



GROWING FOR THE FUTURE

Plans are underway for a state-of-the-art UMSN Learning Center

Next summer, the School of Nursing will begin a new and exciting growth phase as construction crews start work on a 75,000 square foot facility—the first building in UMSN history designed specifically to support academic programming. When it's completed in the Fall of 2015, the \$50 million expansion will include instructional spaces, a clinical learning center with simulation and skill labs, and simulated patient suites, all in a setting that fosters collaboration and community.

The new learning center, designed by the architectural firm of RDG Planning and Design, was approved by the University of Michigan Regents in July. The expansion site is located near the School's current building, which will continue to be used to house individual offices, small classrooms, and research space.

Speaking on behalf of the entire UMSN community, Dean Kathleen Potempa noted that the new facility will allow UMSN to fulfill its leadership role in meeting the public health needs of the world. "With the growth in academic and research programs and increases in student enrollment that we are experiencing, this expansion creates the additional space needed for our students to practice, research, engage, learn, and succeed," she points out. "The new learning center will enable us to deliver exceptional education and prepare a skilled workforce of nursing scientists, educators, and advanced practice nursing professionals."

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— Dean Kathleen Potempa

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Dean's Message

The future of nursing can and will change due to the recent decision by the U.S. Supreme Court to uphold the Affordable Care Act of 2010 (ACA). Undoubtedly, the demand for nursing will expand as nearly 30 million previously uninsured Americans will have access to insurance coverage. In addition, the demand for nursing services to improve care coordination and access to primary care through Advanced Practice Nurses [APRNs] will increase.

Nurses must assume leadership in making necessary changes to bring about better care at lower cost, as the 2010 IOM Report indicated. A good deal of the ACA addresses the necessary improvements needed in health promotion, illness prevention, and management of chronic illnesses. The entire value proposition of the ACA is dependent on improving these aspects of health care.

For nurse practitioners to fully contribute to provider networks established through the insurance exchanges and/or expanded Medicaid coverage, states will need to assure that nurse practitioners and other APRNs are able to practice to the full extent of their education and training through licensure legislation and qualification for provider panels. If not, the ability for states to meet the necessary provider numbers will likely come up short. The simple fact is that data indicates that physician providers alone will not be able to meet the demand created with expanded insurance coverage provided either by Medicaid or private insurance companies.

The ACA provides significant expansion of access to health care insurance as well as incentive to improve care quality and delivery. Nurses are at the core of what will make implementation of the ACA successful.

Kathleen Potempa, PhD, RN, FAAN

Dean and Professor



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PASSING WITH FLYING COLORS UMSN Receives Renewed CCNE Accreditation

Last year, as happens every 10 years, the U-M School of Nursing underwent a rigorous reaccreditation process conducted by the Commission on Collegiate Nursing Education's (CCNE) Board of Commissioners. The evaluation included a comprehensive site visit by representatives from other accredited nursing schools, during which the team examined all aspects of the school's BSN and MS programs and resources.

At its meeting in April, the Board renewed accreditation to UMSN's baccalaureate and master's degree programs for another 10 years, extending to June 30, 2022.

PRODUCING THE NEXT GENERATION OF RESEARCH LEADERS

Hillman Scholars Program in Nursing Innovation awards UMSN \$3 million grant

For over half a century, the Rita and Alex Hillman Foundation has worked to improve the lives of patients and their families through nurse-led initiatives. Recently, the Foundation selected UMSN as one of only three schools to receive a Hillman Scholars Program in Nursing Innovation grant in the amount of \$3 million.

The official focus of the School's Hillman Program is effectiveness and implementation science for health promotion and chronic illness care in vulnerable populations.

Undergraduate nursing students are selected as Hillman scholars after their sophomore year. From there, they will take an accelerated path to receive their PhDs in about 5 years. After completing a three-year doctoral program, Hillman scholars will be prepared to lead scientific discoveries, conduct high-impact intervention research, and enter a competitive post-doctoral fellowship.

