly prevalent, affecting al-

most 26 million Americans, 90-95 percent of whom have Type 2 diabetes, which is often the result of an unhealthy lifestyle. "Chronic conditions account for 75 percent of total US healthcare costs," remarks Bernadette Melnyk, PhD, RN, CPNP/PMH-NP, FAAN, chief wellness officer and dean of The Ohio State University College of Nursing. "Even Ohio State has experienced a 36 percent increase in total healthcare costs since 2006."

Melnyk and others at Ohio State are determined to reverse these trends by spearheading a groundbreaking initiative towards health and wellness at the College of Nursing, the university, the state, and beyond. As the first individual to be appointed chief wellness officer at a major US university, and as associate vice president for health promotion, she has made it her personal mission to turn the tide against stress and obesity. "Our goal is to be the

Bernadette Melnyk delivers the inaugural State of Health & Wellness in Buckeye Nation address at the Ohio Union

healthiest university on the globe.”

Named Buckeye Wellness, the initiative encompasses a myriad of programs and efforts for one of the largest universities in the country. “Ohio State is a complex organization,” observes Megan Amaya, PhD, CHES, AFAA, who was tapped as director of health promotion & wellness at the College of Nursing. “It has many different health and wellness initiatives, so some of our programs will take longer to implement than others.” As the former wellness coordinator for the city of Dublin, Ohio and facilitator of the Healthy Dublin initiative, and with a background in exercise science and health promotion, she is uniquely suited to the task. A certified fitness instructor and personal trainer, Amaya has also taught classes in health and wellness at Ohio State, Capital University, and other central Ohio colleges.

Whittling down a plus-sized effort

In shaping a culture of wellness, Melnyk, Amaya, and others are looking at more than just the obvious fixes. “Building cognitive-behavioral skills is an important component of change,” observes Melnyk. It is one thing to follow an eating and exercise regimen, and quite another to internalize it. Without cognitive-behavioral integration there’s no long-term sustainable improvement.

With this in mind, Melnyk has expanded her program called COPE (Creating Opportunities for Personal Empowerment), an intervention program based on

building cognitive behavioral skills that has been implemented in several locations across the country. The program is designed to improve the mental and behavioral health outcomes of at-risk teens and their parents.

A version repurposed for college-age students was rolled out this fall with freshmen and first-year students at the College of Nursing and College of Social Work; the School of Health and Rehabilitation Sciences as well as at Ohio State’s Mansfield campus. The seven-week program uses online modules, videos, and homework assignments to improve the mental and emotional health of the participant. “Sessions focus on self-esteem, stress management, and helping students regulate and manage their emotions,” explains Amaya.

“Students need to learn that how they think is directly related to how they behave,” adds Melnyk, noting that many times when dealing with stress, young people turn to unhealthy behaviors such as eating, drinking, and smoking. “Not only should it help them improve academic performance and retention, but they will learn how to handle anxiety and depression” and in the long run, experience fewer health problems. Plans are to integrate COPE throughout the university and the Wexner Medical Center and at area schools.

Making sure that Buckeye Wellness is coordinated university wide is another challenge. In 2011, the One University Health and Wellness Council was formed

and includes leaders from the College of Nursing, Ohio State’s Wexner Medical Center, Office of Human Resources, the Ohio State Health Plan, Office of Student Life, Office of Commercialization and Technology, and the College of Education and Human Ecology. “Through active engagement of all stakeholders, we work towards creating and implementing evidence-based health and wellness initiatives and programs,” states Melnyk, who co-chairs the council with Kathleen McCutcheon, chief human resources officer, and Larry Lewellen, vice president for care coordination & health promotion at Wexner Medical Center. Along with monitoring outcomes of health and wellness implementation strategies, the council also collaborates with community partners.

Buckeye Wellness Packs and “just one change”

Outreach is a major ingredient in Buckeye Wellness. This summer, Ohio State President E. Gordon Gee, Melnyk, Amaya, and others visited dozens of Ohio communities. Along with emphasizing how “just one change” can lead to a healthier lifestyle, and with Brutus Buckeye cheering them on, Melnyk and Amaya distributed Buckeye Wellness Packs to Ohioans. The packs are filled with a pedometer, low-fat trail mix, a water bottle, an informational diabetes DVD, and many other evidence-based wellness items. The response was overwhelmingly positive. “I think people are somewhat unclear about disease prevention and wellness priorities,” observes Amaya. “It was gratifying to see them so receptive and enthusiastic.” A line of Buckeye Wellness snacks consisting of healthy ingredients as well as gluten- and nut-free options may be available at various outlets in the near future.

The national Million Hearts Initiative to prevent one million heart attacks and strokes over the next five years, is also being brought to the table. The key components are clinical and community prevention through screenings and education on the ABCSS— aspirin therapy, blood pressure control, cholesterol reduction, smoking prevention—



Megan Amaya is director of health promotion & wellness in the College of Nursing. Her role includes the university-wide implementation of the Buckeye Wellness initiative. Behind her is the college’s new fitness center.

“and a local twist to our campaign, stress management,” says Melnyk. Past and future events include appearances at the Ohio State Fair and the Farm Science Review, and at Ohio State’s Rally for Wellness at the Recreational and Physical Activity Center (RPAC); participation in the Global Diabetes Summit at the Ohio Union; and again in 2013, Valentine’s Day screenings throughout campus.

“The potential to reach hundreds of thousands of people and save lives through Million Hearts is enormous,” adds Amaya.

Other aspects served up on campus include Buckeye Wellness Tips, monthly evidence-based informational suggestions provided to faculty and staff in *OSUToday*, the daily electronic headline service, and OneSource, the Wexner Medical Center intranet; Wellness Wednesdays, a weekly activity that pro-

motes a healthy lifestyle for the university population; and Wellness Innovators. As Wellness Innovators, “faculty and staff will be not only responsible for promoting university health and wellness initiatives but also implementing wellness programs, activities, and bringing in guest speakers,” continues Amaya.

Many of the concepts inherent in Buckeye Wellness work in lock-step with Human Resources. Developed with the primary purpose of driving the health and wellness agenda forward for faculty, staff, and their families, Your Plan for Health (YP4H) has launched a new member portal to improve accessibility and enhance engagement. Also starting in January, faculty and staff needing to see their primary care provider can do so with zero out-of-pocket cost for that office visit. “It’s important for Buckeye Wellness and Your Plan for Health to

have a comprehensive, integrated approach to health and wellness,” observes Gretchen Feldmann, former strategy and engagement manager within the Human Resources-Benefits team. “We’re fortunate to have the One University Health and Wellness Council because it illustrates the close collaboration that exists.” Other university-wide efforts include developing a nutritional strategy and providing educational and exercise programs as well as a robust employee assistance program. And over the past three years, Pelotonia, the grassroots bike tour with routes of up to 180 miles, not only challenged over 8,300 riders from 38 states but raised \$25.4 million for cancer research at the Comprehensive Cancer Center—James Cancer Hospital and Solove Research Institute.

The College of Nursing acts as a test market for endeavors such as the Health Athlete/Nurse Athlete programs. Developed in collaboration with Johnson & Johnson and based on the Human Performance Institute’s Corporate Athlete curriculum, the two-day boot camp for the busy offers complete mental and physical assessment encompassing energy management, nutritional guidelines, and movement coaching, along with exercise/workout sessions. An action plan with an eye to optimal performance and stress management “will help align the work-life-energy balance,” says Melnyk, who is expanding the program throughout Ohio State, the Medical Center, and beyond. “We are trying to blend health and wellness efforts to develop solutions that move beyond the ivory tower and into the classroom and the boardroom.”

The college itself is also shaping up to be a model of wellness. Along with the addition of facing treadmill workstations for walking meetings, exercise ball chairs in offices to improve posture, and healthy food at meetings and events, a 24/7 fitness center recently opened for faculty, staff, and doctoral students. Not only does it feature an elliptical machine, a treadmill, a recumbent bike, free weights, and other equipment, but also a binder full of exercise programs, stretching regimes and heart rate information. Its location in the basement of Newton Hall “makes it



University President E. Gordon Gee and Bernadette Melnyk together on last summer’s 41-stop Ohio Tour.

convenient to go for a quick workout during lunch or between classes,” comments Amaya.

Along with a personal trainer who comes to the college twice a week, on any given day Melnyk or Amaya may host spontaneous 15-minute “wellness walks” for faculty and staff. The changes have been well-received. “Focusing on wellness and stress reduction results in higher productivity and satisfaction,” remarks Melnyk. “Our society is way too sedentary and wellness activities need to be easy and a regular part of our day.”

Health “leading” the way

The health and wellness initiative has expanded to the clinical side as well. This December, the new nurse practitioner-led Total Health & Wellness at University Hospital East will be opened for both the university and local community. Planned programs include Million Hearts, COPE, and various healthy lifestyle regimens for conditions ranging from diabetes to depression. While patients will meet with a nurse practitioner and physician to discuss medical concerns, added emphasis will be on prevention, screening, and education.

In 2011, Ohio State was one of thirteen organizations of various sizes and types tapped for the development and pilot testing of the US Healthiest (USH)



The College of Nursing has provided healthy alternatives in the workplace, such as standing desks (above, with Dr. Mary Beth Happ), ball chairs, and walkstations.



The Buckeye Wellness Pack contains many evidence-based wellness items and has become a symbol of the Buckeye Wellness initiative.

HealthLead Workplace Accreditation assessment (see opposite page). A nonprofit, public-private collaboration co-founded by CDC and state and local public health organizations, USH addresses health reform across a number of platforms.

“Using the science, databases, and credibility of governmental public health, we partner with the public-private sector to provide health innovations for the nation, workers, and organizations,” states chief executive officer Nick Baird, MD. Baird worked closely with the College of Nursing, Office of Human Resources, and others at Ohio State during the evaluation phase. “The initial self-assessment tool was very robust and when USH went onsite to follow up several months later, we upgraded Ohio State from where they had scored themselves.” Not only did the experience provide a validation to both Ohio State and USH, it provided a roadmap as to how to further refine the assessment.

Based on research and best practices, the three-step accreditation process has been in place since 2011 and consists of an online assessment, an audit by USH, and an accreditation confirmation accompanied by a blueprint for action which provides a continuous quality improvement model. Although it has been adopted by several organizations, Ohio State was the first academic institution to receive accreditation, and in June 2012 was also the site of the inaugural HealthLead US Healthiest Workplace Forum. Along with bringing together recipients

who had received accreditation as well as those who might be interested in the program, the day-long session “served as an incubator for the exchange of new ideas and information,” says Baird.

Adding to the bottom line

Prevention pays big dividends. According to Melnyk, every dollar invested in wellness can bring a return of \$4 through lowered healthcare expenses and absenteeism. Based on the initial program’s success, Ohio State is now working with USH to develop similar metrics for higher education. Along with providing a data warehouse for these accreditations, the university will put its considerable research weight towards developing the assessment tool, along with recommending other institutions for alpha and beta testing. “Ohio State is raising the bar for standards of health and well-being in the academic community,” says Baird.

To this end, on April 22-23, 2013, Ohio State will be hosting the first National Summit on Building Healthy Academic Communities for universities, colleges, and academic medical centers across the US. “Along with stimulating solutions and sharing best practices, we plan to launch a national consortium for building healthy academic communities,” comments Melnyk. The focus will be on student, faculty and staff wellness, academic medical center health and wellness research, and wellness innovation, including events where people submit wellness ideas and bring them to fruition during the conference.

“Universities are in a unique position to set the national agenda for health and wellness,” observes Amaya. Along with being incubators for new ideas and trends, they have the built-in advantage of having access to students, whose taste for learning can develop into lifelong good habits.

“We want to create an ecosystem of healthy lifestyle behaviors,” sums up Melnyk. “They need to be part of the DNA of every single person.” ■

Sandra Gurvis is a Columbus-based writer and author who writes frequently about Ohio State.

Creating healthy workplaces

US Healthiest HealthLead national forum held on campus

The College of Nursing sets the stage for employers sharing health and wellness strategies

By Kathryn Kelley

This summer, the College of Nursing hosted high-level representatives from public, business, and academic sectors who embraced the importance of healthy workplaces for a healthier nation. Forum participants shared worksite health management and well-being best practices as a sustainable business strategy on The Ohio State University campus.

