“We need you to give the profession a little Swagger.”

- Donna Shalala, PhD

To the Class of 2018, UNC School of Nursing Spring Commencement

SUMMER 2018
Dear Alumni and Friends,

“Little by little, a little becomes a lot” says a Tanzanian proverb, and you need look no further than the first half of 2018 at Carolina Nursing for proof. Indeed, the hundreds of hours put in this spring by faculty, staff and students to attend meetings, answer surveys and give thought to the School’s future developed into the first comprehensive strategic plan for the School in more than a decade. And while the plan won’t be fully rolled out until later this fall, it strikes an impressive balance of visionary thinking with a clearly defined path forward for the School. I look forward to sharing more about the plan with you in the coming months. (See page 16 for more information.)

At the same time, teams of faculty have worked tirelessly to transform our curriculum to maintain the highest standards in nursing education with an eye toward innovation and nimble modes of delivery at a time of rapid change in technology and health care, as well as in the needs of nursing students at all levels. (See page 16.)

While these two projects required the energies and expertise of many in our community, the work of teaching, research and service was by no means neglected! This spring brought more than $3 million in grant funding for important nursing research and education projects, leading to a total of nearly $11 million in research and other grants for the academic year.

The School likewise moved steadily up in national and international rankings — from 17th to 14th for our MSN and from 20th to 13th for our DNP programs according to US News and World Report, and from 10th overall to an impressive 6th in ShanghaiRanking’s Academic Rankings of World Universities — a great credit to the sterling work of our educators and scientists. (See page 23.)
In February, the School joined IntraHealth International to serve as the U.S. launch site of the worldwide Nursing Now campaign to raise the status and profile of the profession. (See page 20.) In May, we hosted former U.S. Secretary of Health and Human Services, Donna Shalala, PhD, as our commencement speaker and graduated 279 outstanding new Carolina Nurses. (See page 18.) And just as this magazine was going to print, we celebrated the invitation of two of our faculty to become fellows in the American Academy of Nursing, Dr. Lixin Song and Dr. Eric Hodges. We look forward to highlighting them in our next issue.

Throughout all of this activity, we have seen a wonderful outpouring of support from alumni and friends like you, who have responded most generously to our Campaign for Carolina Nursing, which we kicked off in October 2017. I am pleased to report that as of June 15, we had received nearly $18 million of our $22 million goal, and 2,619 alumni had contributed. THANK YOU.

Little by little, a little becomes a lot — and at the UNC School of Nursing, we have a lot to be proud of and a lot to be thankful for, and we are.

On behalf of our faculty, staff and students, thank you for all you do to support Carolina Nursing and to keep us at the forefront of nursing education and science!

Warmly,

Nena
One in nine new moms struggles with depression — but single moms, immigrants and those in low socioeconomic situations are even more susceptible. And their children, whose brains triple in size and make nearly 1,000 nerve connections in the first three years of their life, are directly affected. To combat this, UNC nurse scientist Linda Beeber has spent the past two decades developing mental health interventions that treat both the mother and the child as a unit, or “dyad.”

BY ALYSSA LAFARO
Nearly 50 percent of mothers who face economic hardship, resource challenges or immigrant struggles in the United States have a high risk for developing depressive symptoms. For women confronting more than one of these variables, that number rises to 64 percent.

Beeber was interested in using interpersonal psychotherapy (IPT) to treat maternal depressive symptoms, particularly among vulnerable groups, including low-income populations, mothers who have little to no social support, single parents, and Latina moms. IPT specifically addresses interpersonal issues — often characterized by feelings of isolation and insecurities about how to create meaningful, emotionally intimate connections with others.

In 1997, she began testing this idea within Early Head Start programs in the southeastern and northeastern United States. The mothers in the study struggled with severe depressive symptoms accompanied by other health problems, interpersonal conflicts, financial stressors, and overwork. She and her team of psychiatric mental health nurses visited their homes to not only assess a mother, they must first develop one that severely impacts the child,” Beeber explains. “They’re seen as a unit. And you work with the observable phenomenon that comes out of the unit.”

How often does the mother look at the baby and the baby at the mother? When a toddler starts to do something dangerous, how does the mother respond? And how does the child react to that response?

“If you have a mother who isn’t very energetic, doesn’t talk much, and has one emotional state all the time — that severely impacts the child,” Beeber says. “Sharing things like interesting toys and emotional expressions lay down the pathways for language and brain development.” But depression gets in the way of these things.

“One of the biggest stressors in families with economic hardship in the United States is that no matter how hard they work, they cannot get ahead,” Beeber adds. “They cannot imagine wealth, and they cannot get their lives to be stable and predictable. And when you continually fail over and over again, it’s almost certain in my mind that you’ll be depressed.”

Observations from the ground
Women are twice as likely to suffer from depression as men — a statistic that Beeber knew all too well from her time as a psychiatric nurse at Virginia Commonwealth University. “I served many women, young and old, who would talk about their depression,” Beeber says. “Some admitted they’d been depressed their entire life, and some would talk about their peers being depressed as well.”

After seeing the trend continue in hospitals across Washington, D.C. and New York, Beeber decided to move into the world of academia and research. She became an instructor at Syracuse University in 1980.

During these early interventions, Beeber realized that for these moms to really benefit the child they needed more than IPT. So she developed parenting strategies to reinforce each mother’s individual strengths, as well as their vigilance toward not letting their symptoms compromise the safety and development of their children.

A nurse-mother dyad
Before Beeber or one of her nurses begins assessing a mother, they must first develop one vital cornerstone: trust. If the mother, for example, misses her first appointment, Beeber will simply reschedule until they finally connect. “The key is accepting the mother for who she is and where she’s at in life,” Beeber says. “These women are still busy schedules.
not easy to engage. It takes a lot of skill on behalf of the nurse to build trust.”

Depression interrupts thinking and focus, so Beeber offers the mom some immediate aids to help with that. These types of interventions might include creating reminders, reaching out to others for help, breaking big projects into smaller steps to reduce fatigue, and setting reasonable goals. “This creates opportunities for success, which builds a sense of self-efficacy — a key antidote to depression.”

Then, Beeber helps the mother assess her own stressors to identify the cause of her depression. She starts with the symptoms that bother the mother most and interfere with her developmental support of the child. “We focus on a major life stressor and help her develop solutions to the problem so that she can achieve success in turning around that stressor in her life,” Beeber says.

One mother, for example, shared how her child’s tantrums kept her from going places and socializing with others. To combat this, the nurse developed a self-affirming statement for the mother to utilize: “My nurse told me stick with the plan, other people will understand, my child is growing up.” Then, she asked the mom to practice selectively ignoring the child when he was having a tantrum — which gave her confidence to attempt the strategy on her own, in social settings.

After conquering some stressors, Beeber encourages better and more mother-child interactions — the “fun part” of this research, according to Beeber. “Kids are just amazing,” she says. “They turn around and reward the mother with more vocalization or a smile. It’s like an instant reward system for the mother.”

The final step involves a health plan with information on proper exercise, diet, and sleep. And in just eight to 12 weeks — a time frame well-suited to the hectic schedule of a low-income parent, according to Beeber — most mothers are able to reduce and better manage their depression.

In less than 12 weeks, Spanish-speaking Latina mothers who received the intervention reduced their depressive symptoms below clinically significant levels. And just six months later, they had more positive attitudes toward their child than mothers receiving standard care services from Early Head Start.

Low-income English-speaking mothers, on the other hand, demonstrated more child-directed speech, stimulating play and positive involvement with their infant/toddler than those who received only a health education intervention. The results also point to in-home interpersonal psychotherapy as a more cost-effective method than office-based cognitive behavioral therapy, and at least as cost-effective as medication.

**Care across the country**

Last November, Beeber was recognized for her research by the American Academy of Nursing, which awarded her with an Edge Runner designation for her work with low-income and newly immigrated mothers of infants and toddlers. The Edge Runner program celebrates nurses with innovative ideas that transform the health care system.

“This was an amazing award to get because it recognizes that you’ve made a difference in health care,” Beeber shares. “And you’ve been able to demonstrate not only interventions that work, but interventions that are cost-effective. And that’s hard to do.”

Today, Beeber is using a grant from the Hillman Innovations in Care program to add a depression and anxiety care component to the Nurse Family Partnership, a national nurse home visiting program to treat, support and refer women across across 43 states.

“The more mental health skills we put in the hands of nurses,” she says, “the more mental health we’ll have nationally.”

Linda Beeber is a professor and assistant dean of the PhD division and program within the UNC School of Nursing. She is an ANCC-certified psychiatric mental health advanced practice nurse and nurse scientist.

