Better Births
Carolina students partner with doulas to gain experience and to improve deliveries
FROM THE DEAN

Dear Friends,

It is truly bittersweet to come to the end of my tenure as interim dean of this great school. It was an honor and privilege to take the helm here and lead it for the last two and a half years. We have seen many successes together, undertaken important organizational improvements, graduated new classes of our nation's finest and most well-educated nurses, and dreamed big on behalf of the future of Carolina Nursing.

As I look back over my time in the dean's office, I am struck by the incredible generosity of spirit I've met with from our alumni, friends and supporters, as well as fellow deans, faculty, students and staff. I am grateful to everyone for their kindness, support, wisdom, encouragement and enthusiasm as we introduced the School's critical and exciting “next chapter” and have accomplished so much good work. We created magic!

As we turn the page on 2016, Dean Peragallo-Montano will be assuming the leadership of a dedicated, smart and carefully stewarded School. My thanks to each of you for your ongoing loyalty to this wonderful institution and for the support you have provided me.
For the time being, I will return to my role as professor and nurse scientist. I will enjoy a sabbatical which will include returning to my research to promote quality nursing practice and patient care environments, improve care in NC emergency departments, hold the Frances Bloom berg International Visiting Professorship in the School of Nursing at the University of Toronto — focused on “shaping systems to promote desired outcomes,” serve as the “voice of Carolina” for an alumni tour to Machu Picchu and the Galapagos Islands, consult in Australia and… relax and take some deep breaths.

On behalf of all of us here, I invite you to please keep in touch with the School and stay up-to-date on its many activities on campus and around the globe. And do plan to visit us if you’re in Chapel Hill!

With gratitude,

Donna S. Havens, PhD, RN, FAAN

“I am struck by the incredible generosity of spirit I’ve met with from our alumni, friends and supporters.”

—Donna S. Havens
On Aug. 3, Chancellor Carol Folt announced that Dr. Nilda (Nena) Peragallo Montano had been selected as the new dean for the UNC School of Nursing. She will begin Jan. 1, 2017.

Peragallo Montano is currently dean and professor for the University of Miami School of Nursing and Health Studies, professor on the graduate faculty at Pontificia Universidad Católica de Chile School of Nursing and adjunct professor at Australian Catholic University in North Sydney.

“We are pleased to welcome Nena Peragallo Montano as the dean of the School of Nursing,” said Executive Vice Chancellor and Provost James W. Dean, Jr. “She is an internationally recognized expert and widely published researcher who has dedicated her career to improving individual and public health, with a particular focus on minorities and other underserved minority populations. I am confident that the combination of her academic and clinical experience will help the School of Nursing continue to grow as a leader for nursing education, research and practice.”

Since 2003, Peragallo Montano has been at the University, where she has a strong record of successful competitive research funding. From 2007 to 2015, she served as director and principal investigator of the Center of Excellence for Health Disparities Research: El Centro, the first National Institutes of Health P60 center grant awarded to a school of nursing. She is also co-principal investigator of El Centro, which has been funded continuously by the National Institutes of Health/National Institute of Minority Health and Health Disparities since its inception.

“Serving as dean of Carolina’s School of Nursing is a wonderful opportunity to continue the school’s tradition of excellence since it became the state’s first school of nursing to offer a four-year baccalaureate degree in 1910,” said Peragallo Montano. “I am committed to working with students, faculty, staff, alumni and leaders in the School of Nursing and across the University to improve the health and well-being of the people of North Carolina, the nation and the world.”

UNC Chapel Hill’s Board of Trustees approved Peragallo Montano’s appointment. She will succeed Donna S. Havens, who has served as interim dean since 2014. During Havens’ tenure, the school’s graduate programs have grown significantly. This expansion includes the graduation of the first class of Doctor of Nursing Practice students, along with additional cohorts of Hillman Scholars who are working to obtain both a bachelor’s degree and a doctorate in nursing.

The School of Nursing placed 21st in the 2016 U.S. News & World Report Best Graduate School Master’s Program rankings.

Peragallo Montano is past president of the National Association of Hispanic Nurses and founding co-editor of Hispanic Healthcare International. Prior to joining the University of Miami, she held positions at the University of Maryland and at Baltimore School of Nursing, the University of Illinois College of Nursing in Chicago and the University of Central Florida in Orlando.

Peragallo Montano earned a doctorate in public health from the University of Texas, a master of science in nursing from the University of West Virginia and a bachelor of science in nursing from the University of Chile. She is a fellow of the American Academy of Nursing, a member of the nursing honor society Sigma Theta Tau International (STTI) and an inductee of the STTI Nurse Researcher Hall of Fame.

“I am committed to working with students, faculty, staff, alumni and leaders in the School of Nursing and across the University to improve the health and well-being of the people of North Carolina, the nation and the world.”

—Dr. Nena Peragallo Montano
In her 21 years directing the undergraduate nursing program, Dr. Beverly Foster, PhD, RN, has attended more than her fair share of commencement exercises. While each one has been special in some way, May 2013’s pomp and circumstance included a surprise that reduced the typically unflappable Foster to tears.

As she sat on stage in the Dean E. Smith Center preparing to welcome the graduates, Dr. Foster was stunned to hear Sheena Hilton, BSN ’13, chair of the SON Undergraduate Student Council (UGSGC), announce the Dr. Beverly Foster Grant for Student Support, a student-created fund to help peers in financial difficulty.

“It was a total shock to me that something was being established with my name on it,” said Dr. Foster, who recalled struggling to compose herself before addressing the crowd of hundreds. “I mean, I wasn’t retiring, I hadn’t died, so it was quite a lovely gift.”

For Hilton and her UGSGC colleagues, naming the fund for Dr. Foster made perfect sense. “We wanted to recognize her for years of leadership in the nursing school,” Hilton said. “She always helped students and went above and beyond, and we felt this grant did the same thing.”

**Students helping students**

Hilton came up with the idea for the fund when she and Joe Bidix, BSN ’12, UGSGC chair ’12, needed to spend a surplus in the Council’s account. She felt providing grants to help the students served by the Council was the best use of the money.

“School is hard in general, but it’s especially hard for people when finances are difficult, whether it’s school-related or just life-related,” said Ethan Cicero, BSN ’14, UGSGC chair ’14. “So we wanted to make it easier for them. We wanted them to see ‘We’re working for you.’”

By unanimous vote, the Council agreed to create the fund and award three $100 grants each semester to undergraduate students.

“A hundred dollars may not be a lot to some, but to the people we help it means the world. Nursing is a profession that helps those in need, and by starting this, I felt that I could start something that could help many,” Hilton said.

While the SON has a number of dedicated funds available to help students in significant short- and longer-term financial difficulty, the Foster grant fills a special type of need, said Kathy Moore, MSN ’90, RN ’78, clinical assistant professor, assistant dean of student affairs and the UGSGC faculty advisor.

“We certainly have students who are independently funded by family and don’t have needs at all, but we have a notable number of students who are trying to manage on financial aid alone, or on financial aid and a little bit of savings or financial aid and part-time jobs,” she said. “There are those who simply need that hundred dollars to make ends meet that month.”

Grant applicants, whose names are kept confidential, list a variety of purposes for the funds, said Moore, who reviews applications twice each year with the current UGSGC chair. They include stethoscopes and scrubs, books, transportation and parking for clinicals, NCLEX prep and sometimes groceries.

UGSGC Chair Hannah Bivens, BSN ’16, noted that students sometimes request a grant to offset study abroad expenses, with even the relatively small amount helping to make an international experience more attainable: “Getting access to go abroad and see how different cultures handle health care is just a really enriching learning experience, and I think this fund allows students to do that.”

**Help from a friend**

Over the last two years, UGSGC members have held numerous fundraisers to increase the amount of available grants. When Lexi Pagnatta, BSN ’15, UGSGC chair ’15, served on the Council, bake sales and pizza lunches helped provide 12 recipients with $100 checks — double the amount set aside in the Council’s budget during her senior year.

Along the way, the Council has had help from a friend. When she learned about their fundraising efforts, Dr. Foster — who has no oversight over the grant — offered to match the money UGSGC students raised for it. “I really admired the students’ work in doing this,” she said. “Bake sales have very limited results in terms of cash, so I just decided to do it. I thought it might encourage people to go down and pay $10 for a cookie instead of 50 cents.”

Foster’s strategy worked, said Heather Fredosso (BSN ’16), the 2016 UGSGC’s fundraising chair. She’s found that SON faculty are very generous during the pizza fundraisers, where a slice and a soda typically sell for $1.5. “They’ll give us a $20 and say, ‘Oh, it’s for the fundraiser — keep the change!’”

**The Commitment to Caring**

For Dr. Foster, the UGSGC’s work to create and sustain the grant named in her honor illustrates the commitment to caring that is fundamental to nursing. “This grant, and the many others student groups do, indicates the kind of professionals they’re becoming,” she said. “Many of them of course came in already very much attuned to service and the needs of others, so I think doing what we can as a school to foster, acknowledge and encourage that is very important.”