The College of Nursing teamed with US Healthiest on the forum to shed more light on nursing’s crucial initiatives in corporate and academic wellness programs.

“There is a strong need for aggressive health promotion efforts by employers and that role can be fulfilled by nurses promoting health and wellness in the workplace,” stated Bernadette Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN, university chief wellness officer, associate vice president for health promotion, and dean of the College of Nursing. “The success of Ohio State’s health and wellness program can be easily replicated by business and academic communities nationwide with nursing’s direct involvement in a multidimensional healthcare team.”

Richard H. Carmona, MD, MPH, FACS, 17th surgeon general of the United States, president of Canyon Ranch Institute and dean’s distinguished professor of health promotion and entrepreneurship at Ohio State’s College of Nursing spoke at the event on “Worksite health management/well-being as a business sustainability strategy.” Howard K. Koh, MD, MPH, assistant

secretary for health at the US Department of Health and Human Services, discussed “Healthy workplaces for a healthy nation.”

Through the HealthLead accreditation process, US Healthiest not only recognizes organizations that demonstrate best practices in employee health management and well-being, but also helps them better align these practices with business

sustainability, health, productivity, and financial outcomes.

The Ohio State University was the first academic institution to take part in the HealthLead assessment, receiving a bronze rating for its wellness initiatives across campus, including the Your Plan for Health program, One University Health and Wellness leadership group, extended

P4 personalized health outreach, and hiring the nation’s first university chief wellness officer.

An agreement between Ohio State and the Alliance for US Healthiest is underway to collaborate in the development of one or more survey instruments to assess health and wellness within institutions of higher education, creating an academic HealthLead assessment. A consortium and summit—Building Healthy Academic Communities—are in the works. The date for the summit has been set for April 22-23, 2013. More information is available at www.healthyacademics.org. ■

Kathryn Kelley is chief advancement officer of the College of Nursing.



US Healthiest Executive Director Paul Jarris (in red tie) and Assistant Secretary of Health and Human Services, Dr. Howard Koh (third from left) join representatives from US Healthiest HealthLead Accredited Organizations during the inaugural US Healthiest HealthLead Forum at Ohio State. Organizations represented include The Association of State and Territorial Health Officials, Target Corporation, ING DIRECT, Shape Corp., DTE Energy, HealthPartners, and Columbus-based OhioHealth, Worthington Industries, and The Ohio State University.

College attracts new NIH funding and other major grants

With the recent addition of four major new grants, the College of Nursing has more than doubled its research funding in the past three years, and the growth efforts continue

By Kathy Baird

Two new major five-year grants from the National Institutes of Health (NIH) and one from the US Department of Health and Human Services Health Resources and Services Administration (HRSA) top the list of new research funding received by the College of Nursing, as it moves to climb in the national rankings and attract an increased volume of research dollars. A range of other new faculty and student research support is also in place.

“Navigation from community to clinic to promote colorectal screening in underserved populations” is the topic of a new five-year study, funded with a \$3 million grant from the National Institutes of Health. The study will establish a public education program within community-based clinics to encourage colon cancer testing in underserved populations. **Usha Menon**, PhD, RN, FAAN, vice dean and professor of nursing, is a co-principal investigator on the study with a professor at



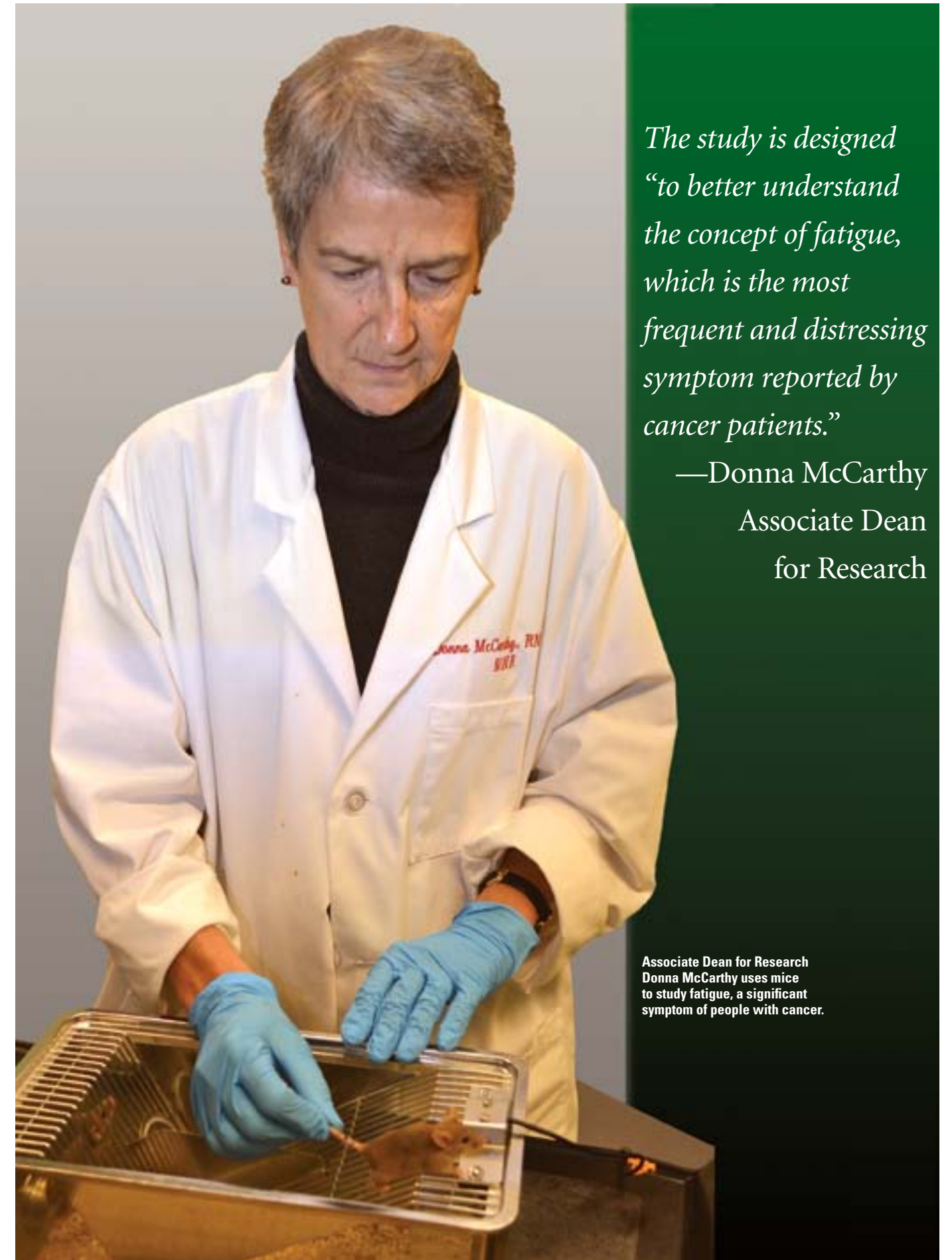
Vice Dean Usha Menon

Arizona State University.

Another five-year, \$2.2 million study funded by NIH examines “Muscle function and depression-like behavior in a mouse model of cancer fatigue.” The study is designed “to better understand the concept of fatigue, which is the most frequent and distressing symptom reported by cancer patients,” explains **Donna McCarthy**, PhD, RN, FAAN, associate dean for research and Mildred E. Newton Professor of Nursing. McCarthy serves as principal researcher on the interdisciplinary study, conducted with co-investigators from other colleges at Ohio State.

A \$1.5 million, three-year federal grant from the US Department of Health and Human Services Health Resources and Services Administration (HRSA) will fund the opening of the College of Nursing and the university’s first nurse practitioner-led intercollaborative practice at the Ohio State Total Health & Wellness at University Hospital East. (See page 6.)

Overall, the college has more than doubled its research funding over the past three years. Grant funding rose from \$1.4 million in 2009 to \$3.2 mil-



The study is designed “to better understand the concept of fatigue, which is the most frequent and distressing symptom reported by cancer patients.”

—**Donna McCarthy**
Associate Dean
for Research

Associate Dean for Research Donna McCarthy uses mice to study fatigue, a significant symptom of people with cancer.

Overall, the college has more than doubled its research funding over the past three years. Grant funding rose from \$1.4 million in 2009 to \$3.2 million in 2012.

lion in 2012. This rise reflects both the recruitment of new, well-funded faculty as well as an added volume of effort devoted to generating new grant proposals.

Colorectal cancer screening for the underserved

Menon's colorectal cancer screening study will be conducted in Arizona with co-principal investigator Linda Larkey, PhD, professor at Arizona State University, and co-investigator Laura Szalacha, EdD, research associate professor at the Ohio State College of Nursing.

The project will use a previously-tested approach to encourage colorectal cancer screening among low-income, multi-cultural patients aged 50 or over, many of whom do not have a regular primary care home. Because this group currently is less likely to undergo such screening, and colorectal cancer is the second leading cause of cancer deaths in the US, the potential impact is large.

There are two phases to the approach. First, community-to-clinic navigators will hold classes for small groups in multiple community centers. These classes will stress the importance of colorectal cancer screening for those over 50, and address some common misconceptions, as well as the benefits of screening and early detection.

The navigators will work with patients one-on-one to encourage participation in screening, then make screening arrangements. "What we've discovered over the years is it's not one-size-fits-all," Menon noted. "Everyone is going to get a navigation program tailored to their personal barriers, beliefs and cultural values." For instance, some patients may need help making arrangements for the day of preparation prior to the screening. Others may need help with transportation or childcare on the day of the appointment, or arranging for a support

person to be present. "If you're poor and everybody in the family is under hardship, these are not easy things to get around," Menon notes. The navigator helps patients work through these barriers. Navigators also may help patients overcome fears, address language barriers, or help uninsured and underinsured patients find clinics where they can be served at low cost or no cost.

The study will track the success rates for moving patients into the clinic and for completion of screenings and will determine cost-effectiveness. Based on the outcome, the study eventually could be replicated in other locations across the country.

Insight into cancer fatigue

The other major new study, also led by McCarthy, will examine whether the fatigue associated with cancer is due to depression or to loss of muscle mass. Co-investigators include Jonathan Godbout, associate professor of neuroscience in the College of Medicine, who studies the biology of depression behavior with illness from a neuroscience perspective, and Peter Reiser, PhD, professor of oral biology in the College of Dentistry and professor of physiology and cell biology in the College of Medicine, expert in muscle cell biology and function as related to fatigue.

The researchers are exploring two different concepts in mice with cancer tumors—fatigue as related to motivation and enjoyment, and physical tolerance as related to musculoskeletal strength or motor function.

"There are all kinds of things we can model with mice and rats to get at the underlying biology of something we're interested in with people," McCarthy says. With further clinical studies, findings could one day help better tailor patient treatments. "If the complaint of

fatigue has more to do with mood and affect, then that speaks to cognitive behavioral therapy," McCarthy notes. "If it has more to do with loss of muscle mass, then exercise—and particularly resistance exercise—would be important."

Mice are known to enjoy wheel running. Yet, the behavior study of mice with tumors shows that as the tumor grows, the mice rest more and run in shorter bursts, indicating fatigue. To separate out whether this fatigue is due to loss of muscle mass or to loss of motivation and ability to run, several physical tests and drug studies of mice with tumors are used.

A test of preference in drinking water gauges depression. Healthy mice prefer sugar water, while depressed mice show no preference between sugar water and plain water.

Other tests explore physical tolerance and motor function. Grip strength is gauged through ability to hang onto a mesh grid. Muscle function tests examine whether restricted access to wheel running leads to faster deterioration than unlimited access to wheel running.

Based on these indicators of mood and strength, "We administer different drugs that break down whether we're dealing with mood or with muscle changes," McCarthy notes. Four drugs are used in the study to test if they improve wheel-running activity; two of these drugs should have an effect on mood and two should have an effect on factors that affect muscle function.

While the study is still in its early stages, in the long-term it could offer a better understanding of the value or risks of exercise and the role of depression in cancer fatigue. This could provide valuable information on how to treat patients with slowly-progressing cancers to preserve their quality of life and their functional ability.



Associate Professor Kimberly Arcoleo (left) is studying disparities of school-age Latino children with asthma; shown here with her research nurse (at right), and a participant.