“Kids are just amazing. They turn around and reward the mother with more vocalization or a smile. It’s like an instant reward system for the mother.”

“The more mental health skills we put in the hands of nurses, the more mental health we’ll have nationally.”

—LINDA BEEBER
Helping Patients and Their Caregivers Transition to Care at Home

BY NANCY LAMONTAGNE

After acute hospital care, one in five older adults transfers to a nursing home for three to four weeks of rehabilitation and nursing care before returning home. These frail older adults experience very high risk for poor outcomes at home, and are frequently rehospitalized for recurring medical problems. SON Assistant Professor Mark Toles, PhD, RN, and his colleagues developed Connect-Home — a group of innovative tools and strategies to support older adults and their caregivers during transitions from the nursing home to home.

A signature trait of Connect-Home is the design to prepare older adults and their caregivers to manage the patient’s serious illnesses. For example, patients must learn new ways to safely move around the house, to care for healing wounds and fractures, and to work with a large health care team. Owing to the complexity of care for multiple illnesses, family members must also learn to participate. For example, both the patient and their caregivers must understand advance care plans, administering medications, scheduled home health care visits, and key questions to explore with the patient’s physicians.

Connect-Home provides tools and training for the staff in nursing homes, who have the ultimate responsibility to help the patient and caregiver prepare for continuing care at home. For example, Connect-Home introduces tools in electronic health records systems that nurses, rehabilitation therapists and social workers use to deliver care. As Toles explained, “We have tried to stay as close to the actual nursing homes as possible and learn anything we can from people who are involved in giving and receiving this care.” He added, “With Connect-Home, we can provide the right tools in nursing homes for staff to use and help patients recover at home.”

Connect-Home is an evolving model of care. First designed in 2014, Connect-Home is currently used in five nursing homes in North Carolina, and others in three additional states. The early evidence of intervention impact is promising. Patients and their caregivers who were supported with Connect-Home resources report having the skills and support to successfully manage the transition to home. Staff working in nursing homes report the intervention is helpful and should be used in the future. Toles added, “Caregivers sometimes have a stressful job. We have made progress but still have a ways to go to be able to help them learn ways to support their loved ones over time and handle any hardships as they come along.”

Understanding the problem

In 2014, Toles and his colleagues published a study that looked at health outcomes of 55,000 older adults in North and South Carolina who went home after a nursing home stay. The study described the risk older adults confront — within 90 days of returning home, more than 50 percent of these older adults were readmitted to the hospital, visited an emergency department or had passed away. “These findings were a strong signal to us that care at home was a serious challenge, and that we needed to find ways to reduce the high risk for complications,” said Toles.

Within 90 days of returning home from nursing home rehabilitation, more than 50 percent of older adults were readmitted to the hospital, visited an emergency department or had passed away.

As the research team sought partners to improve outcomes for patients, they collaborated with partners in a local nursing home chain, Lutheran Services Carolinas, to implement Connect-Home in Hickory, Salisbury and Winston-Salem. “We would never have figured out ways to improve patient outcomes without our partners at Lutheran Services Carolinas,” said Toles. “We had our model of care and the skills to measure outcomes, but they had the nursing homes and were already caring for patients and their families every day.”

A sustainable design

Toles and his team recently showed that nursing homes that adopted Connect-Home successfully sustained it over time and were able to do so with their own resources. “This was a critical step as sustaining Connect-Home is where the greatest impact will emerge,” Toles said. For example, the team is now working with Lutheran Services of America to bring Connect-Home to more North Carolina nursing homes and others in Maryland, Michigan and New Jersey.

“We are striving to improve the quality of life for older adults and caregivers,” said Toles. “We’re making progress, taking our first steps to care for older adults with serious illnesses at home.”

Research conducted by Toles’ team has been supported by The John A. Hartford Foundation, the National Institutes of Health, Lutheran Services of America, The Harry and Jeanette Weinberg Foundation, and the UNC Chapel Hill School of Nursing.
There’s an App for That
SON researchers develop online app to address needs of prostate cancer patients and caregivers

WITH A $2.58 MILLION GRANT FROM THE NATIONAL INSTITUTE FOR NURSING RESEARCH (NINR), ASSOCIATE PROFESSOR LIXIN SONG, PHD, RN, FAAN, IS STUDYING THE EFFICACY OF A COUPLES-FOCUSED, TAILORED, SYMPTOM SELF-MANAGEMENT MOBILE HEALTH (MOBILE HEALTH) INTERVENTION FOR PROSTATE CANCER PATIENTS AND THEIR PARTNERS. THIS RANDOMIZED CLINICAL TRIAL IS TESTING THE USEFULNESS OF AN INNOVATIVE WEB-BASED PROGRAM, PROSTATE CANCER EDUCATION & RESOURCES FOR COUPLES (PERC).

PERC IS TAILORED TO THE NEEDS OF MEN OF DIVERSE BACKGROUNDS WHO HAVE RECENTLY BEEN DIAGNOSED WITH LOCALIZED PROSTATE CANCER, AS WELL AS THE NEEDS OF THEIR INTIMATE PARTNERS. THE FIVE-YEAR STUDY, WHICH BEGAN IN SEPTEMBER 2017, WILL RECRUIT MEN AND THEIR INTIMATE PARTNERS FROM 36 COUNTIES IN THE STATE OF NORTH CAROLINA THAT HAVE THE HIGHEST PROSTATE CANCER INCIDENCE RATE AND DIVERSE POPULATIONS OF LOW INCOME AND LOW EDUCATION.

PROFESSOR SONG KNOWS FIRSTHAND HOW CHALLENGING IT IS TO BE A FAMILY CAREGIVER. “WHEN MY MOM WAS VERY SICK, EVEN THOUGH I AM VERY KNOWLEDGEABLE AND HAVE A LOT OF RESOURCES, I WAS EXTREMELY STRESSED OUT BY HELPING HER,” SAYS SONG.

TO ACHIEVE THAT GOAL, SONG IS UTILIZING THE NEARLY $3 MILLION IN TOTAL RESEARCH GRANT FUNDING SHE HAS RECEIVED FROM THE NINR AND THE NATIONAL CANCER INSTITUTE (NCI). SHE AND HER RESEARCH TEAM ARE TESTING TWO WEB-BASED PROGRAMS TO IMPROVE POST-TREATMENT SUPPORTIVE CARE FOR PROSTATE CANCER PATIENTS AND THEIR FAMILIES. “I AM INTERESTED IN HOW CANCER PATIENTS AND THEIR CAREGIVERS COPE WITH STRESS AND MANAGE SYMPTOMS AND OTHER RELATED ISSUES THAT CAN IMPACT HEALTH OUTCOMES,” SAYS SONG. “WE HOPE TO PROVIDE A MODEL THAT WILL WORK FOR PATIENTS WITH OTHER TYPES OF CANCER AND ILLNESS.”

“WE WISH TO NOT ONLY IMPROVE PARTICIPANTS’ KNOWLEDGE AND ENHANCE THEIR SKILLS FOR SYMPTOM MANAGEMENT, BUT TO ALSO PROVIDE SOCIAL SUPPORT FROM DIFFERENT SOURCES,” SAYS SONG. “WE WANT TO PROMOTE COMMUNICATION BETWEEN PATIENTS AND THEIR PARTNERS SO THAT THEY ARE ON THE SAME PAGE IN TERMS OF UNDERSTANDING WHAT’S GOING ON AND AREABLE TO TALK ABOUT THE ISSUES THEY ARE FACING.”

“BECAUSE OF THE NATURE OF THE SYMPTOMS AND SIDE EFFECTS OF PROSTATE CANCER AND TREATMENT, PATIENTS OFTEN DON’T FEEL COMFORTABLE TALKING ABOUT THIS WITH OTHERS.”

— LIXIN SONG

BY MICHELLE LYNN
The social support component of PERC provides online peer discussion forums and professional seminars on topics such as sexual dysfunction and living with uncertainty after a cancer diagnosis. “Because of the nature of the symptoms and side effects of prostate cancer and treatment, patients often don’t feel comfortable talking about this with others in public or with health care providers,” says Song. “We think that this online intervention tool can support these men while maintaining privacy and having a positive impact on their quality of life.”

“Making this web-based application available now puts these tools directly into the hands of the patient and the spouse or partner so they can manage their own symptoms and more immediately address the issues going on,” says Song. “We think that this online intervention tool can support these men while maintaining privacy and having a positive impact on their quality of life.”

In a separate research study, Song is testing the feasibility of adding PERC to the survivorship care plan of participating prostate cancer patients. This document is recommended by the Institute of Medicine and mandated for at least 50 percent of a cancer center’s patients in order to be accredited by the Commission on Cancer. Song received a $364,000 grant from NCI to examine whether it is practical and acceptable to use a survivorship care plan that is enhanced by either the National Cancer Institute online resources or a web-based symptom management program.

