

THE
pulse
MAGAZINE

SPECIAL FEATURE
**Understanding
The Mind-Body
Connection**

*A look at the role nurses play in promoting
positive mental, emotional and physical health*

INSIDE THIS ISSUE

REACHING THE CHILDREN OF THE WORLD

ANIMAL-ASSISTED THERAPY
PROMOTES EMOTIONAL WELL-BEING

HELPING OTHERS TO HELP THEMSELVES

IMPROVING THE INTERNATIONAL EXPERIENCE



Exploring the synergy between physical, emotional and mental health



With nurses on the frontline in the fight for optimal health, they are best positioned to take a holistic approach to each patient. With diplomatic communication skills and the ability to ask the right questions – and really listen to the answers – combined with the medical know-how to assess physical health, nurses can make the connection between a patient’s mental/emotional health and their physical health. Acting on this knowledge – by having the compassion to probe deeper, educating patients and referring them to the best resources – nurses can go beyond covering the symptoms to uncovering root causes.

This connection between mental, emotional and physical health is supported by tremendous research, and is the underlying reason Oakland University’s School of Nursing is creating the REACH (Research, Education and Advocacy for Children’s Health) Institute and taking steps to ensure nurses are educated and able to act in this important arena.

In 1997, the Substance Abuse and Mental Health Services Administration (SAMHSA) and Casey Family Programs supported a pilot initiative entitled Starting Early, Starting Smart. This four-year, 12-site national collaborative followed families in rural and urban settings who had been identified as the most at-risk for domestic violence or child abuse. Housed in centers that offered on-site daycare, nurse-managed medical clinics with 24/7 phone access to a live nurse, and mandatory family counseling sessions three times a week, the program was wildly successful. Among other things, it determined successful preventive interventions must meet physical and mental health needs in addition to educational and other needs for children and their families.

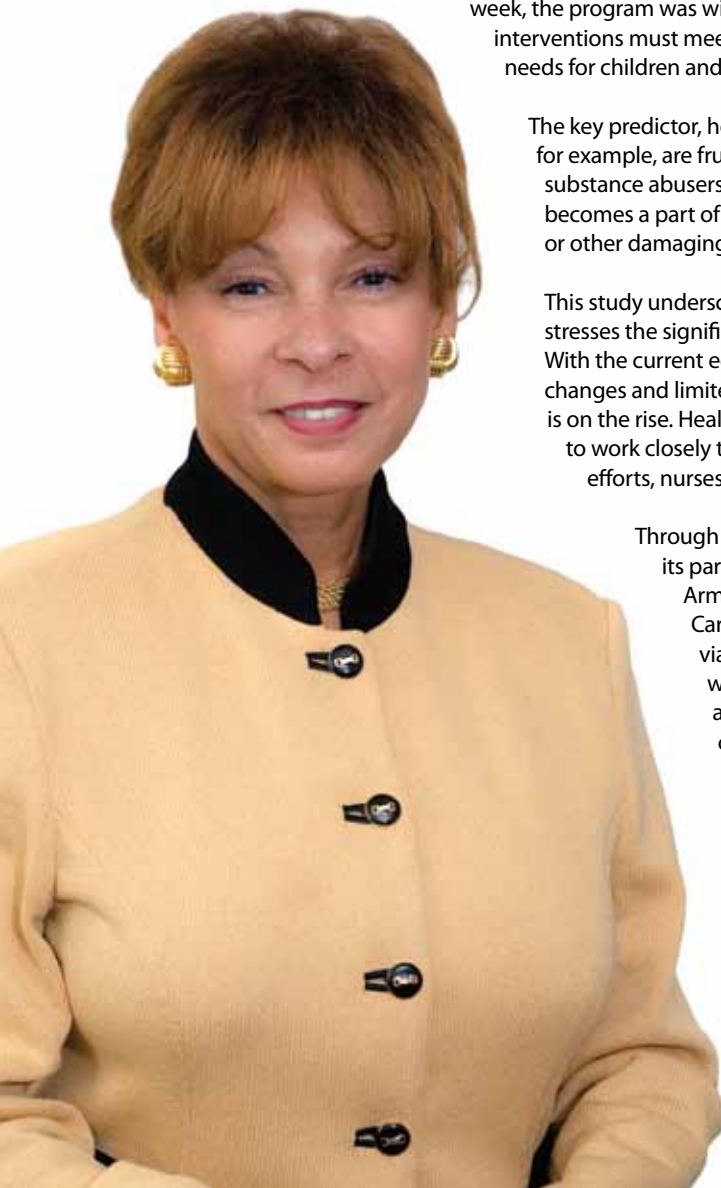
The key predictor, however, was the all-hours access to the nurse. Inconsolable crying infants, for example, are frustrating for any parent. But for parents who are prone to mental illness, are substance abusers, or who do not have extended social networks or access to help, it often becomes a part of a negative cycle that may include frustration being taken out on the infant or other damaging outcomes.

This study underscores the synergy between physical, emotional and mental health and stresses the significance for allied health professionals to deliver exceptional primary care. With the current economic downturn, high unemployment rates, societal and environmental changes and limited access to care and resources by those most in need, poor mental health is on the rise. Health care and mental health professionals, educators and universities need to work closely together to best help those in need. Through partnerships and community efforts, nurses are poised to reshape and influence the environment.

Through the REACH Institute, OU’s SON is taking steps to do just that. By expanding its partnerships beyond the United States to include the American University of Armenia, the University of Kuwait and collaborative work with the Baroness Caroline Cox, SON students will be exposed to broader, more global thinking via exchange of knowledge and practice to other cultures. Local partnerships with St. John Health Systems, Community Foundation of Southeast Michigan and Focus Hope make it possible to continue helping individuals in communities close to home.

In this issue of *The Pulse*, you’ll read how SON is addressing the important connection between the physical, emotional and mental health needs of the community, as well as how our alumni, faculty members and students continue to make a difference in the areas they serve.

Linda Thompson Adams
Dean, OU School of Nursing



contents

F A L L 2 0 0 9



8



12



14



16



20



24

SPECIAL SECTION: UNDERSTANDING THE MIND / BODY CONNECTION

4 REACH Institute extends helping hand to children

Organizers of SON's newly launched institute focus on the future of the nation's children

8 Humanitarian, Nobel Peace Prize candidate inspires SON's REACH Institute

Baroness Caroline Cox inspires SON to improve human condition through new REACH Institute and endowed chair in her honor

10 OU plans partnership with American University in Armenia

Budding REACH partnership expands educational opportunities, health care knowledge and community resources across the globe

12 Furry friends: Leading animal-assisted therapy program enhances healing

Among the first and few to offer educational programming in animal-assisted therapy, OU's School of Nursing offers a certificate program, supports research

14 Helping people help themselves

OU instructor and psychiatric nurse Marilyn Mouradjian, RN, MSN, emphasizes the mental-physical connection for improved health

FEATURES

16 The cords that bind

OU nursing and biology professors unite to shed light on advancing stem cell research

20 Hurt's so good

Alumna Petra Hurt puts patients to sleep, but her life is anything but dull

24 Improving the international experience

Associate Professor Suha Kridli returns to the Middle East to create a better international experience for nursing students from the University of Kuwait

26 A vital link to exceptional care

Advanced credential as family nurse practitioner allows nurses to practice primary care for adults and children

DEPARTMENTS

30 News briefs

36 Highlights and accomplishments



They rock our baby.

They hold our
grandfather's hand.

They're there from the
first breath we take

Until our last.

This isn't a nine to five job.

This is something far more
important.

At Beaumont, we don't
think of them as nurses.

To us, they are heroes.

Beaumont®

Saying
goodbye
is hard.

We'd like to tell you
about the
people who
make it
easier.



888-247-5701 | www.hom.org

The people at Hospice of Michigan are highly trained professionals who bring the resources, knowledge and experience of Michigan's largest hospice. When care is under control, you and your loved ones can spend time on the things that are most important – talking, remembering, just being together.