The use of fish oil derivatives in the healing of chronic venous leg ulcers is the work of Assistant Professor Jodi McDaniel.



Assistant Professor Tim Landers' research will develop a protocol for improving hand hygiene among hospitalized patients.

Helping kids breathe easier

Asthma health disparities within the Latino population of children with asthma is the basis for a study being conducted by Associate Professor Kimberly Arcoleo, PhD, MPH. Puerto Rican children exhibit the highest rates of asthma prevalence, morbidity, and mortality among all ethnic groups, according to Arcoleo, while Mexican children exhibit one of the lowest. Of critical importance, she says, but previously not extensively researched, is the role that culture, acculturation and illness representations—the way the parent interprets health and illness which influences how he/she manages the child's asthma—may play in parents' asthma management and treatment decisions.

"Parents and healthcare providers tend to hold different view of the disease and goals for treatment. Many parents view asthma as episodic, acute, and not readily controllable and want their child to be medication-free. However, asthma is a chronic illness and the disease is present even when symptoms are controlled and currently not apparent. Healthcare providers strive to have the child become symptom-free. As management of chronic illnesses has incorporated more self-management strategies, it's important to understand how parents perceive their child's asthma and their beliefs about controller medication use

so that effective communication regarding treatment expectations and symptom resolution can occur.

The National Center of Complementary and Alternative Medicine (NCCAM), a center of the National Institutes of Health (NIH), awarded a \$2.5 million grant for research of asthma disparities among Latino children to Arcoleo in 2008 while she was at Arizona State University. Of that, \$1.5 million transferred to the College of Nursing when Arcoleo came here in 2011. The project, titled "Asthma disparities in Latino children: Acculturation, illness representation & contemporary alternative medicine" (CAM) is being conducted in Phoenix, AZ and Bronx, NY, and is housed within the Center for Promoting Health in Infants, Children, Adolescents & Women at the College of Nursing, where Arcoleo serves as director.

The findings from this study will contribute to knowledge of the similarities and differences that exist between Mexican and Puerto Rican families regarding asthma illness beliefs and management strategies, and how acculturation influences these factors. "The proposed interdisciplinary multilevel study will address gaps in the evidence base and expand the framework for assessing disparities in asthma health outcomes among Latino children", says Arcoleo.

Arcoleo states, "Healthcare provid-

ers, regardless of their practice setting, can best treat children with asthma if they understand what beliefs parents hold about what causes asthma, the nature of asthma symptoms, its course of action (chronic versus episodic), medications and alternative therapies used in treatment, and expectations for symptom resolution. If parents' beliefs are discordant with the healthcare provider's beliefs and are not addressed when devising the management plan, there is increased risk for non-adherence."

Other new funding for faculty

In other new research funding for faculty, Jodi McDaniel, PhD, RN, assistant professor of nursing, received a two-year grant award of \$419,375 from NIH for the study, "Testing fish oil derivatives in healing of chronic venous leg ulcers." McDaniel serves as principal investigator, with a co-investigator from the College of Medicine who has expertise in wound biology.

This study will test whether the fish oil derivatives EPA+DHA, given as dietary supplements, can improve the healing of chronic venous leg ulcers that often do not respond well to topical treatments. Patients' response to the dietary supplements will be tested at both 28- and 56-day increments, and will be compared to outcomes for a control

Continued; see Research on page 49



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Transforming health,
Transforming lives



Viewpoints of Innovative Healthcare Leaders

College of Nursing to launch new podcast series

Listen carefully. Early next year, a new world of healthcare information will be coming your way via the Internet.

By Kathy Baird

Transformations readers—as well as anyone else interested in healthcare issues—will soon be able to listen to leading healthcare knowledge even while on the go, through The Ohio State University College of Nursing's new weekly podcast series, "Viewpoints of Innovative Healthcare Leaders." In line with its leadership role in health and wellness both on campus and in its field nationally, the College of Nursing will introduce the transdisciplinary interview series to spotlight top experts and help inform listeners on best practices and emerging thought in the field. The weekly interview series is set for a launch in early 2013. Plans call for a new podcast to be posted weekly.

Bernadette Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN, dean of the college, who also serves as associate vice president for health promotion, and university chief wellness officer, said, "I am excited by the opportunity the College of Nursing has to share nuggets of wisdom from innovative healthcare leaders on health and wellness and how we can transform the health of Americans. This outreach to executives, nurses, and other healthcare professionals across the country will help to distinguish our college for its own innovation in reaching across disciplines to share insights and radical solutions for improving healthcare."

Guests will include innovative leaders of nationally-renowned hospitals, healthcare systems, insurers, foundations and corporations. The podcasts, each 10 to 15 minutes in length, will be available for download from the College of Nursing website, to play on any computer, tablet or mobile device.

The interviews are being conducted in the WOSU Public Media studios by Melnyk. Laurel Van Dromme, chief of staff and strategic partnerships for the College of Nursing, serves as guest liaison for the series.

Interview guests include experts such as Richard Carmona, MD, MPH, FACS, 17th US Surgeon General and Dean's Distinguished Professor of Health Promotion and Entrepreneurship at the College of Nursing, discussing the importance of nursing in public health and primary care; Nick Baird, CEO of US Healthiest, discussing corporate wellness and academic community wellness; Mary Nash, CNE of Wexner Medical Center, addressing the power of nurses to transform healthcare in the US; Sue Hassmiller, senior advisor for nursing at Robert Wood

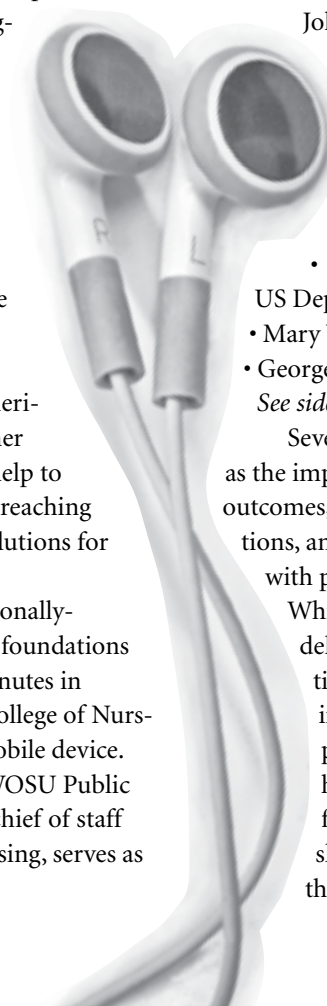
Johnson Foundation, discussing the value of nurses delivering care at full scope of practice nationally; and Michelle Robson, founder of EmpowHer.com, an online social health company for women, discussing the role of women as healthcare executives in the home/family.

Other planned speakers include:

- Howard Koh, Deputy Secretary of Health at the US Department of Health and Human Services
 - Mary Wooley, CEO, Research!America
 - George Thibault, President, Josiah Macy Jr. Foundation
- See sidebar on following page for select profiles.

Several podcasts feature Melnyk covering such topics as the importance of evidence-based practice on patient outcomes, the value of chief wellness officers for organizations, and the importance of mental health care integrated with physical health care.

While providing timely information on healthcare delivery, the podcasts also will spotlight key innovative programs offered through the College of Nursing, including the Health Athlete program, which promotes healthy practices among nurses and healthcare professionals; The Leadership Academy for Peak Performance, which teaches leadership skills to aspiring nurse managers and health leaders; the Executive DNP program, which focuses on a



A look at some Viewpoint speakers

Here are few of the speakers featured in the College of Nursing's upcoming podcast series:

J. Nick Baird, MD, is CEO of the nonprofit Alliance to Make US Healthiest (US Healthiest), a collaboration of national, state and local public health, business, nongovernmental organizations and consumers committed to making the US the healthiest nation in a healthier world.



Prior to joining US Healthiest, Baird served as director of the Ohio Department of Health. During his eight-year tenure, he led the state's efforts in bioterrorism and pandemic influenza planning, increased health coverage for low-income mothers and children, spearheaded efforts for minimum requirements for nursing homes, expanded newborn screening, and implemented Healthy Ohioans, a program focused on reducing the burden of chronic disease by reducing tobacco use, improving eating habits and increasing exercise.

In 2008, Baird was appointed by the Secretary of Health and Human Services to the CDC Director's Advisory Council. Dr. Baird received a presidential appointment to serve on the President's Council on Physical Fitness and Sports in 2002.

Prior to joining ODH in 1999, Baird served for 13 years with OhioHealth, most recently as senior vice president and chief medical officer. He was a private practice physician in obstetrics and gynecology for 27 years and is an associate clinical professor in the Department of Obstetrics and Gynecology at The Ohio State University College of Medicine. He is a diplomate of the American Board of Obstetrics and Gynecology.

William D. Novelli is a professor in the McDonough School of Business at Georgetown University, where he teaches corporate responsibility, business and public policy, and nonprofit management. In addition, he is leading the Global Social Enterprise Initiative for the school. He is co-chair of the Coalition to Transform Advanced Care (C-TAC), a national organization dedicated to reforming advanced illness care by empowering consumers, changing the health care delivery system, improving public policies

and enhancing provider capacity.

From 2001 to 2009, Novelli was CEO of AARP, a membership organization of 40 million people 50 and older. Prior to joining AARP, he was president of the Campaign for Tobacco-Free Kids, served as executive vice-president of CARE, the world's largest private relief and development organization, and co-founded and was president of Porter Novelli, now one of the world's largest public relations firms.



Novelli recently served on the Institute of Medicine Committee on the Future of Nursing.

Susan Hassmiller, PhD, RN, FAAN, joined the Robert Wood Johnson Foundation in 1997, and is presently the Robert Wood Johnson Foundation Senior Adviser for Nursing. In this role, she shapes and leads the Foundation's strategies to address nurse and nurse faculty shortages in an effort to create a higher quality of patient care in the United States. Drawn to the Foundation's "organizational advocacy for the less fortunate and underserved,"



Hassmiller is helping to assure that RWJF's commitments in nursing have a broad and lasting national impact.

In partnership with AARP, Hassmiller directs the Foundation's Future of Nursing: Campaign for Action, which seeks to increase access to high-quality, patient-centered care in a health care system where nurses contribute as essential partners in achieving success. This 49-state effort strives to implement the recommendations of the Institute of Medicine's report on the Future of Nursing: Leading Change, Advancing Health.

Hassmiller was a member of the National Board of Governors for the American Red Cross, serving as chair of the Disaster and Chapter Services Committee and national chair of the 9/11 Recovery Program. She is now a member of the National Nursing Committee, and is serving as the Board Chair for the Central New Jersey Red Cross. She is the 2009 recipient of the Florence Nightingale Medal, the highest international honor given to a nurse by the International Committee of the Red Cross.

Check the College of Nursing website at www.nursing.osu.edu in early 2013 to begin following this free podcast series. ■

Kathy Baird is a freelance writer based in Columbus.

practice doctorate for advanced practice nurses, nurse administrators and educators; and the Center for Transdisciplinary Evidence-based Practice, supporting the use of evidence-based practice to improve quality of care.

TLA: A new way for continuing education

The college's new Transformational Learning Academy in Nursing & Health is putting a stake in the ground to become the leader in lifelong learning

By Sandra Gurvis

Continuing education (CE) is a fact of life for nurses—every two years, RNs in Ohio must complete 24 hours of CE to renew their licenses with the Ohio Board of Nursing. But The Ohio State University College of Nursing's new Transformational Learning Academy in Nursing & Health (TLA) has taken continuing education to new levels. "Along with streamlining processes and making them as convenient as possible, our goal is to provide a substantive learning experience," observes Jacqueline Loversidge, PhD, RNC, TLA director and clinical instructor at the college. "We are looking at our target audience and programs to make them compelling and relevant" to nurses and healthcare workers in the 21st century.

Programming to the max

Like many educational institutions, the College of Nursing had a continuing education program in place when Bernadette Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN, came on board as dean in September 2011. "She looked at the existing program and re-envisioned it with an eye to transforming the way people practice," says Loversidge, who was asked by Melnyk to serve as director. Loversidge's extensive background in education and nursing regulation included a stint at



TLA Director Jacqueline Loversidge

the Capital University School of Nursing where she was the first director of the accelerated program for second-degree BSN students. Along with being associate executive director and nursing education consultant for the Ohio Board of Nursing, she also served on the National Council of State Boards Nursing Committee on Special Projects to computerize paper-and-pencil licensure examinations. Additionally she worked in a variety of positions at OhioHealth and in 2012 received her PhD in higher education policy and leadership from Ohio State, where she has taught since 2009.