According to Associate Dean of Graduate Studies Dr. Susan Pressler, who will serve as program director, the grant represents both a great honor and a great responsibility: "The Hillman Scholars Program builds on strengths of the current PhD program and allows faculty the opportunity to design innovative courses and learning strategies so we continue to prepare scientists who are leaders in health care research."

Meet our first cohort of Hillman Scholars and their faculty advisors:

Ms. Kristen Choi — Advisor Dr. Julia Seng

Ms. Emily Neff — Advisor Dr. Antonia Villarruel

Ms. Allison Grekin — Advisor Dr. Barbara Brush

Ms. Jordan Harrison — Advisors Drs. Marita Titler and Marcelline Harris

Ms. Joslyn Jackson — Advisor Dr. Marjorie McCullagh

Ms. Daphne Sy — Advisor Dr. Susan Pressler

PARTNERING WITH THE PEACE CORPS

UMSN becomes first nursing school to join the Master's International Program

The University of Michigan has always had a special relationship with the Peace Corps. On October 14, 1960, Senator John F. Kennedy delivered an unprepared campaign speech to more than 5,000 U-M students, challenging them to promote peace by serving in developing countries around the world. The Peace Corps was established a year later, and since then more than 2,330 U-M alumni have served in the organization.

Soon, the School of Nursing will add to that number through a unique collaboration with the Peace Corps' Master's International (MI) program.

Beginning this fall, Master's students who add the School's new International Health Concentration (IHC) to their degree can fulfill the hands-on training requirement through Peace Corps service work, as part of the MI program. These students will graduate in four years with an MS degree, reinforced by the professional and leadership experience resulting from their 27-month term of service.



UMSN is the first and only school of nursing to offer this opportunity. In doing so, it hopes to enrich the MS pool of applicants by attracting large numbers of service-minded, globally-oriented candidates.

As Peace Corps Health Extension Volunteers, students will work with communities to encourage behaviors that promote health, treat disease, and facilitate rehabilitation. Participants may train regional health workers in preventative care or prepare community residents to provide for their own health needs. Project areas include maternal/child health, nutrition, HIV/AIDS prevention education, water/sanitation, and nurse training.

To learn more about the Peace Corps program visit the website at <http://nursing.umich.edu>

SPOTLIGHT ON RESEARCH

UMSN Assistant Professor Ellen M. Lavoie Smith, PhD, APRN, AOCN

U-M Research Study Finds Antidepressant Helps Relieve Pain from Chemotherapy

In a recent study conducted at the U-M, the antidepressant drug duloxetine, known commercially as Cymbalta, helped relieve painful tingling feelings caused by chemotherapy in 59 percent of patients—making it the first clinical trial to identify an effective treatment for this particular pain.

Chemotherapy-induced peripheral neuropathy is a common side effect of certain chemotherapy drugs. Most patients experience an uncomfortable tingling feeling, usually in the toes, feet, fingers and hands. However, for about 30 percent of patients, the sensation is painful, and prior studies have found no reliable way to treat this type of pain.

In the current study, presented at the 2012 American Society of Clinical Oncology Annual Meeting, U-M researchers looked at 231 patients who reported painful neuropathy after receiving the chemotherapy drugs oxaliplatin or paclitaxel. Patients were then randomly assigned to receive duloxetine or a placebo for five weeks. They were asked to report on their pain levels weekly throughout the study.

The U-M researchers found that 59 percent of patients who received duloxetine reported a reduction in pain, as opposed to 39 percent of those taking a placebo. Treating painful peripheral neuropathy is critical because the condition can lead doctors to limit the patient's chemotherapy dose if the pain becomes too severe.

"In addition to improving symptoms and quality of life, treating peripheral neuropathy pain potentially improves quantity of life if it helps patients avoid decreasing their chemotherapy medications," said lead study author Ellen M. Lavoie Smith, Ph.D., APRN, AOCN, assistant professor at the University of Michigan School of Nursing and a researcher at the U-M Comprehensive Cancer Center.