Moore agrees: “It really underscores why they have selected the nursing profession, why they have undertaken this career. And it’s because they care about others and are committed to supporting them, whether it’s a patient and family in their care or the student sitting next to them in class. It’s just a very amazing, wonderful program. It honors somebody that we all respect and admire, and it came from the hearts of the students.”

--- Sheena Hilton, BSN ’13

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Joya Bland’s dream is to deliver babies. A recent Carolina graduate, she’s getting a master’s degree in physiology at N.C. State and preparing to apply to medical school. After that, she’ll seek a residency in obstetrics and gynecology.

And though there are years between Bland and those babies, she’s no stranger to what a birthing mother needs. As a volunteer doula at UNC Hospitals, Bland has supported women through 12 hours of nonstop labor, held their hands through contractions and explained increasingly intense stages of labor with words of comfort and encouragement.

Learning how to dial into the patient side of childbirth before becoming a physician was Bland’s mission when, as a women’s and gender studies major at UNC in 2014, she signed up for an innovative APPLES service-learning class at the UNC School of Nursing that matches volunteer doulas at UNC Hospitals with Carolina students to offer a unique experience in patient-centered care.

Having the opportunity to attend births as part of her undergraduate curriculum is something Bland describes as “life-enhancing.”

For the first birth Bland attended as a student, she stepped in for the last 12 hours of a labor already 36 hours long. By the time Bland entered the room, the mother was exhausted and worried. The family needed support, too.

“While the doctor and nurse treated her, I was there to remind her that she was doing fine, to help her change position in bed, breathe with her, help her get comfortable and encourage her to rest so she would have strength to push,” said Bland. “I didn’t leave her side. I kept reminding her that soon she’d be holding her baby, and I helped her keep going.”

A unique model of education and care

Birth doulas aren’t clinicians — they are professionally trained birth companions who can offer physical and emotional support to the woman laboring and her family. Their presence can help women cope with pain, provide non-medical assistance to the mother and her family, and take some of the burden off nurses who are providing treatment and might not have time to stop and soothe.

Doulas provide educational and emotional support during labor and birth, helping mothers navigate their way through the unique experience of childbirth. They offer suggestions to help labor progress — walking, the use of a birthing ball, relaxing in the tub. If the patient has had an epidural, a doula can help her change position to help the baby move down the birth canal.

And, at N.C. Women’s Hospital, laboring women can benefit from the support and care of a doula free of charge, courtesy of the Birth Partners volunteer doula program. More and more women are choosing to request their support.

“Not a lot of hospitals have this. It’s pretty unique to have doulas in a public hospital environment,” said Rhonda Lanning, a certified nurse midwife and faculty member at the School of Nursing who runs Birth Partners, the growing volunteer doula program, and teaches “Supporting the Childbearing Family,” the APPLES service-learning course that brings together the doulas and students for an immersive, hands-on educational experience. “This fall we tripled the number of families served in the Birth Partners program, and this is largely due to our service-learning course.”

The class, made possible with a grant from the Carolina Center for Public Service, is offered once a year, and Lanning accepts between 12 and 16 students from a pool of nearly 60 applications. She builds the class with a
“I didn’t leave her side. I kept reminding her that soon she’d be holding her baby, and I helped her keep going.”
— Joya Bland

Rhonda Lanning leads her class, “Supporting the Childbearing Family”

Mariam Lam (left) was one of Joya Bland’s (right) mentees in the program.

School of Nursing students Rachel Tarwater and Brooklynne Travis listen during Lanning’s class.

diversity of academic disciplines, backgrounds, interests and experiences, and spends the first few weeks of class on childbirth and breastfeeding education as well as formal doula training. When they’re ready, students are paired with one of the volunteer doulas and work under that mentor to begin attending births. As part of the APPLES requirements, the students must put in 30 hours of service as a volunteer.

Brooklynne Travis, who graduated with her BSN from the School of Nursing in May 2016 and is pursuing training in a dual Doctor of Nursing Practice and Certified Nurse-Midwife program, said Lanning’s class this past fall helped her focus her career goals by allowing her to explore how she felt about childbirth.

“This class was a great way for me to engage more specifically in women’s health in addition to the other maternity classes I took in nursing school,” said Travis. “It was a very good hands-on experience and helped me formulate concretely what I felt about birth and learn about birth from an evidence-based perspective.”

Travis has three children of her own and said that she’d not had positive birth experiences. By being a doula, she got a chance to see women’s bodies at work, something she said was healing for her and helped solidify her passion to become a midwife.

“Midwifery supports women’s bodies to do what they are designed to do, and being empowered to let your body do what it is designed to do is what I believe about birth,” she said.

“I was able to see that we can support and help advance that birth process as a doula in the hospital where, if there is a problem, modern medicine can very quickly come to the rescue.”

During one birth she attended as part of the class, Travis noticed fear in the husband’s eyes after his wife’s water had broken. She was able to calm him, telling him that the water breaking was a good sign — his wife’s body was progressing the way it should, and though it was intense, she didn’t need to be scared.

“This is an opportunity for future health care providers to think about the patient care environment and work with patients and families to provide comfort and support and education, which often takes a back seat to diagnosing, treating and medicating. Here, they really get the value of patient-centered care, and we hope they take that back to their medical or nursing school experiences,” said Lanning.

“Being a doula has given me back a lot of perspective, and now I know midwifery is what I’m called to do.”

Benefits based in evidence

People have undervalued the measures doulas provide, said Lanning, even though research shows that the use of a doula has clear benefits for families during childbirth and after, with no known risks.

A 2013 review published in the Cochrane Library revealed that women who have support from a companion who is neither a member of the hospital staff nor a friend or family member are less likely to have a cesarean section, use synthetic oxytocin to speed labor, use pain medication or report a negative childbirth experience than women who labor alone.

Birth Partners makes it part of their mission to reach out to vulnerable populations: women who are laboring alone, women with a long hospital stay prior to birth, women experiencing a loss or the incarcerated.

“Incarcerated women are giving birth alone, and they deserve that care,” said Lanning. Lanning has a letter from the Department of Corrections that affirms Birth Partners’ goal to offer support to incarcerated women.

Lanning said there are always pros and cons with bringing students into a volunteer program, because they come and they go. But “they come with such enthusiasm, passion, energy and optimism,” she said.

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The men and women who come to Dorcas Ministries are in need. In need of a meal, in need of counseling, in need of secure housing.

And that puts them squarely within the mission of the UNC School of Nursing.

“We’re really invested in the well-being of the whole community,” said Professor Marianne Cockroft, standing just outside the storefront entrance of Dorcas on a cold and blustery February morning. “Every visit we have here is meaningful.”

Inspired by a conversation at her church, Cockroft spearheaded the creation of a School of Nursing mobile health care clinic, which sets up shop each week outside Dorcas Ministries in Cary and Western Wake Crisis Ministry in Apex.

Operating from a specially equipped van rented from the UNC School of Medicine, the clinic offers free checkups, health counseling and referrals. The effort is funded by a grant from Cockroft’s congregation at Christ the King Lutheran Church in Cary.

“It really fills a gap in the community,” said Howard Manning, executive director of Dorcas Ministries. “It not only improves the quality of life for people, but it’s a much more economical approach to health problems.”

More than 73 percent of the clients at Dorcas and Western Wake Crisis Ministries suffer from at least one chronic illness. Treatment for those conditions can fall by the wayside when more immediate life troubles intrude, and that can lead to long-term health complications and much steeper costs. By offering a free consultation and medical counseling at the crisis ministries, Cockroft and her colleagues hope to prevent more severe problems down the road.

“Stress can make chronic health problems more troublesome,” Cockroft said. “And most of the people we’re seeing here are facing pretty significant stress in their lives. We can educate people on ways to manage their health care, and connect them with other resources in the area.”

Finding ways to serve patients outside the medical mainstream is crucial in reducing the overall burden of health care. A 2014 study in the *American Journal of Managed Care* found that mobile clinics “have a critical role to play in providing high-quality, low-cost care to vulnerable populations.”

At UNC, Cockroft won immediate support for taking nursing expertise on the road. “The faculty have been great, just really enthusiastic,” she said. “There’s so much potential for what we could do with this.”

Realizing that potential will mean measuring outcomes for the mobile clinic, a major challenge when working with low-income and often transient populations. School of Nursing faculty are already considering ways to measure the value of preventative care, mainly in terms of costs avoided through timely intervention.

“We have to show results if we want to grow,” Cockroft said. “We need to find out: if we weren’t here, where would these folks have gone? Would they have gone to the emergency room, or nowhere at all?”

In the Dorcas parking lot, the nurses working directly with grateful patients are already convinced. “Did you see how relieved she was?” asked Assistant Professor Wanda Wazenegger, speaking about a patient who spent more than 20 minutes in the mobile clinic. “She was so glad to have someone to talk to, someone to care.”

Then Wazenegger went back to organizing the van, readying for the next patient.

