

UNMC COLLEGE OF NURSING ADVANCES

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SPRING 2005

**Innovative Programs,
Visionary Outlook Move
College Forward**



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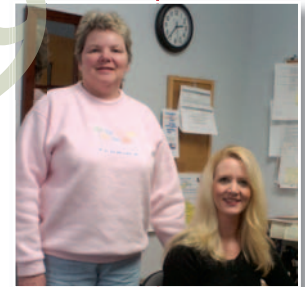
Advancing discovery, learning and compassionate care.

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Innovative Programs, Visionary Outlook Move College Forward



The UNMC College of Nursing advances at an impressive pace. With a new vision in hand and several major accomplishments under our belt the college is poised to become a leader among peer institutions.

A quick look at last year shows this potential.

In 2004 the College of Nursing ranked 22nd in NIH dollars out of the 98 schools of nursing in the country receiving NIH funding for research.

US News and World Report ranked the college's master's degree in nursing at 39th out of the 260 master's programs in the country.

At the same time, enrollment increased an impressive 21.5 percent with the average admitting GPA at 3.55, the highest in over a decade.

Clearly the faculty, staff and students at the College of Nursing have raised the bar.

To capitalize on this momentum we have created a long-range plan with goals set for the years 2010 and 2015.

This plan includes input from the more than 200 faculty and staff at the college and identifies two overarching goals.

By the year 2010 and beyond, the UNMC College of Nursing will be:

- Positioned in the top 10 percent of peer institution schools of nursing in the country.
- Widely recognized for the use of technology in advancing the missions of education, research and practice.

These goals are ambitious but not out of our reach.

We are committed to providing our students the best education and our faculty more research and scholarship opportunities, and to serving the needs of Nebraskans through our clinical practices.

We have implemented two programs that accelerate the learning process for nursing students with the goal of moving more nurses and nurse faculty to where they are needed most: into clinical practice and into the classroom.

The accelerated B.S.N. offers persons who have a bachelor's degree in other fields to earn a bachelor of science in nursing in 12 months.

The fast-track Ph.D. program enables those nurses who want to teach earn their doctoral degree more quickly, thus accelerating their transition to the teaching role.

There are 20 students enrolled in the accelerated B.S.N. program and the first cohort of fast-track Ph.D. students will begin classes this fall.

It is an exciting time at the College of Nursing, one that deserves a publication that reflects this enthusiasm.

I hope you enjoy the new **ADVANCES** and news of this dynamic College.

Best to all,

Virginia Tilden, D.N.Sc.



Virginia P. Tilden, D.N.Sc.
Dean of the UNMC College of Nursing

UNMC COLLEGE OF NURSING ADVANCES

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An Ambitious Plan Guides the College of Nursing

Story by Lisa Spellman



he goals might seem lofty:

- Rank in the top 10 percent of peer institutions in the country by 2010.
- Become a recognized leader in the use of technology to advance the missions of education, research and practice.

But don't tell Virginia Tilden, D.N.Sc., R.N., F.A.A.N., dean of the University of Nebraska Medical Center College of Nursing, that they can't be reached.

"The people of Nebraska deserve nothing less from their UNMC College of Nursing," said Dr. Tilden. "And we can do it. We have the capacity, the training, the knowledge and the drive to achieve these things."

In fact, she says, the College of Nursing has already made several major accomplishments.

"US News and World Report ranked the college's masters degree in nursing at 39th out of the 260 masters programs in the country in 2004," said Dr. Tilden. "We are ranked 22nd in National Institutes of Health research dollars out of 98 schools of nursing in the country and we offer 68 of our courses to students in 88 different geographic sites, including Jordan and Armenia, using distance technology."

All of the College's goals are outlined in a 103-page document Dr. Tilden calls the College of Nursing Long Range Plan.

It took 9 months to complete and includes input from all of the more than 200 faculty and staff at the College of Nursing, she said.

The goals, which are targeted to the years 2010 and 2015, are based on an analysis of key trends identified by futurists as being relevant to long range planning.

These include: societal trends, health care trends, and trends in the health professions.

Information technology, changing

demographics, the development of new therapies and techniques and competency-based education, said Dr. Tilden, are just a few of the trends that were taken into consideration.

"We believe that proactive planning will allow us to create a preferred future in a time of great opportunity, great societal change and rapidly advancing technology for education, research and health care," she said.

In order to meet the overall long-range goals the college identified six strategic areas to consider:

- Educating professional nurses for the future.
- Expanding research and scholarship.
- Expanding faculty practices and community partnerships.
- Inviting international nursing education opportunities.
- Harnessing future technology as a tool for education, research and practice.
- Addressing impending workforce shortages in nursing education.

"The College considered its opportunities, challenges, limitations and strengths in each of these areas," Dr. Tilden said.

It is predicted that the health care environment of 2010 will be characterized by increasingly complex care delivery systems, greater patient acuity and extended longevity marked by long periods of living with chronic illness.

Nurses must be prepared to meet these and future unforeseen demands, challenging educational programs to be ever more visionary, efficient, and effective.

While the college's current baccalaureate program is well positioned with a strong clinical curriculum that uses innovative delivery systems, Dr. Tilden said, it can be strengthened by increasing the emphasis on evidence based practice, clinical decision making, and interdisciplinary team practice.

"My vision for the college is simple: excellent programs, excellent graduates, and an

"Proactive planning allows us to create a preferred future in a time of great opportunity."

Virginia Tilden

Dean of the University of Nebraska Medical Center College of Nursing

engaged, spirited faculty and staff energized by delivering the two," said Dr. Tilden.

In order for that to happen research and scholarship must also be expanded.

"Robust growth in research lends strength to the Ph.D. and planned post-doctoral program," she said. "Students and fellows are attracted to programs where faculty are nationally known for their research, which in turn feeds growth in the education arena. In addition, the College shoulders its responsibility in advancing the University's research agenda and in delivering the "high impact" nursing science needed to advance the public's health. That is why it is important that the College of Nursing

move into the top 10 schools of nursing in NIH funding."

In 2004 the college created five research-intensive faculty positions and is actively recruiting funded researchers to achieve this objective.

Another important aspect of meeting the goals of the long-range plan is to harness future technology that will support education, research, practice, and administrative operations of the college.

"Faculty and staff have already acquired much experience and expertise in this area having developed the first of the University's distance education program in the 1970s,"

said Dr. Tilden. "We can capitalize on this existing strength by developing and augmenting resources in this area.

In the next 10 years distance education programs will not only increase, she said, but be demanded by students who have grown up in digital environments and expect learning experiences using technology, such as clinical simulations.

"Our plan is ambitious, energetic and visionary," said Dr. Tilden. "It has to be in order to meet future societal demands, educate nurses who are prepared to meet those demands and become one of the premier nursing schools in the country."



College of Nursing Executive Council. Back row – left to right: Larry Hewitt, Peggy Wilson, Carol Pullen, Sheila Ryan, Bernice Yates, Bob Mancuso, Catherine Bevil. Second row – left to right: Kate Fiandt, Polly Hulme, Cheryl Thompson, Patti Carstens, Lani Zimmerman, Catherine Todero. Front row – left to right: Martha Foxall, LaDonna Tworek, Virginia Tilden, Susan Noble Walker. Inset pictures: top, Gloria Gross, bottom, Judy Billings.

Rural Research Project Has Lasting Impact

Encouraging a person to eat healthier and increase their physical activity takes more than just lip service. Participants are more successful when they are shown, through examples, how to eat healthier, to get more exercise and incorporate those changes into their lifestyle.