And those are just the "CliffsNotes" of her credentials. "Jackie brings a whole host of experiences to the table that make organizing a CE course easier for everyone," observes Lynn Gallagher-Ford, PhD, RN, director of the College of Nursing's

Center for Transdisciplinary Evidence-based Practice (CTEP). Recently Gallagher-Ford and others put on a five-day workshop on evidence-based practice (EBP), which included about 40 hours of teaching. "Her attention to detail and extensive knowledge allowed me to focus on content," rather than the administrative tasks related to obtaining continuing education contact hours that are required from the TLA as an approved provider unit of the Ohio Nurses Association. Loversidge "knows all the rules and what can and cannot be done, providing us with parameters to efficiently create the best programming possible."

A challenge to educators and learners

In only a few short months, the TLA has organized an array of programs that

should intrigue any RN, as well as other health professionals. “We wanted to be creative with the curriculum,” observes Loversidge. Recent offerings include:

Success in Simulation

(March 2012)

Symphony of Simulation

(Planned May, 2013)

Along with promoting best practices in the use of human-patient simulation, this daylong workshop hosted by College of Nursing faculty and staff and involving simulation industry representatives focused on everything from getting started to competency assessment to advanced moulage techniques, in which mock injuries are applied to the patient. “Program faculty used the college’s Technology Learning Complex (TLC) to provide hands-on experience,” adds Loversidge. Lisa Rohrig, director of the TLC, was the program planner for this event.

Nuts and bolts of designing, conducting, analyzing, and funding intervention studies

(May 2012; Planned May 29-31, 2013)

This three-day **research-intensive workshop** (RIW) “not only sold out, but is planned again for 2013, with spaces added,” comments workshop planner Kimberly Arcoleo, PhD, MPH, associate professor at the college. Intervention study design and measurement, internal and external validity, and grants and cost effectiveness were among the many aspects discussed. A copy of the just-published *Intervention Research: Designing, Conducting, Analyzing, and Funding (A Practical Guide For Success)* by Melnyk and Dianne Morrison-Beedy, PhD, RN, WHNP, FNAP, FAANP, FAAN was and will be provided to every participant. “Even though it was our first time, everything went incredibly smoothly,” adds Arcoleo. See www.nursing.osu.edu/riw

Leadership development for nurses and The art and practice of nursing and healthcare leadership

(August, 2012; multiple dates planned for 2013).

Hosted by the college’s **Leadership Academy for Peak Performance** (LAPP),

the four-day program teaches leadership skills to aspiring nurse managers and healthcare leaders, including trust building, facilitating peak performance in others, emotional and social intelligence, and balancing energy and skills, to mention a few. Participants also meet with nurse and healthcare managers to share ideas and develop best practices and receive coaching support in the twelve months following the workshop. LAPP is directed by T. Scott Graham, PhD, USAF Lt. Col. (ret.). See www.nursing.osu.edu/lapp

Evidence-based practice: Making it a reality in your organization

(September & December 2012; multiple dates planned for 2013).

Coordinated by the **Center for Transdisciplinary Evidence-based Practice** (CTEP) and Gallagher-Ford, this exten-

tla

Transformational Learning Academy in Nursing & Health

Continuing education and lifelong learning

sive five-day “deep dive” immersion into EBP “is geared not only to nurses but all healthcare professionals, including educators, physicians, administrators, and physical, respiratory, and occupational therapists; as well as others,” explains Gallagher-Ford. Leveraging EBP and clinical inquiry, effective research and evaluation, and integration into the spectrum of healthcare settings are among the many topics covered. “At the end of the workshop, participants will have an action plan for implementing EBP as well as techniques to ignite and sustain the shift to EBP in their organizations.” See www.nursing.osu.edu/ctep

A good start... and then some

While some might be content with TLA’s

running start, Loversidge is continually on the lookout for new courses and innovations. For example, she is integrating the mandatory one-hour Category A CE on Ohio nursing law and rules into various offerings. “It’s much more convenient than having to take a separate course,” she observes. And since Ohio Board of Nursing rules are changing to authorize advanced practice nurses to prescribe Schedule II drugs, precipitating the need for an additional course, “we are considering several alternatives, including online and workshop formats.”

The new TLA website will provide one-stop shopping. “Participants will be able to do everything online, including registering, paying for the course, completing the evaluation and even retrieving and printing out their certificates,” she continues. She is also considering developing a line of educational materials from existing courses and workshops and is working towards setting up a system so participants can maintain a relationship with their instructors and receive ongoing coaching. “The expertise, enthusiasm, and support of the College of Nursing IT department is essential as we move forward.”

Additionally the TLA is looking to refine its target audience. “While we want to appeal to all RNs and healthcare providers, we’re also focusing on, among others, alumni, advanced practice nurses, and preceptors (experienced nurses who volunteer their services by working closely with students and faculty in a clinical setting). If preceptors sharpen their skills, they will be more effective,” says Loversidge.

“People can choose continuing education from a variety of sources,” observes Loversidge. So along with providing the highest quality offerings, “we want to inspire and motivate participants from the inside out to make changes for the better.” Then not only will continuing education be a joy rather than an obligation, but everyone will benefit, from providers to patients. ■

Sandra Gurvis is a Columbus-based writer and author who writes frequently about Ohio State.

VIEWPOINT

RICHARD H. CARMONA

Nurses: Leading the way

The 17th US Surgeon General and current college faculty member shares his viewpoint about how nurses are leading the way in transforming health, transforming lives

When I started my term as Surgeon General of the United States, the news media seemed to enjoy proclaiming my experience as a trauma surgeon, a professor, and the CEO of a health system. What I challenged them to notice was that for the first time in US history, a health professional with nursing experience was serving as the US Surgeon General.

Having had the unique opportunity to be a nurse made me a much better physician and a much better Surgeon General. Nursing provided me with a great deal of not only education but insight into how to best care for patients.

I started my health services career in US Army Special Forces, serving in Vietnam as a medic and weapons specialist. After returning home as a combat-decorated veteran I knew that I wanted to pursue a life in medicine. I became a registered nurse and worked in emergency, trauma, and critical-care departments. I then pursued a medical degree, graduating at the top of my class from the University of California, San Francisco



17th US Surgeon General Richard Carmona, MD, MPH, FACS, and some friends

in 1979. I see the irreplaceable value of nursing. Nurses approach patients from a different perspective than physicians. Nursing’s holistic approach integrates all of the resources around the patient, yet both professionals complement each other and are integral to providing good care.

The culture is still with me; the training and patient approach. Once you train as a nurse, you’re not really ever a “former” nurse. You are still a nurse and build on that profession, although you may hold different titles throughout your life. Whenever people describe me as a “former” nurse, I tend to correct them, because the truth is “Once a nurse, always a nurse!”

In 2002, President George

W. Bush nominated me to serve a four-year term as US Surgeon General. I was unanimously confirmed by the US Senate. The US Surgeon General advises the president and Congress on health policy, is sworn to protect and improve citizens’ health, and administers the US Public Health Service Commissioned Corps, a team of uniformed-service health professionals who respond to the nation’s immediate and long-term health needs, including disaster preparedness and response.

I focused my time as Surgeon General on prevention, preparedness, health disparities, health literacy, and global health—to include health diplomacy. Nurses are critical in all of those areas.

At every juncture where we have nursing, whether it is pediatrics or oncology, clinic nursing or inpatient, nurses have so many teaching moments every single day as they interact with their patients.

I challenge every nursing professional to seize these opportunities to advance patients’ health literacy about prevention and what they can do to stay healthy, such as exercising, eating healthy foods in healthy portions, and avoiding risky behaviors. In truth, these patient contacts also help to alleviate health disparities. Low-income people and people of color like my Hispanic family typically have less access to care and poorer outcomes. Nurses must tailor their messages to the person, be sensitive to cultural differences, and advocate for those who cannot do so for themselves.

Some of the health disparity issues can be addressed by improving health literacy and by empowering patients. At Canyon Ranch Institute, the non-profit organization that I lead as president of the Board of Directors, we use the Calgary Charter on Health Literacy’s definition of health

literacy as allowing “the public and personnel working in all health-related contexts to find, understand, evaluate, communicate, and use information.” The Calgary Charter suggests that health literacy applies to both individuals and to health systems, explaining that a system is health literate when it provides equal, easy to use, and shame-free access to and delivery of health care and health information.

As health professionals, health literacy is translating what we know to the patients we serve in a culturally competent manner to effect behavioral change. Science itself is a tough sell. When we’re speaking with our patients, we have to convert our scientific knowledge into information and experiences that resonate, are relevant, and result in positive behavior changes.

Low health literacy is a problem throughout our nation and the world. As a trauma surgeon, there were times when I felt that my impact was minimal. My colleagues and I would save a life, which was a wonderful outcome, but our patient would not necessarily continue to be healthy or safe because they lacked health literacy.

At the hospital, we would use the best science to treat problems that were largely preventable. This included the patients who harmed themselves by never exercising, by eating an unhealthy diet, by smoking, or by engaging in risky or violent activities. But when those patients awoke after life-saving surgery, there was often no education about how to avoid a return trip to the emergency room or the surgeon’s table. I started teaching interns, residents, and

my medical students at the University of Arizona about the importance of following up with patients to teach them how to stop repeating the unhealthy behaviors that eventually led them to the door of an emergency room.

Today’s nursing curriculum can do so much to improve health literacy. Health literacy can be further integrated into scholarly practice, communication in nursing, and professionalism.

In the area of preparedness, I contacted nursing organizations soon after accepting the position of Surgeon General, in order to involve nurses in disaster planning. During my four-year statutory term, the US Department of Health and Human Services, in conjunction with the American Nurses Association, established National Nurse Response teams as an operational component of the National Disaster Medical System.

While these teams of first responders receive special training, all nurses should know the signs and symptoms of conditions associated with potential terror threats. Nurses are pivotal in our preparedness activities.

If you are surprised to be reading about prevention, health literacy, health disparities, and disaster preparedness side-by-side in this publication, you are probably not alone. I am writing about all of these topics because I am

a strong proponent of nurses reaching out and expanding their sphere of influence, creating even more opportunities for the profession to improve the health of all people. We need more young people to choose a career in nursing. We need more nurses to develop a broad portfolio of knowledge and inquiry. That multi-sectorial, inter-professional approach leads to innovation.

Today, I am thrilled to continue my collaboration with my friend Dean Bernadette Melnyk, who is the university chief wellness officer. I am pleased to join Bern as she helps transform health, healthcare, and lives through outstanding collaborations across The Ohio State University and beyond.

In fact, The Ohio State University College of Nursing and Canyon Ranch Institute are already partnering to advance health literacy, improve prevention, honor cultural diversity, apply integrative health, and eliminate health disparities. With my colleagues Jennifer Cabe and Andrew Pleasant, who are both expert in working with health professionals and the public to advance health literacy and improve prevention around the world, we are starting innovative new programs and planning new curricula in research, practice, and policy within the College of Nursing and in collaboration with other partners across Ohio, the

nation, and in other nations. One of my responsibilities with the College of Nursing is to help students learn to think innovatively and entrepreneurially about the delivery of healthcare. The healthcare environment is challenging and ever-changing. The reality is that the challenges we face all have multi-disciplinary solutions. Nursing graduates can lead innovation by collaborating across disciplines to improve healthcare quality and control costs.

For my fellow faculty members, I have a few special comments: You hold the future of health in your hands. We must teach our students to take technical knowledge and translate it into language that people can understand, with practical applications they can explain to patients in ways that make good health achievable. We must train our students to move between the realms of science and the everyday reality of patient care. More than any other aspect of life, health impacts everything in our lives, from how children learn, to how productive business can be, to how we maintain our well-being and independence into our senior years. As academic medical leaders, you are helping people to achieve and maintain health. During my years as a nurse, a professor, and as Surgeon General of the United States, I had the opportunity to work with many of you. Today, I am constantly seeing the results of your dedication. Thank you, and keep up the good work. ■

Richard H. Carmona is dean’s distinguished professor of health promotion and entrepreneurship.