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**SCHOOL NEWS**

*Story and photos by Eric Johnson*

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**DELIVERING CARE**

**WHERE IT’S NEEDED MOST**

Cockroft, upper left, joins SON faculty and student volunteers each week in the mobile clinic.
SON, FIRST QUALITY HOLD INAUGURAL CARE SUMMIT

From the halls of research to the bedside, Carolina Nursing faculty embrace the nitty-gritty of real-world care and are fearless in their pursuit of new knowledge that will lead to best care practices. In June they joined a longstanding partner in this pursuit, First Quality®, to inaugurate a Care Summit to address current challenges to patient care and how best to solve them.

First Quality, a solutions-based corporate leader in products for long-term, assisted living and acute care, sponsored the summit, which took place in Chapel Hill June 7–8, 2016. UNC SON research faculty joined First Quality for a dynamic dialogue centered on a common goal: Meeting Vulnerable Populations Where They Live: A Summit to Address Care Challenges and Solutions.

Interim Dean for Advancement Anne Webb collaborated with First Quality Technical Service Director and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and First Quality Technical Service Director and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summit grew from the vision of Dr. Mary Palmer, Helen W. & Thomas L. Umphlet Foundation Board member and former SON Foundation Board member Jim Minetola to secure funding for the summit. The summa

With corporate funding from First Quality, more than 60 students, faculty, First Quality employees and School of Nursing Foundation Board members explored the latest advancements in caring for the elderly, those with chronic physical or mental illness, inmate populations and the homeless.

Faculty from the Schools of Nursing, Medicine and Social Work, along with the UNC Gillings School of Global Public Health, presented a holistic look at the influences of government policy, low-resource communities, medication delivery, communication and preventive and palliative care. “After the presentations, we broke into small groups of lightning talks — fast bursts of information to encourage discussion,” Palmer said. “It was very intentional to think creatively. It was a high-energy meeting.”

Organizers hope the partnership with First Quality will continue. “They’re interested in seeking real-world solutions, and that’s why they mesh so well with our faculty. The summit created a lot of energy and creative thinking for solution-finding, and we want to carry that forward,” said Palmer.

An earlier partnership with First Quality created a graduate student merit scholarship that, through leadership opportunities, exposed students to the latest developments in evidence-based care while networking with First Quality health care professionals to learn more about their industry.

The UNC School of Nursing is pleased to announce the renewal of the T32 training grant that funds its “Interventions for Preventing and Managing Chronic Illness” training program for five more years.

Sponsored by the National Institutes of Health, the Ruth L. Kirschstein Institutional National Research Award — or T32 — is an institutional training grant designed to prepare qualified individuals for scientific careers that have significant impact on the health-related research needs of the nation.

Now in its fifth round of funding, the School of Nursing’s T32 program has been producing renowned nurse scientists for nearly a quarter century.

First established under the direction of Dr. Merle Mishel in the 1990s, the program is designed to equip pre- and postdoctoral trainees with the knowledge, skills and experience needed to develop a program of research that will lead to improved outcomes for people at risk of, or living with, chronic illness.

With this latest renewal announced in June 2016, the program will focus on emphasizing the development of interventions that are designed with practice in mind, as well as focused study on dissemination and implementation science.

Dr. Sheila Santacroce and Dr. Jennifer Leeman will direct the five-year, $2.41 million T32 program, which funds stipends, health insurance, and some professional travel and other research-related expenses for doctoral and postdoctoral trainees. T32 trainees enjoy mentorship from School of Nursing faculty, as well as those at top-ranked UNC academic departments, health affairs schools and centers, including the UNC Center for Health Promotion and Disease Prevention, NC TraCS, UNC Center for Bioethics and the UNC Lineberger Comprehensive Cancer Center.

“Through the guidance provided by the T32 program, I have begun thinking of myself as a nurse scientist. It has empowered me as I move forward in the doctoral program,” said Becky Salomon, current predoctoral trainee.

The renewal of this T32 training grant will position the UNC School of Nursing to continue its important work of producing some of the nation’s best nurse scientists and effective and high-impact nursing science on chronic illness,” said Interim Dean Donna Havens. “We’re thrilled to be able to serve the health needs of North Carolina and the broader world in this way.”

UNC is one of just 17 schools of nursing in the United States to receive T32 funding from NIH, and is tied for second with UCSF for duration of T32 funding.

The UNC School of Nursing is pleased to announce the renewal of the T32 training grant that funds its “Interventions for Preventing and Managing Chronic Illness” training program for five more years.

Sponsored by the National Institutes of Health, the Ruth L. Kirschstein Institutional National Research Award — or T32 — is an institutional training grant designed to prepare qualified individuals for scientific careers that have significant impact on the health-related research needs of the nation.

Now in its fifth round of funding, the School of Nursing’s T32 program has been producing renowned nurse scientists for nearly a quarter century.
SON HOSTS TRIBUTE, ESTABLISHES FUND TO HONOR ELIZABETH TORNQUIST

On April 12, gray skies and chilly spring temperatures gave way to warm sunshine just in time for the UNC SON to celebrate the life and work of Elizabeth Tornquist — “ET” to all who knew her here. ET passed away unexpectedly in late January.

A crowd of current and former faculty and staff, alumni, Tornquist family and friends gathered in Fox Auditorium to pay tribute to the person and career that affected so many so positively. An editor of uncanny insight and skill, Tornquist mentored SON faculty, indeed nursing faculty the world over, to unprecedented success in grant funding and publication.

“Nursing was her special cause — and thank God for that — we needed her!” said Mary Champagne, dean emerita of the Duke School of Nursing and former SON faculty member.

“I doubt there is anyone more responsible for helping researchers with good ideas for improving health care get grant funding than our Elizabeth.”

Further remarks and readings were offered by Deans Emerita Cindy Freund and Linda Cronenwett, by Professors Mary Lynn and Linda Becher, by Interim Dean Donna Havens and by Cheryl Peol, Elizabeth’s nephew.

The tribute was followed by a reception featuring some of ET’s favorite recipes, catered by her daughter Amy, a celebrated chef and restaurateur and friends listen to moving tributes offered to ET’s memory.

A fund has been set up to honor ET’s extraordinary legacy — the Elizabeth Muse Tornquist Endowment for Scientific Writing — designed to fund programs and other activities to support the writing efforts of faculty, students, health care clinicians and scientists from many disciplines both at the SON and across the country.

Programs may include institutes for scientific writing, terms for editors-in-residence, workshops and lectureships — all designed to continue in some fashion ET’s remarkable contributions.

To donate to the fund, contact Assistant Dean for Advancement Anne Welsh at 919.966.4619 or visit nursing.unc.edu.

SON Hosts Hillman Scholars Program Annual Meeting

The UNC School of Nursing was pleased to host the annual meeting of the nation’s prestigious Hillman Scholars Program in Nursing Innovation in late May. The Scholars Program was established by the Rita and Alex Hillman Foundation in 2010 to identify and prepare — swiftly — the next generation of nurse scientists and scholars. Offered only at the universities of North Carolina, Michigan and Pennsylvania, the highly selective program is designed to furnish Hillman Scholars with BSN and PhD degrees in fewer than six years.

The theme of this year’s meeting was The Many Facets of Leadership: Research, Practice, Policy and Innovation. A busy three days of sessions kicked off in Chapel Hill on Tuesday, May 24, with a compelling discussion on diversity, inclusiveness and policy, led by Dr. Rumay Alexander, director of the SON’s Office of Inclusive Excellence and special assistant to the Chancellor.

The second annual Charles and Colleen Astrike Symposium on Health Care Solutions was held Tuesday evening, with panelists Linda Aiken, PhD, RN, FAAN; Cathy Madigan, DNP, RN; and Gwen Sherwood, PhD, RN, FAAN, offering views on nursing leadership in quality and safety from the front lines of research, practice and education.

A thoughtful question-and-answer session followed the moving testimony of the Astrike family’s experience with their mother’s nursing care — a tragic case, with consequences all the more grievous for having been due to errors in health care, and avoidable for her and her loved ones.

However, we were especially honored to host this year’s event, which allowed us to showcase the many initiatives under way here at UNC-CH. we’re so grateful to all the speakers who made it such a rich opportunity for us all.”

Dr. Bill Roper, dean of the UNC School of Medicine, vice chancellor for medical affairs and CEO of UNC Hospitals, was a highlight of Wednesday’s sessions, serving as the special guest in an informal discussion on Leadership at the Intersection of Research, Health Care and Policy, led by Dr. Aiken and UNC Hillman Scholar Leah Morgan.

The meeting wrapped up midday Thursday following leadership development activities, social and networking opportunities and further sessions on leadership in the areas of research, policy and professional development.