Susan Noble Walker, Ed.D., R.N., credits the work of her interdisciplinary team for the success of her research study. Pictured, from left to right, are: Maureen Oberdorfer, Dr. Walker and Matthew Rutledge.

2001 when she received a \$1.6 million grant from the National Institute of Nursing Research, National Institutes of Health.

She is joined by an interdisciplinary team of investigators including Patricia Hageman, Ph.D., professor and director of Physical Therapy Education at UNMC; Linda Boeckner, Ph.D., professor at the University of Nebraska-Lincoln Department of Nutrition and Health Sciences; and Carol Pullen, Ed.D., R.N., professor and assistant dean for Distance Education and Technology in the UNMC College of Nursing. Project staff includes Maureen Oberdorfer, M.P.A., project coordinator, Matthew Rutledge, M.A., instructional technologist, and research nurses Cathy Vasko, B.S.N. in Scottsbluff and Dawn Garcia, B.S.N. in Norfolk. Both research nurses are graduates of the UNMC College of Nursing.

The goal of the research project is to evaluate the effectiveness of an intervention program that encourages midlife and older women living in rural areas to adopt the health-related behaviors of healthy eating and physical activity.

"The study is designed so the women could work toward their lifestyle change goals at home rather than in organized groups," Dr. Walker said.

Two groups of 110 women, ages 50 to 69, were recruited from Scottsbluff and Norfolk by random digit dialing conducted by the University of Nebraska-Lincoln Bureau of Sociological Research. One group received tailored newsletters and the other standard newsletters.

The intervention lasted for one year with participants receiving newsletters every two weeks for six months, then only once a month.

All of the women came to the research

W Story by Lisa Spellman

ot all of the 220 women from rural Nebraska enrolled in Susan Noble Walker's research project, Wellness for Women, have met goals for incorporating healthy eating and physical activity into their lifestyle, but many have made extensive changes over the past two years.

"On average, the participants have increased their level of physical activity and are eating healthier," said Susan Noble Walker, Ed.D., R.N., professor and chair of the Department of Gerontological, Psychosocial and Community Health Nursing at the University of Nebraska Medical Center.

Dr. Walker is the principal investigator of the research project, which began in

Participant Takes Study to Heart

office in their community every three months in the first year of the study and every six months in the second year. The offices were located at the Cooperative Extension Office in Scottsbluff and Northeast Community College in Norfolk.

Follow-up visits were then scheduled for 18 and 24 months to evaluate whether or not the women were able to sustain any positive behavior changes.

Participants were given a pedometer when they started the study, and a research nurse helped them to complete an assessment of activity and eating patterns on a computer at each office visit. The nurses also assessed the women's fitness level and drew blood for cholesterol levels.

The data was used to create a tailored newsletter that gave specific advice to each participant selected to be in the tailored group. The advice was based on participants' answers to various questions.

The remaining group of participants received a standard newsletter that gave helpful tips on healthy eating, exercising and basic facts about fruits and vegetables, but was not based on each woman's data.

"Feedback is motivating," said Dr. Walker. "We hoped that by providing detailed advice concerning areas in which study group participants needed to make changes in activity and eating, it would prompt them to make those changes."

For example, she said, if a participant's data indicated that she ate fewer than the recommended minimum of two servings of fruit a day, that person's tailored newsletter would have a paragraph explaining how to incorporate more fruit into her diet, give examples of what a serving size is as well as include a recipe.

"We not only told women what they should do, but how to do it and how to overcome barriers and get greater interpersonal support from friends and family," Dr. Walker said.

The women also were educated about

(continued on page 8)

Story by Lisa Spellman

Bertha Fuentes' participation in the Wellness for Women research project couldn't have come at a better time.

"I received a letter in late 2002 from the (University of Nebraska Medical Center) college of nursing that told about this study for women," said Fuentes. "I was curious and called."

Fortunately for the Gering, Neb., resident, the research project was exactly what she needed.

Earlier that year her husband underwent quadruple heart bypass surgery and Fuentes had learned recently that she had Type II diabetes.

"For the health of my husband and myself I had to learn how to prepare food in a way that was different than the way I had prepared food for 46 years," Fuentes said.

This is exactly what the research project, spearheaded by Susan Noble Walker, Ed.D., Professor and chair of the Department of Gerontological, Psychosocial and Community Health Nursing at UNMC aimed to do.

The two main goals of the Wellness for Women research project – to encourage rural women ages 50 to 69 to eat healthier and be more physically active – was just what the doctor ordered.

"I learned how to prepare food that was fat and salt free," said Fuentes. "I also learned how to read food labels, how to make better food choices and the importance of making these changes."

The newsletters provided recipe ideas, tips on cooking and the value of exercise.

"Steaks, pork chops, chicken, fish – I use to pan-fry everything," said Fuentes. "Now I broil or bake a lot more."

She also walks six miles every day of the week, except Sundays.

"I have lost over 20 pounds in one year," said Fuentes. "My husband's triglyceride level is at 72, and I am able to manage my diabetes much better."



Research study participant, Bertha Fuentes, of Gering, Neb., pictured with research nurse Cathy Vasko, B.S.N.

Research Project Produces Positive Results

(continued from page 7)

how much exercise they need every day based upon national guidelines, which recommends at least 30 minutes of moderate or greater intensity exercise.

"We told the women how fast to walk in order to meet the national physical activity guidelines," said Dr. Walker. "The idea behind moderate physical activity is that you are using most of the major muscles in your body, giving you a sensation of being warm."

Each participant's progress was measured not only by their reports of their own behavior but also by biological markers, such as cholesterol levels, fitness level and weight.

So far, all of the women have completed 18 months in the study, said Dr. Walker, and a few have completed the entire 24 months. Some made few changes and some surpassed expectations.

"One woman diagnosed with type II diabetes has lost 10 percent of her body fat and was able to go off of her medications," said Maureen Oberdorfer.

Oberdorfer said the feedback the research team has received thus far has been extremely positive.

"Most of the women have said that they have learned a lot about how to eat and the importance of daily physical activ-

ity," she said.

Many of the women chose walking as a way to increase their level of physical activity, she said.

In addition, all of the women were given resistance bands and an instructional videotape for strength training developed by the team, and encouraged to do those exercises for 30 minutes, two to three times each week.

In order to ensure the success of the research project, Dr. Walker and her colleagues met with a community advisory council in each geographic area.

Dr. Walker said the advisory council acted as consultants and their input was invaluable in making sure the research team had realistic expectations for the participants.

"We relied on the advisory council to recommend locations where the participants could go to exercise, especially during the winter months," Dr. Walker said.

One of the many tips the advisory council suggested was that some local high schools be asked to open their gym after hours so that participants could go there to walk.

"Our hope is that long after the study ends all of the participants will continue to be physically active and eat healthier," she said.

Dr. Walker said that rural women were targeted for the research project because they have higher rates of obesity



Carol Pullen, Ed.D., R.N.



Pat Hageman, Ph.D.



Linda Boeckner, Ph.D.

and chronic illnesses than their urban counterparts.

"National data show that rural women are more sedentary than urban, yet are less likely to receive counseling from their health care providers on the importance of maintaining a healthy lifestyle," Dr. Walker said.

Dr. Walker chose women between the ages of 50 and 69 because this is the time when a woman's health risks increase.

"After menopause women are at risk for such chronic diseases as diabetes, osteoporosis and cardiovascular disease," she said. "Many of these diseases are preventable or can at least be delayed by healthy eating and daily moderately intense physical activity."