“Scientific data haven’t yet shown any effectiveness of the survivorship care plan, and there is resentment from clinicians in having to create it because they are so busy,” says Song. “My team proposed using mobile devices, which makes it easy for doctors and nurses to use and for patients to go online to see the post-treatment care part on their own whenever they have time.”

Song says that it was important to her to include family caregivers in this post-treatment care intervention and to help physicians and nurses by creating a systematic and easy way to support patients. “The idea is to be helpful to both clinicians and to patients and families instead of being an additional burden,” she says.

“The survivorship care program will help bridge that gap between treatment in the hospital, where there is an abundance of care, to the time when patients are at home,” says Song. “I believe that by extending nursing care beyond the hospital to home settings we cannot only improve patients’ satisfaction but also strengthen the quality of care.”

Song’s colleagues recognize her commitment and talent. Barbara Mark, PhD, RN, FAAN, Sarah Frances Russell Distinguished Professor, has mentored Song and played a critical role in supporting her work and helping her get funded. “Lixin is absolutely dedicated to her research and passionately cares about the men that she deals with,” says Mark. “Her commitment, persistence and willingness to do the hard work make her an outstanding researcher.”

Song says that she enjoys research because she likes the freedom of creative thinking and her interactions with patients. “All of my research is rooted in patients’ input,” she says. “That’s where research ideas should come from.” She says that she is honored and humbled to receive the funding for her research. “My shoulders feel very heavy because there’s a tremendous amount of trust placed in me and my team,” she says. “I know we can’t help everyone, but it’s nice when we interview people that we hear, ‘What you do is so important and impressive and we really need this.’”

She says that it takes a village to create a successful research project. “Different perspectives are so critical,” says Song. She credits a multidisciplinary team — including nurses, clinicians, surgeons, radiation oncologists, programmers and web designers — along with patients and their partners for her success. “We can’t do everything perfectly, but we can do our part to find a way to move things in the right direction,” she says.

Anderson says to look for great things from Song. “She’s just getting started, and she already has two NIH grants,” says Anderson. “She is very persistent and is always striving for the best product she can produce. The quality of what she produces and her funding record demonstrate how outstanding she is. She’s someone to watch in the future.”
Ambitious Year of Strategic Planning, Curriculum Revision for the SON

In February, the School of Nursing embarked on its first organized strategic planning process in more than a decade.

The SON has also been busy undertaking the first wholesale curriculum revision in nearly two decades.

To guide the School in this important endeavor, Dean Nena Peragallo Montano appointed a curriculum committee that included three task groups (BSN, MSN and DNP) with a faculty member appointed as the chair. The steering committee consisted of program area experts from all programs (including PhD), the Health Sciences Library SON liaison, as well as the executive dean/associate dean for academic affairs serving as ex-officio.

Dean Peragallo Montano directed the steering committee to make recommendations based on her vision to foster innovation in education and delivery, transform education, integrate research to improve health outcomes, and maximize quality of student/faculty interaction and community resources. As health care delivery is rapidly changing, there is wide consensus that nursing education needs to adapt to improve the health of the public.

The steering committee began its work on March 7, 2017, by examining the task and determining an action plan for how to achieve the task. The committee developed a four-phase plan, the first two of which — Needs Analysis & Planning and Design & Development — have been completed. Phase III, Dissemination & Implementation, is currently underway and will last until Fall 2019, when the final phase, Evaluation, will begin. Phase IV will take place over the course of 2019-2020.

The QSEN Institute announced at its 2017 National Conference Forum that the UNC School of Nursing would serve as a QSEN regional site. As such, the School will advance the integration of quality and safety competencies across nursing education and practice.

QSEN, which stands for Quality and Safety Education for Nurses, holds roots at UNC. In 2007 Dean Emerita Linda Cronenwett, PhD, RN, FAAN, spearheaded the launch of a seven-year quality and safety initiative, made possible through a series of four grants, totaling $4.2 million, from the Robert Wood Johnson Foundation. Cronenwett served as principal investigator, and Gwen Sherwood, PhD, RN, FAAN, served as co-PI. Carol Fowler Durham, EdD, RN, ANEF, FAAN, was a simulation consultant.

In their resulting paper, which has been cited more than 500 times since it was published, the investigators outlined six core competencies that nursing education curricula must address to ensure quality and safety in patient care. The competencies, along with the resulting 162 knowledge, skill and attitude objective statements, have been adopted by accrediting organizations for all U.S. nursing schools and are spreading globally.

UNCSQN Selected as Regional QSEN Site

Now centered at Case Western Reserve University, the QSEN Institute seeks to create regional centers to emphasize quality and safety at the local level. With the School of Nursing as one of the regional sites, Sherwood and Durham will co-lead faculty and staff development, host conferences and sponsor projects that will attract surrounding education centers and health care institutions and assist in integrating the QSEN competencies into their practice.

“Yes we do see outcomes in the reduction of health care errors,” said Sherwood.

Those results are seen nationally: hospitals and education centers in China, Korea, Sweden, Taiwan, and Thailand actively abide by QSEN standards in their nursing and education practices. And at the local level, Sherwood and Durham integrate the QSEN work into the Education Excellence Summer Institute for which faculty from around the region come to participate in presentations, didactic teaching and simulations, led by Durham.

Durham said being a regional site provides the UNC-Chapel Hill School of Nursing continued visibility in this important quality and safety work. “Since our school was the birthplace for QSEN, we want to honor that past and also link to the future by having this platform for being able to bring emphasis to improving patient care,” she said.

“Being able to have a center here to further this work is like coming home again.”

“It has changed nursing curriculum everywhere as faculty have integrated these competencies,” she said. “QSEN has helped revitalize nursing because faculty have really embraced the change and integration.”

Those results are seen nationally: hospitals and education centers in China, Korea, Sweden, Taiwan, and Thailand actively abide by QSEN standards in their nursing and education practices. And at the local level, Sherwood and Durham integrate the QSEN work into the Education Excellence Summer Institute for which faculty from around the region come to participate in presentations, didactic teaching and simulations, led by Durham.

Durham said being a regional site provides the UNC-Chapel Hill School of Nursing continued visibility in this important quality and safety work. “Since our school was the birthplace for QSEN, we want to honor that past and also link to the future by having this platform for being able to bring emphasis to improving patient care,” she said.

“It has changed nursing curriculum everywhere as faculty have integrated these competencies,” she said. “QSEN has helped revitalize nursing because faculty have really embraced the change and integration.”

Now centered at Case Western Reserve University, the QSEN Institute seeks to create regional centers to emphasize quality and safety at the local level. With the School of Nursing as one of the regional sites, Sherwood and Durham will co-lead faculty and staff development, host conferences and sponsor projects that will attract surrounding education centers and health care institutions and assist in integrating the QSEN competencies into their practice.

“Yes we do see outcomes in the reduction of health care errors,” said Sherwood.

Those results are seen nationally: hospitals and education centers in China, Korea, Sweden, Taiwan, and Thailand actively abide by QSEN standards in their nursing and education practices. And at the local level, Sherwood and Durham integrate the QSEN work into the Education Excellence Summer Institute for which faculty from around the region come to participate in presentations, didactic teaching and simulations, led by Durham.

Durham said being a regional site provides the UNC-Chapel Hill School of Nursing continued visibility in this important quality and safety work. “Since our school was the birthplace for QSEN, we want to honor that past and also link to the future by having this platform for being able to bring emphasis to improving patient care,” she said.

“Being able to have a center here to further this work is like coming home again.”
Shalala Offers SON’s 2018 Spring Commencement Address

On Saturday, May 12, the UNC School of Nursing hosted its 63rd Spring Commencement ceremony in the Dean E. Smith Center on a beautiful, if warm, spring evening in Chapel Hill. Dean Nena Peragallo Montano presided over the ceremony, which featured Donna Shalala, PhD, former U.S. secretary of health and human services during the Clinton administration, as keynote speaker.

“I strongly believe a golden age of nursing is right in front of us if we seize this moment,” Shalala told the 279 graduating students and their loved ones. “It will not be given to us.

All of you must go forth and get the future of nursing. It will take guts, and heart, and a lot of skill. “Leadership and first-class citizenship also means embracing the unknown,” she said. “Your degrees actually empower you. My advice to you is not to hold back. If a door looks closed, push it open, it’s not locked. Invite yourself to represent your profession. We need you to be in the room. Frankly, we need you to give the profession a little swagger.”