Duloxetine has previously been shown to help relieve painful diabetic neuropathy. This type of antidepressant is believed to work on pain by increasing neurotransmitters that interrupt pain signals to the brain.

In this study, participants received a half dose of duloxetine—30 milligrams a day—for the first week before ramping up to a full dose of 60 mg daily for four more weeks. Few severe side effects were reported with this approach, the most common being fatigue.

Often, Smith observes, patients avoid telling their doctors about pain because they do not want their chemotherapy dose decreased. "Patients make this trade-off sometimes," she says. "They don't want to give up the chemotherapy and decide they'd rather have this pain. That's a terrible trade-off to make."

The researchers' next step is to determine which patients are most likely to benefit from duloxetine. As Smith notes, "These drugs don't work for everyone. The good news is that it worked in the majority of patients. If we can predict who the responders are, we can target this treatment to the people most likely to benefit."

Faculty Excelling in Practice, Teaching and Service

Across the country and around the globe, School of Nursing faculty members are making a difference.

Cynthia Fenske, MS '83, RN, CNE, a UMSN lecturer, has been named one of two Collegiate Lecturers for the University of Michigan-Ann Arbor campus for the 2012-13 school year. The Collegiate Lecturer Program recognizes individuals with a sustained record of excellence in teaching and learning.

Dr. Richard Redman, PhD, RN, professor and director of the DNP program, has been appointed by the U-M Board of Regents as the Ada Sue Hinshaw Collegiate Professor of Nursing. The appointment is given to faculty who exemplify excellence in scholarship, teaching, and leadership.

Professor Emerita Dr. Joanne Pohl, PhD '92, ANP-BC, FAAN, FAANP was awarded the Loretta C. Ford Award for Advancement of the NP Role in Health Care from the American Academy of Nurse Practitioners for her service to the profession in research, education, and policy.

Dr. Cynthia Arslanian-Engoren, PhD '99, RN, ACNS-BC, FAHA, associate professor, received the 2012 Golden Lamp Award from the Northwest Ohio Nurses Association. Recipients are chosen by their peers based on their outstanding efforts to mentor others, promote the growth of nurses in the community, and encourage better health and quality of life for people.

Dr. Marjorie McCullagh, PhD '99, RN, APHN-BC, COHN-S, assistant professor, was awarded a grant from the National Institutes of Health to form an interdisciplinary collaborative team that will develop new approaches for the prevention of noise-induced hearing loss in farm youth. She also received the Medique Unique Leadership award from the Michigan Association of Occupational Health Nurses.

Irene Felicetti, a U-M School of Nursing staff member, received the Gold Medallion Award from Eastern Michigan University for her work as a clinical project manager on a study focused on adolescent risk. Faculty at University Health Services report that her work has grown the clinic and improved quality of care for patients.

Dr. Barbara Brush, PhD, ANP-BC, FAAN has been named a fellow in the inaugural class of the U-M Center for Healthcare Research & Transformation (CHRT). Dr. Brush will use her research with vulnerable populations and her workforce expertise to make recommendations for improving access to the state's mental health care.

Elizabeth Kuzma, RN, MSN, FNP-BC, clinical instructor, received the American Academy of Nurse Practitioners AANP 2012 Nurse Practitioner award for excellence for the state of Michigan.

For the most up-to-date news on the School of Nursing, visit our website at nursing.umich.edu/about-our-school/news-portal.