Call Hospice of Michigan. Our staff is available 24 hours-a-day. Every day.

The Pulse Magazine

EXECUTIVE STAFF

Linda Thompson Adams, *dean*
Sherry Abernathy, *assistant dean*
Pam Marin, *assistant dean*
Diane M. Norris, *associate dean*
Colette O'Connor,
director of development
Thomas Schumann, *executive director,*
Center for Nursing Education

EDITORIAL STAFF

Claudette Zolkowski, *editor*
Frank Fisher, *art director*
Amy Johnson, *project manager*
Susan Thwing-McHale, *photo coordinator*
Rick Smith, *photographer*
Jerry Zolanski, *photographer*

WRITERS

Mary Gunderson-Switzer
Karen Hildebrandt
Dawn Pauli
Alice Rhein
Amy Lynn Smith
Susan Thwing-McHale
Rene Wisely

The Pulse Magazine is published one to two times per year. It is distributed free of charge to Oakland University's School of Nursing alumni, staff and friends, and select school of nursing deans nationwide.

Reproduction without permission is prohibited.
ISSN 1946-7257
Issue No. 3.

EDITORIAL OFFICES

100 Anibal House
Oakland University
Rochester, MI 48309-4401
Phone (248) 370-3184
Fax (248) 370-3182

Letters to the editor and other correspondence about this and future issues should be mailed to:

The Pulse Magazine
School of Nursing
Amy Johnson
447 O'Dowd Hall
Oakland University
2200 North Squirrel Road
Rochester, MI 48309-4401

or e-mailed to johnson2@oakland.edu.
Include your name, address, and a phone number or e-mail address.

SPONSORSHIP INFORMATION

For sponsorship information and opportunities in future issues of *The Pulse Magazine*, please contact Colette O'Connor at (248) 370-4070 or oconnor@oakland.edu.

Oakland University is an equal opportunity and affirmative action institution.

oakland.edu/nursing



A gift that gives back

The United States faces a crisis in health care. An estimated 125,000 nursing positions are vacant nationwide. That number is projected to rise to one million in the next decade. Fewer nurses will result in fewer health care options and a lower quality of service. OU's School of Nursing is taking steps to address this problem. In partnership with local health care organizations, we actively recruit faculty and students for our programs. Applications and admissions have risen by 40 percent, but much more can be done to ease the current and future nursing shortage. The development of scholarships and distinctive campus, online and satellite programs will serve as an important catalyst for future growth. This also will provide important incentives in attracting, retaining and graduating students into the ranks of professional nursing.

Please consider a gift to the School of Nursing. For more information about gift opportunities to the School of Nursing, please contact Colette O'Connor at (248) 370-4070 or oconnor@oakland.edu.





REACH extends helping hand to children in need

It is said that “children are our future,” yet it’s the future of many of our children that troubles the organizers of a newly launched program at Oakland University.

By Susan Thwing-McHale

Oakland University’s School of Nursing (SON) formed the Research, Education and Advocacy for Children’s Health Institute (REACH) to improve the well-being of children, including their physical, mental and emotional health. Launched in April 2009 when Baroness Caroline Cox visited SON, much of the institute’s philosophy stems from this global humanitarian’s efforts to benefit the world’s children.

“The institute seeks to become a center of excellence focusing on research, education and the dissemination of information with a focus on the healthy development of children and families,” explains Linda Thompson Adams, dean of OU’s School of Nursing. “The institute also will have a special focus on family related social justice issues.”

WHY REACH?

“Southeast Michigan is home to children and families from a variety of urban and suburban settings, socioeconomic statuses and cultures,” says Amy Johnson, REACH project manager.

The current health care delivery system cannot keep up with continually changing, diverse needs, especially for children and families seeking mental health care. “A significant gap is occurring between the health care need and the availability



and accessibility of relevant, culturally competent care for people who need it,” she explains.

In Michigan, students with emotional impairment are the fourth largest group with a disability (8.16 percent) with only 44 percent graduating from high school.

“Students with emotional impairments are often synonymous with students with behavior concerns that significantly interfere with academic performance. Without proper intervention, a large percentage of these children will end up in correction facilities,” Johnson notes.

Add to this the downturn in Michigan’s and the country’s economic climate, and the stress increases.

“Poor mental health is on the rise as a result of the economic downturn, high unemployment rates, societal and environmental changes and limited access to care for those most in need,” she explains. “Through the SON’s REACH Institute, experts from fields such as health care, education, mental health, justice departments and legal systems can work together to provide resources for children in a cohesive, effective manner.”

Thompson Adams says that universities are the perfect vehicle for driving this change.



DRIVING THE CHANGE

“Universities are in the business of creating, analyzing, disseminating and applying knowledge; therefore, they are uniquely suited to make a difference in the lives of children and families, using their knowledge to collaborate with the communities,” Thompson Adams says.

Drawing together the vast resources available in units across OU’s campus as well as through community partners, the institute will create synergy among health and human services, economic development efforts and communities to support family life.

Though still in the start-up phase, recently established partnerships with community organizations are a testament to the important impact REACH can make.

Organizations such as Oakland County Community Mental Health Authority, the Great Start Initiative, the YMCA, and the Daughters of Vartan (an Armenian Service organization) recognized the need and were among the first to join. In addition, the institute is forming a student and faculty exchange partnership with the American University in Armenia so SON students can observe global mental and public health models.

SHARING THE KNOWLEDGE

Next, the institute is working to raise funds to create an endowed chair to direct its three areas of focus: research, education and advocacy. Research will entail the collection of successes and failures from agencies, non-profits and government agencies. Through education, including partnerships, internships and cross-training, the institute will share best practices to train future generations of

service professionals. Eventually, the REACH Institute plans to become a clearinghouse of information related to best practices through publications, media, conferences, symposiums and advocacy.

“We want to find ways to disseminate information gathered from the most effective programs and techniques around the country and around the world rather than continuously create and fund new programs,” Johnson says. “Expanding upon programs that have already been proven successful will allow us to take better care of the children in our communities.”

SUPPORTING THE FUTURE OF OUR CHILDREN

Lady Cox’s extensive humanitarian work will serve as inspiration as initial research begins.

“We will use many of her principles in our work with the institute,” explains Johnson. “We are also planning to expose our students to her work and example. This may include travel with her or with some of the agencies she has created and supported.

“Lady Cox’s vision is the foundation of REACH,” Johnson says. “Through her inspiration, SON’s REACH can be a catalyst for positive change, and creating better communities for our children.”

The REACH organizational committee is currently seeking funding for the Baroness Cox Endowed Chair and professionals to support the work of the institute. For more information, or to support the institute, contact Colette O’Connor at coconnor@oakland.edu or call (248) 370-4070. ■

Susan Thwing-McHale is an Oakland University staff writer.

When It Comes To Fighting Disease, We Never Take Our Gloves Off.



No other health system has more passion for healing than we do.

The doctors at the hospitals of St. John Health are a force to be reckoned with. Skilled at robotic surgical techniques, masters of new technologies and treatments, our doctors pack a powerful punch. Passionate. Proud. 3,500 strong. If you'd like a doctor with this kind of passion in your corner, visit stjohn.org.



**PROVIDENCE &
PROVIDENCE PARK
HOSPITALS**

THE HOSPITALS of St. JOHN HEALTH

St. John Hospital & Medical Center • Providence • St. John Macomb - Oakland • St. John River District
St. John North Shores • Brighton • Providence Park

A P A S S I O N *f o r* H E A L I N G

Humanitarian, Nobel Peace Prize candidate inspires SON's REACH Institute



SON proud to reflect nurse and nurse educator's dedication to improve the human condition

By Susan Thwing-McHale

“One person may not be able to do much, but doing nothing is not an option.”

Lady Caroline Cox



Dodging fire from Islamic jihad warriors, serving in the British House of Lords, climbing a mountain in Burma, saving Armenian refugees from attempted genocide ... it all fits on the resume of Baroness Caroline Cox.