CENTENNIAL

DIANE SHEETS AND
LAUREL VAN DROMME

Our first 100 years

Welcome to our new column sharing the college’s ongoing plans for its Centennial celebration.



Nursing students Rhiannon Marcella, Jennifer Lawson, and Melanie Steffen demonstrate the “1-0-0” Centennial pose (inspired by “O-H-I-O”).

The Ohio State University College of Nursing looks forward to celebrating its 100th anniversary in 2014!

Plans are underway for a year filled with celebrations to honor our students, alumni, faculty, and staff.

The Centennial Planning Committee comprises volunteer alumni, faculty, and staff, who share a passion to honor the college’s first 100 years and all of its transformations. Alumni Carol Kennedy-Jones, ’67, ’70 MS, ’79 PhD, and Kitty Kisker, ’66, ’67 MS, honorary co-chairs, originated a framework of ideas in 2010

for the centennial celebration and shared their blueprint with then-Dean Elizabeth Lenz. Lenz asked clinical instructor Diane Sheets to lead the planning for the college. Following Bernadette Melnyk’s arrival as dean, Sheets requested a co-chair, with Laurel Van Dromme volunteering. We have organized ourselves with a steering committee and sub-committees focused on events, history, marketing/communications, honoring notable alumni, organizing memorabilia, and volunteers and creating a legacy for future celebrations.

Kisker says, “I was a

sophomore student in nursing at the time of the then-School of Nursing’s 50th anniversary. I remember the pride I felt in being part of a program that had reached this milestone and had produced so many dedicated nurses who were leaders in the profession! The Centennial provides us a wonderful opportunity to renew friendships with our alumni, to recognize the contributions they have made improving the quality of healthcare, and to look to the many ways our current students will transform healthcare in the future.”

Adds Kennedy-Jones, “‘Time and change’ truly cap-

tures the essence of Ohio State Nursing’s Centennial celebration. Over the past 100 years, Ohio State’s nursing program has provided leadership in innovative teaching strategies, research initiatives that have informed the discipline, and service to enhance the community and profession. I am excited to help celebrate our Centennial!”

* * *

Centennial Planning Committee members are (*indicates Steering Committee membership): Awais Ali, Danette Birkhimer,* Sandra Cody,* Linda Daley, Marci Delson, Megan Denison,* Lynn Ellingsworth, Kathryn Kelley,* Carol Kennedy-Jones,* Kitty Kisker,* Elizabeth Lenz, Jerry Mansfield,* Barb Mays, Sanford Meisel,* Edna Menke,* Susan Potter,* Kristin Rodgers, Diane Sheets,* Laurel Van Dromme,* and Linda Walsh.

* * *

Notable Alumni of the College of Nursing: Nominations are being sought for distinguished individuals who have been transformers of healthcare during their careers, be it at the bedside or in community-based healthcare settings; in academia



Remember when? Meeting Miss Newton

By Bonnie Garvin

In the early 1960s, I had just begun a three-year, hospital-based nursing program at Miami Valley Hospital in Dayton, Ohio. At that time, the American Nurses Association had adopted a resolution that by 1985 a four-year degree would be required for licensure. So early on, I decided that I must pursue my bachelor's degree in nursing. I arrived in Columbus from a small town, Piqua, Ohio, with my meager savings and began prerequisites of anatomy, physiology, microbiology and the proficiency tests for the nursing program.

The School of Nursing—which wouldn't become a college until 1984—held classes at that time in Starling Loving Hall and Hamilton Hall. The setting was crowded and one of my nursing classes was in a hallway connecting two buildings where the seats were on an incline. A new nursing building was planned to open in 1967.

Other students and I often sat on the grass outside Hamilton Hall between classes in our white uniforms. We were glad to be outside because the hospital, now Doan Hall, was steaming in the summer before air conditioning was



Writer Bonnie Garvin, in 1967, and today

installed. As a nursing student I tried to be involved in all that the university had to offer. I enjoyed English Lit courses and worked very hard in chemistry. I joined Alpha Tau Delta and was inducted into Sigma Theta Tau. I enjoyed breakfast at Freddie's, a restaurant on the corner of 12th Avenue and Neil, where you could pass through at about 7:55 am, get breakfast, and still make it to an 8 o'clock lecture in Hamilton Hall.

I was eager to graduate and begin my career with my BSN degree. As I was completing my final nursing course with Fran Pease, she asked if I would like to be enrolled in a nurse traineeship program to attend graduate school. Tuition would be paid and I would receive a monthly stipend. This

as outstanding faculty, researchers, authors, and deans; leaders of healthcare and professional organizations. Submit your nomination(s) at www.nursing.osu.edu/notable_alumni.

* * *

Here's a question for our college alumni to answer. We'll

print the best responses in the next issue of *Transformations* magazine: **What nursing professor do you look back on with the most regard, and why?** Perhaps the most difficult professor also taught you the most. Maybe an instructor helped you through a challenging period in the lab or on a



School of Nursing Director Mildred Newton meets with students. The photograph was taken in 1951.

was an offer too good to be refused!

I enrolled for fall quarter along with a group of classmates, many of whom became lifelong friends and colleagues. Dr. Frieda Shirk was my advisor (who told me I wrote in hieroglyphics!). I conducted a thesis on pain management.

Dr. Shirk thought I should have a meeting to get to know the director of the School of Nursing, Miss Mildred Newton. (Even though Miss Newton had a PhD, she insisted on being called "Miss Newton.") So I made an appointment several weeks away to meet with her. I was mortified to later learn that I completely had forgotten my appointment with her. How could I reschedule an appointment without looking like a fool? Nevertheless, I did, and had that meeting and Miss Newton could not have been kinder or more professional. She asked about my plans to continue my nursing career by teaching and talked about the future of nursing. This meeting happened about the time that the school moved into...Newton Hall. I was glad that I had the opportunity to talk with this visionary woman—and first director—for whom our brand-new, state-of-the-art building was named. Neither of us knew then that my tenure in Newton Hall on the faculty would span over the next 36 years.

Bonnie Garvin is professor emeritus of the College of Nursing. She received three degrees from Ohio State: a PhD from the College of Social and Behavioral Sciences ('79), and a BSN ('67) and MS ('69) from the School/College of Nursing.

clinical rotation and you aspire to help the next generation of nursing students in the same way. Submit your answer to nursing100@osu.edu.

* * *

Please note: We have a new date for the **Centennial Gala**: March 29, 2014, on campus in

the Ohio Union's Archie Griffin Grand Ballroom. ■

Diane Sheets is a clinical instructor and Laurel Van Dromme is chief of staff and strategic partnerships for the College of Nursing. They are co-chairs of the Centennial Committee.

Students get hands-on preview

The college's diversity programs provide a hands-on look at what it's really like to be a nursing student at Ohio State.

"I have never, until this point, been so excited to attend THE Ohio State University and hopefully be a part of the College of Nursing."

—Anelise Zamarripa-Zoucha, 2011 Summer Institute for Diversity in Nursing participant

Anelise's feelings were shared by many who participated in the College of Nursing's annual Summer Institute for Diversity in Nursing (SIDN), an interactive four-day program aiming to increase the number of historically underrepresented populations in nursing, including Black/African American, Native American, Asian, Hispanic and male. Anelise was one of 28 students from 23 different high schools who was selected to attend based on submitted essays, transcripts, and teacher recommendations. The average GPA of students admitted to the competitive program was 3.6. The majority of students was low-income and received full scholarships from the College of Nursing.

"SIDN is designed to enhance participant knowledge of nursing career options, heighten student readiness



High school students attending the College of Nursing's Summer Institute for Diversity in Nursing

and accessibility to higher education, and increase the prospect of each participant to explore a nursing career," explains Jen Robb, coordina-

tor for diversity recruitment and retention. During SIDN, participants receive lectures from faculty, staff, students, and nursing professionals,



and accessibility to higher education, and increase the prospect of each participant to explore a nursing career," explains Jen Robb, coordina-

tor for diversity recruitment and retention. During SIDN, participants receive lectures from faculty, staff, students, and nursing professionals, participate in skills labs in the Technology Learning Complex (TLC), engage in wellness activities, learn about the body donor program, and tour the Wexner Medical Center and The James Cancer Hospital. In addition, the participants receive an overview of university admissions and financial aid, ACT preparation, and tour the Ohio State campus.

"We launched a three-day pilot program in 2009. Each year, the program gets

stronger," says Robb. Parents are now invited to the orientation, campus tour, and closing ceremony to ensure that they receive information about Ohio State's application process and the importance of standardized tests. Due to the continuing racial and economic gap in ACT and SAT test scores nationally, participants now receive an ACT practice test and four hours of ACT instruction. This year, participants also engaged in several wellness activities, including a nutrition demonstration, guided meditation, and core training.

Program evaluations demonstrate that many partic-

Participants share Anelise's excitement about nursing and Ohio State. All participants either agreed or strongly agreed that the program provided them a better understanding of nursing, increased their knowledge of different educational levels and ways to become a nurse, and strengthened their desire to become a nurse.

Yet, participants who yearn to be Buckeye nursing students need more than just a desire to pursue the profession, as high school GPA, class rank, and ACT or SAT scores are factors determining admission to the university. Since students apply to the nursing major during their freshman year, their college coursework GPA and prerequisite GPA and essay are also critical factors. The College of Nursing, therefore, provides reunions and mentorship, offering application and financial aid information as students begin applying to college. Since the average overall and prerequisite GPA of students accepted to the BSN program is 3.7, Robb meets with SIDN students regularly during their freshman year to ensure that they have the resources to be competitive applicants to the program.

SIDN is one of many programs in the College of Nursing that aim to build a diverse pipeline. For students who are unable to attend SIDN, the college provides a shortened one-day program in August, called Future Nurse. In addition, the college collaborates with non-profit organizations, academic units, and OSU's Office of Diversity and Inclusion to regularly host diverse groups of elementary and high school students through-



Explorer Program students from The Ohio State University Health Sciences Post learn about health science careers through interactions with faculty, staff, and students from the colleges of Nursing, Medicine, Dentistry, Optometry, Public Health, and The School of Health and Rehabilitation Sciences.

out the academic year. During each program, participants interact with nursing ambassadors to learn about college and clinical experiences and gain skills in the TLC.

Lisa Rohrig, director of the TLC, explains, "We ensure that prospective students get to jump into nursing through multiple hands-on activities such as listening to heart sounds with a stethoscope, donning sterile gloving, navigating through a wheelchair obstacle course and riding the hover mat. These immersion activities allow future nurses to experience the tools of nursing and help to ignite their interest in the profession."

The College of Nursing doesn't just provide one-time experiences to ignite students' interest in nursing as it hosts several groups throughout the year. In 2009, The College of Nursing initiated a partnership with academic units and Exploring Learning for Life, a nonprofit organization that enables young adults to gain career skills. Through this collaboration, 20 to 25 student participants from area high schools interact with faculty, staff, and students within the colleges of Nursing, Optom-

etry, Dentistry, Public Health, Medicine, and the School of Health and Rehabilitation Sciences. Participants meet monthly to gain hands-on experience, learn about cutting-edge research within the profession, and acquire ways to prepare for a future career in the healthcare industry.

Ashley Thomas, workforce development executive for Exploring Learning for Life, says, "What sets Ohio State's Health Sciences Exploring Post apart from the rest of our partnerships is the increased quality of resources and staff. High school students are eager to return on a monthly basis to gain exposure to a wide variety of medical programs. This post is unique in providing real-world career experiences for students and equipping them with the skills needed to excel personally and professionally in the future."

Internships are another opportunity for diverse groups of students to engage with the college throughout the year. In 2011, the college collaborated with Metro High School, a local STEM-focused (science, technology, engineering, mathematics) high school to provide nine

students 60 hours of activities for their internships. Interns assisted with research, participated in sophomore level courses, observed labs, viewed videos about nursing and health care inequities, and worked in the TLC.

Andrew Bogart's interest in nursing peaked as an intern; he consequently participated in SIDN, and emphasized the value of both programs. "The Metro Internship and Summer Institute for Diversity in Nursing pushed me over the edge in deciding that nursing school was for me. Before these opportunities, all I knew was that I liked biological science and helping people. But I was provided access to the panels of nursing experts, skills lab tutorials, hospital tours, and healthcare discussions necessary to convince me to apply for nursing school. Today was my first day of nursing classes at The Ohio State University, and I can't wait to embark on this three-year journey to earn my BSN and find the nursing specialty right for me."