CELEBRATING A LIFETIME'S WORK

Congratulations and best wishes to our retiring faculty:

Division of Acute, Critical, and Long-term Care (Division I)

Bernadine Cimprich, PhD, RN, FAAN

Margaret Scisney-Matlock,
PhD, MA, RN, FAAN

Judith Lynch-Sauer, PhD, RN

Karen Stein, PhD, RN, FAAN

Reg Williams, PhD, RN, RC, FAAN

Division of Nursing Business & Health Systems (Division III)

Yvonne Abdo, PhD, RN

JOIN US IN CONGRATULATING OUR NEWEST AAN ACADEMY FELLOWS:

Cynthia Arslanian-Engoren,
PhD, RN ACNS-BC, FAHA

Christopher Friese, PhD, RN, AOCN

Maria Katapodi, PhD, MSc

Jody Lori, PhD, CNM, FACNM

Janis Miller, PhD, RN, APRN

**Accolades to AAN Living Legend
Dr. Nola Pender, PhD, RN, FAAN.**

ATTENTION RETIRED FACULTY!

We'd love to know where you are and what you're doing. Help us stay in touch with you by calling **(734)763-9524** or emailing nursingalumni@umich.edu.



Celebrating the life of Dr. Marcia Andersen

Dr. Marcia Andersen was the first person to receive a Doctor of Philosophy in nursing from the University of Michigan. She was also a valued faculty member, and a passionate and tireless crusader for the professional practice of nursing. Her death on June 5 was mourned by the entire UMSN community.

Among her many accomplishments, Dr. Andersen was a nursing pioneer who developed the Personalized Nursing LIGHT Practice Model for treating substance abuse. The program now has clinics in Ann Arbor and Plymouth that treat 100 clients daily.

A Fellow of the American Academy of Nursing, she received the 1994 Distinguished Alumni Award. She also chaired the graduate nursing faculty at Wayne State University.

During the last several years, Dr. Andersen lived in Idaho with her two daughters and six grandchildren. She became widely known as “the wilderness nurse” when, after witnessing local residents struggle to find affordable healthcare, she began studying natural remedies that could help heal infections and improve health.

Even after retiring from the UMSN faculty, Dr. Andersen often served as a guest lecturer. “She enjoyed interacting with our students and brought her own unique energy with her to light up the room when she taught,” recalls Associate Professor Cynthia Arslanian-Engoren. “She was extremely generous with her time and talents.”

Class of 1961–50



th Reunion and 2011 Homecoming.



A CASE STUDY IN MILITARY NURSING: THEN AND NOW

Alumna Sandra Holmes



Nursing and the military have figured prominently in the life of alumna Sandy Holmes (BSN '65) life, and both professions have undergone vast changes since she graduated from the School of Nursing. "When I look back at what we had when I was a student and when I first began working, it's like night and day," Holmes says.

Soon after graduation, Holmes began working as a Navy nurse at Oak Knoll Naval Hospital in Oakland, California. There, in an open bay ward, she cared for Vietnam veterans who had returned from the war as heroes—and amputees. Many of them had lost multiple limbs. Most were teenagers. At first, Holmes recalls, she felt overwhelmed. But it didn't take long for the work to become rewarding.

Holmes believes the open bays had a major advantage over today's private or semi-private rooms. "The sickest patients were in the first couple beds," she explains. "As they got better, they moved down the ward. When they got to the middle, they could look one way and see people who had just been injured. Then they could look to the other side and there were young Marines who were getting their final fittings and being discharged. I believe the open atmosphere inspired those young Marines to look ahead."

Holmes envies the advanced technology available to today's nurses. "We had glass bottles for IV solutions and we didn't have

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machines," she remembers. "We would tape the bottles and calculate the drips. Our morphine and antibiotics were in vials, and you'd have to draw up each dose. The current unit dose system has really made it a lot easier."

She believes nurses who want a career in the military need to be flexible. As she observes, "If they need you, you have to be able to pick up and go. The military comes first. You can't say: I have my dog and my canary, who's going to take care of them?"

A longtime supporter of UMSN, Holmes established a scholarship for nursing students who are veterans or considering the military. The Sandra A. Holmes Scholarship supports high achieving out-of-state students in their junior or senior year in the BSN or Second Career program.

"I would like to see more of my fellow classmates, graduates from the U-M, contribute to scholarships," she says. Then with a smile, she adds an emphatic, "Go Blue!"