Winside, Neb. Resident Inspired to Live Healthier Lifestyle

Story by Lisa Spellman

When Carol Brugger was given a pedometer upon enrolling in the Wellness for Women study and told she needed to walk at least 10,000 steps a day, she thought “this will be easy.”

Living on a farm in Winside, Neb., Brugger led a very busy and active life, or so she thought.

“I averaged 3,500 steps a day,” she said. “I found out that even though I live on a farm and work I would still need to get a walk in.”

Brugger also discovered the importance of another recommendation that health care providers often make: see your doctor for preventive care.

But before enrolling in the study in 2002, Brugger was like many rural women who didn’t go to the doctor unless they were ill.

“I have always been relatively healthy,” she said. “There was no need to go to the doctor unless I was sick.”

Brugger changed her mind when after her first visit with research nurse, Dawn Garcia, B.S.N., at the clinic in Norfolk, Neb. During that visit Brugger found out that she was teetering on the edge of high cholesterol and high blood pressure.

Surprised, Brugger became actively involved in improving her health through diet and exercise.

“It hasn’t been easy,” she said. “I love sweets. Every day my husband would come in for a mid-morning and an afternoon snack, usually something sweet that I baked. Naturally I would join him but I’ve had to be strict and tell myself I can’t have that.”

Brugger also began walking with her daughter at least three times a week.

“It would take an hour and 15 minutes to walk 3½ miles, now it only takes us 55 minutes,” she said.

Her efforts have paid off, said Brugger, who’s now in the normal range for cholesterol and blood pressure.

But cutting down on sweets and walking more were just a few of the changes Brugger made.

She now cooks with less salt and grills her meat instead of frying it.

Perhaps the most eye-opening information Brugger learned was about serving sizes.

“I ate way too large of portions,” she said.



Winside resident Carol Brugger with research nurse Dawn Garcia, B.S.N.



Compassionate Care Recognized Through Generous Donation

Story by Vicky Cerino

Ken Morehead was so moved by the nursing care he received at UNMC years ago that he donated \$1.75 million toward nursing care to the UNMC College of Nursing.

On Feb. 3, the UNMC College of Nursing celebrated the opening of the Morehead Center for Nursing Practice, which will benefit people across the state.

Morehead, who died in 2000, was a University of Nebraska-Lincoln alumnus and former Lincoln and Omaha automobile dealer. He served as a University of Nebraska Foundation trustee and was a longtime supporter of university athletics. He began supporting UNMC and the College of Nursing in 1988 after receiving care at the former University Hospital, now The Nebraska Medical Center.

The Morehead Center for Nursing Practice will provide an infrastructure for the coordination, support and development of faculty nursing practices, said Kathryn Fandt, D.N.Sc., associate professor of nursing and interim director of the center. Housed in Omaha, it will focus on improving the quality of patient care through education, research and outreach to the underserved.

Faculty nursing practices are contracted services for health care provided by nursing faculty typically in community settings. The practices include a variety of health services such as primary care, health promotion, helping vulnerable populations gain access to health services, and involvement and evaluation of community health projects.

Some services are provided through the college's nursing centers, which include the Panhandle Hispanic/Native American Diabetes Outreach Clinic in Scottsbluff, the Senior Health Promotion Center in Lincoln, the Family Health Care Center in Omaha and the Cosmopolitan-UNMC College of Nursing Mobile Nursing Center.

About 25 percent of college faculty have nursing practices, Dr. Fandt said.

"The Morehead Center for Nursing

Practice will help us coordinate our nursing practices, expand our activities, negotiate contracts and market our services," Dr. Fandt said. "We don't want to give up our indigent care, so we need profit centers to subsidize them, all the while improving care and increasing access. Up until now, the faculty has had to do it on their own.

We will have the opportunity to really make an impact on patient care in ways we haven't been able to do before. Nurses in academia are leaders in terms of evolving



Ken Morehead's niece and nephew attended the grand opening of the Morehead Center for Nursing Practice. Pictured from left to right are: Marc Morehead, Virginia Tilden, dean of the UNMC College of Nursing and Kristine Hansen-Cain, R.N., M.S.

nursing practice. In education, we have to do research to improve patient care - then take research-based knowledge and apply it in practice."

An increase in faculty nursing practices will enable the college to hire more faculty members to teach. Currently, the college doesn't have enough faculty or space to accept all the qualified students who apply to its undergraduate programs across the state.

Virginia Tilden, D.N.Sc., dean of the UNMC College of Nursing, said the gift will make a difference in the lives of patients. "Nurses help people stay well longer and maximize their quality of life once illness befalls them," she said. "Nursing truly is the science of caring for people."

Drs. Tilden and Fandt say college faculty are involved nationally in developing new nursing standards. They see the center as a way to help position the college in becoming a national leader in academic nursing practice models.

"The faculty use creative, innovative models to deliver care to vulnerable populations and have been forward-thinking in incorporating nursing practice into their workload. The center will enable the college to achieve many of its ambitious goals in the pursuit of nursing excellence," Dr. Tilden said.

Gloria Gross, Ph.D., R.N., assistant dean, UNMC College of Nursing West Nebraska Division, said the center is a boon for faculty and nurses in western Nebraska because it provides clinical services that are based on strong research and that work well. "We will be able to have a database for unified reports which will help us obtain grant funding for our clinical enterprises," she said. "The faculty are especially interested in ways to promote publications related to their clinical work."

Kristine Hansen-Cain, R.N., M.S., the niece of Morehead, said her uncle always was complimentary about the nursing care he received during his lifetime. "I believe he intuitively felt nurses were undervalued for the important services and care they provided across many different health care settings," she said. "From a business perspective, he would be very pleased to know his donation will make a positive impact on the community and Nebraska in particular."

The Morehead gift also enabled the college to establish the Kenneth E. Morehead Chair in Nursing to help recruit an outstanding scholar in clinical research.

A veteran of the Korean War, Morehead built a prosperous automobile dealership with locations in Falls City, Beatrice, Lincoln, Omaha and Kansas City, Mo. He was one of nine members and three generations of the Morehead family to graduate from the University of Nebraska. A longtime resident of Falls City, he was the grandson of former Nebraska Gov. John Henry Morehead.

College of Nursing Alumni Reunion Set for June 4

Please join us for the UNMC College of Nursing Silent Auction on Friday, June 3 and the Alumni Reunion on Saturday, June 4. Please complete the form below and mail it to UNMC College of Nursing Alumni Association, 985200 Nebraska Medical Center, Omaha, Nebraska 68198-5200 or fax it to (402)559-8956. You can also register online at www.unmc.edu/alumni.

A silent auction will be held Friday, June 3 from 9 a.m. - 3 p.m. in the Durham Outpatient Center West atrium. Proceeds benefit the College of Nursing Alumni Association. Auction items include a 4-night cabin stay in the Black Hills; a 7-10 night stay in a house on Lake Cushman in Hoodspout, Washington; gift certificates for restaurants; hotel overnight stays; tickets to Omaha area attractions and sporting events; stethoscope; uniform shop gift certificates; and much more. Go to www.unmc.edu/alumni for a list of auction items.