For more than 30 years, Lady Cox, 72, has worked tirelessly to better the lives of the neglected and oppressed. Her global humanity, vision for improving the human condition and dedication to a holistic approach to nursing, has led the Oakland University School of Nursing's Research, Education and Advocacy for Children's Health Institute (REACH) to name an endowed chair in her honor. SON is researching avenues for funding the Baroness Cox Endowed Chair for Global Health and Social Justice.

“Lady Cox truly embodies the spirit of nursing. She views the people suffering from the effects of world oppression and inhumanity as her patients,” says Linda Thompson Adams, dean, OU's School of Nursing. “She advocates and cares for the ‘forgotten’ people and provides them a voice.”

WORKING FOR CHANGE

Lady Cox, a nurse and nurse educator who received the title of Baroness Cox of Queensbury from Prime Minister Margaret Thatcher for her book on modern day slavery, began her humanitarian career in the 1980s. Her work has transformed policies and procedures at the government level to improve the lives of hundreds of thousands of men, women and children around the world.

Placing herself in danger for the betterment of others, Lady Cox has forged into areas of conflict such as Nagorno-Karabakh. There she sought to aid Armenians persecuted for their religious beliefs who were being relentlessly attacked in their villages by violent Islamists from Azerbaijan. During one trip, her helicopter was targeted. She visited the area more than 60 times before the fighting ceased and has since become an honorary Armenian citizen.

In addition to her work in Armenia, with the help of a team of experts, Lady Cox was instrumental in reforming the child care system in the former Soviet Union, moving from impersonal orphanages that treated every child as diseased to family-style foster care and adoption. In Africa she has ‘bought back’ children who were enslaved and she has provided desperately needed aid to the injured and maimed in war-torn countries.

A cross-bench member of the British House of Lords, Lady Cox uses her position to advocate for those most in need. She travels to Nagorno-Karabakh, East and West Burma, East Timor, India, Nigeria, southern Sudan and northern Uganda through The Humanitarian Aid Relief Trust (HART), an organization she founded.

For her exhaustive work, she has received numerous accolades, including the Mkhitar Gosh Medal (conferred on her by the President of the Republic of Armenia in recognition of her services to their land and people) and a special anniversary medal presented by Lech Walesa at the 25th anniversary of the Polish Solidarity movement.

HER REACH CONTINUES

As part of SON's partnership with Lady Cox, REACH is working to establish a partnership with the American University in Armenia to provide student-faculty exchanges, and OU students may be able to participate in future missions with Lady Cox.

“Lady Cox's conviction to ‘seek to act as a catalyst for change,’ and her enduring dedication to pursue such life-altering missions, is the inspiration behind the REACH Institute. We are very proud to partner with this tremendous individual,” says Thompson Adams.

For more information on the Baroness Cox Endowment, please contact Colette O'Connor at oconnor@oakland.edu or call (248) 370-4070. ■

Susan Thwing-McHale is an Oakland University staff writer.



OU plans partnership with American University in Armenia



Reaching across the globe to expand educational opportunities, health care knowledge and community resources, the Oakland University School of Nursing's REACH Institute is partnering with

the American University in Armenia. The partnership will include student-faculty exchanges, collaborations to meet community needs and the opportunity for Armenian students to participate in OU's RN to BSN program.

Although the partnership is still in its planning stages, leaders at both institutions are excited about the collaboration.

"The students from the United States will get a broader global perspective by participating in the exchange," explains Robert Bagramian, DDS, MPH, Ph.D., dean of the College of

Health Sciences at the American University. Bagramian is also a professor at the University of Michigan School of Dentistry and Public Health. "It will benefit the students and faculty here to exchange knowledge and resources," he says.

Bagramian adds that the partnership has potential to assist Armenia through possible programs and health collaborations that may develop. Marilyn Mouradjian, visiting instructor in OU's School of Nursing (SON), who is planning a trip to Armenia with OU students, agrees.

"There is a great opportunity for collaborative health partnerships to help the Armenian community," she says. "We will be able to talk with physicians, nurses and other health care providers to determine their needs and establish how our resources and knowledge can help. Our students will also benefit from experiencing another culture. They will have the opportunity to observe global mental and public health models."

The American University in Armenia is a United States accredited graduate institution affiliated with the University of California. SON students who take part in the exchanges have the chance to earn a concentration in public health from the university's College of Health Sciences. Amy Johnson, REACH project manager, says Armenian students will also be able to participate in OU's RN to BSN program through online learning.

The American University is located in Yerevan in the Republic of Armenia. The school enrolls approximately 1,000 graduate level students who study the law, business, computer science, engineering and public health. The partnership supports one of the REACH Institute's goals to collaborate with universities abroad. ■





22nd Annual **Nightingale Awards** *for Nursing®*

Celebrate Nurses

Nightingale Awards for Nursing®

Take part in this annual event, founded and sponsored by Oakland University, recognizing excellence in nursing by nominating a deserving nurse or making plans to attend the 22nd annual celebration in May 2010.

A variety of sponsorship opportunities is also available to support this noteworthy event.

Celebrate excellence in nursing at the annual Nightingale Awards event, Thursday, May 6, 2010, at the San Marino Club in Troy.

For information visit the Oakland University School of Nursing Web site oakland.edu/nursing/nightingale or contact Amy Holloway-Yurgalonis at hollowa2@oakland.edu or (248) 370-3799.

Mark Your Calendar!





“Happiness is a warm puppy.”

SON leads the way in teaching, researching animal-assisted therapy

By Karen Hildebrandt



Teacher’s Pet, an Animal-Assisted Therapy program, teaches at-risk youth accountability and responsibility while fostering empathy and compassion.

The famous tagline from Charles Schultz's popular Peanuts cartoon is more than cute – it is highly relevant. In fact, mental health professionals consider it sage advice – advice documented through research. For example, studies show owning a pet can lower blood pressure, increase mental alertness, improve cardiac health, lower incidence of depression and increase overall well-being.

Hence the increased interest in Animal-Assisted Therapy (AAT), which uses animals to improve human connections, physical rehabilitation, mental wellness and recovery from emotional distress.

Among the first and few to offer educational programming in AAT, OU's School of Nursing (SON) began providing a new online certificate program for AAT in 2008, as well as supporting AAT research resulting from the programming.

"AAT has also shown anecdotal effectiveness in nursing homes and hospitals. This fact, the holistic approach of nursing, which intricately connects mental, emotional and physical health together, means it's a natural fit for our profession to take a leadership role in this therapy," says SON Dean Linda Thompson Adams. "Florence Nightingale herself recognized the importance of the animal/human bond in recovery. As our program grows, we hope to be a catalyst for increased therapy and research in this area."

Amy Johnson, SON's director of the AAT program, as well as founder of Teacher's Pet: Dogs and Kids Learning Together, a non-profit AAT program for at-risk youth, has seen first hand the benefits of AAT.

"AAT can help increase impulse control and patience, teach accountability and responsibility, and foster empathy and compassion," she says. "These social skills improve interpersonal relationships, which leads to fewer physical and mental health issues, according to research."

According to Johnson, the new OU program has drawn interest from a wide variety of professions and specialties, from teachers who incorporate AAT in the classroom to teach empathy or help students who experience grief, to physical therapists who use animals to reduce recovery time.

Not all AAT professionals use dogs. Cats, birds, fish and even rats have calmed children and adults and facilitated recovery. Horses (hippotherapy and equine assisted therapy) are widely used for mental health issues and physical disabilities and, in coastal regions, dolphins



Director of OU's AAT program, and founder of Teacher's Pet: Dogs and Kids Learning Together, Amy Johnson sees first-hand the benefits of animal-assisted training.

have been successful with individuals with cognitive impairments and developmental delays.

"Each facilitator who works with animals has his or her own set of outcomes they wish to achieve, and as a final project, our certificate students must complete a proposal on how they will adapt AAT into their practice," Johnson says.