It's your reunion!

Mark your calendars, because you won't want to miss this year's reunion scheduled for Thursday, October 11 through Sunday, October 14. Among the highlights of the weekend, alumni can sign-up to attend the annual alumni luncheon and cheer Michigan on to victory as the Wolverines take on Illinois at the Big House.

For more information and registration forms, visit <http://www.nursing.umich.edu/info/alumni-friends/reunions>.

Student Achievements

Minna Navvab, a student in the Nurse-Midwife program, has received the Midwives of Color-Watson Scholarship from the American College of Nurse-Midwives (ACNM). Minna was chosen by ACNM Foundation members from a competitive applicant pool of self-identified persons of color enrolled in midwifery education programs.

Michelle Munro, a doctoral candidate, has received a Midwest Nursing Research Society/Council for the Advancement of Nursing Science (MNRS/CANS) Dissertation Research Grant for her dissertation project entitled "To B or not to B?: Plan B and Post-Assault Comprehensive Care." Associate Professor Dr. Julia Seng serves as her mentor on the project, which explores the use of over-the-counter Plan B following sexual assault.

Lisa Domenico, a doctoral candidate, has been selected to serve as a pre-doctoral fellow in the National Institute on Drug Abuse/U-M Substance Abuse Research Center Interdisciplinary Training Program for the next two years. The Center seeks to encourage the study of psychoactive substance abuse of all kinds and to extend knowledge regarding substance abuse prevention.

Hannah Richardson, a 2012 BSN graduate, has received this year's Outstanding Honors Project Senior Poster Award. Her winning research paper is entitled, "Nurse Communication Regarding Position During Second Stage Labor of Nulliparous Women." Assistant Professor Dr. Lisa Kane Low served as her advisor.

Susanne Quallich, a PhD student, served as co-editor for the first ever Advanced Practice issue of Urological Nursing, the official journal of the Society of Urological Nurses and Associates. In addition, she authored the first practice analysis of nurse practitioners working in urology. Her research paper, "A Survey Evaluating the Current Role of the Nurse Practitioner in Urology," was accepted for presentation at the American Academy of Nurse Practitioners conference.

Two master's students in the pediatric nurse practitioner program, **Lisa Hellebuyck** and **Erica Wikan**, have been selected to receive a one-time award from the Rackham Graduate School in recognition of their work with vulnerable children. The award is made possible by a gift from the estate of Professor Emerita of Education Mary Jane Schwertfeger.

Jennifer Moore, a doctoral candidate, was one of only 15 graduate students—and the only nurse—to be selected from a competitive pool of over 400 applicants for an internship with the Agency for Healthcare Research and Quality (AHRQ) in Washington D.C. for the summer of 2012. She worked with two mentors within the Office of Extramural Research, Education, and Priority Populations at AHRQ.

Melissa Foster-Reitz, a 2012 graduate of the Family Nurse Practitioner program with a concentration in occupational health nursing, received the Outstanding Occupational Health Nurse Award. This award, presented annually to an outstanding OHN Master's program graduate, was established in recognition of Dr. Sally Lusk's contributions to the field of OHN.



SERVING WHERE THE NEED IS GREATEST

BSN Graduate Says Sexual Assault Survivors 'Need My Help'

Rachael Crowe, a 2012 BSN graduate, is choosing a career path pursued by very few nurses. This fall, she plans to become a sexual assault nurse examiner in Detroit.

"Everyone thinks I'm crazy," she admits. "Very, very few nursing school graduates end up doing this. But there is a huge need for sexual assault nurse examiners, and if you're going to help people, then you need to go to the place that needs the most help."

Sexual assault nurse examiners provide medical examinations and forensic evidence collection for survivors of rape and other forms of sexual assault. After obtaining her nursing license, Crowe will enroll in a training course for examiners offered by the Wayne County Sexual Assault Forensic Examiner's Program. When she completes the course later this fall, she'll work on-call, responding to various Detroit-area hospitals.