Reunion Schedule:

9 a.m.	Registration (coffee cake and coffee available)
9:30 a.m.	Annual Meeting (If the annual meeting ends early, we will begin taking the class photos). Welcome by Minnie Thornton, GND, BSN, '55, '58, Alumni Association President
10:30 a.m.	Class Photo Session
11:30 a.m.	Lunch Buffet
Noon	<ul style="list-style-type: none"> Welcome and Comments by Virginia Tilden, DNSc, RN, FAAN, Dean, UNMC College of Nursing, "UNMC College of Nursing's Agenda of Excellence" Introduction of Honor Classes Presentation to the Class of 1955 Presentation by the Class of 1965 2005 Alumnus Awards Keynote Speaker Ada Lindsey, PhD, RN, "Vision of the College of Nursing History Museum"
1:30 - 2 p.m.	Break
2 - 3 p.m.	Campus shuttle and walking tour
2 - 4:45 p.m.	Grand Opening of the College of Nursing and Alumni History Museum, Enjoy tours of the history museum and a reception in the College of Nursing Commons

Please RSVP by May 26. No refunds after May 27.

Please Print Name for nametag:

First Name _____ Maiden _____ Last _____ Class Year _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ E-mail _____
 Spouse/Guest's Name _____

Check the following:

CONAA Member/Faculty: \$30/person \$ _____
 CONAA Non-Member/Spouse/Guest: \$40/person \$ _____
 New Graduate (Dec. 2004 and May 2005)/Student \$15/person \$ _____
(Cost of event pays for expenses for entire event, not just your lunch).
 I would like to order a reunion class photo. \$15.50 \$ _____
(includes photo and postage)/photo

Total Amount Enclosed:

I will go on the shuttle and walking tour (# _____ of people)
 I will attend the Grand Opening of the History Museum and reception (# _____ of people)

Make check payable to CONAA or charge my:

Visa Mastercard Discover

Card Number _____

Exp. Date _____

Signature _____

You can also register online at www.unmc.edu/alumni or fax your response to (402)559-8956.

Accelerated Programs Fill Two Needs:

Story by Lisa Spellman

The United States is a nation in need of nurses.

This shortage has Colleges of Nursing across the country scrambling to find ways to alleviate the problem before it becomes an epidemic.

The simple solution – get more undergraduate students to pursue a career in nursing – seems easy enough. But the reality is many nursing colleges are facing a shortage of their own.

“To fix the nursing shortage you have to produce more nurses, to produce more nurses you have to have more faculty,” said Margaret Wilson, Ph.D., B.S.N., associate dean for graduate programs at the University of Nebraska Medical Center College of Nursing.

It’s a vicious cycle that UNMC’s College of Nursing has taken head-on, said Dr. Wilson.

Last year, the College of Nursing began offering two programs that accelerate the learning process for nursing students. The goal is to get more nursing faculty and nurses where they are needed most: in the classroom and into clinical practice.

The programs address both issues, Dr. Wilson said. The accelerated B.S.N. is aimed at helping professionals who already have a bachelor’s degree to earn a bachelor of science in nursing in 12 months.

The other program is aimed at helping those nurses who want to teach earn a Ph.D. more quickly, accelerating their transition to the teaching role.

“In most academic disciplines it takes 10 years from the time a student enters undergraduate school to the time they earn a Ph.D.,” Dr. Wilson explained.

That is the trajectory if the person focuses on going to school, she said. But in real life, often what happens is the student graduates with a BSN, goes to work, gets married, has children, buys a house and now has too many financial and social responsibilities and not enough time to pursue a Ph.D.

“The average age of a nurse entering the Ph.D. program is 42,” said Dr. Wilson. “And that is usually on a part-time basis, so the average age this person begins teaching

is 52. That doesn’t leave much time to teach and begin a research program before the person is ready to retire.”

Which is why Dr. Wilson and her colleagues developed the Fast Track Ph.D. program.

“We need to encourage younger, capable B.S.N. students to consider a career in teaching,” she said.

Dr. Wilson said she expects to enroll the first cohort of students this fall.

The students will take approximately 15

credits at the Master’s level so that they have graduate preparation in a clinical specialty.

They do not receive the MSN but instead move directly on to the Ph.D. program.

While the students do not receive the MSN, said Dr. Wilson, they do take a specialty in one of the following areas: pediatrics, gerontology, women’s, adult, mental or community health.

This meets the state board of nursing’s requirement that nursing instructors have a nursing specialty in order to teach in basic undergraduate BSN programs, she said.

“They are not nurse practitioners,” said Dr. Wilson. “Our fast track Ph.D. program



“To fix the shortage you produce more to produce nurses you have more

Margaret Wilson
Associate dean at the U
Medical Center C

Nursing Student Elizabeth Harris who takes traditional nursing students to first undergraduate studies) – a b

Produce More Nurses and Nursing Faculty

is intended to produce beginning nurse scientists who are able to teach in basic undergraduate B.S.N. programs.”

Already the accelerated B.S.N. program has proven popular, said Catherine Todero, Ph.D., B.S.N., M.S.N., associate dean of undergraduate programs at the College of Nursing and project director for the new accelerated program.

The program, which is funded by a three-year \$1.17 million grant from the Health Resources and Services Administration Bureau of Health Professions, is at capacity.

All 20 slots are full with hopeful nursing students working at a grinding pace to com-

plete their degree by the end of the year.

“These students will finish in one year what the traditional nursing students learn over the course of 2½ years,” Dr. Todero said.

The students in this program will spend an average of 40 hours or more a week attending classes, doing lab work, going to clinics and studying, she said.

“This program is intended to quickly address the nursing shortage,” she said. “But it also presents an opportunity for people

who have a degree but can’t find a job, or who are unsatisfied with their current career choice, to switch to a rewarding career in nursing.”

Dr. Todero said that when looking at applicants for the program, the admissions committee carefully weighs their social and family obligations against the commitment a student must make in order to successfully complete the program in 12 months.

“Someone with children will need tremendous support if they are going to be attending classes five to six days a week,” she said. “Another thing to consider is the financial obligation. A student simply won’t have time to work even part-time with such a fast academic pace.”

The curriculum, said Dr. Todero, is set up so that students enrolled in the accelerated program will take some of the traditional courses like pharmacology and nursing research with their peers and clinical classes at an accelerated pace.

“Many traditional nursing courses are offered on Monday, Wednesday or Friday across a 15-week semester block,” said Dr. Todero. “We sandwiched our accelerated program around the traditional program and found days and times when the accelerated courses could be offered.”

The first semester of the program is broken down like this: during the first 7½ weeks of the traditional 15-week program the students spend eight hours in lab or clinics on Tuesday and Thursday learning basic skills, such as how to start an I.V. or administer an injection, and to do health histories and physical assessments.

The second 7½ weeks is spent in a medical-surgical class at 16 to 20 hours of lab or clinical work per week.

By the end of the 15 weeks, the accelerated nursing students will have finished seven courses compared to only four completed by the traditional students.

In this way, said Dr. Todero, the accelerated nursing students will earn their B.S.N. in one calendar year instead of the 2½ academic years it usually takes.

“There are some courses that last up to nine weeks,” she said.

The grant funding used to create this program has also allowed the College of Nursing to do some creative things with

(continued on page 14)

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University of Nebraska
College of Nursing**

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achelor of science in nursing.**



Self-Motivated Learner Finds Accelerated Program Challenging

Editor's note: In her own words, nursing student Elizabeth Harris describes what it is like to be enrolled in the new accelerated bachelor of science in nursing program at the UNMC College of Nursing. The 12-month program condenses into one year what the traditional nursing students learn over two-and-a-half years. Harris is one of 20 students expected to finish the program and graduate with a BSN in December.

I started out my college career as a psychology pre-med student at UNL and decided that I enjoyed the social sciences more than the bench science found in many of my medicine pre-requisites. After getting some experience in research and working, I found that I was still feeling a call toward health care.