Though perhaps best known as the U.S. secretary of health and human services for eight years during the Clinton Administration, Dr. Shalala’s career has nevertheless held academia as its center. An accomplished scholar, teacher and administrator, she has led three institutions of higher education — as president of the University of Miami (2001–2015), chancellor of the University of Wisconsin-Madison (1987–1993) and president of Hunter College of the City University of New York (1980–1987) — for a total of 27 years.

One of the most honored academics of her generation, she has been elected to seven national academies, including the American Academy of Arts and Sciences and the National Academy of Education; is a Fellow of the Institute of Medicine and National Academy of Sciences and has received more than four dozen honorary degrees.

A recognized expert in health and social policy, she was selected by President George W. Bush to co-chair the Commission on Care for Returning Wounded Warriors and in 2008 was awarded the Presidential Medal of Freedom, our nation’s highest civilian award.

In 2010, she received the Nelson Mandela Award for Health and Human Rights, which recognizes individuals for outstanding dedication to improving health and life chances of disadvantaged populations in South Africa and internationally. In 2011, she was inducted into the National Women’s Hall of Fame and in 2014 was recognized by the Harry S. Truman Presidential Library and Museum with the Harry S. Truman Legacy of Leadership Award.

Today, Dr. Shalala has returned to her post as trustee professor of political science and health policy at the University of Miami following a two-year stint serving as president of the Clinton Foundation, which she left in March 2017.

By the close of the ceremony, the School claimed 167 new BSN graduates, 78 new master’s graduates, 21 new DNPs and nine new PhDs.

“Invite yourself to represent your profession. We need you to be in the room. Frankly, we need you to give the profession a little swagger.”
Carolina Nursing Joins IntraHealth International for U.S. Launch of Nursing Now Global Campaign

The UNC School of Nursing was pleased and proud to join IntraHealth International on the morning of February 27 as the U.S. launch site of the global health campaign Nursing Now.

The three-year campaign aims to raise the status and profile of nursing worldwide. With the collaboration of the World Health Organization and the International Council of Nurses, the campaign will work to empower nurses, through investments in education, training and advocacy, to work to their full capacity to address the challenges of health care in the 21st century.

Nursing Now was based on the 2016 UK report The Triple Impact of Nursing, which explained how developing nursing will improve health, promote gender equality and support economic growth, and launched with live-streamed events in London and Geneva, and with satellite events in Chapel Hill, Jordan and South Africa, among other locations.

The day’s events were kicked off in London by Lord Nigel Crisp, co-chair of Nursing Now, who introduced an impressive slate of speakers, including nurse leaders from around the globe, and was highlighted by remarks from Her Royal Highness the Duchess of Cambridge, Kate Middleton, who is serving as the campaign’s patron.

“This campaign means a lot to me personally,” said the duchess, “My great-grandmother and my grandmother were both volunteer nurses. From what I’ve seen in my visits to hospices and hospitals around the world, nurses are always there. You care for us in our happiest and saddest times. And for many, you look after us and our families at the end of our lives.

“Sadly, however, many people still don’t have access to regular health care, and it is in this context that a global campaign to raise the profile and status of nursing worldwide is so important. “I was surprised to learn that to keep pace with the rising global demand the world will need an additional 9 million nurses by 2030. In simple terms, that’s about 2,000 more nurses every day for the next 12 years. This shows that we must act now to support and develop nurses with the skills and talent to cope with the future global health needs.”

Closer to home, Dean Nena Peragallo-Montano greeted a group of nursing leaders, educators and students from around the United States who gathered at IntraHealth International in Chapel Hill to celebrate the launch.

“Obviously this is a very important global initiative, and we are pleased to support and promote it in any way we can,” she said.
In November 2017, the UNC School of Nursing, in collaboration with the North Carolina Area Health Education Centers (AHEC) and the William and Ida Friday Center for Continuing Education, rolled out the Primary Care RN Certificate, an online course that will educate registered nurses to work in a primary care or ambulatory care setting. The course is self-paced, internet-based, and will reward 50 contact hours to those who complete it.

Mary Schuler, RN, MSN, EdD, CNE, the School’s statewide AHEC liaison, oversaw all aspects of the course’s creation. She designed the curriculum and created course materials, both written and online, with assistance from Betty Nance-Floyd, PhD, RN, CNE, CNL, and Jean Davison, DNP, RN, FNP-C. NC AHEC nurses provided invaluable curriculum input, and Dawn Cole provided assistance with policy and procedural elements.

Schuler also collaborated tirelessly with the Friday Center in negotiating one of the course’s most appealing aspects: its affordable cost of $250.

“We did it on purpose,” Schuler said of the cost. “We know that there is a major need in the state for this.”

That need comes in the form of a new model of approaching nursing education, Schuler said, one that focuses on keeping the patient healthy for the long term, as opposed to nurses predominantly focused on learning acute care.

“It’s unique because the focus of health care has changed from an illness-focused type of approach to a preventive model. Patients need to have a person who coordinates their care on an ongoing basis: educating them, monitoring them, doing assessments, following up. We want people to remain healthy.”

The course teaches nurses how to uphold that new model of care, as Schuler said many of these skills are not taught in nursing schools today. These concepts include triaging over the phone, care management on an outpatient basis and learning concepts such as finance, billing and coding. Schuler said these skills will allow RNs to rise to a higher level of primary care and therefore fill the need for a more robust nurse in today’s health care landscape.

But while many schools don’t offer a similar course, Schuler said she is hopeful they soon will — with UNC’s Primary Care RN Certificate leading the way.

“Looking around, there doesn’t seem to be a program quite like it,” she said. “I’d like ours to be the best, and I’d like to see it as a model for others.”

Schuler said a course like this one has been a dream of the NC AHEC and faculty at UNC for more than three years. It is a dream that has finally come to fruition, with financing for program development coming from an AHEC grant and in-kind support from the William and Ida Friday Center to help address the lifelong health of North Carolinians.

It all begins with an affordable, accessible course that can be taken from the comfort of one’s home. From there, Schuler said, she hopes it will inspire other schools and organizations to adopt something similar, ultimately restructuring the health care system and expanding the role of the nurse as one who supports all aspects of patient care in the primary care setting.

For more information on the Primary Care RN Certificate program, please visit: primarycare.web.unc.edu

SON Offers New Online Primary Care RN Certificate

“Looking around, there doesn’t seem to be a program quite like it. I’d like ours to be the best, and I’d like to see it as a model for others.”

ONLINE PRIMARY CARE RN CERTIFICATE

◆ Self-paced
◆ Internet-based
◆ 50 contact hours
◆ Affordably priced at $250

Carolina Nursing has climbed in the U.S. News & World Report rankings for 2019:

- MSN program: 14th place (up 3 spots)
- DNP program: 13th place (up 7 spots)
- Psychiatric Mental Health Nurse Practitioner program (tie): 9th place (up 7 spots)
- Family Nurse Practitioner program (tie): 12th place
- Nursing Administration program (tie): 12th place
First SON-managed Faculty Practice Clinic Opened in Hillsborough

The UNC School of Nursing opened its first-ever faculty practice in the state. The Carolina Community Clinic opened its doors on November 7, 2017, in Hillsborough, North Carolina, the result of a collaboration between UNC Family Medicine, the UNC School of Nursing, and Hillsborough Pharmacy and Nutrition.

The Carolina Community Clinic serves as a pilot for embedding School of Nursing faculty nurse practitioners in practices created within independent pharmacies across the state. The aim is to improve access to care, assist with transitions in care, and better fulfill the University and School’s mission to serve the needs of the people of the state.

Similar in scope to nurse practitioner-staffed clinics in large chain pharmacies, the model for care in the Carolina Community Clinic is to provide convenient, low-cost health screenings, diagnostic services and treatment of minor illnesses and injuries in a facility fully integrated with UNC Health Care and its network of clinics. SON faculty direct the clinic’s operations and provide care without an appointment at convenient hours, including evenings and weekends.

The clinic is directed and staffed by Assistant Professor Eugene Farrug, DNP, FNP-BC, as well as Associate Professor Jean Davison, DNP, RN, FNP-C and Assistant Professor Irene Beale, DNP, FNP-BC. All three maintain teaching responsibilities at the School.

“The collaboration with the School of Medicine and NC’s independent pharmacies is both natural and highly beneficial. For the School of Nursing’s part, it affords an excellent opportunity to promote faculty practice while supporting our missions of education and clinical scholarship,” said Tom Bush, DNP, FNP-BC, FAANP, the School’s assistant dean for practice. “We look forward to opening more clinics to help mitigate health disparities between urban and rural areas of our state.”