Anelise's dream to become a part of the College of Nursing was fulfilled when she received her acceptance letter last spring. She was one of three SIDN participants accepted to the college this year. Now, looking back on the program, she identifies how crucial it was to her career path. "My experience in the Summer Institute for Diversity in Nursing was life changing as I decided that nursing was the healthcare profession for my future." ■

Jennifer Robb is coordinator for diversity recruitment and retention for the College of Nursing.

GIVING

PAMELA LOWE

College joins Ohio State campaign

As the university publicly launches its \$2.5 billion capital campaign, the College of Nursing is well on its way to its own \$7 million goal

The College of Nursing celebrated the launch of the university's capital campaign, *But for Ohio State: The Campaign for The Ohio State University*, during Reunion-Homecoming weekend activities on October 5-7, 2012. The *But for Ohio State* campaign is a \$2.5 billion fundraising endeavor of The Ohio State University focused on sustaining and advancing an institution that changes lives. It is scheduled to conclude in June 2016.

The College of Nursing has recruited a committee of volunteers to meet a \$7,000,000 goal in support of the overall campaign. Gifts towards the campaign have been counted since January 1, 2009, and to date, the College of Nursing has raised more than \$4,000,000. Thank you to our donors and for all you have done to help the College advance us towards meeting our goal!

Through the campaign, Ohio State will fund five priority areas:

Placing students first—The campaign promises a more robust academic program, better places for students to live and learn, and



College of Nursing Dean Bern Melnyk with college capital campaign co-chair Mary Wiedle Hamilton

vibrant study abroad opportunities. The College of Nursing will raise money to fund research and evidence-based practice fellowships along with need-based scholarships.

Elevating faculty and academic enterprise—At Ohio State, researchers work together to solve the world's most pressing problems. In the process, they patent their discoveries, launching new companies that bring jobs to Ohio. The College of Nursing's goal is to fund new professorships in clinical/translational research and evidence-based practice and

identify funding for our centers of excellence.

Creating modern learning environments—Through *But for Ohio State*, the university will become the national model for innovative campus design to offer buildings conducive for teamwork and productivity. Faculty and staff numbers continue to grow at the college and Dean Melnyk is working with university leadership to determine how the College of Nursing can continue to grow over the coming years and what type of space is needed for the college to flourish.

Emboldening our research agenda—Ohio State researchers work across disciplines and team up with industry to solve problems around the globe. *But for Ohio State* will allow for a wider range of opportunity—which means more major problems solved. Faculty working with private foundations to fund their research and scholarship will help the College of Nursing reach its goal.

Driving high-impact innovation—New ideas at Ohio State have big repercussions. *But for Ohio State* supports the university's boldest

Student Spotlight

Through annual support of scholarships, fellowships, professorships and more, we can ensure that nursing students will be poised to deliver excellence in education and research, evidence-based practice and healthcare innovation.

Alhagie Jobarteh, a member of the International Dean's List Society, plans to graduate in May 2013 with a Bachelor of Science in Nursing degree. Alhagie is a recipient of the College of Nursing Minority Scholarship for the 2012-2013 academic year. After graduation, he plans to work as a bedside nurse and gain experience for a couple years. His goal is to specialize in public health and work with developing nations on public health issues.



Alhagie Jobarteh

How has this scholarship made an impact in your life?

This scholarship has enabled the continuation of my education at OSU. Equally as important is the fact I don't have to worry about a lot of miscellaneous items outside of the class-

room. The scholarship has lessened the burden of having to struggle to provide for myself which has been compounded by being an international student. In a nutshell, this scholarship provides a lifeline for me.

What is the best college experience you have had so far?

There is no college experience better than enjoying football games at "the Shoe"! Additionally, spending time with my friends is always memorable. This past spring, my clinical group organized a dinner that will forever linger. These people are my new-found family.

What is your advice to students interested in studying nursing at Ohio State?

The College of Nursing offers the best quality of nursing education and instills in its students a sense of hard work, commitment, dedication, respect, independence, and professionalism. The faculty at the college are dedicated to their students; striving to prepare them to be the best nurses there are and to become positive contributors of society. To me, coming to Ohio State is a home away from home.

For more information on funding scholarships to support students like Alhagie, please contact Pamela Lowe, director of development, at lowe.360@osu.edu or (614) 688-1086.

thinkers—those who will truly make a difference. The College of Nursing will seek funding to support initiatives such as a brand new nurse practitioner-led health center for local underserved populations as well as emerging needs as identified by Dean Melnyk.

Chairing the College of Nursing's campaign committee are Mary Wiedle Hamilton (BS '64) and James (Jim) Hamilton (BS '65). Alongside the Hamiltons, the committee is composed of Flo Ann Sours Easton (BS '62) and John Easton (MBA '67), Connie Hahn Sharpe (BS '69) and Gary Sharpe (BA '70), and Jennifer Roberts Watts (BS '74) and Ralph Watts.

During the Homecoming-Reunion weekend, campaign volunteers discussed



Scott and Margaret Graham greet campaign co-chair Jim Hamilton during Reunion-Homecoming Weekend

fundraising strategies, enjoyed a Meet and Greet reception with fellow donors and College of Nursing faculty, listened to Dean Melnyk's State of the College address, participated in the all-class dinner and attended the tailgate prior to the football

game. Needless to say, this was a busy weekend, both for College of Nursing business and for a fun kickoff to the campaign!

Make a donation now

Visit giveto.osu.edu to make your gift online through Ohio

State Foundation's secure website and to learn more about College of Nursing funds.

Gifts may be sent to:
The Ohio State University
College of Nursing
1585 Neil Avenue
Columbus, OH 43210-1289
Attn: Pamela Lowe

Please make checks payable to **Ohio State University Foundation**. Include the fund number for the account you would like to support.

Call Pamela Lowe, Director of Development, at (614) 688-1086 or e-mail lowe.360@osu.edu with questions or for more information regarding giving to Ohio State University College of Nursing. ■

Pamela Lowe is director of development for the College of Nursing.

ALUMNI

MEGAN DENISON

On campus, once again

Reunion-Homecoming Weekend 2012 was a huge hit for alumni, especially the Class of 1962

Nursing alumni returned to campus during Reunion-Homecoming Weekend 2012 October 5-7, where they celebrated milestones, toured the newly renovated Newton Hall, and became re-energized with that one-of-a-kind Buckeye Spirit! The weekend was filled with activities for alumni of all ages.

We want to thank all of you who attended and

encourage those who didn't to come back to campus for next year's even bigger festivities!

Here's a look at some of the weekend's highlights:

The class of 1962 celebrated 50 years with a Friday lunch in the Ohio Union, where alumni reconnected with each other and were presented with special medallions to mark the occasion. All alumni classes joined the reunion celebrations on Friday

afternoon with a tour of the newly renovated Newton Hall lobby, as well as an overview of the Technology Learning Complex. Our alumni enjoyed learning about the computer-controlled patient simulators students use to practice skills in safe environments. Megan Amaya, PhD, director of health promotion and wellness, presented a continuing education class for those interested in incorporating wellness into their work envi-

ronment. The class provided an opportunity to learn how to build movement into their work and personal life, eat nutritiously for energy, and manage stress in healthy ways.

Friday afternoon progressed with Dean Melnyk giving a State of the College address to alumni and donors, highlighting major accomplishments of the college in the past year. She also shared her vision for the future, including the development



From top left: Class of '62 alumna Dorothy Ayers Stitzlein models her old nursing uniform to her fellow classmates at the class luncheon; Jeri Dechatelet Hancox, '70 and Steve Hancox; tailgate participants on the Newton Hall front lawn enjoy food, drink, camaraderie, and some cheers from The Ohio State University cheerleaders.

of outstanding distance and continuing education opportunities for in-state and out-of-state students and working and aspiring nurses.

Alumni and guests gathered Friday evening for the All-Class Reunion Dinner and Awards Ceremony at the Ohio State Faculty Club. The Alumni Society honored several outstanding alumni for their notable accomplishments. (See sidebar at right.)

On Saturday, the College of Nursing Alumni Society annual meeting was held to review its accomplishments from the past year and vote in a new board of directors: President: Marci Delson ('77) Outgoing President: Lauren Smith ('84)

Treasurer: Eric Yap ('95, '98) Secretary: Amy Lord ('87) President Elect: Linda Johnson ('77, '81) Awards & Nominations: Jodi McDaniel ('05, '07) Membership & Development: Stephanie Stelmaschuk ('10) Meetings & Programs: Malorie Woitovich ('10) Board members: Nancy Leister ('94), Pat Weisenbach ('81), Heather Brom ('02), Diane Tilus ('80, '81), Phyllis Kaldor ('76, '93), and Susan Voorhees-Murphy ('91).

Alumni and guests gathered on Newton Hall's front lawn for the tailgate, seeing with old friends, enjoying a student jazz trio, and having their likeness drawn by a caricature artist. Dean Melnyk welcomed the crowd, and many alumni received Buckeye prizes throughout the evening before heading to the Horseshoe for the Ohio State victory over the Nebraska Cornhuskers!

If you've not been back to campus in awhile, we hope

2012 College of Nursing Alumni Society Award winners



Alumni award winners (from left): Danette Birkhimer, Pattama Ulrich, and Edna Menke

With more than 12,000 College of Nursing living alumni, there are many graduates who are deserving of recognition. After a thorough selection process, the College of Nursing Alumni Society honored three outstanding alumni with the following awards.

Distinguished Recent Alumna/Alumnus Award

Pattama Ulrich, '04
Prior to earning her degree in nursing in 2004, Ulrich earned her diploma in business administration from Stamford School of Management in Bangkok, Thailand in October 1997. Since graduating from Ohio State, she earned a Master of Public Health from Wright State University, and a Global Health diploma from the University of Chile.

After being commissioned into the US Public Health Service (USPHS) in

July of 2009, Ulrich served as a program analyst/watch officer and federal emergency response official and she was recently promoted to the position of international health security program analyst in the International Assistance and Response Policy Branch of the Division of International Health Security.

Distinguished Alumna/Alumnus Award

Danette Birkhimer, '86, '94 MS
Birkhimer currently works as a clinical nurse specialist at the Arthur G. James Cancer Hospital and has been a loyal alumna of the College of Nursing. She has served on the Alumni Society Board for the past 15 years, spending three terms as president and encouraged involvement and engagement of other alumni through her creativity, energy, and passion for Ohio State. In addition to

her leadership roles in the Alumni Society, Birkhimer also serves on its scholarship committee and as a preceptor for current College of Nursing students.

Mildred E. Newton Distinguished Educator Award

Edna Menke, '68 MS, '72 PhD
Menke has been a long-standing and distinguished leader in nursing and in academia at not only Ohio State, but also institutions of higher education and hospitals nationwide. Menke earned her MS in nursing from the College of Nursing in 1968, and her PhD in counseling and quantitative psychology from Ohio State in 1972. Although she retired from the college in July 2012, Menke leaves an incomparable legacy.

She has served many roles at the college, including the first program director for the PhD program, associate dean, acting assistant director for graduate education, and an associate professor.

Menke has been visionary in her curricular endeavors, working tirelessly to assure that academic programs at the college not only met required standards, but exceeded them in creative and innovative ways. Her legacy will be the steadfast leadership she exemplified at the College of Nursing, at Ohio State, and in the nursing profession.



Members of the Class of 1962 celebrated their 50th year reunion with a special luncheon at the Ohio Union

you will plan to join us in 2013 for our Homecoming celebration. Please mark your calendar for **Friday, October 18 – Sunday, October 20, 2013**. We hope to see you there!

Alumni in Centennial celebration

As the College of Nursing prepares for the celebration of its Centennial in 2014, the Alumni Society is thrilled to assist in their efforts to celebrate the institution's history and honor our alumni. More than 12,000 Buckeye nurses span the globe and are leaders in nursing practice and education and it is our goal to actively engage and interact with our alumni. One way you can help us accomplish this goal is by sharing your stories and memorabilia with the college. If you are interested in telling us about your favorite memories while on campus or sending in any memorabilia, please contact Megan Denison at (614) 292-2658 or denison.22@osu.edu.