“It was an honor to host such a thought-provoking and inspiring three days,” said Professor Cheryl Jones, PhD, RN, FAAN, director of the Hillman Scholars Program at UNC. “The annual meeting is only one of the highlights the Hillman Scholars Program brings to the universities that benefit from this recognition. However, we were especially honored to host this year’s event, which allowed us to showcase the many initiatives under way here at UNC-CH. We’re so grateful to all the speakers who made it such a rich opportunity for us all.”
DEBORAH MAYER TAPPED TO SERVE ON CANCER MOONSHOT BLUE RIBBON PANEL

Deborah K. Mayer, PhD, RN, AOCN, FAAN, has been named to the panel of national experts guiding the “Cancer Moonshot” revealed during President Barack Obama’s 2016 State of the Union address.

During his annual speech to Congress in January 2016, President Obama called for $1 billion in new funding to fast-track promising research for the prevention, early detection, treatment and ultimate curing of cancer. Calling the initiative the “Cancer Moonshot,” he tapped Vice President Joe Biden to lead the effort to “eliminate cancer as we know it.”

Dr. Mayer, professor of adult and geriatric health at the UNC Chapel Hill School of Nursing and director of cancer survivorship at UNC Lineberger Cancer Center, is among the nationally recognized experts who will recommend how the proposed funding should be spent.

“This is a wonderful recognition and opportunity to bring nursing and patient perspectives to this prestigious panel,” said Dr. Mayer. “Our work will be significant in identifying opportunities to reduce the burden of cancer.”

Dr. Mayer has decades of experience with national efforts to improve cancer care, having worked for more than 30 years as a specialist in cancer nursing practice, education, research and management experience. Dr. Mayer is past president of the Oncology Nursing Society, and a former member of the National Cancer Institute’s Board of Scientific Advisors and National Cancer Advisory Board (a presidential appointment). Dr. Mayer was also elected a fellow of the American Academy of Nursing. She was the editor for the Oncology Nursing Society’s Clinical Journal of Oncology Nursing (CJON), and has published nearly 100 articles and book chapters. She lectures internationally on oncology and oncology nursing, and also maintains a clinical practice working with breast cancer survivors at UNC Chapel Hill.

“Dr. Mayer brings to the panel tremendous acumen and understanding of the crucial role nurses play in the care and treatment of cancer,” said Donna Havens, interim dean of the UNC School of Nursing. “They couldn’t have made a better choice, and we are so pleased that she will represent UNC as a home for world-class cancer research and care.”

ALEXANDER NAMED SPECIAL ASSISTANT TO CHANCELLOR

By Brandon Biltz, Office of Communications and Public Affairs

Starting courageous dialogues

Rumay Alexander was recently named special assistant to Chancellor Carol L. Folt. In her new role, Alexander is focusing on integrating initiatives across campus to accelerate diversity, inclusion, and family and work-life balance. She maintains her role as professor and director of the Office of inclusive excellence at the School of Nursing.

Rumay Alexander loves questions. Her favorite one has always been “Why?”

The simple word leads to explanations, which can become understandable. But at the very least, it begins a discussion.

“It’s those kinds of questions that will allow us, as a community, to become more inclusive,” Alexander said. “It’s not that you have to know everything, but it’s about how we work on ourselves and have enough self-awareness to say, ‘You know, I need to ask some questions because more than likely, unintentionally, I’m not thinking of something.’”

Asking the right questions has become one of Alexander’s greatest tools as she works to make the University of North Carolina at Chapel Hill a better and more inclusive community through her new role.

Appointed as Folt’s special assistant last November, Alexander is using her new role to integrate initiatives across campus to accelerate diversity, inclusion, and family and work-life balance. She is working closely with the University’s Office of Workforce, Equity and Engagement, the Office of Diversity and Multicultural Affairs, and the Office of Student Affairs, among others.

“Rumay brings a deep understanding and an experienced perspective on how we can more effectively establish an inclusive community for every one of our students, faculty members and staff,” Folt said. “She already is bringing together organizations from across campus to assess current programs and develop new initiatives to fill important gaps and advance our University.”

For Alexander, who is already the diversity lead for the Schools of Public Health and Dentistry, and the chair of the Faculty Committee on Community and Diversity, the new position is the most recent stop in her long journey of building inclusive environments.

Navigating Tennessee

Alexander grew up in the small western Tennessee town of Humboldt, where white and black residents were divided by a single train track. There, she quickly learned how to read her environment — and to build a personal grit that would help beat circumstances designed to set her up for failure.

As a sixth grader, Alexander begged her parents to let her and her younger sister join the 23 African-American students who would integrate the local all-white school. Although her parents were nervous — they well knew their daughter’s knack for confronting wrongs — they ultimately agreed.

“I was walking into a very dangerous space,” she said. “I was navigating that space as somebody who was intentionally educated inferior to my white counterparts.”

Not only were older students physically abusive — sometimes pushing the middle-schooler into lockers or down the stairs — Alexander said she was put in a situation created to make her fail in the classroom as well.

For years, Alexander had been learning by using outdated textbooks — the ones passed down to her school after the all-white school received updated books. She immediately went from an honor roll student to D’s.

It took her a year of staying up until 3 in the morning, then getting extra help from teachers, before she caught up with her classmates.

But she did.

“This is what you’ve got to do,” she remembers telling herself at the time. “You just have to do this if you are going...
“My worlds all blend. I will pull from all those places and all those experiences.”

As director of the office of inclusive excellence in the School of Nursing, Alexander has spent more than a decade working to improve retention of faculty, students and staff, and leading a diversity discussion series.

“I believe that success is transferable,” she said. “If something works over here, what parts of that can work in this place? My worlds all blend. I will pull from all those places and all those experiences.”

And now, what worked for her in Tennessee and in the School of Nursing is being put into practice campus-wide: making sure everybody is represented in decision-making and having what Alexander calls “courageous dialogues.”

These dialogues, she said, begin with asking questions and learning to understand perspectives outside one’s own.

“Most people, when you ask them about diversity, they give you the dimensions of diversity — how we differ,” Alexander said. “That becomes race, ethnicity, physical abilities, gender, sexuality and you can go on and on. But that’s how we manifest differences often referred to ‘diversity of presence.’ I define diversity as having multiple perspectives without judgment. It’s the judgment part that gets us in trouble.”

By coming to a better understanding of what people know and what they don’t know, Alexander said, positive strides can be made. That’s why she hopes viewpoints from throughout the Carolina community can help mold diversity goals — and make an impact on the retention and recruiting of minority faculty and other coordinated initiatives across campus.

It all begins by using her favorite question: “Why?”

“My overarching goal is ‘human flourishing,’” she said. “That’s for faculty, that’s for staff, that’s for students. When we better understand, we can help others flourish.”

SO N WELCOMES DR. JUDITH WEBB

In February 2016, Judith Webb, DNP, ANP-BC, ACHPN, joined the SON faculty as an assistant professor in the Division of Adult and Geriatric Health. She was previously an assistant professor at the MGH Institute of Health Professions in Boston, MA, where she served as the coordinator of the adult gerontology primary care nurse practitioner track and taught in the DNP program. She helped develop the course, “Introduction to the DNP,” and has continued to teach this distance course since leaving MGHIPP.

Since joining the faculty, Webb has become an advisor to LGBTQ students in the School of Nursing and has agreed to serve on the Provost’s Committee on LGBTQ Life at UNC.

Dr. Webb is from central New York, where she earned a Bachelor of Science degree in nursing and a Master of Science degree in nursing from State University of New York Institute of Technology in Utica, NY. She earned the Doctor of Nursing Practice from the MGH Institute of Health Professions, summa cum laude, in 2010. Her doctoral project focused on the long-term impact of surrogate decision-making after the death of a loved one.

She is board certified as both an adult nurse practitioner and a palliative care nurse practitioner, with clinical practice experience primarily with older adults. She has extensive practice experience in end-of-life care and caring for people of all ages with life-threatening conditions.

She previously taught in New York at Morrisville State College, Binghamton University and SUNY Institute of Technology in Utica.

While at the MGH Institute of Health Professions, Dr. Webb served as the chair of the Appeals Committee and co-chair of the Judicial Board, and was the advisor to the LGBTQ student group. Dr. Webb served on the Legislative Committee of the Massachusetts Coalition of Nurse Practitioners, and was an officer in the Mohawk Valley Chapter of the New York state NP organization.
Faculty Awards and Accomplishments

Kathy Alden received the 2015 American Journal of Nursing Book of the Year Award for her work in co-authoring the 11th edition of Maternity & Women’s Health Care with retired faculty member Dee Lowdermilk. She was also selected the annual UNC Class of 1996 Award for Advising Excellence by Carolina students.

Jennifer Alderman received the Junior Faculty Development Award from the UNC Chapel Hill College of the Provost. Alderman will use her grant funding to examine student characteristics as predictors of success in her “Path to Academic Success (PAS)!” study.

Ruth Anderson co-authored a study published by the Journal of Nursing Regulation titled “Detecting Medication Order Discrepancies in Nursing Homes: How RNs and LPNs Differ.” The study was funded by the National Council State Boards of Nursing and examined the extent to which RN or LPN licensure related to the detection of medication discrepancies.