Florida psychologist and AAT program graduate Sandy Urkovich designed a program called "Paws for Law" for her proposal, which would allow dogs to enter the county courtroom. Urkovich, who uses dogs, parakeets and fish to facilitate therapy with

adults and children, believes the presence of AAT-trained dogs would reduce stress for her clients who are required to share traumatic events within the courtroom.

"Using animals is a powerful intervention," Urkovich says. "Therapy, on its own, can work wonders, but when I started bringing Duke, my pet Labrador, into the office the dynamics changed. I have witnessed Duke comfort a 6' 4" man who was weeping over a lost loved one. Duke sensed the sadness and put his head in the man's lap. The man clung to Duke and Duke never budged," she recalls.

"When either of my dogs lay at their feet, I sense instant relaxation in my clients," she adds. "Kids include the dogs in our play therapy, and when children find it difficult to talk to me, they direct their conversation toward the dog, or even the birds or fish."

"Animals assist on so many levels," says John Streeter, another program graduate and a West Virginia-based counselor who uses dogs and cats with clients who experience trauma due to sexual assault, domestic violence, incest and childhood abuse and neglect. "An animal builds trust because it provides unconditional love which many clients have never experienced before," he says.

Streeter considers the OU certificate program an important learning tool. "I'm not aware of any other programs like it," he says. "It provides an excellent foundation for AAT and can be used by a range of service providers."

For more information, contact Amy Johnson at (248) 370-4065 or e-mail johnson2@oakland.edu. ■

Karen Hildebrandt is a freelance writer from Pleasant Ridge, Mich.

Helping people help themselves

Instructor teaches life lessons

By Amy Lynn Smith



Marilyn Mouradjian, RN, MSN, teaches a course on mental health nursing, where she emphasizes the concept of helping patients help themselves.

As the old adage says, if you give a man a fish, he'll eat for a day; but if you teach a man to fish, he'll eat for a lifetime.

That philosophy aptly describes how Marilyn Mouradjian, RN, MSN, feels about both psychiatric nursing and teaching. A full-time visiting instructor with Oakland University's School of Nursing, Mouradjian teaches a course on mental health nursing, where she emphasizes the concept of helping patients help themselves.

"People can solve their own problems," she explains. "We just have to give them the tools."

Mouradjian applies a similar approach to her teaching, which combines classroom lectures with instruction in a clinical setting, either at Crittenton Hospital Medical Center in Rochester or Brighton Hospital in Brighton.

MAKING THE MENTAL-PHYSICAL CONNECTION

"I'm trying to show my students the human condition and share with them philosophies they can incorporate into their nursing and their personal lives," she says. "Without the clinical portion of the class, students would have a hard time developing the compassion and skills they need."

For one student who attended Mouradjian's class this year, the clinical experience was eye-opening. "She shows you a different aspect of nursing," says Nancy Escote, who graduated in August. "I really didn't think I'd do psych nursing but it's definitely an option for me now."

Even if her students pursue a different nursing discipline, Mouradjian makes sure they clearly understand the connection between mental and physical health. In fact, one of the key principles she teaches is that mental health can affect physical health and vice versa.

"Some of our patients who have behavioral issues go on to develop physical problems," she explains. "You have to understand both the medical side of the patient's issue and the behavioral side."

Consider the example of a person with anxiety who is experiencing symptoms of a heart attack. According to Mouradjian, a good mental health nurse will first check vital signs to determine if a cardiac event is a possibility. "This individual really may be having a heart attack," she says, "even if it is being brought on by a reaction to life events."

CHANGING MINDSETS, HELPING COMMUNITIES

In her teaching, Mouradjian emphasizes the importance of helping people develop healthy coping styles and strategies, such as relaxation techniques. She is also a strong proponent of cognitive behavioral therapy as a tool to change negative or counterproductive mindsets.



Marilyn Mouradjian, a full-time visiting instructor, (standing) talks with others from SON about psychiatric nursing.

Resources like these become even more essential when a person's life situation is especially difficult — something Mouradjian hopes to demonstrate during a two-week visit to Armenia she's trying to organize for some of her students. As an Armenian-American, Mouradjian feels especially connected to this community, which faces some significant public health issues. The students would collaborate with Armenian nurses to address the health care needs of their communities.

"Even if I can only teach someone something like how to properly change a dressing, little things like that mean a lot in a community where they have nothing," says Maggie Ornazian, who is also of Armenian descent and took Mouradjian's course. Ornazian also graduated in August.

COMPASSION PLUS PASSION

Although plans for the trip to Armenia are in their infancy, Mouradjian's proposed outreach project illuminates what makes her such an outstanding teacher.

"She's compassionate and very passionate about her work," Escote says. "Especially in the clinical setting, she shows us where these patients are coming from. They were just like us, but something happened in their lives that they're having trouble dealing with."

And, considering her focus on giving future nurses and the people they may treat someday a set of skills and strategies for living life to the fullest, Mouradjian would be especially pleased to hear these words from Ornazian: "Marilyn made me want to become a better nurse." ■

Amy Lynn Smith is a freelance writer in Birmingham, Mich.



Dr. Donald Taylor and OU's SON professor Anne Mitchell discuss option with patient Karen Bessler.

CORDS THAT BIND

OU nursing and biology professors unite to shed light on advancing stem cell research

By Mary Gunderson-Switzer



The call may come at the end of a day of teaching, in the middle of grocery shopping, or in the wee hours. But whenever that call comes, Oakland University Nursing Professor Anne Mitchell shows up – quickly.

Those unpredictable calls are from Beaumont Hospital-Troy. A baby is about to be born and Mitchell needs to be there.

A certified midwife, Mitchell isn't at the hospital to assist in delivery. She's there to collect a special gift: umbilical cord blood that expectant parents have graciously donated for important research.

"Being part of this gets me going in the morning," Mitchell says. "It's wonderful to be using cord blood for such a worthwhile purpose, with no discomfort or invasiveness whatsoever for the baby or mother."

While cutting a baby's umbilical cord is momentous, the cord – no longer needed by the newborn – is usually discarded. That practice is changing. Cord blood contains adult stem cells, which are as valuable as liquid gold to the research community.

Mitchell and OU Biological Sciences Professor Rasul Chaudhry head up an intensive research project that delves into better understanding cord blood stem cells, in hopes that they're ideally suited to solve many health problems. The International Society for Stem Cell Research depends on this kind of dedicated teamwork to advance the amazing potential of stem cell research.

Stem cells are relatively unspecialized cells that, when they divide, can replicate themselves and produce a variety of more specialized cells. Researchers believe these biological building blocks can be directed to produce many types of cells to repair the human body, cure disease and alleviate suffering.

With a grant from OU's Multidisciplinary Undergraduate Research Award, OU partnered with Beaumont Hospital to establish a non-profit public cord blood bank, which works in conjunction with the research project.

In addition to OU's SON and Department of Biological Sciences, many lend support to the project, including OU's School of Health Sciences and many area physicians – in particular, Beaumont OB/GYN physician Donald Taylor. Already successfully used to treat more than 70 cancer and blood-related diseases, clinical trials of cord blood stem

"If this type of research can prevent a person's life from ending in a difficult way, it will be a great contribution to mankind."

Professor Rasul Chaudhry, biological sciences, Oakland University

cells indicate promising benefits to patients suffering from health problems including heart disease, corneal damage, diabetes, sickle-cell anemia and multiple sclerosis. There's renewed optimism that these amazing cells can eventually cure Alzheimer's and Parkinson's.

"While we all must die someday," Chaudhry reflects, "if this type of research can prevent a person's life from ending in a difficult way, it will be a great contribution to mankind."

Anne Mitchell hands off collected cord blood to Rasul Chaudhry in the OU lab.



INNOVATIVE RESEARCH, CLEAR ETHICS

Stem cell research is a notoriously hot-button issue, stem cells can be obtained from cord blood without any of the controversy surrounding research involving embryonic stem cells.

"Talks with expectant parents interested in donating their baby's cord blood begin in OB/GYN offices," Mitchell says. "There are many who enthusiastically want to sign their consent to donate their baby's cord blood."