Nursing is great because not only do you get to look at the clinical aspects of things, you also take a look at patients in a more holistic manner – looking deeper into our common human experience. My psychology background works great with this.

For me, this program is perfect because I am a self-motivated learner and have a strong work ethic. I have a lot of experience in independent study and loaded semesters in college.

I definitely feel overwhelmed at times. A classmate of mine calculated that with studying time (assuming the standard 3



Elizabeth Harris

hours for each credit hour), eating, sleeping and class time we have 10 hours of free time a week. Most of that time I wish I could be sleeping. Luckily, everyone in the program is really positive and motivated, which makes the long hours tolerable.

What keeps me motivated is knowing that this program is only 12 months and that

every skill I learn is going to be important when it comes to the care of others as a nurse. My classmates are also very motivating in that they work really hard while still spending time with family and keeping up with other responsibilities.

A typical day starts much too early and ends in the evening. I go home, eat, finish any paperwork or assignments that are due the next day, maybe study for an upcoming exam (which is quite often when you are taking 25 credit hours) and then hopefully get a half-hour to maybe watch some TV. I think I allot myself a little more than the 10 hours of free time my classmate calculated. I really appreciate any chance I get to spend time with friends and family on the weekends.

If I had to give some advice to the next students coming in I would say if you can handle some fast-paced learning and a little bit of stress, go for it. I would also tell them to get organized early. It's really about maximizing your time to advance your career.

Accelerated Programs (continued from page 13)

course work that will impact all nursing students, said Dr. Toderó.

With the extra resources the college has been able to create individual skill modules that are videotaped demonstrations by a faculty member. The collection of skill demonstrations are then burned onto a CD and can be handed out to the students as a digital procedure manual.

"The proper way to put on surgical gloves and still maintain the sterility of the gloves is one example," said Dr. Toderó. "The student can take the CD home, practice the skill over and over again and then come back and demonstrate their competency before an instructor."

This method allows the student more flexibility and frees up class time that faculty can then devote to other things, she said.

Cognitive and affective skills training can also be accomplished this way.

Another important advantage of the funding, said Dr. Toderó, is that it will allow the creation of simulations and graphics to make a lesson on something like heart failure

more visual and interactive for the student, rather than just sitting in a class for hours listening to lectures.

These new technology enhanced teaching methods and accelerated degree programs are just a few examples of the creative ways the College of Nursing is meeting the growing demand for health care

providers across the nation.

The College of Nursing is committed to maintaining and improving the educational quality of its programs, said Dr. Toderó, while advancing the credentials of all nursing professionals and meeting the needs of the state and nation for highly educated nurses.

Criteria to enter accelerated B.S.N. program:

- Must already have a bachelor's degree.
- Must have taken the seventeen required nursing pre-requisites such as, anatomy, physiology, chemistry and microbiology.
- Must be able to make a full-time commitment with minimal outside social and financial obligations.

Criteria to enter B.S.N. to Ph.D. fast track program:

- Must have a high GPA and good GRE scores.
- Must have good recommendations.
- Must express a stated interest and intent to pursue an academic career.
- Must be able to make a full-time commitment.
- Must have a research interest that matches faculty expertise.

Pictures, Uniforms and Other Memorabilia Chronicle the History of the College of Nursing

Story by Lisa Spellman

With every box she opens Audrey Nelson, Ph.D., R.N., chairman of the UNMC College of Nursing and Alumni History Museum committee, gets more and more excited.

"It's just like Christmas," said Dr. Nelson. "You never know what you are going to get."

In one box Dr. Nelson recently received from a former alumni, is a carefully wrapped 1950s era nurses uniform, complete with a starched white collar and brand new cap.

Accompanying the collection of memorabilia is a guidebook given to student nurses at the time. The guidebook provided information for the students about proper etiquette, when and where to wear their uniforms and their dorm curfew.

Nurses and nursing students past and present will get to see these artifacts and many others with the opening of the UNMC College of Nursing and Alumni

History Museum on June 4. The museum is located on the third floor of the College of Nursing.

Times have changed since the nursing school first opened its doors in 1917.

Conkling Hall, which once housed the University of Nebraska School of Nursing, is a faded memory.

And the long, blue and white-stripped dress uniforms the nursing students once wore have been replaced with plain white shirts and pants.

"When the school of nursing first began in 1917 students were awarded diplomas," said Dr. Nelson. "Then the nursing school moved from Conkling Hall to the current Specialty Services Pavilion building in 1956 when it began the degree program that was accredited in 1965. In 1972 the school of nursing name was changed to the College of Nursing and approved by the Board of Regents. In 1975 the faculty and students moved to the current College of Nursing building."

Those transitions are captured in

pictures, artifacts and uniforms representing almost every era.

"There is a glass syringe, an army cadet uniform and probably 100 donated school-books," Dr. Nelson said.

A storage room adjacent to the history museum room is filled with memorabilia, she said.

The museum room is designed in such a way that allows for three, floor-to-ceiling glass display cases visible from the hallway. Each will feature a mannequin dressed in a different nurse uniform.

Inside the room, there will be touch screen computer stations, each with a three-to five-minute video featuring historical facts about the College of Nursing.

In another part of the room there will be sound hoods that visitors will be able to stand in and listen to the taped memories of alumni.

The museum is broken down into four areas: education, scholarship and research, service and the taped memories area.

"The history museum had been the vision of former College of Nursing Dean Ada Lindsey, Ph.D., since 2001," said Dr. Nelson. "The history museum committee has put a lot of work into this and should be commended for their efforts."

Dr. Nelson said she hopes that exhibits would rotate every six months.



Pictured from left to right are: Audrey Nelson, Rosalee Yeaworth, Elizabeth Kentopp, Carol Wilson and Minnie Thornton in the new UNMC College of Nursing and Alumni History Museum room.

Donor Finds Satisfaction in Giving

Story by Lisa Spellamn

*A*lumnus Sharon Redding, M.S.N., R.N., is a financial supporter of the University of Nebraska Medical Center College of Nursing, but she considers herself more than that.

Being a donor to the College of Nursing is about more than just giving money, says Redding.

"It's also about enriching another person's life by sharing your time, talents and being involved," she said.

Redding, an associate professor of nursing at the College of Saint Mary, has seen first-hand how her monetary and other donations have helped people realize their dream of becoming a nurse.

Every year when Redding and her peers from the graduating class of 1968 gather for a reunion, they invite the person who receives the Nancy Anderson Griffiths scholarship to Redding's house for an informal "meet and greet."

"I feel it makes a big difference when you see and meet the person whom you have helped get an education," Redding said.

The Griffiths scholarship was established by the UNMC College of Nursing Class of 1968 10 years ago to honor a former classmate, she said.

"We fund the education of a nurse practitioner," Redding said, "because there is not much money or grants available to those students."

Redding said it was particularly satisfying to meet the scholarship winner from 2003.

"This young woman was intelligent and excited about being a nurse practitioner," she said. "I think she was also quite surprised when she came to my house and met us. I think she expected to see a bunch of little old ladies in wheelchairs."

What she didn't expect to find was a roomful of mentors who could guide her on career moves and research projects and

pass along the kind of wisdom that comes only with years of experience.

"She graduated in 2004 and is now a nurse practitioner working in a rural area for the physician husband of one of my classmates," Redding said.

"We fund the education of a nurse practitioner, because there is not much money or grants available to those students."

Sharon Redding,
M.S.N., R.N.