For more information on the Carolina Community Clinic, please visit: carolinacommunityclinic.web.unc.edu

“The collaboration with the School of Medicine and NC’s independent pharmacies ... affords an excellent opportunity to promote faculty practice while supporting our missions of education and clinical scholarship.”
SON Pilots Program to Meet Need for Operating Room Nurses

Taking to Transitions

In August, the School of Nursing rolled out its Transitions in Care Clinical Immersion Experience. The first installment of this pilot project was created to fulfill a need, one that weighs on hospital operating rooms across the country: OR nurses are in short supply.

Assistant Professor Louise Fleming, who was influential in initiating this OR-focused clinical experience, said this shortage can be traced back to the education student nurses are — or aren’t — receiving when it comes to the operating room.

“It creates a system of a lot of new graduates not considering a job in the OR because they’re not sure what it’s like,” said Fleming. The UNC School of Nursing was no different: she said students would observe in the operating room for one day — six total hours — out of the entire curriculum.

The Transitions experience works to rectify that.

Fleming said the former undergraduate site placement coordinator, Hilary Mendel, approached her, Rachael Lorenzen and Janet Chadwick on behalf of UNC Hospitals, expressing concern that newly graduated nursing students weren’t interested in careers in the OR. They wanted to change that.

The first step was creating a track focused around the patient surgical experience — and the perioperative pilot project was born. Next came crafting the curriculum: Fleming said no one in the School of Nursing had ever constructed a perioperative experience like this one, built in such a way that students are able to see the experience a patient has from admission to recovery. And from there, Fleming said, the OR pilot has blossomed.

Now, BSN and ABSN students enrolled in Nursing 591, Nursing Care of Adults with Major Health Problems II, have the option to sign up for the perioperative clinical experience through a lottery system. They spend several shifts in pre-op, the operating room, PACU and on a postsurgical floor.

“They really see the full patient transition this way. Even though they may not have followed the same patient through, they are now exposed to the entire process. We’re dedicated to making it an objective for them to see the multiple roles of the nurse,” Fleming said.

ABSN students KaRae Carey, Aimee Podraza and Allison Schmidt are the lucky students who were selected for the launch of the program. They spoke of the pressing need for OR nurses that this course addresses.

“[Students] are now exposed to the entire process. We’re dedicated to making it an objective for them to see the multiple roles of the nurse.”

—Louise Fleming

continued on next page
“Too often, nurses do not get the full picture of their patients’ stay while in the hospital,” said Podraza. “But with this program I am able, as a future circulator, to have experience in pre-care, pre-op, the OR and PACU, which will assist me in better understanding the care my patient needs.”

Schmidt said she felt the same. “We can see the care and treatment a patient receives in the many steps throughout the hospital system when coming in for surgery. This allows an opportunity to experience more nursing roles and make connections between units.”

Beyond providing the visualization of transitions among patient care, this perioperative track provides yet another advantage to those who partake in it: professional marketability.

Podraza said the track will be invaluable to her during the interview process. In that way, the perioperative track addresses two needs: the need for more OR nurses and the need among nursing students to have more choices in where they’ll someday work.

“If our students don’t have that operating room experience, it can decrease their competitiveness for entry-level jobs associated with the surgical services,” Fleming said.

This benefits not only the students, but the hospitals looking to receive more OR nurses as well.

“It’s a win-win for everyone. The nurse managers have a pool of new grads like they’ve never had, and the students have an opportunity to explore. It gives them a unique ability to look at all the different roles of the nurse and how they interact with different patient populations,” said Fleming.

Currently, this perioperative section of the Adult Health course is in high demand. Only three students of the more than 100 enrolled in the course were initially selected for the perioperative track. But Fleming said this demand will only help support and grow the program.

And this spring, the program has already seen great expansion. Along with the perioperative track, students may now sign up to partake in a cardiac track as well. Much like the perioperative track, they’ll spend shifts in the emergency department, cardiac ICU, cardiac step-down unit, and cardiac rehabilitation. The course has added a similar neurology track as well.

Fleming said they don’t plan to stop there. She said she’d like to see tracks with a focus on the military, critical care, women’s health, pediatric oncology and even some rotations outside of the hospital setting.

“I think there is a lot of potential to grow and be diverse, to offer students the ability to see nurses in multiple roles working with the same patient population, and to really appreciate the patient experience in a deeper way than we’ve been able to show them before,” said Fleming.

She also said she hopes the niche tracks will soon become their own capstone course, rather than being housed within the Adult Health course. But for now, funding is a priority: Fleming and her colleagues hope to write a grant next year to further expand the program — not only to give it its own course, but also to allow more students to participate than the limited number who are currently able to.

“We want to be able to expose students to the OR environment and other focused areas in a richer way so that students would consider new opportunities after graduation,” Fleming said. In turn, she hopes this will start a trend to get more nurses in the operating room.

But beyond that, Fleming said, “How great is it for students to now be able to see the entire patient experience?”

“I am able, as a future circulator, to have experience in pre-care, pre-op, the OR and PACU, which will assist me in better understanding the care my patient needs.” —Aimee Podraza

“There is a lot of potential to ... really appreciate the patient experience in a deeper way.” —Louise Fleming
Anna Beeber was appointed an investigator in the Translating Research in Elder Care research collaborative at the University of Alberta in Canada. Closer to home, she was appointed to serve on the Charles House Association Community Advisory Council, advising Charles House Center for Community Eldercare in Chapel Hill and Carrboro, and received grant funding from Carol Woods Retirement Community to continue her project aimed at improving the quality of care in longterm care settings.

Linda Beeber received a Hillman Innovation in Care Program grant to support the national launch of a newly developed Mental Health Initiative (MHI), as part of the Nurse-Family Partnership®. As part of the MHI, she and her team launched a new 2018 annual conference.

Jean Davison was honored with the American Association of Nurse Practitioners 2018 State Award for Excellence in July and received a 2018 Office of the Provost Engaged Scholarship Award for Engaged Teaching.

Carol Durham was named the director of interprofessional education for the School of Nursing in March. And last fall, she continued her mission to raise awareness about sepsis, the life-threatening illness from which she battled back in 2010. She told her story to People magazine online.

Louise Fleming was awarded a multi-center research grant from the Pediatric Endocrinology Nursing Society for her project “Development of an Adrenal Crisis Prevention Mobile Health Application — A Pilot Study.”

Tom Bush has been appointed to a renewable three-year term on the Blue Cross Blue Shield of North Carolina Provider Advisory Group.

Cheryl Giscombe coauthored the report “Stress and Health Disparities: Contexts, Mechanisms and Interventions among Racial/Ethnic Minority and Low Socioeconomic Status Populations,” published by the American Psychological Association. She was featured on an episode of Because Facts online on the effects of the “strong black woman” stereotype, receiving more than 3.3 million views on Facebook, and she received the Jeanette Chamberlain Psychiatric Leadership Award at the International Society of Psychiatric Nurses 2018 annual conference.

Sara Hubbell received a 2018-19 NC Area Health Education Center Campus Innovation grant.

Saif Khairat received an NC TraCS grant to study potential ways to overcome barriers to clinical trial enrollment.

Rebecca Kitzmiller submitted the winning proposal to become the inaugural Bill and Mary Lou Booth Community Service and Outreach Award recipient for a project aimed at improving care for veterans treated in civilian ambulatory care settings.

Rhonda Lanning was named the UNC Medical Center Nursing Faculty of the Year for 2018.

Deborah Mayer has been appointed to an advisory role on cancer survivorship issues with the National Cancer Institute’s Division of Cancer Control and Population Sciences. She likewise coauthored The Lancet Oncology Commission on Future Research Priorities in the USA, which prioritized areas of focus for the $2 billion given to the National Cancer Institute as part of the 21st Century Cures Act.

Betty Nance-Floyd received a 2018-19 NC Area Health Education Center Campus Innovation grant.

Nilda (Nena) Peragallo Montano was appointed by the U.S. secretary of health and human services to a four-year term on the National Advisory Council for Nursing Research of the National Institutes of Health.

Leslie Sharpe received a two-year appointment to the Commission on Graduates of Foreign Nursing Schools International Sub-Committee on Advanced Practice Nursing Professional Nurse Credentials and Standards Committee.

Gwen Sherwood received first place in the American Journal of Nursing’s Book of the Year Awards for Nursing Education/Continuing Education/Professional Development for the second edition of Quality and Safety in Nursing: A Competency Approach to Improving Outcomes.

Lixin Song received $2.95 million in R01 and R21 grants to assist prostate cancer patients and their partners, and she was appointed the Beerstecher-Blackwell Distinguished Term Scholar in January 2018.

Marcia Van Riper was selected to receive the 2018 Faculty Mentoring Award sponsored by the Carolina Women’s Leadership Council.

Mark Toles was awarded $75,000 in grant funding from Lutheran Services in America to advance his work with the Connect-Home collaborative.