Anna Beeber received grant funding from the North Carolina AHEC Innovation Fund for her proposal “Intraprofessional Development of Nurse Leaders: Working Together toward Quality Improvement in Long-term Care Health Care Environments.”

Linda Beeber was recently elected president of the Board of Directors of the American Psychiatric Nurses Association. Beeber also received NIH funding for her study, “Enhancing Communication between Children in Early Intervention and Their Depressed Mothers.”

Diane Berry was awarded a Sigma Theta Tau International grant to study the management of type 2 diabetes with researchers from Universidad Autonoma de Tamaulipas School of Nursing, Tampico, Mexico.

Ashley Leak Bryant received the 2016 ONS Excellence in Care of Older Adults with Cancer Award at the Annual ONS Congress in San Antonio, TX.

Linda Cronenwett was appointed to the Board of Directors of Spectrum Health Ludington Hospital.

Mary W. Dunn was named a 2016 Health Care Hero by Triangle Business Journal. The award recognizes those who have put innovation and compassion to work to improve the human condition.

Bev Foster was selected to receive the 2016 Neds Brooks Award for Public Service. Dr. Foster was recognized for more than 30 years of providing and supporting public service within UNC and across North Carolina.

Cheryl Woods Giombé received the 2016 Faculty Excellence in Education and Mentorship Award. PhD students described Dr. Giombé as a mentor who goes above and beyond the faculty role and pushes mentees out of their comfort zone while believing in and supporting them through every stage of the program.

Chris Harlan was awarded the 2015 American Journal of Nursing Book of the Year for her book, Global Health Nursing: Narratives from the Field. This was Harlan’s first AJN book of the year.

Eric Hodges received NIH funding for his study to test a novel intervention to help parents and preverbal infants better understand one another during feeding and to offer new insight into how self-regulation of energy intake develops during infancy.

Coretta Jenerette earned the 2015 C. Felix Harvey Award to Advance Institutional Priorities. Dr. Jenerette will use the funding for her study “Developing a Virtual Training Technology to Enhance Patient-Provider Communication.” Jenerette was also named a member of the sixth class of the University of North Carolina at Chapel Hill Thorp Faculty Engaged Scholars.

Saf Karhat was awarded a Junior Faculty Development Award from the UNC Chapel Hill Office of the Provost. He will use the grant funding for his study “VICUT: A Clinician-centered Visualization Dashboard to Improve ICU Patient Information Representation and Delivery;” Karhat also received a course development grant from Data|Carolina Initiatives to develop data skills and data literacy among undergraduate and graduate students.

Rebecca Kitzmiller received a course development grant from Data|Carolina Initiatives to develop data skills and data literacy among undergraduate and graduate students.

Kathy Knaff was selected as the inaugural Suzanne Faethnghard Lecturer at the 2016 Midwest Nursing Research Society Conference, co-sponsored by the University of Wisconsin-Milwaukee College of Nursing.

Rhonda Lanning received the 2016 Office of the Provost Engaged Scholarship Award for her work training birth doula in her interdisciplinary service learning course. The award recognizes faculty members or university units for exemplary engaged scholarship in service to the state of North Carolina that serves as an example of excellence, including responsiveness to community needs and strong community partnerships.

Mary Lynn received a grant from the National Council of State Boards of Nursing to study the “Successful Transitions of New Graduate RNs in US Hospitals: Education, Practice and Policy Implications.” Dr. Lynn’s project is the first of its kind on the topic.

Deborah Mayer was named a 2016 Health Care Hero by Triangle Business Journal. The award recognizes those who have put innovation and compassion to work to improve the human condition.

Betty Nance-Floyd was awarded a Fulbright Specialist grant in education to work with the faculty of Kamuzu College of Nursing in Malawi. She also received the Preparing Future Faculty Award from the Graduate School of the University of North Carolina at Greensboro for her outstanding job of developing a syllabus for Nursing 491, Improving Nursing Practice: Application of Concepts, Theories, and Research, and equating the student learning outcomes to specific graded activities.

Britt Pados received grant funding from the National Association of Neonatal Nurses Research Institute for her study “Assessment of the Psychometric Properties of the Neonatal Eating Assessment Tool (NEAT).”

Julie Page was recently accepted into the highly competitive Experienced Nurse Faculty Leadership Academy of Sigma Theta Tau International/Concurrent Nursing Center for Excellence in Nursing Education.

Mary Palmer was a keynote speaker at the Continence Foundation of Australia’s 24th National Conference in Melbourne, Australia. In addition to participating in the conference, Dr. Palmer spent time as a visiting scholar at Flinders University in Adelaide, Australia.

Theresa Rahem received a course development grant from Data|Carolina Initiatives to develop data skills and data literacy among undergraduate and graduate students.

Marcia Van Riper was awarded a Fulbright Specialist Grant and was hosted by the University of Navarre in Pamplona, Spain, in November and December 2015.

Jueee Waldrop served as a panelist at the National Organization of Nurse Practitioner Faculties Special Topics Conference in Arlington, VA. Dr. Waldrop joined two other seasoned NP educators to provide perspectives on strategies and content for developing the NP clinical scholar.

Hug Waters received a course development grant from Data|Carolina Initiatives to develop data skills and data literacy among undergraduate and graduate students.

Judith Webb was appointed to the Provost’s Committee on LGBTQ Life at UNC Chapel Hill.

Megan Williams received a Junior Faculty Development Award from the UNC Chapel Hill Office of the Provost. Williams will use her grant for her North Carolina Nurse Leaders Study.

SeoAe Yeo worked with faculty at St. Luke’s International University in Tokyo to assist in developing the first DNP Program in Japan.

Jessica Zgner-Hemsey earned a spot in the NCTrans K2 Program, an NIH-funded grant that offers KL2 Scholars mentored additional training to achieve their research and career goals.

Meg Zomorodi received grant funding from the North Carolina AHEC Innovation Fund for her proposal “Intraprofessional Development of Nurse Leaders: Working Together toward Quality Improvement in Long-term Care Health Care Environments.”

Cecilia Roscigno received the 2016 Student Undergraduate Teaching Award for her excellence and innovation in undergraduate teaching.

Hudson Santos was chosen to receive NC Trans 5, Fund for his study “Postpartum Depressive Symptoms in Latinas: Associations with Oxytocin Function and Stressors.”

Gwen Sherwood was selected to serve as a faculty advisor for the Nurse Faculty Leadership Academy Cohort III of Sigma Theta Tau International. She will be serving to guide aspiring nurse educators and their mentors through a rigorous leadership development program. Dr. Sherwood’s book Reflective Organizations: On the Front Lines of QSEN & Reflective Practice Implementation received second place in the Professional Issues category of the American Journal of Nursing’s 2015 Books of the Year Awards.

Victoria Solis-Jarrett was appointed to serve on a steering committee for new Certified Community Behavioral Health Clinics (CCBHC) in North Carolina.

Sue Thoyre and the Feeding Flock research team were featured in the July/August issue of the American Journal of Maternal/Child Nursing for the research studies on preventing, identifying and managing feeding difficulties in children. The Feeding Flock research team members are Thoyre, Britt Pados, Jinhee Park, Hayley Estrum, Cara Comich and Eric Hodges.

Debbie Travers led a team of emergency nurses and physicians in developing a toolkit for use by the CDC to help patients in the event of a pandemic flu outbreak.

Marcia Van Riper received a Fulbright Scholar grant and was hosted by the University of Navarre in Pamplona, Spain, in November and December 2015.

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The School of Nursing has received a $70,000 grant from The Jonas Center for Veterans' Health Care to fund three PhD Jonas Nurses Scholars, three PhD Jonas Nurses Scholars and one DNP Jonas Nurses Scholar for a total of seven scholars funded at $10,000 each. This year, on our Center's 10th anniversary, we celebrate this achievement and are amazed by the talent of this cohort of future nurse leaders," said Donald Jonas, who co-founded The Jonas Center for Veterans Healthcare with his wife. "In 2008, we set an ambitious goal to support 1,000 Jonas Nurses Scholars. This year, on our Center's 10th anniversary, we celebrate this achievement and are amazed by the talent of this cohort of future nurse leaders," said Donald Jonas, who co-founded The Jonas Center for Veterans Healthcare with his wife. "In 2008, we set an ambitious goal to support 1,000 Jonas Nurses Scholars. 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In August 2016, the UNC School of Nursing introduced the Well Care Home Health Leadership Scholars Program, the result of an innovative partnership with North Carolina–based Well Care Home Health, a leader in healthcare for in-home post-acute patients. Funded through charitable contributions from Well Care Home Health, the Scholars Program seeks to attract highly qualified master of science in nursing students to the home health industry through focused coursework and clinical experiences in the home health field. Well Care Home Health Scholars will be enrolled in UNC’s Health Care Systems Clinical Nurse Leaders graduate program, ranked #4 in the nation.