After Redding graduated from the UNMC College of Nursing in 1968, she joined the Peace Corps and spent the next four years in Liberia and Chad. She briefly returned to Omaha working as a staff nurse at a local hospital before leaving the country again with Project HOPE, spending the next eight years in Brazil teaching nursing at two universities.

Redding earned a master's degree from the University of Washington in Seattle before accepting a teaching position at the College of Saint Mary in 1985.

Since then, Redding has been an active member of the College of Nursing Alumni Association, serving as president, working on the first effort to raise funding for an endowed chair and spearheading other campaigns to generate support for the college.

"Being an involved alum is just as important a part of being a donor as giving money is," said Redding. "Support the dean with ideas, take time to help with a project or simply lend your creativity to help another member and you will be surprised at how rewarding it can be."



UNMC College of Nursing alumnus Sharon Redding, M.S.N., R.N., teaches nursing at the College of Saint Mary in Omaha, Neb.

University of Nebraska Foundation College of Nursing

Donor Report 2-12-04 through 2-12-05

This **Annual Donor Report** reflects support benefiting the University of Nebraska College of Nursing. We gratefully acknowledge the following contributions, recognition gifts, and memorials made through the University of Nebraska Foundation that were received from 2-12-04 through 2-12-05. These generous gifts were made by individual donors, corporations and foundations. We regret any omissions or errors. **Thank you for making a difference!**

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You Make a Difference!



Patty Sherman

In this first issue of *Advances*, you might find your name in the **Annual Donor Report** that reflects gifts made to the College of Nursing during the period February 12, 2004 through February 12, 2005. We'd like to thank everyone who has **made a difference** by financially supporting the College over the past year. This assistance is vital to the health of the College, as state funding is greatly decreased due to budget constraints. We welcome new donors, and recognize those of you who have contributed over the years.

There are multiple ways that alumni, friends, faculty, businesses and corporations donate to aid College of Nursing students, programs and research.

- Many people give each year when they receive an Annual Fund request in the mail.
- Some wish to remember a classmate, faculty member or loved one with a memorial or honorary donation.
- Others choose to support research, establish a named scholarship, or create a fellowship.
- Named, endowed Chairs and Professorships are wonderful, impactful gifts that enable the College to attract and recruit the outstanding educators that prepare our nursing students. Examples include the **Charlotte Peck Lienemann and Alumni Chair**, the **Dorothy Hodges Olson Chair**, and the **Florence Niedfelt Professorship**. As a number of our faculty retires over the next few years, there is a great need for support in this area.
- Classmates unite together to fund class projects, such as the new **Class of 1965 Esther Sock Dworak Memorial Fund**, which supports urgent needs of children at the Family Health Care Center, a clinical enterprise of the College of Nursing.

- Faculty participate through payroll deduction.
- A number of companies match employee gifts, thereby doubling the amount received by the College.

Unrestricted gifts, which can be used for the areas of greatest need within the College, allow the Dean flexibility and responsiveness as the College's requirements grow and change over time. The recent Kenneth E. Morehead gift, entirely unrestricted, created the **Morehead Center for Nursing Practice** and the **Kenneth E. Morehead Chair in Nursing**. The Morehead name will create new possibilities and be associated with the UNMC College of Nursing for many, many years to come.

Another way to provide for the future is to include the College in your estate plans. The foresight of those who have passed away is evidenced by gifts that have greatly expanded the opportunities for the College, and in turn, the nursing profession. Planned gifts can be in the form of real estate, insurance policies, and numerous other possibilities that provide benefits for the donor, including tax savings and income arrangements.

I am privileged to work with the College of Nursing through the University of Nebraska Foundation. The Foundation is a non-profit organization established by the Board of Regents that raises and manages private gifts to the College. If you have questions about establishing a new fund or scholarship, making long-range plans, giving through a different vehicle, or ways in which you can become involved, please contact me at any time. I'd love to talk with you!

The College of Nursing greatly appreciates all gifts, of any size, as a way to assure the continued excellence of nursing education provided at the University of Nebraska. **Thank you---you make a difference.**

Patty Sherman
 Director of Development, University of Nebraska Foundation
 402.595.2302, psherman@foundation.nebraska.edu

The 2004-2005 College of Nursing Alumni Association Membership Campaign began July 1, 2004. Thanks to all of you have given to this year's campaign. Your continued interest and participation will ensure the association's vitality and growth. If you have not already joined the College of Nursing Alumni Association, please complete the following form and mail with your payment to: CONAA, 985200 Nebraska Medical Center, Omaha, NE 68198-5200. You can also join or renew online at www.unmc.edu/alumni.

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Funded Research for 2004

Faculty research activity

The College of Nursing is dedicated to growing its research initiative. This list represents grants funded to faculty in the College of Nursing for the fiscal year 2004-05. Funding sources are identified by agency. Research grants enable researchers to forge new paths toward improving the health and quality of lives of individuals, families, and communities in Nebraska and beyond.

Culture-Specific Type 2 Diabetes Prevention for Urban Hispanic School Children

UNMC Minority Health Research Grant

Kathleen Barr, Ph.D., Assoc. Prof., Gerontology, Psychosocial and Community Health Dept., Omaha Division

This study is testing if tailored lifestyle interventions for children are an effective intervention to prevent Type 2 diabetes.

Fatigue & Breast Cancer: A Behavioral Sleep Intervention

National Institutes of Health, National Institute of Nursing Research R01 Grant.

Ann Berger, Ph.D., Assoc. Prof., Adult Health and Illness Dept., Omaha Division

This study is testing an intervention to reduce fatigue in women with stage I or II breast cancer by promoting daytime activity, improving sleep quality and decreasing symptom and psychological distress.

Multicomponent Treatment for Female Smokers

State of Nebraska Department of Health and Human Services

Lynne Buchanan, Ph.D., Asst. Prof., Adult Health and Illness Dept., Omaha Division

The purpose of this study is to improve smoking cessation and psychological outcomes in a sample of female patients who have quit smoking by using multicomponent treatment intervention.

The Use of a Structured Walking Exercise Adherence Intervention to Improve Outcomes in Patients with Heart Failure

2004 College of Nursing Development Research Grant

Kathleen Duncan, Ph.D. Assoc. Prof., Adult Health and Illness Dept., Lincoln Division

The purpose of the study is to test an exercise adherence intervention in patients with heart failure following completion of a cardiac rehabilitation program.

Nurses' Care Planning and Documentation Practices and the Development of Patient Complications: A Descriptive Study

College of Nursing Research Fund

Karen Grigsby, Ph.D., Assoc. Prof., Parent-Child, Administrative, Education and Science Dept., Omaha Division

The purpose of this study is to describe practices of nurses as they plan and deliver patient care prior to implementation of Knowledge Based Charting© as well as the occurrence of patient complications using the current system of planning, implementing, and documenting care delivery.

Culturally Competent Nurse Case Management to Foster Diabetes Self Management by Latinos

UNMC Minority Health Research Grant

Gloria Gross, Ph.D., Assistant Dean and Assoc. Prof., Scottsbluff Division

The purpose of this study is to pilot test and evaluate the effect of a culturally competent nursing case management intervention on adherence to a diabetic regimen of self-care management in Hispanics with Type 2 diabetes.

The Experience of Becoming a Mother in Adolescence

College of Nursing Research Fund

Margaret Kaiser, Ph.D., Asst. Prof., Gerontology, Psychosocial and Community Health, Omaha Division

The purpose of this grounded theory research is to describe the basic social psychological situation of becoming a mother for first-time pregnant and parenting middle adolescent mothers and the social psychological processes used to manage the situation.