Julie Jacobson Vann was featured on NPR’s Morning Edition in January for her systematic review of means to improve immunization rates.

Peggy Wilmoth served as the keynote speaker at UNC’s Veteran’s Day Ceremony and was a panelist in the “One Voice Against Cancer” panel on Capitol Hill to advocate for appropriations for the National Institutes of Health/National Cancer Institute.

Jessica Zegre-Hemsey was awarded $50,000 in grant funding to study the feasibility of delivering automated external defibrillators by drone to rural areas.

Meg Zomorodi was named UNC’s first-ever assistant provost for interprofessional education and will lead Carolina’s newly formed Office for Interprofessional Education and Practice.
SON Hosts 3rd Annual Charles and Colleen Astrike Symposium

The third annual Charles and Colleen Astrike Symposium on Health Care Solutions was held Monday, May 7, with speakers Joanne Disch, PhD, RN, FAAN, and Jane Barnsteiner, PhD, RN, FAAN, leading an engaging discussion on fair and just culture in nursing — a culture that encourages and rewards people for speaking up about safety-related concerns, thus allowing the information to be used for system improvement. Drs. Disch and Barnsteiner are internationally acclaimed experts in quality and safety in nursing.

The symposium was established by the family of Charlie and Colleen Astrike to honor the lives and memory of their parents and to inspire high-level discussion about patient safety among nurses. Their motivation is highly personal: following Colleen’s hospitalization in 2012, the family struggled to get the nurses or doctors in charge of her care to see that her pain was worsening and her condition deteriorating.

A thoughtful question and answer session preceded the moving video 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.

Ellison BSN ’95 Pledges $15,000 Matching Grant to Support SON on #GIVEUNC Day

Sincere thanks to Jane BSN ’95 and Lucien Ellison, who pledged their intent to match dollar for dollar up to $15,000 to support any fund at the School of Nursing in honor of #GIVEUNC on April 10 of this year!

#GIVEUNC launched April 10, 2018 as a one-day drive to encourage and promote support for the Campaign for Carolina, the University’s $4.25 billion capital campaign that launched in the fall of 2017. With the help of the Ellisons, the School raised $10,245 from 42 donors over the 24-hour period!

“Once you or a loved one needs a nurse, you begin to understand how critical a nurse’s impact and collaboration is on health care,” Jane said. “Having a state-of-the-art nursing school at UNC is essential simply because nurses literally save lives! We must come together to ensure that our School of Nursing bests any other.

“Often, nurses are unable to contribute financially the way they can to those in need of their time, compassion, and expertise. I am supporting the UNC School of Nursing because it is where I learned the skills that led to my own personal growth, happiness, confidence as a human being who cares deeply … for all people. So, don’t wait! Give what you can both today and any chance you get.”

Though #GIVEUNC is over for 2018, we hope you’ll join the Ellisons and many other alumni and friends in supporting Carolina Nursing as we seek to advance health care to improve lives. To make your gift today, please visit: give.unc.edu/nursing.

“Once you or a loved one needs a nurse, you begin to understand how critical a nurse’s impact and collaboration is on health care.”

—Jane Ellison
A m y H auser, B SN , M BA , M H A , RN , BEA-BC , has named the UNC School of Nursing as a beneficiary of her retirement accounts. With the funds, she has established The Amy Hauser School of Nursing Scholarship Endowment, which will provide financial support to undergraduate students at the School of Nursing.

Hauser graduated with a BSN from the School of Nursing in 1988. After graduation she worked at Children’s Healthcare of Atlanta for 18 years. Today, she is the administrator of children’s and women’s health and interim executive director of nursing for the Medical University of South Carolina. She is also an active member of the alumni board at the UNC School of Nursing.

She said her experiences both as a working nurse and as an administrator have allowed her to see the transformative impact giving has on institutions and their mission. It’s one of the main reasons she decided to create the Hauser Endowment.

“I wanted to look at a way I could combine several principles important to me and be able to pay forward to others,” she said. “This scholarship is the perfect way to make that happen.”

One of those principles is education, which she believes is one of the best investments someone can make for him or herself. She said she hopes her gift will give students the ability to receive an education without the burden of loans or other financial commitments.

“They can focus on the student experience, like learning and campus life. They can really enjoy the experience that will launch them into the fulfilling profession of nursing,” said Hauser.

Some of the funds will also bolster the School of Nursing’s Dean’s Discretionary Carrington Endowment Fund.

“It’s important for the dean and the School of Nursing to have unrestricted funds to be able to respond to and meet the needs of the School,” Hauser said, emphasizing that these funds can both fulfill basic needs and provide exciting opportunities to students and faculty. Ultimately, she said, the addressing of these basic needs will strengthen the position of the School of Nursing and prepare it for the future.

While varied in their allocation, Hauser’s gifts have one singular purpose, she said: to provide a foundation for continued growth within the School of Nursing.

“I want to encourage others to give back to the School that has given us and others so much,” Hauser said. “I’m proud to be a Tar Heel and am honored to share my gratitude with the University and with future Tar Heel nurses.”

War Heroes Luncheon — The School of Nursing hosted its annual War Heroes Nursing Scholarships Luncheon this spring. The luncheon recognizes the scholars who have received the five merit scholarships established by Thomas N. P. Johnson III.

FRONT ROW: Executive Dean Peggy Wilmuth; Jasmine Levy; Ginger Walton ’81, ’86; Assistant Professor Becky Kitzmiller / MIDDLE ROW: Nickola Detor; Jaimie Joseph; Sherita House; Chris Riggan; Tim Kelly / BACK ROW: Tom Johnson; Preston Smith; Ike Grainger; Bill Klutz

“I want to encourage others to give back to the School that has given us and others so much.”
SON Receives Renewal Grant for Prestigious Hillman Scholars in Innovation Program

To Esita Patel and Alesia Ledford, the Hillman Scholars Program in Nursing Innovation is not a traditional educational experience, it’s a pathway to success. For them, the program provides a way to advance, a space that encourages ingenuity and mentorship, and access to opportunities they would not have otherwise had.

With that in mind, the School of Nursing is pleased to announce the receipt of $3 million in renewal funding for the Hillman Scholars Program in Nursing Innovation through 2022. UNC is one of only two schools of nursing in the United States to receive a second award from the Rita and Alex Hillman Foundation. Through this award, the School of Nursing distinguishes itself as an institution that is both innovative and creative in its approach to preparing PhD nurse researchers and scientists for the future.

“Nurses prepared in an integrated BSN-PhD program advance more quickly through their educational experience, which allows them to launch a research career early, and to have greater impact on health care. Support received through the Hillman Foundation gives the School expanded opportunities to cultivate scholars’ preparation as they develop as researchers,” said Dr. Cheryl Jones, director of the Hillman Scholars Program at UNC. “This award also allows us to expand the number of PhD-prepared nurse scientists that enter the workforce, and positively impact health care locally and nationally.”

The Hillman Scholars Program at UNC provides a seamless educational track that bridges the traditional boundaries between undergraduate and doctoral-level programs. Students who are accepted to the highly competitive program embark on an integrated plan of study that focuses on both clinical practice and research. They work closely with mentors beginning in the undergraduate program and throughout the PhD program, which promotes scholars’ development. The program also emphasizes the development of scholars as leaders who will become the next generation of nurse researchers to realign health care to become more effective, patient-centered, accessible, equitable and affordable.

The renewal award will allow UNC’s Hillman Scholars Program to continue growing by bringing on new scholars, adding four a year for the life of the award. Jones said that the ultimate goal of the program is to prepare nurses for a long career in research to design a health care system that works.

This award helps to fund research practicums and seminars that focus on innovations, a cornerstone of the Hillman Program. The award also allows the program to continue addressing problems in care delivery, helping nurses develop an entrepreneurial mindset and implementing new models of care that put the patient first.

But one of the things Jones is most excited about is that the grant renewal will support the creation of the much-anticipated Hillman Hub, dubbed the H-Hub. This space will foster scholars’ knowledge of research and innovation and aims to create immersive experiences that engage scholars in various aspects of research, including collaboration, team science and mentorship. Ledford said she is excited about the renewal because it provides additional support for professional, research and leadership development.

“I think it will also help further our research and our ability to network,” said Ledford.

And for Patel, the Hillman Scholars Program has come as a stress relief.

“It’s formalized a lot of the financial things, like money for books, travel and supplies.”

For both of them, though, it has provided the opportunity to pursue a PhD, without having to worry about finances, and to focus strictly on their PhD studies. Studies that are undoubtedly difficult and rigorous, said Patel, but that ultimately represent an incredible opportunity. And just as it provides an opportunity to Patel and Ledford that they feel they wouldn’t otherwise have, it provides the same to the School of Nursing.