In the hospital, the process of collecting cord blood is fairly straightforward but requires skill and care. After the baby is born and the umbilical cord is divided, the hospital staff attends to the needs of the baby and mother. Only after

the baby is safely in the mother's arms does Mitchell begin collecting cord blood.

Using a needle connected to tubing and a sterile vacuum cord blood collection kit, Mitchell draws blood from the divided cord and placenta. Ideally, the collection takes place before the placenta is expelled; recent research indicates this produces the highest quality stem cells. One goal of the research project is to study the best ways to collect, process and transplant stem cells. The aim is for the highest quality and most diverse cord blood stem cells to be made available.

Then she's off to OU's research laboratory where Chaudhry – as devoted to the work as Mitchell – meets her at the lab at any hour.



SON Professor Anne Mitchell and Biological Sciences Professor Rasul Chaudhry meet at OU's state-of-the-art research lab immediately after cord blood is collected – at any hour on any day.

THE BIOLOGY BEHIND IT

At the lab, the utmost care is taken to follow proper protocol with the cord blood. The state-of-the-art lab is equipped with proper refrigeration, a biohazard cabinet, and a centrifuge that separates stem cells, plasma and red cells. Once cultured, the daily maintenance and study of the stem cells begins.

Under the microscope, the small, circular cells may not look like much. But these promising cells pack a wallop. Most similar to embryonic stem cells, their more primitive nature seems particularly suited for efficient and effective use in therapy.

Well trained and practiced in proper techniques, a handful of OU undergrad and graduate biology students assist Chaudhry in lab work that includes isolating cell lines and feeding the cultures. The research involves an array of complex investigative studies of stem cells including characterization and differentiation; typing/matching; tissue engineering; and plasticity and therapeutic potential.

The overriding effort is to answer as many questions as possible – clearing the way for cord blood stem cells to offer the most successful, widespread use in regenerative medicine.

The research team also has high hopes of greater coordination of stem cell banking.

PUBLIC BANKING

Cord blood stem cell transplants have been successfully performed since the late 1980s. Stem cells can be stored for years and are immediately available when needed.

Storage can be provided by private banks or public banks. In private banking, stem cells are stored for a fee and are for the exclusive use of the donor and relatives. Non-profit public banks charge no fee and allow for the cells to be used for the public and research.

Singapore and India have national public banks, which operate in a manner similar to the National Bone Marrow Registry. One big goal for the OU research team is to establish the first U.S. national cord blood bank.

In the meantime, the work continues.

“With each brick of knowledge we add to this area of research, we feel hopeful we’ll see the largest contribution of the building someday – eventual cures,” Chaudhry says.

That’s good news for those struggling with a devastating disease within their family. On any given night when they’re up worrying, the lights may be on at OU’s research lab. ■

Mary Gunderson-Switzer is a freelance writer from Warner Robins, GA.

Online RN to BSN program available to all



OU's online RN to BSN program provides RNs the opportunity to earn a BSN through an affordable, convenient program. The program offers all required completion sequence, non-nursing

and general education degree courses for RNs online at in-state tuition rates.

This degree completion course sequence recognizes the RN's prior education and experience. Courses add value to this base and promote continued advancement in the profession. Because RNs are licensed and practicing in their field, the nursing course sequence includes only one non-traditional clinical course.

All required nursing courses are offered online each fall and winter term, while one course is offered each summer term. Non-nursing and general education required courses are offered online throughout the academic year.

Since students can set their own pace, the time to complete the program varies. However, the minimum time needed is two years, excluding summer. There is no mandatory time limit for degree completion.



For more information about admission requirements and transfer credits, review the RN/BSN degree completion sequence booklet available on the OU SON Web site at oakland.edu/nursing and click on Academic Programs.





Petra Hurt, SON '84, right, works as a nurse anesthetist and entrepreneur who got her start at OU's School of Nursing.

Hurt's so good

Trailblazer Petra Hurt shares her most important lessons learned at OU

By Rene Wisely

Petra Hurt, SON '84, is often the punch line of her own jokes. She helps patients feel at ease when they realize her last name clashes with her role as nurse anesthetist.

"I do joke about it," she points out. "People feel better when they learn it's my married name, so I didn't start out in nursing school with it. I was Petra Douglas then."

Hurt certainly has made a name for herself since graduating from Oakland University 25 years ago. She's a staff nurse

anesthetist, and clinical and didactic instructor at St. Joseph Mercy Oakland Hospital in Pontiac. She's an active OU SON Board of Visitors member and has chaired the selection committee for the school's Nightingale Awards for Nursing®. She also serves on the faculty of University of Detroit Mercy as affiliate clinical coordinator and assistant director for the College of Health Professions.

Furthermore, she's an entrepreneur. She launched Advantage Anesthesia, a program that takes her to various



health care offices in metro Detroit, to give anesthesia. If that's not enough, she's in the process of starting her own anesthesiology consulting company in New York.

"I really enjoy what I do," says Hurt, who's married with two children, ages 13 and 9. "I've encouraged my kids to investigate this profession because the hours are great, you set your own schedule and you have so many opportunities beyond the obvious, from teaching to entrepreneurship. I can't believe it's been 25 years since I first graduated."

When Hurt enrolled at OU, a nursing career wasn't even on her radar screen. "In high school, I worked at a dentist office and thought maybe I'd go to dental school, but I really was undecided," explains the avid reader and fitness buff. "A couple of my friends went into the nursing program, so I landed in it that way."

Her weekly meetings with then OU Ethnicity Counselor Frances Jackson, who now oversees SON's Doctor of Nursing Practice degree program, kept her there. "I'd go

to her office once a week and tell her what I was studying," recalls Hurt. "Then we would just talk. It's the talking that made the difference." A friend had a relative who was a nurse anesthetist, so she researched that profession. "Those were the days before the Internet. I made a lot of cold calls and did library research to find out more," she adds.

She earned her Master of Science in Nurse Anesthesiology in 1988 from Wayne State University in Detroit, after a two-year stint at Detroit Receiving Hospital as a surgical intensive care unit nurse, a plum assignment for a new grad.

Jackson remembers Hurt well. "She's a tremendous thinker, and 90 percent of nursing takes place between the ears. You have to think and ask questions like, 'Should I call the doctor now?' or 'Does this symptom mean something?' Petra knew how to think even back then."

Jackson points out that Hurt's position is rare in the nursing industry. "There are not a lot of black nurse anesthetists," she explains, citing one or two black



graduates a year locally in the field. "I'm very proud of her. She's at the top of her career and it's a testament to all of her skills. She's worked hard for this success."

Hurt has carried on the kindness Jackson showed her in her undergrad days. Hurt has become a mentor to her students at University of Detroit Mercy and at St. Joe's. This willingness to spread knowledge caught the attention of the Michigan Association of Nurse Anesthesia Students, which recognized her with the 2006 Guiding Light Award. The annual award honors nurse anesthesia classroom or clinical faculty who are outstanding mentors and leaders.

"The real reward for me is when I see my students become my peers and after working together, then they go on to teach methods I taught them," Hurt says. "It's then that I realize I helped advance part of their growth and education, and it gives me such a good feeling."

And in keeping with her punch line, it hurts Hurt so good. ■

Rene Wisely is a freelance writer in West Bloomfield, Mich.



Nurse Anesthetist Petra Hurt on the job.

Your nursing degree Your schedule Your future



Oakland University's School of Nursing offers nurses seeking to earn another degree convenient, flexible degree programs – available online. That way, you can earn your degree in your time, in your place,

at your pace, from a renowned, respected, innovative and progressive nursing school.

Consider getting your next degree online from Oakland University's School of Nursing.

Online degree programs include:

■ **RN to BSN** – The program recognizes the RN's prior education and experience with courses that add value and promote continued advancement in the field. The program offers all required degree completion sequence, non-nursing and general education courses for RNs online at in-state tuition rates.