The program will fund scholarships for Well Care Home Health Scholars annually, as well as provide oversight by Associate Professor Meg Zomorodi, PhD, RN, CNL, who will serve as the Well Care Faculty Scholar and liaise between the two organizations to create unique learning experiences for both home health providers and students. Well Care will participate in an intensive interprofessional curriculum designed to prepare them for team-based management and focus on study into quality and process improvement in the home health setting. Scholars will gain clinical experience with Well Care Home Health and will participate in activities and projects focused on home health leadership, interprofessional collaboration.

“At a time when the home health industry is facing ever-increasing demands and exceptional growth, this kind of forward-thinking educational program is particularly needed and welcomed,” said Zomorodi. “Well Care Home Health Scholars will be uniquely positioned to utilize skills that are much needed in today’s changing health care system. This is a unique opportunity to partner with a top-tier home health organization to prepare a workforce focused on delivery quality care through care coordination and teamwork.”

“We are tremendously excited about this partnership with Well Care Home Health, as it provides a new model for immersive education that is as practical as it is innovative,” said Donna Hannahs, PhD, RN, FAAN, interim dean of the School of Nursing. “Our students gain on-the-ground experience and training with a dedicated eye toward assessing system strengths and areas for improvement. The genius of public-private partnerships like this is not only that it does not use the two institutions benefit, but patients in North Carolina are better served by our joint expertise on their behalf. It’s a win-win.”

“Well Care is proud and excited to partner with the UNC School of Nursing to fund the Well Care Home Health Leadership Scholars Program,” said Wayne Long, CEO of Well Care Home Health. “This collaborative venture unites a premier academic nursing program with a leading home health provider in order to provide a truly unique and progressive developmental experience for select nursing students. This exclusive program seeks to identify high-performing and motivated students to deliver highly specialized scholastic designed along with real-world, practical experience that enables accelerated career development opportunities in the nursing profession. As home health and post-acute care increasingly become larger and more important components of the health ecosystem, Well Care is committed to driving positive change and excellent patient care.”

As part of the ongoing partnership, the UNC School of Nursing will provide substantial education sessions for Well Care Home Health staff each year.
On Dec. 6, 2002, Dhillon Jordan Shah was born a brown-haired, brown-eyed, pink-cheeked baby boy. He came home, but a few days later he was rushed back to the emergency room at UNC Hospitals, where he was diagnosed with hypoplastic left heart syndrome. Surrounded by his family’s love and hope, he underwent what would become the first of many surgeries. In the waiting room, Bev Foster sat vigil not as and bold purpose until Dhillon’s death on July 23, 2015, from heart failure. “I told her I can speak from my heart or I can be clinical, but it would be hard to do both; we agreed my focus would be from the heart. It’s important because students see patients one shift at a time or one hospitalization at a time: it’s quite unusual for nurses to see the continuum of care across years of coping with a chronic disease. I made the presentation twice a year, updating it each time, and it became — as I wanted it to — a story of Dhillon’s journey. When Dhillon was older, he’d ask me why the nurses would be interested in his story. I said it was so they could be better nurses when they took care of kids with conditions like his. It made complete sense to him because he knew how critical the nurses and doctors were to his care. He developed close relationships with them. (Assistant Professor) Lisa Woodley continues the tradition today.” In Foster’s presentations, students meet Dhillon and his family in words and pictures. They follow his surgeries, care and complications, cheer his reprises and triumphs and marvel at his indomitable spirit: in every photo, he inspires with his exuberant smile and strong, winning presence. “Dhillon and his mother have a special heart to them, with great appreciation for someone walking with a white cane or visible disabilities you can see when someone walks with a white cane or sits in a wheelchair, but many invisible disabilities can also leave you with special needs. Dhillon said it would be helpful to him if his classmates walked more slowly when they changed classes so he could keep up with them … and to know why he couldn’t play soccer on a hot field or throw a football for long periods of time. He would be the scorekeeper.” The goal of the Dhillon Jordan Shah Innovation Fund for Congenital Heart Disease is to stimulate the career path development and lifelong interest of health professionals in congenital heart disease: prevention, patterns of occurrence, assessment, treatment, family and sibling resources and needs across the continuum of care, and the growth and development of the child into adulthood. The need is great. Each year, as many as 40,000 children are born with a heart defect — eight out of every 1,000 infants.

More than 1.3 million Americans live with some form of a congenital heart defect, and chronic illness and disability push the numbers even higher: as many as 10–20 million. To help meet the need, “Dhillon’s Gift” gives preference to projects that represent interprofessional efforts. “On one day between morning and noon, I counted 17 different health professionals who contributed to Dhillon’s care,” Foster said. “There’s a huge community involved in illness, recovery and death — a whole cadre of people — not just the person in the bed.”

More information is available on the Facebook page, “Dhillon’s Heart Journey.” Online gifts can be made at giving.unc.edu or by check c/o Anne Welsh, School of Nursing, Caring for All, CB# 7460, Chapel Hill, NC 27599. For more information, contact Anne Welsh, assistant dean of advancement at (919) 966-4619 or a weldinghome@unc.edu.

Before Nora Warshawsky earned her PhD from the University of Kentucky College of Nursing, she was a multi-talented, full-time student who taught for four years in the classroom and clinic, served as graduate student representative to the University, pursued her own research, traveled to professional conferences and cultivated an off-campus network of like-minded colleagues. It wasn’t easy, but Warshawsky hopes to make it easier on the next generation of nurse scholars by creating the M. Vivian Baker Expendable Fund for Graduate Student Support. Named in honor of Warshawsky’s aunt, this gift provides financial support for professional travel or research, quality improvement and practice projects for doctoral students matriculating in one of the health care system’s graduate nursing programs. “The Vivian Baker Fund hopes to seed research endeavors that can inspire someone’s lifework,” said Katisha Paige, associate director of advancement and alumni affairs at the UNC School of Nursing.

In recognition of Warshawsky’s many outstanding achievements in the 10 years since graduation, the School honored her with its 2016 GOLD (Graduate of the Last Decade) Award.
FREUND CREATES FUND TO SUPPORT NP PROGRAM HISTORY

When the SON’s Family Nurse Practitioner (FNP) program launched in 1970, it was not only the first NP program in the state, but it was also among the first FNP programs in the country. Dean Emerita Cynthia Freund, who was heavily involved in the early days of the program, recently created a new fund to support work to preserve and document this important milestone in SON history.

“The NP program was a very significant development for the School and is an important contribution to the School’s legacy,” explains Dr. Freund, PhD, MSN ’73, FNP.

A unique story

SON’s FNP program offered a model for NP programs that later developed across the country and North Carolina. When the SON’s Family Nurse Practitioner program, and thus the SON’s FNP program, was developed by an interdisciplinary team of medical, nursing and public health professionals, in collaboration with the state’s new Area Health Education Centers (AHECs) and Rural Health programs.

The FNP, AHEC and Rural Health programs were all aimed at solving larger societal problems involving health care delivery and availability. The synergy that developed helped all three programs grow and achieve their goals. There was also strong community involvement in the FNP program, with community leaders urging implementation of the program and leading the way for nurse practitioners in their own communities.

In the 1980s, Dr. Freund and Audrey Booth, the School’s associate dean at the time, set about to document important aspects of the program’s history by conducting recorded interviews with key players in the nurse practitioner movement and the AHEC, and Rural Health programs. They also obtained audiotapes of some of the country’s first NP conferences, many of which were held at UNC.

In the 1970s, the Family NP program was not a degree-granting program, and thus neither SON nor the University maintained records of enrollment, graduates, program policies, etc. However, Dr. Freund and Booth did obtain some of the early files from the program’s first director, Judy Watkins.

Dr. Freund collected and maintained this historical material because she aimed to eventually write a book that would tell the story behind the unique development of SON’s FNP program. “I personally believe that if you really want to understand the present, you have to understand the past,” Dr. Freund said.

“One lead gift to the NC Nurse Practitioner Collection Fund from an early FNP graduate, Agnes Binder Weisiger, FNP ’73, has helped Dr. Freund begin the process of having the audio and paper files converted to digital versions that will form the North Carolina Nurse Practitioner Historical Collection in the Special Collections Division at the UNC Health Science Library.

“As the first NP to practice in Charlotte, Weisiger has seen the nurse practitioner role mature over the years. “As nursing roles continue to evolve to meet ever-changing health care needs, it is important that we not lose sight of how those first practitioners first came to be,” said Weisiger. “This is especially true for North Carolina, where a unique set of people and circumstances led to the development of the FNP program at SON.”

Dr. Freund continues to gather materials for the collection. She would like to hear from alumni or others who were part of the SON FNP program in the 1970s. “We don’t have a complete list of all the students who were in the program then,” Dr. Freund said. “I would also like to enlarge and enrich the collection by acquiring additional materials such as newspaper articles about the program and our early FPNs and related photos that people may have.”

You can help support the work of transcribing, digitizing and preserving historical information tied to the SON FNP program by donating to the North Carolina Nurse Practitioner Collection Fund at giving.unc.edu/gift/son. Contact Dr. Freund at cindyfreund@me.com to contribute information, photos or other materials. Original materials can be returned after they are digitized.