“Because of this award we’ve been able to build this community of scholars that is like a family. Our scholars support one another, care about one another, are committed to helping each other succeed.” —Dr. Cheryl Jones

“The grant renewal will … help further our research and our ability to network.”

For both of them, though, it has provided the opportunity to pursue a PhD, without having to worry about finances, and to focus strictly on their PhD studies. Studies that are undoubtedly difficult and rigorous, said Patel, but that ultimately represent an incredible opportunity.

And just as it provides an opportunity to Patel and Ledford that they feel they wouldn’t otherwise have, it provides the same to the School of Nursing.

“For both of them, though, it has provided the opportunity to pursue a PhD, without having to worry about finances, and to focus strictly on their PhD studies. Studies that are undoubtedly difficult and rigorous, said Patel, but that ultimately represent an incredible opportunity.”

“Because of this award we’ve been able to build this community of scholars that is like a family. Our scholars support one another, care about one another, are committed to helping each other succeed.” —Dr. Cheryl Jones

“For both of them, though, it has provided the opportunity to pursue a PhD, without having to worry about finances, and to focus strictly on their PhD studies. Studies that are undoubtedly difficult and rigorous, said Patel, but that ultimately represent an incredible opportunity.”
First Quality Establishes Bladder Health Initiative at UNCSON

First Quality, a manufacturer of adult incontinence care products, has established a new, three-year, bladder health initiative at the UNC School of Nursing. Designed to partner with Umphlet Distinguished Professor Mary H. Palmer, an expert in urinary incontinence and gerontology, the initiative aims to prepare the next generation of nurse leaders in bladder health education and research, and to fund innovative scholarship to improve the quality of life and care for people who have, or are at risk of developing, lower urinary tract symptoms.

Funded by a grant from First Quality and directed by Dr. Palmer, the First Quality Bladder Health Initiative will tackle issues related to lower urinary tract symptoms by preparing graduate nursing students at UNC to lead the field in bladder health education, research and practice; funding studies by UNC nursing faculty and students centered on bladder health; and providing financial support for an annual postdoctoral fellowship for a visiting international scholar studying aspects of bladder health.

Already, the initiative has made Dr. Palmer’s expertise available to an international audience of health care providers gathered at a conference in Shanghai in September to learn ways to improve geriatric care. While in China, Dr. Palmer and First Quality’s clinical director, Michele Mongillo, RN, MSN, gave addresses at multiple nursing homes and forums on the topics of urinary tract infections and incontinence.

“Our goal is to create a critical mass of nurses who are highly educated in bladder health to conduct clinical research to advance knowledge and improve life and care for adults with incontinence,” said Palmer. “Education is the first step to creating that critical mass, and I’m thrilled to partner with First Quality to develop the leadership and knowledge we need to address an issue of increasing concern as our population ages.”

The bladder health initiative marks the third formal partnership between First Quality and Carolina Nursing. In 2014, the company established a graduate nursing scholarship, and in 2016 the School of Nursing hosted the inaugural First Quality Care Summit: Advancing Quality of Life in Vulnerable Populations.

SON Receives Prestigious RWJF Future of Nursing Scholars Grant

Once again, sizable matching private donations from Carolyn London, BSN ’56 and the Carl S. Swisher Foundation help bring the grant to Carolina Nursing

The UNC School of Nursing is once again among a select group of schools of nursing to receive a grant to increase the number of nurses holding PhDs. The 31 selected schools comprise the fifth cohort of grantees of the Robert Wood Johnson Foundation Future of Nursing Scholars program, which will provide financial support, mentoring and leadership development to nurses who commit to earn their PhDs in three years. Carolina Nursing will select two nursing students to receive this prestigious scholarship.

“Our fifth cohort of Scholars will join an impressive group of nurse researchers who are already making significant contributions to the field. This program is designed to empower nurse leaders to progress efficiently. The selected scholars will complete their PhDs in an expedited three-year time frame,” said Julie Fairman, PhD, RN, FAAN, Future of Nursing Scholars program co-director, Nightingale professor of nursing and chair of the Department of Biobehavioral Health Sciences at the University of Pennsylvania School of Nursing.

In its landmark nursing report, the Institute of Medicine recommended that the country double the number of nurses with doctorates. While enrollment in doctorate of nursing practice programs has increased exponentially, PhD enrollment has seen less growth. The Future of Nursing Scholars program was designed to increase PhD-prepared nurses. Doing so will ensure that more nurses are conducting vital research and will also help address the nurse faculty shortage.

The Future of Nursing Scholars program is a multi-funder initiative. For the second time, 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.

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

“We are delighted, of course, to be among the few schools selected to participate in the final cohort of the Future of Nursing Scholars program,” said Nena Peragallo Montano, dean of the UNC School of Nursing. “It is a testament to the strength of our current Future of Nursing Scholars and to our PhD program, and we are pleased to be able to contribute so efficiently to increasing the pipeline of doctorally prepared nurse researchers and scholars.”

“When this program concludes, we will have graduated more than 200 PhD-prepared nurses. RWJF is thrilled to see the program succeed so well, and we are very thankful for the other funders who have joined us in support of this work,” said Susan Hassmiller, PhD, RN, FAAN, co-director of the program and RWJF’s senior adviser for nursing.
SON Hosts Donor and Alumni Recognition Dinner

On April 20, the School of Nursing held its annual donor and alumni recognition reception and dinner at the DuBose House at the Rizzo Conference Center in Chapel Hill, North Carolina. The event served to kick off the Campaign for Carolina Nursing, a $22 million, seven-year fundraising effort aimed at securing much-needed private donations to support the School’s faculty, students, facilities and local and global service efforts.

The School of Nursing Alumni Association presented its annual alumni awards.
Long Receives Alumni Association President’s Award

On April 21, the UNC School of Alumni Association posthumously conferred its President’s Award upon Wayne Long, former CEO of Well Care Home Health, who passed away suddenly in the fall of 2017.

Wayne was born October 29, 1956, in Newberry, South Carolina. Wayne’s academic and athletic accomplishments led him to the University of North Carolina at Chapel Hill, where he played baseball and earned a degree in business administration, graduating in 1978.

A respected and visionary business leader, Wayne co-founded Well Care Home Health in 1987 and Firmin’ Brands in 2011. For over 30 years, Well Care Home Health, a leading provider of comprehensive home health services, has built its reputation across North Carolina as being one of the state’s most trusted providers of highly specialized, quality home health care, and it currently serves 60 of 100 counties in the state, especially those in rural and underserved areas. He had great pride and joy in the professional families with whom he worked and the business successes he was instrumental in creating.

Wayne was deeply committed to giving back to the community, including service on the board of directors of Elderhaus Inc., the North Carolina Medical Commission, the University of North Carolina Board of Visitors, and the UNC School of Nursing Foundation Inc.

His philanthropic gifts supported numerous charitable organizations. In 2016, Wayne established the Well Care Home Health Scholars program at the UNC School of Nursing, providing funding for graduate nursing students interested in pursuing a degree in home health.

Additionally, he established a partnership with the UNC School of Nursing to offer opportunities to build the current nursing home health workforce and to establish interprofessional opportunities for all health professions students. One such opportunity was the creation of a hot-spotting program — this program pairs interprofessional teams of students in nursing, pharmacy, occupational health and speech therapy with patients who are high-utilizers of care and are more at risk for multiple readmissions. This project has been of great benefit to the community, as it directly gives back to patients while also engaging students on the complexities of chronic illness. In addition to this work, Wayne was a committed supporter of the home care benefit and the advantages it offers the community’s frailest individuals. In order to ensure the continuation of this benefit, Wayne worked tirelessly to visit lawmakers in order to raise awareness and maintain its support in the legislature.

Wayne Long passed away peacefully, surrounded by his family at Duke University Hospital on September 15, 2017. He is posthumously awarded the UNC School of Nursing Alumni Association President’s Award for his commitment and dedication to nursing and health care. While we mourn his loss, we also celebrate his life and legacy of kindness and accomplishment.

Carol Ross BSN ’64 Named 2018 Alumna of the Year

Carol M. Ross BSN ’64 has been named the SON Alumni Association’s 2018 Alumna of the Year for her outstanding service to the community, School and nursing profession.

Carol began her education at Mary Washington College before transferring to the University of North Carolina at Chapel Hill, where she earned a bachelor’s in religion in 1964. Her journey from a religion degree to an advanced practice nurse APRN led Carol and her husband, Coleman Ross (UNC ’65), to more than a decade of leadership and service in the field of psychiatric mental health care.