■ **Master of Science in Nursing Education** – With all the foundation courses available online, this program prepares nurses to teach in the classroom and clinical settings. The clinical experience is arranged in the student's local community.

■ **Doctor of Nursing Practice** – This program, the highest degree for clinical nursing practice, uses a combination of distance learning technology and limited classroom formats, which may require up to two face-to-face sessions during a semester.

Learn more or apply today

Call (248) 370-4253

oakland.edu/nursing





Improving the international experience

Professor draws on own experience to create partnership with University of Kuwait

By Dawn Pauli



As a student from Jordan at the University of Missouri in the early 1990s, Suha Kridli struggled as the only international nursing student – simultaneously taking English classes, passing the boards and doing clinicals. With hard work and resolve, she succeeded, and is now an associate professor in OU's School of Nursing.

Drawing on her own experience, Kridli is helping to create a nursing program for a cohort of 10 students from the University of Kuwait. She is determined to make it a better all-around experience than she had.

"I struggled because I was the only international student and they didn't know what to do with me," she says. "I had to take tests and board exams in different states and it was very stressful. I learned later on that I could have done more coursework prior to taking the boards so it could have been easier."

REMOVING BARRIERS

Kridli points out that studying nursing in the U.S. is different than other programs, such as engineering or math.

"Nursing is challenging because communication is a huge part of it. No matter how good of a student you are in your home country, if you can't communicate, you will struggle in the program," says Kridli. "I will try to adapt the program for the students so they can shadow a nurse or do their clinicals in their home countries."

Kridli is planning for the Kuwaiti students to begin in ESL classes, and depending on their success, transition into the nursing program. The cohort is slated to begin in fall 2010.

IMPROVING EDUCATIONAL OPPORTUNITIES

"It's a win-win for Oakland University and the University of Kuwait," says Kridli. "It provides our students the opportunity to learn about other views and cultures related to health care and public health. It's an exchange of ideas and enhances the education that our students receive at OU."

Education programs in the U.S. surpass those in Middle Eastern countries, says Kridli. "Nursing education is more advanced here, so there is an opportunity for students to learn from the best here, and then become role models back in their home countries."

Kridli believes there are many opportunities for OU's SON to collaborate with universities throughout the world. She will spend the next two years living in Qatar, teaching online courses for SON and developing international programs to bring students to OU to pursue nursing degrees.

A WORLD-CLASS EDUCATION WITH A GLOBAL REACH

Kridli is in discussion with the American University of Armenia to develop a baccalaureate nursing program and also hopes to create a partnership with her alma mater, the University of Jordan.

The partnerships Kridli is developing are among several international initiatives underway in the SON as OU continues on the path to becoming a global university.

A new collaboration with the American University in Armenia will provide student-faculty exchanges (see related story on page 10). Ongoing partnerships with universities and hospitals in Italy, Ireland and Korea provide students the opportunity to study and conduct research each summer.

It's not a surprise to Linda Thompson Adams, dean, SON, that students from across the globe are attracted to OU's nursing programs.

"OU's SON provides a world-class education," says Thompson Adams. "As a global university, students from around the world can train at OU and return to provide exemplary health care in their home countries." ■

Dawn Pauli, CAS '88, is a freelance writer from Macomb Township, Mich.



SON Associate Professor Suha Kridli preparing to spend two years in Qatar.



SON alumnus Cathy Wenz provides information about asthma management as a family nurse practitioner.

Family Nurse Practitioner adds vital layer of patient care

Credential allows nurses to practice primary care for adults and children
By Alice Rhein

After working as a clinical nurse specialist, Cathy Wenz, a Family Nurse Practitioner (FNP) at the Newton Health Clinic in Detroit, decided to earn a post-master's certificate specializing in primary care as an FNP because she missed direct patient care.

"The FNP allows me to practice primary care for adults and children. I see all of the patients who present to the clinic myself, make the diagnosis and prescribe treatment, provide good health education and referrals as needed," she says.

This school clinic provides care when patients have mental health diagnoses, including Attention Deficit Disorder (ADD) and Attention Deficit and Hyperactivity Disorder (ADHD).

"I am on the multidisciplinary team that includes the school psychologist, social worker, speech therapist, teachers and parents that meet whenever a child is experiencing academic or behavioral problems at school," says Wenz, BSN '81, MSN '90, FNP '99. She also conducts developmental assessments that may lead to diagnoses of developmental delay or autism. Wenz's practice is a good example of how FNPs provide holistic care to people in the community.

DELIVERING DIRECT PATIENT CARE

Ask a dozen random people who they think can order, perform and interpret diagnostic tests; treat acute and chronic conditions such as diabetes; prescribe medication and treatment; spend time counseling patients and manage a patient's overall care, and you can bet they will all say a doctor. While true, another equally qualified health care provider is the Nurse Practitioner (NP)

In fact, NPs have provided health care for more than 40 years, according to the American Academy of Nurse Practitioners. And, Oakland University's School of Nursing has offered a master's level FNP program since 1996. In Michigan, NPs collaborate with physicians and can work with great autonomy. "The only function that is delegated is prescriptive authority," says OU Assistant Professor Wanda Gibson-Scipio, Ph.D., APRN-BC.

OU Assistant Professor Barbara Harrison, Ph.D., FNP, BC, says the FNP fills a vital role in the health care community. "The FNP is able to address holistic patient care," she says. Rather than look at specific symptoms, which is often how patients present at a physician's office, FNP's attend to the whole patient by being a constant resource for care in sickness and in health. The goal is to provide primary care in the community and address preventive measures as well.

In the United States, there are nearly 125,000 practicing NPs (which also includes Adult NPs and Gerontology NPs). The MICNP reports that there are more than 3,000 in Michigan.

Cathy Wenz enjoys the direct patient care that comes with her role as an FNP.



The plan of study for the FNP program at OU prepares the advanced practice nurse as a primary care provider for clients of all ages in a variety of settings. The curriculum focuses on culturally sensitive care, incorporating health promotion, management of acute and chronic health problems, research, advanced pharmacology and advanced interventions.

"The students we see in this program are RNs who have been out of school, like their work, but are looking for an opportunity to contribute to health outcomes in a way that goes beyond routine medical care," says Harrison. "The others are younger students who are very goal-directed and think outside the box."

EMPHASIZING OVERALL HEALTH

OU's FNP program recognizes the importance of mental health to a person's overall well-being by addressing mental health, health promotion and disease prevention in its courses as students learn to integrate it as a part of a primary care.

"All students take classes in primary, secondary and preventive care," Harrison says. "With more physicians specializing, there is a gap in primary care. FNP's look at the whole person when providing primary care and help fill that gap."

For example, FNP's use education and lifestyle modifications to help youth with pulmonary issues (see pg 31 asthma fair).

OU's FNP students gain valuable experience in the primary care setting through courses and clinical rotations.

"Students do interviews and depression screening with 'Bob' and 'Louise,' who are trained participants," Harrison says. The students get feedback from the 'patients' about their performance. They also gain insight into how they handled the patient screening, what symptoms they should look for, and also what community referrals might benefit patients with mental health issues.

Clinical rotations are a strong facet to OU's program. In fact, SON's new Pre-Symptom Clinic at Riverview Hospital is one of several sites where FNP students may complete clinical rotations.

Combining state-of-the-art advancements in medical technology and the most current research on preventive methods along with physicals, educational information and nutritional counseling necessary for maintaining good health, Pre-Symptom Clinic may prove an ideal place for OU's FNP students to gain vital experience treating the whole person. ■

Alice Rhein is a freelance writer from Huntington Woods, Mich.



Barbara Harrison, assistant professor, OU School of Nursing

Become a Family Nurse Practitioner

SON offers programs to help nurses deliver primary care

Nurses who want to expand their expertise – and career opportunities – to include practice of primary care for adults, children and pregnant women should consider earning a MSN in the Family Nurse Practitioner (FNP) program from Oakland University's School of Nursing.

OU's SON offers several programs to choose from depending on the students' previous educational experience.