System Effectiveness in Meeting Needs of Single, Low Income Mothers: A Grounded Theory

College of Nursing Research Fund

Rebecca Keating-Lefler, Ph.D., Asst. Prof., Parent-Child Administrative Education and Science Dept., Omaha Division

The purpose of this study is to explore and describe perceptions about how effective the health care and the welfare systems are in meeting the needs of single, unpartnered low-income mothers prior to and after the birth of their baby.

Motivational Interviewing to Promote Adherence to Behavioral Changes in Rural Livestock Producers

Regional West Foundation

Rebecca Kreman, Ph.D. Candidate, Scottsbluff Division

The purpose of this study is to compare the impact of motivational interviewing versus standard education on dietary intake of fat, saturated fat, cholesterol and daily physical activity among livestock producers with the goal of reducing the risk of cardiovascular disease.

Outcomes for Spousal Caregivers Receiving a Telehealth Social Support Intervention.

2004 College of Nursing Development Research Grant

Louise LaFramboise, Ph.D., Asst. Prof., Adult Health and Illness Dept., Omaha Division

The purpose of this study is to test the effects of an eight-week social support intervention in increasing health behaviors of coping and sleep, and diminishing stress for spousal caregivers of patients with heart failure, and, in turn, improving physical and mental health outcomes.

State of the Science and Practice Preconference Session

National Institutes of Health NCI R13 Grant

Audrey Nelson, Ph.D., Assoc. Prof., Parent-Child Administrative Education and Science Dept., Omaha Division

This five year grant supports the Association of Pediatric Oncology Nurses State of the Science and Practice Preconference Session to promote excellence in research of children with cancer and evidence-based nursing practice.

Psychosocial Responses of Youth Pre- and Post-Insulin Pump Therapy

Novo Nordisk Pharmaceuticals

Audrey Nelson, Ph.D., Assoc. Prof., Parent-Child Administrative Education and Science Dept., Omaha Division

The purpose of this three-year prospective study is to determine a relationship between the psychosocial responses of children and adolescents and their diabetes blood test before beginning and at regular intervals after insulin pump therapy.

A Self-Management Intervention for Adult Hispanics with Type 2 Diabetes

UNMC Minority Health Research Grant

Kathryn Nickel, Ph.D., Asst. Prof., Kearney Division

The purpose of this community-based pilot study is to test the feasibility of a culturally sensitive self-management intervention delivered by a Promotora, a lay health educator from the culture, on diabetic management outcomes with a group of Hispanic adults with Type 2 diabetes.

Heart failure Exercise And Resistance Training CAMP

National Institutes of Health, National Institute of Nursing Research R15 AREA Grant

Bunny Pozehl, RN, PhD, Associate Professor, Adult Health and Illness Dept., Lincoln Division

The goal of this study is to test the feasibility of an innovative exercise training camp intervention called HEART CAMP (Heart failure Exercise And Resistance Training CAMP).

Promoting Healthy Eating and Activity in Overweight Older Rural Women

2004 College of Nursing Development Research Grant

Carol Pullen, Ed.D., Assistant Dean, Prof., Rural Nursing Education, Omaha Division

The purpose of this study is to evaluate the feasibility and effect of an intervention using the Health Promotion Model to change the health-related behaviors of insufficient physical activity and poor diet in order to achieve weight loss among a vulnerable population of overweight rural women aged 50 to 69.

Timing Morphine with Beta-Endorphin Rhythms

NASA Nebraska Space Grant/University of Nebraska at Omaha

Natalie Rasmussen, Ph.D., Asst. Prof., Adult Health and Illness Dept., Omaha Division

The objective of this proposal is to determine the effect of morphine, administered at different times of the day, on the circadian beta-endorphin response rhythm in the brain tissue of mice after exposure to a pain stimulus.

Enhancing Physical Activity of Low Income Community Residing Older Adults

2004 College of Nursing Development Research Grant

Linda Sather, Ed.D., Asst. Prof., Gerontology, Psychosocial and Community Health Dept., Lincoln Division

The purpose of this pilot study is to evaluate the efficacy of a theoretically derived intervention to increase physical activity (moderate intensity physical activity, muscle strengthening and stretching exercises) and functional fitness in low-income community residing older adults.

Promoting Health Eating and Activity in Rural Women

National Institutes of Health, National Institute of Nursing Research R01 Grant

Susan Noble Walker, Ed.D., Chairperson and Prof., Gerontology, Psychosocial and Community Health Dept., Omaha Division

The purpose of this study is to evaluate the effectiveness of an intervention using the Health Promotion Model and generating tailored newsletters in changing the health-related behaviors of insufficient physical activity and poor diet among an underserved and vulnerable population of rural women aged 50 to 69.

Prevention of Osteoporosis in Breast Cancer Survivors

National Institutes of Health, National Institute of Nursing Research R01 Grant

Nancy Waltman, Ph.D., Assoc. Prof., Adult Health and Illness Dept., Lincoln Division

The purpose of this study is to test whether strength/weight training exercises enhance the effectiveness of risedronate, calcium and vitamin D in improving bone mineral density in postmenopausal breast cancer survivors.

An Intervention for Managing Pediatric Pain

Edna Ittner Trust Fund

Shirley Wiggins, Ph.D., Asst. Prof., Parent-Child Administrative Education and Science Dept., Lincoln Division

The goal of this pilot study is to test an intervention to be used at home by the child and family to manage acute postoperative pain following short stay tonsillectomy and adenoidectomy.

Symptom Management Intervention in Elderly CABG Patients

National Institutes of Health, National Institute of Nursing Research R01 Grant

Lani Zimmerman, Ph.D., Assistant Dean, Chairperson and Prof., Adult Health and Illness Dept., Lincoln Division

The purpose of this study is to test, in a sample of elderly coronary artery bypass graft surgery patients, the effects of a symptom management home care nursing intervention on recovery outcomes of physiological and psychosocial functioning and postoperative problems.

Graduate Students

Physical Activity Adherence in Black Women Over 65

National Institutes of Health, National Research Service Award

Karen Anderson, (PI)

Jan Atwood, (Advisor), Ph.D., Gerontology, Psychosocial and Community Health Dept., Omaha Division

The purpose of this research proposal is to pilot test the effectiveness of a Spiritually-Based Physical Activity intervention designed to promote light to moderate physical activity adherence in African American women over 62. The proposed dissertation study supports the Healthy People 2010 Physical Activity objectives, and the National Institute for Nursing Research mandate to develop culturally sensitive interventions to reduce health disparities.

Master's Degree Scholarship in Cancer Nursing

American Cancer Society

Kathy Byar, (PI)

Nancy Waltman, (Advisor), Ph.D., Assoc. Prof., Adult Health and Illness Dept., Lincoln Division

The purpose of this research is to examine patients' quality of life following autologous stem cell transplant and ways to improve patient outcomes and evaluate quality of life.

Psychometric Testing of the Meaning in Heart Disease Instrument

Sigma Theta Tau International

Brenda Skaggs, (PI)

Bernice Yates, Ph.D., Associate Dean for Research, Assoc. Prof., Niedfelt Nursing Research Center, Omaha Division

Cecilia Barron, (Co-Advisors), Ph.D., Assoc. Prof., Gerontology, Psychosocial and Community Health Dept., Omaha Division

The psychometric properties of a newly developed questionnaire, the Meaning in Heart Disease instrument, will be examined using reliability estimates, factorial composition, and construct validity among cardiac patients who underwent percutaneous coronary intervention in the past year.