Upon returning to North Carolina from Connecticut and determined to make a difference, Carol teamed up with a local nonprofit, the Inter-Faith Council for Social Service, and opened a mental health clinic at the men’s homeless shelter in Chapel Hill as a volunteer. The clinic, which opened early in 2008, continues to provide psychiatric care and medications to approximately 300 people annually.

While working at the IFC, Carol also began her relationship with the UNC School of Nursing. She established an endowed undergraduate scholarship to honor her mother, who was a nurse and very influential in her life. She served eight years on the School of Nursing Foundation Board of Directors and began working with SON faculty and students, supporting them through clinical placements, networking, advocacy and philanthropy.

In 2013, Carol and Coleman established the Carol Morde Ross Distinguished Professorship in Psychiatric Mental Health Nursing. This professorship currently supports Dr. Victoria Solits-Jarrett and the profession in three specific ways — improving access to mental health care; ensuring the education of psychiatric mental health advanced practice nursing; and furthering health policy that supports psychiatric mental health nursing practice.

Carol’s relationship with the School goes beyond that of philanthropist and advocate. She is, in essence, everything an alumna could be. She leads in her profession and has dedicated her life to serving the needs of patients. She has invested so much of her time and talent into the School of Nursing, and she advocates for us at every possible opportunity. When it comes to Carolina Nursing, Carol’s heart is truly in it!
Alexander Receives 2018 Carrington Award for Community Service

Rumay Alexander, EdD, RN, FAAN, president of the national league for nursing and associate vice chancellor and chief diversity officer at The University of North Carolina at Chapel Hill, was presented the SON Alumni Association’s 2018 Carrington Award for Community Service. The award recognizes individuals who have given remarkable service to the community, state or other beneficiary organization, and who have reflected favorably on the School of Nursing as a result of their remarkable service. Dr. Alexander perfectly embodies the spirit of the Carrington Award.

Dr. Alexander is a professor at the university’s School of Nursing. She has a compelling record of leadership and advocacy for diversity and inclusive excellence in academia, in the workplace, in national nursing professional organizations and in her consultant activities. Her passion centers on intentional efforts to resource the proper understanding and judicious application of equity and multicultural concepts for students, faculty, personnel and the patients served by UNC graduates. This includes the facilitation of system-wide efforts for giving respect to the many dimensions of human difference as well as the lived experience of difference.

Dr. Alexander is known for helping organizations succeed in their missions. High-impact initiatives, numerous consultations and presentations nationally and internationally, and her professional organization work devoted to generational equity bear witness to her game-changing works. She has guided individuals in academic, corporate, health care and religious organizations to explore marginalizing processes, multiple perspectives and the vicissitudes of lived experiences of human flourishing has led to appointments on landmark health care initiatives, including the Commission of Workforce for Hospitals and Health Systems of the American Hospital Association and the National Quality Forum’s steering committee for the first national voluntary consensus standards for nursing-sensitive care. She is a two-term member on the board of governors of the National League for Nursing and the American Organization of Nurse Executives. In 2010 she was the American Organization of Nurse Executives’ Prism Award recipient for workforce diversity leadership and in 2013 the National Student Nurses’ Association bestowed her with honorary membership, its most prestigious award. In addition, she received the Southern Regional Education Board’s M. Elizabeth Carnegie Award in 2013.

Dr. Alexander holds a baccalaureate degree in nursing from the University of Tennessee Knoxville, a master’s degree in nursing from Vanderbilt University and a doctor of education degree from Tennessee State University.

The UNCSON Alumni Association recently conferred the 2018 Distinguished Alumna Award on Gwen Sherwood, PhD, RN, FAAN, ANEF (MSN ’70). Dr. Sherwood has a distinguished record in leading health professions education locally and globally. Professor and associate dean for global initiatives at the University of North Carolina at Chapel Hill School of Nursing, she is a 1970 alum of the MSN program. She also earned a diploma in Nursing from Georgia Baptist Hospital School of Nursing and an RN-BSN from North Carolina Central University and a PhD from the University of Texas at Austin.

The award commends graduates for their outstanding service in the area of nursing, either through their scholarly efforts, their promotion of health care or their tireless service to the field of nursing.

Much of Sherwood’s career was spent in Texas, where she moved from clinical positions to her initial academic appointment at the University of Texas Houston Health Science Center School of Nursing. There she progressed from part-time instructor to executive associate dean. Her scholarship built a model, the Houston Pain Outcome Instrument, to examine patient pain management from a multicultural perspective and development of a Spanish language tool, now used in several countries. She investigated the impact of spiritual dimensions of care, developing a program for nurses in the Texas Medical Center, still in operation. Pursuing her passion for expanding education, she led outreach on the Texas-Mexico border, implementing the first nursing graduate program and a satellite distance education network in this geographically remote, underserved area. From this same model, she worked with the China Medical Board to design and implement the first

Sherwood MSN ’70 Named 2018 SON Distinguished Alumna

The UNCSON Alumni Association recently conferred the 2018 Distinguished Alumna Award on Gwen Sherwood, PhD, RN, FAAN, ANEF (MSN ’70). Dr. Sherwood has a distinguished record in leading health professions education locally and globally. Professor and associate dean for global initiatives at the University of North Carolina at Chapel Hill School of Nursing, she is a 1970 alum of the MSN program. She also earned a diploma in Nursing from Georgia Baptist Hospital School of Nursing and an RN-BSN from North Carolina Central University and a PhD from the University of Texas at Austin.

The award commends graduates for their outstanding service in the area of nursing, either through their scholarly efforts, their promotion of health care or their tireless service to the field of nursing.

Much of Sherwood’s career was spent in Texas, where she moved from clinical positions to her initial academic appointment at the University of Texas Houston Health Science Center School of Nursing. There she progressed from part-time instructor to executive associate dean. Her scholarship built a model, the Houston Pain Outcome Instrument, to examine patient pain management from a multicultural perspective and development of a Spanish language tool, now used in several countries. She investigated the impact of spiritual dimensions of care, developing a program for nurses in the Texas Medical Center, still in operation. Pursuing her passion for expanding education, she led outreach on the Texas-Mexico border, implementing the first nursing graduate program and a satellite distance education network in this geographically remote, underserved area. From this same model, she worked with the China Medical Board to design and implement the first

nursing Master’s program in China and worked with USAID funded projects in Kazakhstan and Sakhalin.

Returning to UNC, she served as associate dean for academic affairs from 2005-2014, during which time she opened the DNP program and completed exemplary re-accreditation visits for its academic programs. She helped create the global mission of the school by expanding the Visiting International Scholars program, advancing student learning experiences across the globe and fostering faculty immersion in global health.

Dr. Sherwood worked with Dean Emeritus Linda Cronenwett as co-investigator/co-PI to initiate QSEN, the Quality and Safety Education for Nurses project funded by the Robert Wood Johnson Foundation to transform education and practice to improve quality and safety. She was the nursing lead on the UNC and Duke University schools of medicine and nursing Interprofessional Patient Safety Education Collaborative to measure effectiveness of four teaching strategies on teamwork behaviors.

Dr. Sherwood has been a partner at IntraHealth International to scale up health professions education in Kenya and is now helping to lead the North America hub for the global campaign for Nursing Now to advance the profile of nursing. She is past president and a charter member of the International Association for Human Caring and vice president of Sigma Theta Tau International, a nursing honor society. She has been visiting professor in Thailand and has led workshops in China, Japan, Kenya, Sweden, Taiwan and Thailand.
On a chilly evening in February, Carolina Nursing students and alumni met at the Johnston Center for Undergraduate Excellence on UNC’s North Campus to compare notes on being a nursing student at UNC and to offer and receive career advice. This event is held annually by the Alumni Association and has become a favorite of students and alumni alike!
ALUMNI NOTES

Shepeara Hall, BSN ’91, MSN ’99 received her Doctor of Nursing Practice in Executive Leadership from American Sentinel University on February 28, 2018.

Barbara Gregory Hardin, BSN ’79 was awarded the Georgia NICU Nurse of the Year, presented by the March of Dimes on November 4, 2017. Former President of the UNC Student Nurses’ Association, Barbara is in her 30th year in the NICU at Children’s Healthcare of Atlanta, Egleston.

Andrea Morrow Ingram BSN ’15 and Jennifer Powell, BSN ’15 created a patient acuity tool for use on medical-surgical unit featured in American Nurse Today in April.

Send us your news! We’d love to hear what’s going on with you: nursing.unc.edu/alumni/inform/class-note-and-information/

Class of 1968 Reunion

BACK ROW: Kathryn Robinson Kuykendal, Carol Malcolm Davis, Carolyn Cresimore
FRONT ROW: Charlotte Mason Oliver, Julia Knott Prasse, Betty Ann “Bee” Forester Faunce, Susan Barber Culp