Crowe said she was drawn to the work because she knows several rape and sexual assault survivors. "I was asking myself: 'What kind of person would you want to be your sexual assault nurse examiner?' You need someone who's really kind and compassionate and patient and gentle. And so I figured, I could be that person."

CONGRATULATIONS



Photo by Kazuya Sasahara

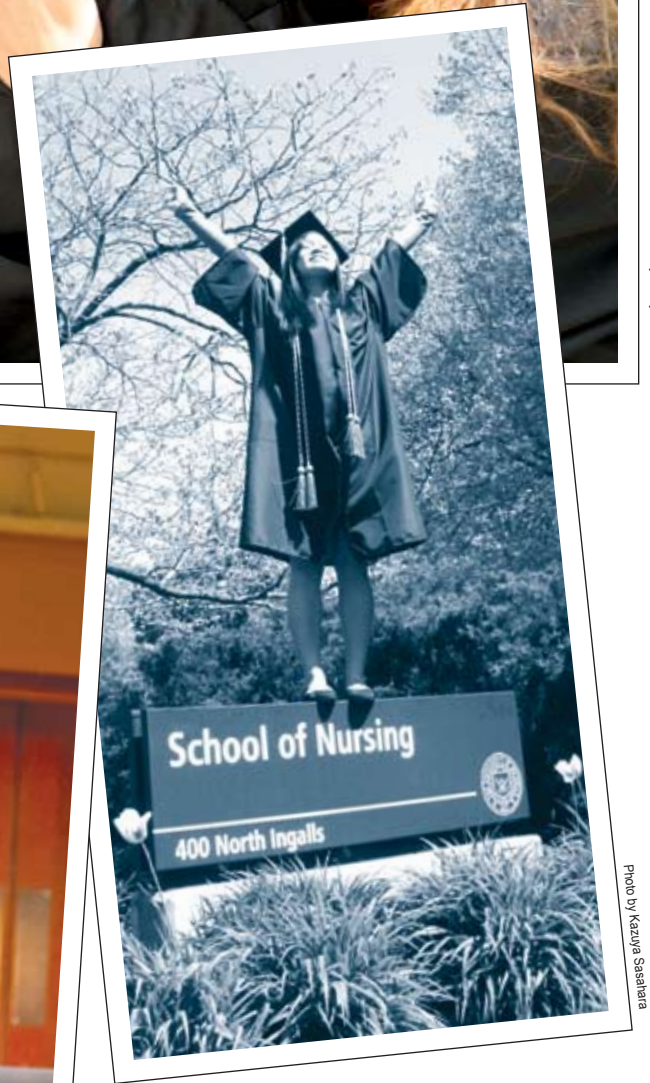


Photo by Kazuya Sasahara



TO THE CLASS OF 2012!



In this Issue

- Design for new Nursing Academic Building Approved
- Responding to the U.S Supreme Court Ruling on Affordable Care Act
- First Nursing Peace Corp's Masters International Program Announced
- Student Aims to Help Sexual Assault Survivors
- More Highlights from our Alumni, Faculty and Students

UPCOMING EVENTS



October 4:

Annual Terri Murtland Lecture — 7:30am, MCHC Auditorium, C.S. Mott Children's Hospital, Floor 2

October 11-14:

2012 Alumni Reunion — For details and registration forms, visit <http://www.nursing.umich.edu/info/alumni-friends/reunions>.



October 12:

Annual AAN UMSN Reception, 8:30pm-10:30pm —
Congressional B meeting room, Hyatt Regency on Capitol Hill, Washington, DC

April 5, 2013:

UMSN New Academic Building Groundbreaking — 10:30am, corner of N. Ingalls and Kingsley



April 5, 2013:

Dean's Research Day — Brouse Lecture and Feetham Professorship Inauguration —
1:00pm, North Campus Research Center

For up-to-date event information please visit
www.nursing.umich.edu/about-our-school/events-calendar.