FNDATION GRANT TO PREPARE PhD NURSES

The UNC School of Nursing is one of only 32 schools of nursing nationwide to receive a grant to increase the number of nurses holding PhDs. The Robert Wood Johnson Foundation’s Future of Nursing Scholars program will provide financial support, mentoring and leadership development to nurses who commit to earn their PhDs in three years.

The Future of Nursing Scholars program is a multi-hudder initiative. In addition to RWJF, various corporations and foundations are supporting the Future of Nursing Scholars program at schools of nursing this year. The UNC School of Nursing received critical matching funds from alumna Carolyn London, BSN ’56, and the Carl S. Swisher Foundation to bring the grant to Carolina.

“I am indebted to the pioneers who started the School, to the deans and faculty who afforded me the wonderful education I received,” said London, a member of the School’s second BSN class, whose matching donation is just the latest in many years of generous support of the School. London was instrumental in founding the UNC School of Nursing, which is devoted to raising private funds to support the education of nurses who served on its board for more than 30 years. “It is a privilege to help address the need for future nursing faculty and research by matching the RWJF grant.”

The Carl S. Swisher Foundation, headquartered in Jacksonville, Florida, was formed in 1949 to support initiatives in education and health. The foundation has supported the School of Nursing for 30 years as an exemplar of its philanthropic goals and views providing matching funding to support the education of needed nursing faculty members as an excellent opportunity to leverage resources to help alleviate the faculty shortage. It also looks forward to enhancing its strong partnership with the UNC School of Nursing through the Future of Nursing Scholars program.

The SON will select two scholars who will begin the Future of Nursing Scholars program this summer and their PhD studies this fall.

In its landmark nursing report, the Institute of Medicine recommended that the country double the number of nurses with doctorates; doing so will prepare nurses to advance health care, promote nurse-led science and discovery, and put more educators in place to prepare the next generation of nurses. The Future of Nursing Scholars program is intended to help address that recommendation.

“One of the release of the IOM report, enrollment in doctorate of nursing practice programs has increased an incredible 160 percent from 2010 to 2014 while the increase of PhD enrollment has only been 14.6 percent,” said Susan Hassmiller, PhD, RN, FAAN, co-director of the program and RWJF’s senior advisor for nursing. “At RWJF, we are striving to grow the number of nurses with PhDs who will be prepared to assume leadership positions across all levels.”

The number of nurses enrolled in PhD programs is not the only issue addressed by this program. The average age at which nurses get their PhDs in the United States is 46, which is 13 years older than PhD earners in other fields. This program will provide an incentive for nurses to start PhD programs earlier, allowing for longer leadership careers after earning their PhDs.

“The Future of Nursing Scholars represent a group of students who are already making considerable contributions to the field,” said Julie Fairman, PhD, RN, FAAN, Future of Nursing Scholars program co-director. “These nurses are publishing their research and meeting with national leaders, while working at an advanced pace so that they can complete their PhD education in only three years.” Fairman is also the Nightingale Professor of Nursing and the chair of the Department of Biobehavioral Health Sciences at the University of Pennsylvania School of Nursing.

“...If you really want to understand the present, you have to understand the past.” — Cynthia Freund
The SON hosted its annual Alumni Award and Donor Recognition Ceremony on a beautiful spring Saturday in April. Alumni, faculty, staff, students and friends of the School gathered in Chapel Hill to celebrate the achievements of colleagues and classmates, and to offer thanks for the generosity of donors who make critical professorships, scholarships, facility upgrades and much more possible for the School through the SON Foundation.

Interim Dean Donna Havens presided over the event, which included a welcome by president of the SON Foundation, Bill Self, and remarks by alumna Susan Ruppalt Lantz, BSN ’73, who established the Ruppalt Endowed Undergraduate Nursing Scholarship in 2013.

Lantz left no dry eyes in the room as she spoke passionately about her desire to help undergraduate nursing students facing challenges similar to those she faced as a single mother attending nursing school. Without money to buy books or enough food to feed both her infant daughter and herself, Lantz attended study groups for access to books and ate leftovers from her classmates to save what little money she had to feed her daughter. She hasn’t forgotten the scholarship that allowed her to attend school, nor the emergency loan she was provided through the School to see her through her toughest financial straits.

The Ruppalt Scholarship offers Lantz a means of honoring her family as well as paying forward the help she received to current and future students at the SON who are single parents. “I’m not rich,” Lantz said, “but I’m no longer struggling for food.” To complete her endowment, Lantz contributes $100 a week to the SON Foundation.

Final remarks were given by the J. Thomas Fox and Landon Fox Undergraduate Nursing Merit Scholar, Christa Lauffenburger, BSN ’16.

“I’m not rich, but I’m no longer struggling for food.”
On March 7, 2016, the SON community gathered at the Carolina Inn to celebrate the installation of Cheryl Giscombe, PhD, RN, PMHNP-BC, as the first Melissa and Harry LeVine Family Distinguished Professor of Quality of Life, Health Promotion and Wellness, a role she took over Jan. 1.

The occasion kicked off with the season’s first Courageous Dialogue, led by Dr. Giscombe, who tackled the issue of “The Courage to be Well” before a packed house.

A reception followed, along with remarks by Melissa LeVine, BSN ’77, MSN ’81, a longtime friend and supporter of the School of Nursing, as well as a strong advocate for wellness, quality of life, workplace health and well-being.

It was a shining day in Chapel Hill, both literally and figuratively, and we’re so grateful to the LeVines for their gift to the School and to Dr. Giscombe for the important work she does on behalf of the SON and citizens of North Carolina.
FLYNN PARTNERSHIPS

In partnership with the N.C. Cancer Hospital, the fellowship program will immerse undergraduate nursing students in applied oncology training.

UNC-Chapel Hill’s first Susan D. Flynn Oncology Nursing Fellows have begun a six-week immersive program intended to stimulate the career interest and professional development of potential oncology nurses. Austin Cole in 2014 to 37 fellows this summer selected from several of the nation’s top undergraduate nursing schools in partnership with 15 leading cancer hospitals. “Despite the growing need for oncology nurses, most undergraduate nursing students get very limited (if any) exposure — academically or clinically — to oncology nursing,” said Fred Flynn, a retired business executive. “By fostering a collaborative training effort with the leading cancer hospitals and undergraduate nursing schools, oncology nursing education can be significantly improved, and more aspiring nurses can be attracted to this important field.”

School of Nursing faculty and practitioners at UNC Lineberger Comprehensive Cancer Center have worked together to develop the six-week program that provides fellows with interprofessional education and training through direct interaction with cancer patients and their families and observation of the care they receive in a variety of clinical settings and practices. During this time, they will also complete an evidence-based practice project and present their work at the end of the fellowship.

“We’re thrilled to be able to bring this type of enhanced educational opportunity to UNC,” said School of Nursing Professor Deborah K. Mayer, PhD, RN, FAAN, who serves as director of cancer survivorship at UNC Lineberger. “At the end of six weeks, Flynn Fellows will have experienced the full breadth of the oncology nurse’s involvement in the team of care providers serving a patient with cancer. Few things could better equip and inspire an aspiring oncology nurse than this kind of direct, immersive experience.”

Statistics show that this type of fellowship training program comes at a time when the U.S. population is aging at an unprecedented rate, bringing with it a raft of challenges to the oncological community. “While we are making great strides in cancer therapy, the aging of the U.S. population is actually increasing the number of cancer cases diagnosed annually from 1.5 to 1.6 million new patients. These decisions we need to attract and train more oncology nurses to care for them,” said Shelley Earp, MD, director of UNC Cancer Care and former UNC Lineberger director. “The oncology nurse is the focal point of cancer care, guiding the compassionate atmosphere in the clinic and the follow-up to ensuring number of survivors. UNC Lineberger is so grateful for the opportunity to work with UNC’s world-class nursing school to expand the Susan D. Flynn Oncology Nursing Fellowship Program. The impact of this program will be felt by patients and families everywhere.”

This fellowship program is made possible through the generosity of Fred Flynn. Fellows receive a stipend for the six-week program. More information is available at www.sldnonp.com.

and Morgan Reddick, both undergraduate students at the UNC Chapel Hill School of Nursing, comprise the inaugural fellowship class. The Susan D. Flynn Oncology Fellowship Program was established in 2014 by Frederick C. Flynn Jr. in memory of his late wife, Susan, following their three-year battle with ovarian cancer. Designed to honor the compassionate and devoted nurse, the fellowship is named in accordance with her three-year battle with ovarian cancer. Designed to honor the compassionate and devoted nurse, the fellowship is named in accordance with her three-year battle with ovarian cancer.

The inaugural fellowship class is in its third year, and Susan Flynn (L) and Katie Birtwistle (R) have both been selected from several of the nation’s top undergraduate nursing schools. The fellowship is designed to honor the compassionate and devoted nurse, the fellowship is named in accordance with her three-year battle with ovarian cancer.

“At the end of six weeks, Flynn Fellows will have experienced the full breadth of the oncology nurse’s involvement in the team of care providers serving a patient with cancer.”