- A post-master's certificate in the FNP program is available for RNs who already hold a Master of Science in Nursing
- A Master of Science in Nursing, with specialization in the FNP program is available to nurses who hold a Bachelor of Science in Nursing.

An MSN and post-master's certificate are also available in the Adult/Gerontological Nurse Practitioner program. NP's practice health promotion and disease prevention, and provide primary care services for commonly occurring diseases. They educate clients on how to maintain and improve health based on risks such as age, health status, genetics, race and family history.

OU's FNP and Adult/Geriatric NP programs are accredited by the Commission on Collegiate Nursing Education and prepares the advanced practice nurse as a primary care provider for clients across all ages in a variety of settings.

For more information or to apply, contact OU's School of Nursing at oakland.edu/nursing
nrsinfo@oakland.edu
or (248) 370-4253.



THE FOURTH ANNUAL
ENVISION
CONFERENCE

COMING 2010

the tradition
continues...

Envision
nursing in
the future

Coming September 2010.
Watch for details!

oakland.edu/nursing/2010envisionconference

NIGHTINGALE
Gift Society

**Your support will help Oakland University
deliver a world-class nursing education**

The Nightingale Gift Society gives you the opportunity to help shape and influence Oakland's SON and the future of nursing.

As a member, you are stepping forward to assist Oakland as it educates the next generation of nurses. With a philosophy that nursing and nurses are integral to facilitating health and well-being among all people and their communities, Oakland is at the forefront in preparing the very best nurses for the 21st century.

Together we can make a difference in the lives of our students who will make a difference in the world around us.

Memberships are renewable annually and all contributions are applied toward membership in the Oakland University cumulative gift societies. For more information regarding benefits visit oakland.edu/nursing.

Return this form with payment:

Oakland University
Attn: Nightingale Gift Society
John Dodge House
2200 North Squirrel Road
Rochester, MI 48309-4401

Name _____

Address _____

City/State/ZIP _____

E-mail _____

Home phone _____

Enclosed is my check payable to Oakland University for \$ _____

Please charge \$ _____ to my VISA MasterCard

Print name as it appears on card _____

Card # _____ Exp. Date _____

Signature _____

\$500 \$250 \$100 \$50 \$ _____



in brief...

Stano power: Couple provide endowed scholarship fund for SON

Miron and Haija Stano know both the giving and receiving benefits of education. As a professor of Economics and Management at OU for more than 30 years, Miron specializes in health economics. His wife, Haija, CAS '88, recently retired from Crittenton Hospital Medical Center where she worked as a registered nurse for more than 29 years.

Earlier this year, the couple established the Miron and Haija Stano Endowed Scholarship Fund through a \$100,000 donation to OU's SON and The Honors College.

The couple's dedication to OU will fund scholarships to full-time undergraduate students who have demonstrated leadership or community. The Stanos believe that supporting education will have a far-reaching



Haija and Miron Stano

effect, especially in the current restructuring of the economy.

Haija also pointed out that the impetus to fund a scholarship came, in part, because she received help to finance her education. She graduated from the National Medical Center School of Nursing (now the Sung-Shin University, College of Nursing) in Seoul, Korea, and completed post-graduate studies at Mount Sinai School of Nursing in New York City. She is also a proud Oakland alumna.

As opportunities for nurses and other well-educated professionals grow, it's important that OU can play a major role. The endowed scholarships will be another facet of OU's involvement in the health care community. ■

Saturday Academy boosts nursing career vision for elementary students

Forget Saturday cartoons or sleeping in late. For the 16 Pontiac fifth and sixth graders who participated in the four-week Future Nurse Leader Academy earlier this year, Saturdays were filled with lessons in pharmacology, clinical calculations, and health and wellness procedures.

OU's SON initiated this innovative program, which allowed students at Herrington Elementary School in Pontiac to prepare early for a future in health care. Though the middle-school program was a one-time funded event, any K-12 school is invited to participate in this experiential learning environment, provided the school is able to contribute financial support.

Literature shows that making career decisions at an early age helps students identify appropriate classes to take in middle and high school. Reaching students in the elementary years helps them plan their math and science curriculums, notes Kristina White, academic adviser, SON.

In addition to learning nursing basics, students obtained CPR and first aid training and certification. They also interacted with nurses and used state-of-the-art simulation equipment to learn more about the human body and symptoms of illness.

The Saturday Academy is part of the Future Nurse Leader Academy and augments the highly successful Camp RN@OU. The SON rewarded one student's eager enthusiasm for the Saturday Academy with a scholarship to participate in the two-week Camp RN@OU.

For more information about the Future Nurse Leader Academy, contact Kristina White at (248) 370-4482 or white2@oakland.edu. ■

Nursing students' job prospects rise with SOAR

While the St. John and Oakland Assessment Readiness (SOAR) program was designed to fill a gap for patient care technicians (PCT) within the St. John Health System (SJHS), much has evolved in the year since it began. It's what Jaime Sinutko, project manager for OU's Institute for the Advancement of Nursing and Health Care, calls a win-win situation for the hospital and OU's SON students.

"Based on conversations with both nursing and pre-nursing students it became obvious that SON students wanted earlier experience working in hospital settings," she says. "This exposure to patient care and hospital employment has direct impact on their career decisions."

The SOAR program, which completed its fourth class this summer, has evolved since it began in December 2008. "We now offer a specialization in phlebotomy and have expanded the affiliated employers for better job search capabilities," Sinutko says.

The PCT education is divided up by body systems and matches the competencies required for hire as a PCT. The additional two-week phlebotomy curriculum trains students in a variety of blood-drawing techniques.



Lisa Aline Hanes, bottom center, of SJHS with SOAR students.

The SOAR program accepts fully admitted nursing students for its five-to-seven week, 120-plus-hour program, and provides students the opportunity to interview for a PCT job at SJHS or through Corporate Recruiters, Inc. for possible placement at Beaumont Hospitals.

Since classes are offered in the evening, students can work during the day, earning money for tuition, and still gain valuable patient care experience.

"After this program, I feel that I will be better prepared for a career in nursing," notes one SOAR student. "I feel like I now have a heads up for nursing school and my career." ■

Asthma Fair educates underserved population

At the Clara W. Rutherford Academy in northwest Detroit, 85 out of 420 students, or approximately 20 percent, have asthma. This led Cathy Wenz, BSN '81, MSN '90, FNP '99, director of the Newton Health Center clinic at the school, to organize an Asthma Fair.

"This interactive fair was the culmination of a Community Intervention Project by 15 OU Nurse Practitioner students," says Wenz, an employee of Beaumont Hospitals, who sponsored the school-based health center. Wanda Gibson-Scipio, Ph.D., APRN-BC, assistant professor, developed the program as part of the FNP program's final coursework.

The first Asthma Fair, held last spring, brought 29 children and 22 adults to the Community Intervention Project. The participants, all families with a child affected by asthma, learned about topics, including the definition of asthma, asthma triggers, medications, peak flow use and monitoring and smoking cessation. "The greatest accomplishment of the fair is that it brought parents and guardians into the educational partnership with the school's clinic," says Wenz.

Gibson-Scipio provided students with guidance in the development of the project, reviewed the content and approved all the planned activities. The students also collaborated with Wenz during the planning phase to assure

the program would meet the needs of the community and ensure it would not disrupt classroom time. Wenz coordinated the fair with the OU Family and Adult NP students who provided props for the hands-on stations and prizes for participants.

"The health disparities at the Rutherford School are apparent. We have worked with children who have no insurance. And those who have insurance frequently do not have a primary care provider. There are many visits to emergency rooms and urgent care centers," says Wenz. "The Asthma Fair served the community because the students and adults who attended reported that their understanding of asthma was greatly enhanced."

Even those who didn't attend the fair gained knowledge. "While the Asthma Fair was in progress in the gym, OU NP students visited every classroom with information directed toward children and teachers and their role in assisting children with asthma," says Wenz. "It was helpful to have so many people assisting."