Training Grants

Training grants enable the college to prepare nurse leaders who will provide quality health care to the citizens of Nebraska and transform health care systems in organizations and communities to improve the delivery of health care. Training grants also make possible the delivery of our nursing programs by innovative distance education technologies to increase access and enrollment for our undergraduate and graduate nursing students, and for minority and rural students. Further, other training grants focus on evaluating the effectiveness of community outreach programs designed to improve the health of the people in our communities.

State Incentive Cooperative Agreement (SICA)

Region 6 Behavioral Healthcare Services

Mary Cramer, Ph.D., Asst. Prof., Gerontology, Psychosocial and Community Health Dept., Omaha Division

The purpose of the proposed evaluative study is to measure the effectiveness of the new region-wide prevention system and its coordinated programs of service delivered by more than 25 agencies that are members of the Coalition Advisory Group regarding the knowledge, attitudes, and behavior toward substance abuse.

Tobacco Free Nebraska Program (MOTAC)

Region 6 Behavioral Healthcare Services

Mary Cramer, Ph.D., Asst. Prof., Gerontology, Psychosocial and Community Health Dept., Omaha Division

The purpose of this evaluative research study continues to be the identification and description of community outcomes regarding environmental tobacco smoke among the target population of restaurant proprietors in Douglas County.

Increasing Access to Care: Integrating FNP/PMH-APN Roles

U.S. Dept. of Health & Human Services

Kathryn Fiandt, Ph.D., Assoc. Prof., Gerontology, Psychosocial and Community Health Dept., Omaha Division

This project develops and implements an integrated curriculum to prepare advanced practice nurses as family nurse practitioner and psychiatric mental health advanced practice nurses (FNP/PMH-APN). Graduates will be able to address preventive and problem-focused care in both family practice and psychiatric mental health nursing, providing a holistic approach to advanced nursing care to individuals and families presenting with both primary care and psychiatric mental health needs.

Study of Mental Health Services Needed in Kearney Regional Area-Survey of Consumers and Families

Buffalo County Community Partners

Linda Jensen, Ph.D., Asst. Prof., Kearney Division.

This project addresses four specific Buffalo County Community Health Partners goals: access to health care, affordable housing, transportation, and mental health. A survey requesting information about needs of persons with serious mental illness (consumers) will be used to determine priorities for community mental health resource development.

Nebraska Medicaid Managed Care Program

Lincoln/Lancaster County Health Dept.

Katherine Kaiser, Ph.D., Assoc. Prof., Gerontology, Psychosocial and Community Health Dept., Omaha Division

The project is designed to provide data, analyses and recommendations for continuous quality improvement and management of the managed care enrollment, education, and public health nursing services of Nebraska Health Connection/Kids Connection, the Medicaid managed care program for the Nebraska Health and Human Services System.

Advanced Practice In Cancer Nursing

UNMC Educational Technology Grant

Barbara Piper, DNSc, Assoc. Prof., Adult Health and Illness Dept., Omaha Division

The primary purpose of this proposal is to augment an existing online, web-based course of instruction offered by the UNMC College of Nursing for advanced practice students in cancer nursing, with specific content related to evidence-based practice, cancer genetics, symptom management and transplant.

Distance Education of Undergraduate Nursing Students: An Innovative Model to Increase Access and Enrollment

U.S. Dept of Health & Human Services

Catherine Todero, Ph.D., Associate Dean for Undergraduate Programs and Assoc. Prof., and Carol Pullen, Ed.D., Assistant Dean and Prof., Rural Nursing Education, Omaha Division

The overall goal of this project is to develop and implement the didactic portion of our traditional nursing curriculum for distance delivery.

Accelerated BSN with Virtual and Simulation Learning

U.S. Dept of Health & Human Services

Catherine Todero, Ph.D., Associate Dean for Undergraduate Programs, Omaha Division

The purpose of this project is to expand enrollment in a baccalaureate nursing program by offering an accelerated curriculum enhanced with virtual and simulation learning. The accelerated BSN program option will be for those students seeking a second degree and desiring a career change to nursing.

C/PHN, NA, & NI Distributive Education for Rural Nurses

U.S. Dept of Health & Human Services

Donna Westmoreland, Ph.D., Assoc. Prof., Parent-Child, Administrative, Education and Science Dept., Omaha Division

The purpose of this project is to transform health care delivery in Nebraska by preparing nurses in three advanced practice specialties: community/public health nursing, nursing administration, and nursing informatics who will effect change in the systems that deliver health care to multiple populations throughout the state.

Professional Nurse Traineeship

U.S. Dept of Health and Human Services

Peggy Wilson, Ph.D., Associate Dean for Graduate Programs, Assoc. Prof.

This provides traineeship funding for graduate students.



Congratulations

Two University of Nebraska Medical Center College of Nursing faculty members have been appointed to the Florence Niedfelt Professorship.

Lani

Zimmerman, Ph.D., assistant dean and professor of nursing and **Ann Berger, Ph.D.**, associate professor of nursing and advanced practice oncology nurse, have been appointed to the endowed, three-year appointment effective April 1. The professorship honors and rewards outstanding faculty members for excellence in research, teaching, leadership, mentoring of colleagues and students, innovative leadership in a clinical service project, and involvement and work in organizations outside the college.

Drs. Zimmerman and Berger will receive \$25,000 over the next three years to support their research activities.

The Florence Niedfelt Professorship was named for the late Florence A. Niedfelt, of Grand Island, who bequeathed funds through the University of Nebraska Foundation for furthering the education of nursing students through scholarships and for professorships to honor outstanding faculty.



Lani Zimmerman, Ph.D., B.S.N., M.S.N.



Ann Berger, Ph.D., B.S.N., M.S.N.

University of Nebraska Medical Center College of Nursing Professor **Susan Noble Walker, Ed.D.**, has been appointed as the Dorothy Hodges Olson Chair in Nursing, effective April 1. Dr. Walker is professor and chairperson of the UNMC College of Nursing Department of Gerontological, Psychosocial and Community Health Nursing.

The endowed chair position supports a distinguished nurse scholar with research in women's health, and is expected to enhance the quality of the research, teaching and practice efforts of the college to foster leadership in health care. The chair, which was established in 1995, is a three-year term, with potential for reappointment.

The Dorothy Hodges Olson Chair in Nursing, the first fully endowed chair in the UNMC College of Nursing, was established through a contribution from Dorothy and Leland J. Olson, M.D. Dorothy Hodges Olson is a graduate of the UNMC College of Nursing Class of 1943. She received a bachelor's degree in nursing from the University of Nebraska at Omaha in 1967.

Linda R. Cronenwett, Ph.D., R.N., F.A.A.N., is the 2005 UNMC honorary degree recipient.

Dr. Cronenwett, who was nominated by UNMC Chancellor Harold M. Maurer, M.D., was chosen because of her dedication to improving nursing education on a national scale to ensure quality and safety in health care.

As dean of the school of nursing at the University of North Carolina at Chapel Hill, Dr. Cronenwett is committed to improving healthcare education and ensuring that future health professionals are capable of creating and constantly improving the safety of the healthcare delivery systems in which they work.

Because of her national stature and credibility in quality improvement, Dr. Cronenwett has influenced 20 AACN schools of nursing to join with their schools of medicine in a national effort to promote systems improvement in education for all health professionals.

Furthermore, she influenced the American Academy of Nursing to devote an entire program on this topic to engender awareness and buy-in from the nursing leadership community.



Susan Noble Walker, Ed.D., R.N.



Linda R. Cronenwett, Ph.D., R.N., F.A.A.N.

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