In addition to collecting stories and mementos from your time as a student, we are

Buckeye Nurses you should know

Pattama Ulrich, BSN '04

Despite her status as a young alumna, Lieutenant Commander Pattama Ulrich has already achieved noteworthy educational and professional accomplishments. When asked why she chose to get her degree in nursing, Ulrich stated, "A nursing degree is a great lifelong career investment with immeasurable and endless return of gratification. Becoming a nurse is one of the best decisions I made in my life and Ohio State has helped me reach this goal."

Some of Ulrich's early experiences in nursing include being a registered nurse patient care coordinator, a public health nurse specialist, and public health program manager with the Ohio Department of Health and the Franklin County Board of Health. Ulrich developed and managed the Pandemic Influenza Plan for Franklin County at that time. In 2009, Ulrich also served as a consultant for the College of Nursing and developed an elective community-based nursing preparedness for disaster course for senior and graduate nursing students.

In July 2009, she was commissioned in the US Public Health Service (USPHS) and Ulrich is now a lieutenant commander in the USPHS and is the international health security program analyst in the International Assistance and Response Policy Branch of the Division of International Health Security. She is responsible for developing policy on the operational framework for the deployment of medical personnel and public health subject matter experts and maintaining relevant research and evaluation findings in addition to legislative developments related to her assigned areas. Lastly, Lt. Ulrich provides clinical service and coordinates clinical sustainment at the National Naval Medical Center.

Lt. Ulrich said, "I am proud to be a Buckeye nurse serving the public as a commissioned nurse officer in the United States Public Health Service" and that she "hopes to be a great leader and mentor who can perform extraordinary work and inspire others to make an even greater impact."



A message from College of Nursing Alumni Society President Marci Delson (BSN '77)

O-H!...

Hello Buckeyes! Greetings from the College of Nursing Alumni Society! I am honored to be the new Alumni Society President for 2012-2013.

As a 1977 nursing graduate, I am committed to assisting the society in its efforts to reach fellow nursing alumni. We share pride in being graduates of the College of Nursing, which continues to be among the highest-rated academic nursing programs in the country!



I want to give you a glimpse into what the society is doing and will do in the next year. Dean Melnyk talks about transforming our college into the greatest, and as a board, we want to continue that transformation.

We have programming for young alumni, service projects throughout central Ohio area in which to participate, and favorite traditions, such as the wine tasting that helps us raise money for the scholarship fund. We want to continue to bring our alumni together, raise money for scholar-

ships, and assist the college students professionally and socially. We provide nutritious snacks at various times of the school year and bring small groups of students together to talk about what it's like in the real world of nursing. I am sure we can all recall the rigors of schoolwork and how great it was to have mentors to show us the way.

One event that always brings together alumni of all ages is the annual Reunion-Homecoming Weekend. This was the first year that Homecoming and Reunion Weekends were combined into one campus-wide celebration that welcomed alumni home. Be sure to check out pictures from the events on The Ohio State University College of Nursing Alumni Society Facebook page!

We are poised to begin our celebration of the College of Nursing's Centennial in 2014—preparations are underway and your Alumni Society is part of that journey. Use this special time to re-connect with the college and the Alumni Society. We also look forward to hosting both annual and new events for alumni of all ages! With more than 12,000 alumni of the Ohio State College of Nursing, our Alumni Society Board serves all.

...I-O!! Go Bucks!



asking that alumni nominate a fellow alumnus to be honored as one of 100 Notable Alumni. The college is seeking nominations of distinguished individuals, who have been transformers of healthcare during their careers, be it at the bedside or in community-based healthcare settings; in academia as outstanding

faculty, researchers, authors and deans; leaders of health-care and professional organizations, etc. Please visit www.nursing.osu.edu/notable_alumni to submit your nomination(s) online.

Lastly, our alumni should be prepared to come back to campus for the many events that will be taking place dur-

ing the Centennial in 2014! In addition to our formal gala on March 29th, the alumni society will be assisting with the planning of a party during the summer. The college will also be hosting lectures, continuing education opportunities, service projects, and our annual Homecoming weekend! Mark your calendars now to come back to Columbus!

* * *

As the college's new alumni and donor relations coordinator, I received both my bachelor's degree in marketing and master's degree in higher education and student affairs. At the college, I am responsible



Megan Denison

for planning and implementing programs, projects, and events designed to cultivate, engage, and serve college alumni and donor communities.

If you would like more information about how to connect with the college, I'd love to hear from you. Please contact me at (614) 292-2658 or denison.22@osu.edu. In addition, please consider joining the Nursing Alumni Society by visiting www.nursing.osu.edu/alumni/alumni-society. You can also join the conversation on Facebook at [facebook.com/osucollegeofnursing](https://www.facebook.com/osucollegeofnursing) and [facebook.com/osunursingalumni](https://www.facebook.com/osunursingalumni). ■

Megan Denison is alumni and donor relations coordinator for the College of Nursing.

CollegeNews

Four faculty members named AAN Fellows

An unprecedented four new college faculty members were inducted as Fellows of the American Academy of Nursing in 2012. The four are: **Margaret Graham**, PhD, RN, FNP, PNP, associate professor, associate dean for advanced practice and community partnerships; **Jeanne Ruiz**, PhD, RNC, WHCNP, associate professor; **Pamela Salsberry**, PhD, RN, professor, director of the PhD program; and **Barbara Warren**, PhD, RN, CNS-BC, PMH, professor of clinical nursing, director, psychiatric



mental health nurse practitioner specialty. Also inducted were College of Nursing alumni **Cheryl Schmidt**, PhD, RN, CNE, ANEF and **Gayle Timmerman**, PhD, RN, CNS.

Newly inducted College of Nursing faculty AAN Fellows, from left: Pamela Salsberry, Barbara Warren, Margaret Graham, and Jeanne Ruiz

Melnyk, Menon visit Ethiopia to forge partnerships

Dean Bern Melnyk and Vice Dean Usha Menon visited Ethiopia this summer along with other health sciences deans and university leaders to explore academic and research partnerships. Visits included several meetings with dignitaries, including the president of Ethiopia, the ministers of Health, Foreign Affairs and Education, as well as leaders and faculty from Addis Ababa University and the University of Gondar. The continued expansion of global partnerships is an important priority for both the college and the university.



Top photo: Dean Bernadette Melnyk (in black jacket) and Vice Dean Usha Menon (in fuchsia jacket), with fellow Ohio State deans and other university leaders meet with Ethiopian President Girma Wolde-Giorgis.



Bottom photo: The Ohio State delegation with leaders and faculty from Addis Ababa University.

Anderson receives prestigious Armiger award from AACN

Carole A. Anderson, PhD, RN, FAAN, former dean and professor emerita of The Ohio State University College of Nursing, was recently awarded the Sister Bernadette Armiger Award from the American Association of Colleges of Nursing for “significantly advancing nursing education and practice.”



Carole Anderson

Anderson is currently serving as special projects coordinator for academic policy in the Office of Academic Affairs. She previously served as dean of The Ohio State University College of Dentistry, university vice provost for academic administration, and dean of the College of Nursing from 1986-2001. During her tenure as dean she also served

as assistant vice president for health sciences and executive dean of the health sciences.

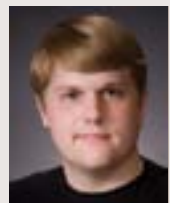
Anderson is a Fellow of the American Academy of Nursing, past editor of *Nursing Outlook*, and has served on the board of the Commission on Collegiate Nursing Education (CCNE), and the Columbus Board of Health. She was a charter member and two-term chair of the Scientific Review Group of the National Institute of Nursing Research (NIH), has served on and chaired the National Advisory Council on Nurse Education and Practice, and was a board member and past president of AACN.

During her career in nursing, Anderson has played an active role in changing and shaping baccalaureate and graduate nursing education with particular emphasis on the desired linkages between nursing education and

nursing practice. In addition, Anderson has written and spoken of the need for academic nursing programs and their faculty to become solidly embedded in the academic fiber of colleges and universities.

New staff join college

Two new staff members have recently joined the College of Nursing. **Jonathon Gutzwiller** is web services manager and **Jeffery Thurston** is grants and contract services manager.



J. Gutzwiller



J. Thurston

Landers selected 2012 RWJF Nurse Faculty Scholar

Assistant Professor Timothy F. Landers, PhD, CNP, is one of just 12 outstanding nursing educators to win a competitive grant from the Robert Wood Johnson Foundation (RWJF) Nurse Faculty Scholars program this year. Landers will receive a three-year, \$350,000 award to promote his academic career and support his research. The Nurse Faculty Scholar award is given to junior faculty who show outstanding promise as future leaders in academic nursing.



Timothy Landers

“Tim is an outstanding Buckeye faculty member who engages in cutting-edge research and innovative teaching,” said Dean Bernadette Melnyk. “He is so deserving of this award.”

Melnyk presents inaugural “State of Health & Wellness” address to university



Dean and University Chief Wellness Officer Bernadette M. Melnyk delivered the inaugural State of Health & Wellness in Buckeye Nation address to a standing-room audience at the Ohio Union in October.

Faculty, staff, and students learned about the One University

Health and Wellness Council’s new health and wellness strategic plan and this year’s initiatives to enhance health and wellness, including a new “Wellness Wednesdays” calendar, the Wellness Innovators program, and “Just 1 Change” health challenge. Health Athlete and Nurse

Athlete programs—a new energy management initiative being offered to university faculty and staff—were discussed.

Also speaking were Kathleen McCutcheon, vice president and chief human resources officer, and Larry Lewellen, vice president, care coordination and

health promotion at The Ohio State University Wexner Medical Center, who offered comments about the need for improved health among the Ohio State community.

To view a video of Melnyk’s address, visit www.nursing.osu.edu/stateofhealth.

Pelotonia’s Team Buckeye big success

Twelve College of Nursing faculty and staff members volunteered—with seven riding—for the 2012 Pelotonia as Nursing Wellness Warriors on Wheels, part of Team Buckeye. Pelotonia is a Columbus-based, non-profit organization that plans and promotes an annual bike tour supporting year-round grassroots fundraising for Ohio State’s Comprehensive Cancer Center—James Cancer Hospital and Solove Research Institute by Pelotonia riders.



Some of the college’s Pelotonia participants were Scott Graham, Bern Melnyk, Margaret Graham, Kim Arcoleo, Lynn Ellingsworth, and Bindu Koshy.

Haxton delivers powerful message to students

The newly formed Buckeye Student Nurses Association sponsored an inspirational event with a presentation by Blake Haxton. Haxton is a current Ohio State finance student and a former Wexner Medical Center patient who was diagnosed with necrotizing fasciitis, a serious flesh-eating infection. The Upper Arlington Ohio native and former rowing athlete lost both of his legs to the disease in 2009.

Haxton was captain of his high school rowing team prior

to his diagnosis. Today, Upper Arlington Crew hosts a regatta in Haxton’s name and he continues as a rowing coach.

His appearance before a packed Newton Hall lobby included his recollection of dealing with the disease as well as expressing his gratitude to the nurses who treated him. “There is one characteristic that all nurses can’t be without,” he said. “Common sense.” His talk at the College of Nursing can be viewed at www.go.osu.edu/haxton.



Blake Haxton at Newton Hall

Two College of Nursing TLC faculty members present work in Australia

Faculty members Stephanie Justice and Hilaneh Vandia presented in Sydney, Australia in September at SimHealth 2012: Innovation/Education/Research: Making Teams Work, hosted by the Australian Society for Simulation in Healthcare. The conference was targeted to all health-related disciplines—nursing, medical, surgical, allied health, research, education, and industry. It featured a mix of interactive workshops, papers, posters, roundtable discussions, special interest group breakfasts, and an exhibition.

Justice presented a 90-minute hands-on workshop on moulage (the art of applying mock injuries for the purpose of training) titled, "Quick and easy moulage techniques" and Vandia presented her poster "Four cornerstones of an efficiently run simulation center," which received best poster recognition at the conference as voted by the delegates. Their abstracts were accepted by means of an international blinded peer review. Justice and Vandia work in the Technology Learning Center.



College of Nursing Lecturer Hilaneh Vandia with her award-winning poster at SimHealth 2012 in Sydney, Australia.