Each year, the School of Nursing Alumni Board of Directors recognizes alumni and honorary alumni who make outstanding contributions to nursing, the community, the School, and health care. This year’s winners were recognized at the Alumni Awards and Recognition Reception held at the Carolina Inn in Chapel Hill. Constance (Connie) N. Parker, BSN ’65 received the Distinguished Alumna Award in recognition of her sterling leadership in the community health arena. She is the recently retired executive director of the North Carolina School Community Health Alliance, where she represented over 80 school health centers across the state. In establishing this position, she developed partnerships, built legislative relationships, identified diverse sources of funding, directed statewide meetings, and expanded communications technology, and she remains Senior Fellow for the Alliance. Countless non-profit organizations and charitable causes have benefited from her dedication and skill.

The Graduate of the Last Decade (GOLD) award went to Nora Warschawsky, PhD ’71, RN, CNE assistant professor University of Kentucky, College of Nursing. Dr. Warschawsky completed her PhD at UNC in 2011. While a doctoral student at Carolina, she taught in the undergraduate and MSN programs as a teaching fellow. At UK, she teaches health systems courses in the DNP program and also led the Population and Organizational Systems Leadership track of the DNP program until December, 2011. She is shaping graduate education for nurse leaders nationally through her contributions as a member and author for the Council on Graduate Education for Administrative Nursing (CGEAN).

Margaret “Peggy” Wade, BSN ’63, was honored with the Carrington Award for Community Service. began her career at Phelps Hospital in upstate New York before raising a family of three children at Army base residences in Germany and the U.S. Following a miraculous healing in her own life at age 46, “Nurse Peggy”

2016 Alumni Award Recipients Honored

The 2016 Alumni Award Recipients are (L-R) Peggy Wade BSN ’63, Nora Warschawsky PhD ’71, Ernie Grant, and Connie Parker BSN ’65.

Nora Warschawsky PhD ’71, returned to her career and started a new series of accomplishments in the medical field. In 1991, she started a camp in North Carolina where teenagers are trained to care for physically disabled teens. She has led eleven medical mission trips to Honduras, has provided medical foster care to 129 children, has trained CNA students for over 25 years and currently works as a nursing case manager.

The Honorary Alumnus of the Year award went to Ernest J. Grant, PhD, RN, FAAN, vice president of the American Nurses Association (ANA), and internationally recognized burn-care and fire-safety expert who serves as the burn outreach coordinator for the North Carolina Jaycee Burn Center at University of North Carolina (UNC) Hospitals in Chapel Hill. In this role, Grant oversees burn education for physicians, nurses and other allied health care personnel and runs the center’s nationally acclaimed Burn Prevention Program, which promotes safety and works to reduce burn-related injuries through public education and the legislative process. Grant also serves as adjunct faculty for the UNC-Chapel Hill School of Nursing, where he works with undergraduate and graduate nursing students in the classroom and clinical settings. In 2002, President George W. Bush presented Grant with a Nurse of the Year Award for his work treating burn victims from the World Trade Center sites. In 2015, Grant received the B.T. Fowler Lifetime Achievement Award from the North Carolina Fire and Life Safety Education Council for making a difference in preventing the devastating effects of fire and burn injuries and deaths within the state.

Congratulations to all, and many thanks for your contributions to the School and the profession!

Classes of 1956 and 1966 Gather for Reunions

Commencement weekend at the School of Nursing saw more than the turning of tassels and the doling out of diplomas. The classes of ’56 and ’66 returned to the Hill for the beautiful weekend to celebrate their 50th and 60th reunions. We were so glad and grateful to host this inspiring group of nurses!

Carolyn London, BSN ’56, spearheaded the gathering of her 1956 classmates, which began with meeting Millie Dasher, the 2016 recipient of the George Livas Award, an award the class established to recognize the senior selected by the faculty for demonstrating outstanding leadership.

Both classes enjoyed separate interactive tours of the School and its simulation and biobehavioral labs. Each group asked great questions and had the opportunity to try their hands at today’s technological teaching tools. The passing years have put no damper on their curiosity or eagerness to learn!

Members of the Class of 1966 were joined by current student ambassadors as they looked through and laugh at the memorabilia brought by classmates Carole Bordelon, BSN ’66. Sue Bennett Reilly, BSN ’66, played an integral role in getting her classmates together for a wonderful day of new SON memories.
The Third Annual Alumni and Student Mentor Mixer was held on Feb. 6, 2016, at Carrington Hall. Twenty-eight alumni and 80 students were in attendance.

The alumni brought knowledge from UNC Health Care, Duke, the VA and more in specialties as diverse as oncology, education, psych mental health and public health.

Interim Dean Donna Havens offered words of welcome followed by comments from Dr. Bev Foster, director of the undergraduate program, and Kathy Moore, assistant dean for student services. Students and alumni then broke off into smaller discussion groups based on areas of interest to allow time for networking and focused question-and-answer sessions.

The mixer was made available by the SON Undergraduate Student Governance Council, the SON Alumni Association and the SON Foundation. A raffle was held for three students to win shadowing opportunities with alumni Erin Fisher, BSN ’04, at the Adult Abdominal Transplant unit at UNCH; Wes Sercy, BSN ’12, in the Surgery/Trauma ICU; or Deborah “Hutch” Allen, BSN ’81, MSN ’97, PhD ’14, in oncology at Duke.
Glen Allen, Virginia. This is the highest award given by the Virginia Nurses Foundation, which honors and continues the legacy of Nancy Vance’s excellence in service. The five-star pin, representing the virtues of Nancy Vance, is bestowed upon a Virginia Nurses Association member who has made significant contributions to the community through their exceptional leadership, sustained dedication and inspiring achievements. Dr. Faison is a professor in the department of nursing at Virginia State University. She has chaired the VSU Community Healthcare Initiative (VSU Cares) since its inception in 2012. Dr. Faison established a mentorship program for nursing students with the Central Virginia Black Nurses Association. Her research focus is addressing health disparities and promoting diversity in nursing education. She received her BSN from Hampton University, MSN from UNC Chapel Hill and PhD from Virginia Commonwealth University.

1984 Katherine Finn Davis, BSN ’84, PhD, RN, CPNP, became the director for community partnerships at the University of Hawaii at Manoa School of Nursing & Dental Hygiene on Sept. 1, 2016.

2002 Susan J. Appel, PhD ’02, APRN-BC, CCRM, FAHA professor, was inducted as a Fellow in the American Association of Nurse Practitioners (FAANP) in June 2016.

2011 Ashley Capel, BSN ’11, and her husband, Jason, welcomed their son Jayce Maddox Capel on Feb. 23, 2016. He weighed in at 9 pounds 4 ounces and was 22.5 inches long. Mom, baby and family are all doing well!

2013 Karen Faison, PhD, RN,MSN ’13, received the Nancy Vance Award from the Virginia Nurses Foundation on Nov. 21, 2015, at the Hilton Short Pump in Glen Allen, Virginia. This is the highest

In Memoriam

Colonel Barbara Ann Caton, BSN ’83
Veronica Charbonneau, MSN ’60
Barbara McSwain Cox, BSN ’57
Joy Moore Johnson, BSN ’96, MSN
Brook Burrell Kitchen, BSN ’96, MBA
Jane Sox Monroe, BSN ’56
Clare Schewers McCull, MSN ’64
Diana Jane Pearce, BSN ’75
Judith Deal Spencer, BSN ’63
Deborah Ann Kurens Wagner, BSN ’97, MSN

Fay Caselli Smith, RN, MSN, FNP, was one of the SON’s treasured preceptors. Since 2008, Fay faithfully and effectively taught many of our graduate students in our Adult-Gerontology Primary Care Nurse Practitioner program. In her one-on-one teaching, Fay guided students as they connected their coursework with their care of patients. She was beloved by every student and faculty member whom she encountered.

“Fay Smith was a cut above the rest — both as a nurse and as a person,” said Elaine Harwood. DNP, RN, FNP-BC, assistant professor and coordinator of the Adult-Gerontology Nurse Practitioner Program for the SON. “She greeted everyone with her beautiful smile and a kind word. Fay could make the lowest among us feel important, appreciated, heard and cared for, not because she learned how to do this but because her tender soul and her deep faith in God gave her an innate ability to care deeply. Each encounter was sacred to her, and she touched the lives of those who knew her in unforgettable ways. Students who worked with Fay unfailingly came away with a new awareness of how caring was the very foundation of nursing. Fay was a natural-born healer, a cherished mentor and a powerful example of how we as humans can change lives — one patient, one student, one colleague and one friend at a time.”

Fay worked as a family nurse practitioner and research instructor for the Division of Geriatric Medicine and Center for Aging and Health at the UNC School of Medicine. She cared for patients in inpatient units, in several area retirement community clinics and in the Center for Aging and Health. A powerful nurse, she was an icon for holistic care of the elderly. Fay demonstrated a profound dedication to her patients, to our students and to her research.
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