Justice presented a 90-minute hands-on workshop on moulage (the art of applying mock injuries for the purpose of training) titled, "Quick and easy moulage techniques" and Vandia presented her poster "Four cornerstones of an efficiently run simulation center," which received best poster recognition at the conference as voted by the delegates. Their abstracts were accepted by means of an international blinded peer review. Justice and Vandia work in the Technology Learning Center.

Justice and Vandia work in the Technology Learning Center.

College hosts Ohio Nursing Students convention

Nursing students from higher education institutions throughout Ohio converged at the College of Nursing in October for the Ohio Nursing Students Association Annual Convention. "Ohio Nursing Students Shooting for the Stars," attracted more than 150 active nursing students to Newton Hall.

"The ONSA Board of Directors is very excited to have our annual convention at Ohio State this year," said Brandon Pachs, 2011-2012 ONSA President and a junior at Case Western Reserve University Frances Payne Bolton School of Nursing. "Having the convention in central Ohio provides a convenient location for nursing students throughout the state."

Students participated in a Jeopardy-style "brain bowl" competition, learned about professional organizations to join, installed a new statewide board, and participated in American Red Cross blood and bone marrow drives.

Speakers included Vice Dean Usha Menon, PhD, RN, FAAN, and Mary Foley, PhD, RN, and past president of the American Nurses Association and associate director, Center for Nursing Research and Innovation, University of California, San Francisco.

Breakout sessions covered topics and issues that impact students' education and future work, from diversity in nursing and pharmacology to graduate school and community health options.

"The various sessions and speakers at this year's convention were very beneficial to the students, who are the future leaders of the nursing profession," said Pachs.

Newton Hall summer renovations complete



The College of Nursing's home in Newton Hall took on a new look this summer. The lobby was transformed from its previous wood-paneled space to a brighter and more colorful environment. New carpet, furniture, and ceiling "clouds" of lighting added to the reshaping of the lobby, which is a very popular area for a variety of student, faculty, and staff functions. The renovations were completed in time for Reunion-Homecoming, much to the delight of alumni and students visiting the building that weekend.

Newton Hall's third floor also underwent renovation this year, with new walls and carpeting installed. New interior signs for the building will be installed before the end of the year.



Newton Hall's lobby before renovation (top left) and after



PopWhat?

While the academic quarters-to-semesters conversion has been successfully implemented, the change has taken students, staff, and faculty a bit of time to adjust. To ease that transition, the college's Office of Student Affairs hosted an End-of-Quarter Frolic on November 5, recognizing the ten week date when the old quarter *would* have ended. The lobby of Newton Hall was loud and busy all day with food and PopNoggins—a chance to be video recorded against a green screen with their own faces digitally superimposed onto animated bodies performing popular songs.



College of Nursing staff participate in PopNoggins to celebrate the end of the virtual quarter.

Nursing students perform screenings at Ohio State Fair and Farm Science Review

Students from the College of Nursing spent time this summer performing biometric health screenings at the Ohio State Fair (left) and the Ohio Farm Science Review. The screenings are part of the college's leading role in the Million Hearts Initiative, an effort to prevent one million heart attacks and strokes over the next five years. The college and Ohio State support this effort with screenings and education. See www.millionhearts.osu.edu.





ClassNotes



1950s

1959 Jane Smith is enjoying retirement by volunteering at Providence St. Vincent Hospital and The Audubon Society of Portland.

1960s

1962 Phyllis Wanamaker Hughes retired after a satisfying career in pediatrics that began in Akron Children's Hospital, first as a floor nurse, then as student clinical instructor. After moving to Florida, Hughes was the sole nurse in a busy office then became a school nurse for 1,100 students. Hughes loved each of her jobs and believes that her excellent education allowed her to do well.

1963 Rosemary Butzer completed a three-year program in July 1994 in the College of Education and received her certification from Ohio Department of Education as a school psychologist. Butzer retired in 2001 as an early childhood psychologist for Knox County schools. Butzer received the distinguished alumni award from Mercy College in 2011.

1970s

1972 Jane Reed travelled to South Africa last September as a part of the People to People Citizen Ambassador program. The delegation of mostly nurses focused on holistic nursing and natural healing traditions of South Africa.

1976 Karen Kish retired in January 2012 after 34 years with the American Red Cross.

1977 Marci Delson recently became the Quality Manager at MediGold, Mount Carmel Health System's Medicare Advantage health plan.

1978 Cynthia Levering received her FNP certification in 2009 and is now working as a hospitalist in a post-acute/rehabilitation setting.

1980s

1980 Peter Denkowski currently runs the tuberculosis program for Franklin County, serves on the accreditation committee and is the treasurer of the Ohio Public Health Association. Denkowski also precepts College of Nursing graduate students and OSU College of Pharmacy students.

1984 PhD Lauren Smith was promoted to associate professor with tenure at The Ohio State University College of Nursing.

2000s

2005 Erica Garbe is the serving as the new Assistant Nurse Manager in the Nursing Float Pool in the Ohio State James Cancer Hospital.

2007 John Reichert graduated in December 2011 with his M.S. in Nursing Anesthesia Specialty from the University of Pittsburgh. He is currently working as a nurse anesthetist (CRNA) at Nationwide Children's Hospital.

2009 Betty Wines supervises 28 RNs and LPNs and consults for home health agencies as the director of nursing for the Central Ohio Elderly Care, LLC. ■
—Compiled by Megan Denison

Please share your professional accomplishments with your fellow alumni. Send your updates to Megan Denison at nursingalumni@osu.edu.

Call for nominations 2013 College of Nursing Alumni Society Awards

Every year, the College of Nursing Alumni Society recognizes outstanding alumni in four categories: Community Service, Distinguished Alumni, Distinguished Recent Alumni and Mildred E. Newton Distinguished Educator.

Please consider nominating an outstanding College of Nursing alumna for one of these honors. Criteria and the nomination form are available at www.nursing.osu.edu/alumniawards. Nominations are due by July 1, 2013.



In memoriam

Remembering our classmates, colleagues and friends

Bette J. Breth 1945
Alma L. Brill 1946
Barbara S. Diver 1958
Eloise Eakins 1956
Susan C. Eriksen 1962
Shellene R. Garner 1987, 1997 MS
Jennifer P. Graham 1982
Marthasue A. Houston 1952
Carol L. Huffman 1947
Jean K. Lister 1944
Betty D. Lorenz 1971 MS
June W. Miller 1948

Shirley M. Plapp 1954
Dianne C. Reese 1966
Virginia L. Roberds Stage 1949
Donna B. Roberts 1955
Thelma R. Salvatore 1948
Mary J. Sharp 1959
Nancy A. Shoaps 1979 MS
Alice T. Stein 1956
Judith S. Thomas 1939
Muriel H. Tsuji 1963, 1966 MS
Marilee L. Ulrich 1958
Sylvia K. Zilch 1967

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Research

Continued from page 23

group, to determine possible future benefits from this approach.

In September, **Timothy Landers**, PhD, RN, assistant professor of nursing, was one of only 12 nursing educators across the country this year to be named a Robert Wood Johnson Foundation (RWJF) Nurse Faculty Scholar. This three-year \$350,000 award is designed to promote his academic career by providing mentorship, leadership training, and salary and research support. His research will develop and test an evidence-based protocol for improving hand hygiene among hospitalized patients. His study will determine when and how patients should clean their hands to reduce the presence of the five most common bacteria that cause healthcare-associated infections. The Nurse Faculty Scholars program is funded by the Robert Wood Johnson Foundation and administered

through the Johns Hopkins University School of Nursing.

“RWJF grants allow us to take these very promising junior faculty and give them release time to really focus on developing themselves as researchers,” Menon says. “They’re learning about what is happening on the national front. Their finger is on the pulse of some of the innovation that is happening around RWJF.” Ultimately, the college also benefits.

Student research funding

In newly funded student research, doctoral and acute-care pediatric nurse practitioner student **Kristin Greathouse** has received NIH support beginning this fall semester for her doctoral work toward her dissertation. Greathouse, who also is a pediatric nurse with intensive care unit experience, will focus her dissertation study on “Innate immune suppression following acute injury.” Because children who undergo acute trauma become very susceptible to hospital borne infection

such as urinary tract infections, she will work to understand how to improve immune function and reduce this susceptibility. Using an animal model to observe a population of cells important in resisting hospital borne infections, she will study innate immune function following surgical trauma, then test an intervention to promote immune function and resistance to infection.

NIH funding provides tuition and a monthly stipend to support doctoral students’ commitment to full-time research as they complete their dissertation. “It’s the government’s way of funding the next generation of scientists,” McCarthy explains. “We’re really pleased to pass through that rigorous peer review process in terms of our doctoral student training, and for the students to receive these awards.”

Greathouse joins three other doctoral students who already hold similar funding: **Rika Tanda**, **Yvonne Clark** and **Sharon Hill**.

Continued; see **Research** on next page

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Anderson, Carole. Sister Bernadette Armiger Award, American Association of Colleges of Nursing.

Cabe, Jennifer. Champion Award, Health Literacy Innovations.

Carmona, Richard. Champion Award, Health Literacy Innovations.

Fletcher, Linnea. Clinical Scholarship Award, The Ohio State University College of Nursing.

Graham, Margaret. Fellow, American Academy of Nursing.

Kirkpatrick, Bonnie. Educator of the Year Award, The Ohio State University College of Nursing.

Landers, Timothy. Nurse Faculty Scholar, Robert Wood Johnson Foundation.

Lester, Joanne. 2012 Excellence in

Survivor Advocacy Award, Oncology Nursing Society (ONS).

Lester, Joanne. Early Career Reviewer program at the Center for Scientific Review, National Institute of Health.

Lester, Joanne. Honorable Mention Award, American Publishers Awards for Professional and Scholarly Excellence (PROSE Award).

McCarthy, Donna. Advisory Committee for "Idea Festival" for Nursing Science Education, Council for the Advancement of Nursing Science.

Melnyk, Bernadette. 2012 Senior Scientist, Midwest Nursing Research Society.

Menke, Edna. College of Nursing Distinguished Alumni Award, University of Cincinnati.

Pittman, Oralea. Clinical Scholarship Award, The Ohio State University College of Nursing.

Pleasant, Andrew. Champion Award, Health Literacy Innovations.

Ruiz, Jeanne. Fellow, American Academy of Nursing.

Rohrig, Lisa. Second Place Poster Award, International Nursing Association for Clinical and Simulation Learning Conference.

Rose-March, Jayne. 2012 Northwest Women of the Year Award, Rotary Club.

Salsberry, Pamela. Fellow, American Academy of Nursing.

Schubert, Carolyn. Clinical Scholarship Award, The Ohio State University College of Nursing.

Schubert, Carolyn. Second Place Poster Award, International Nursing Association for Clinical and Simulation Learning Conference.

Sheets, Diane. Outstanding Teacher/Mentor Award 2012, The Ohio State University College of Nursing.

Sheets, Diane. Outstanding Leadership/Transformer Award 2012, The Ohio State University College of Nursing.

Sidora-Arcoleo, Kimberly. Rush Henrietta Distinguished Alumna Award, Rush Henrietta District.

Vandia, Hilaneh. 2012 Research Award for the Best Poster Award, SimHealth.

Warren, Barbara. Fellow, American Academy of Nursing. ■

—Compiled by Kathryn Kelley

Note: Faculty grants, publications and books are recognized in the spring issue of Transformations in Nursing & Health.

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Research

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Energy sparks research growth

These newly funded projects signal a college-wide effort to actively build its research program and grow its national profile. "We're building, we're pushing, we're growing," McCarthy says. Recently recruited faculty attract attention on the

national front, as do prominent publications and presentations. In a spiraling climb, a rising profile attracts additional funding, which allows the college to grow as a unit and to fund additional predoctoral and postdoctoral fellowships. This in turn attracts high-caliber students to train for the future.

With a look to the future, Menon says, "The changing face of healthcare requires us as nurse researchers to be agile and nimble and change with the times.

It will call for creativity and innovation on our part." In her first six months at Ohio State, "I have seen some real energy around being able to think collaboratively and think innovatively about the kind of research that we could do," Menon says. "It's very energizing to see that kind of collaboration and excitement in the college." ■

Kathy Baird is a freelance writer based in Columbus.

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