"In addition to supporting the community, it also helped OU's NP students further develop the skills and knowledge that will be essential in their careers," Gibson-Scipio adds. ■

“Scrub the Halls” helps LPN students don their work apparel

Open for more than a year, OU’s nursing workforce development programs have trained Detroit residents who are underemployed or unemployed for jobs in the health care community. Through partnerships between OU’s SON, Detroit Medical Center and Detroit’s Workforce Development Department, the programs cover tuition and course materials, and provides support in areas such as childcare and transportation fees.

When the call went out that the workforce development students needed scrubs, OU’s SON came to their aid in a very unique way. Scrub the Halls, a holiday initiative to support the LPN students, was such a success that Assistant Dean Pam Marin says it’s likely to be an annual event.

“It was a total winner all the way,” says Marin, who notes the SON’s Dean’s Circle, which consists of about 35 junior and senior nursing students, sponsored the initiative.

Jaime Sinutko, project manager, Institute for the Advancement of Nursing and Health Care, says the program raised more than \$500 in two weeks and supported the purchase of 28 sets of scrubs.



LPN students show their appreciation for the 28 sets of scrubs donated by OU’s SON students.

During a similar event this spring, Dean’s Circle students collected and donated materials such as scrubs, flash cards, pocket protectors, reference materials and other supplies to assist LPN graduates in the workplace development program.

“It was very successful, and this year’s event will prove an even larger success,” says Sinutko.

For more information, or to contribute, call (248) 370-4253. ■



Kristen M. Swanson, Ph.D., RN, FAAN, shares insight from her research in a seminar called “Middle Range Theory of Caring.”

Notable theorist shares insight with SON students, Crittenton staff

Using a Relationship-Based Care model, patients are actively involved in their own care, have their families involved as well and have an individualized relationship with their health care provider. This relationship-based care can impact the whole person as it creates a caring and healing environment that impacts the patient’s body, mind and spirit.

SON students, staff and faculty, along with nurses and hospital administrators learned more about this transforming model of relationship-based care when Kristen M. Swanson, Ph.D., RN, FAAN, visited OU and Crittenton Hospital Medical Center. She shared insight and experience from her research in a seminar called “Middle Range Theory of Caring.”

Swanson, a Robert Wood Johnson Executive Nurse Fellow, was recently appointed as dean of the University of North Carolina at Chapel Hill’s School of Nursing. Swanson’s theory of caring is used in health care settings throughout the United States, including Crittenton.

SON students and Crittenton staff also had a chance to meet with Swanson prior to her presentation to further discuss the origins of her theory and the five facets of caring process: Maintaining Belief, Knowing, Being with, Doing for and Enabling/Informing and how they can be applied to patient care. ■

Compiled by Alice Rhein, a freelance writer from Huntington Woods, Mich.

Nightingale Awards for Nursing® salutes the best in the field

21st Annual Nightingale Awards for Nursing®

The spotlight was on Michigan's exceptional nurses at the 21st Annual Nightingale Awards for Nursing®. Oakland University's School of

Nursing presenting sponsor St. John Health and the SON Board of Visitors recognized nine award recipients and nine runners-up for their outstanding service to the nursing profession. The event honors area nurses while raising money to help OU's SON provide scholarships and the high-tech equipment necessary to train 21st century nurses.

Emceed by MAGIC 105.1 radio afternoon show co-host Mitzi Miles, the event was attended by more than 700 doctors, nurses, hospital administrators and other health care workers from throughout Michigan. Held in May each year, the Nightingale Awards celebration coincides with National Nurses Week and Florence Nightingale's birthday.

The event is possible thanks to generous supporters including gold sponsor Henry Ford Health System, silver sponsors Detroit Medical Center, Beaumont Hospitals, Crittenton Hospital Medical Center, Garden City Hospital, Karmanos Cancer Institute, Kelly Healthcare Resources, St. Joseph Mercy Oakland, Oakwood Healthcare, POH Regional Medical Center, Special Tree Rehabilitation, Rainbow Rehabilitation, Providence Hospital, Health Care Weekly Review, Blue Cross Blue Shield of Michigan, Genesys Regional Medical Center, PVS Chemicals, Anesthesia Staffing Consultants, Wright & Filippis, and Maggie Allesee.

The Nightingale Awards are presented to nurses in the areas of administration, advanced nurse practice, research and education, long-term care and rehabilitation, nursing in the community, and staff practice, as well as the OU distinguished alumni in nursing and the People's Choice Award. This year's winners were selected from more than 150 nominations, based on achievements, community service and involvement in professional organizations. Award winners each receive a check for \$1,000, a pin and a solid bronze statue of Florence Nightingale. Runners-up receive a plaque and pin. ■

Nightingale guests participate in a silent auction.



Dean Linda Thompson Adams thanks nurses for their outstanding service.



2009 NIGHTINGALE AWARDS FOR NURSING® HONORED THE FOLLOWING NURSES:

ADMINISTRATION:

Winner Lucille Musser Arking, Select Specialty Hospital-Pontiac
Runner-up Kathleen Urban, Garden City Hospital

ADVANCED NURSE PRACTICE:

Winner Diana LaBumbard, Huron Valley Sinai Hospital
Runner-up Rita DiBiase, Karmanos Cancer Institute

EDUCATION AND RESEARCH:

Winner Mary Golinski, Beaumont Hospital-Grosse Pointe
Runner-up Michelle Farkas-Cameron, DMC-Sinai Grace Hospital

LONG TERM CARE/REHABILITATION:

Winner Julia Libcke, DMC-Rehabilitation Institute of Michigan
Runner-up Judith Murphy, Garden City Hospital

NURSING IN THE COMMUNITY:

Winner Laurel Felsenfeld, Aging Answers LLC & Axis Care Management
Runner-up Sister Hilda Nadine Sheehan, Neighbors Caring for Neighbors Clinic-Henry Ford Home Care

OAKLAND UNIVERSITY DISTINGUISHED ALUMNI:

Winner Judith Pegg, Beaumont Hospital-Troy
Runner-up Marilyn Maggioncalda, St. John Providence Hospital

STAFF NURSE PRACTICE:

Winner Alison Sachse, St. John Providence Hospital
Winner Karen Safko, Northern Michigan Regional Hospital
Runner-up Josephine Garnoc, Beaumont Hospital-Grosse Pointe
Runner-up Sheri Frank, DMC-Detroit Receiving Hospital

PEOPLE'S CHOICE:

Winner Suzanne Zayan, St. Joseph Mercy Livingston Hospital
Runner-up Stephanie Kearney, Oakwood Home Care

ENVISION

NURSING IN THE FUTURE WITH
HOME AND COMMUNITY-BASED CARE



Envision Conference focuses on home and community-based care

Oakland University's Envision Conference brings together nurse executives, nurses and entrepreneurs annually

to discuss the latest trends in health care. In September, hundreds gathered at the Troy Marriott, in Troy, Mich., to learn more about the topic, "Nursing in the Future with Home and Community-Based Care." The conference highlighted innovative opportunities for nurses to engage in entrepreneurial solutions for practice, research and education in home care nursing and palliative care.

The third annual conference, hosted by Oakland University's School of Nursing, with presenting sponsor Beaumont Hospitals, and welcome reception sponsor St. John Health, featured prominent leaders from across the country and Ireland. Keynote speaker was Brendan McCormack, professor, Nursing Research and Practice Development, at the Institute of Nursing at the University of Ulster in Ireland. McCormack, an expert in gerontological nursing, person-centered nursing and practice development, presented "Realizing the Transformative Potential of Person-Centeredness: Dancing with the Connected Energies of Practice."

Gwendolyn Franklin, director, Office of Nursing at the Detroit Department of Health and Wellness Promotion,

with 19 years of public health nursing experience, shared tips on how to launch a home care business.

With an extensive 30-year hospice and palliative care career in hospice management and development, Margaret Wolters, of St. Mary's Palliative Care and Hospice in Minnesota, presented "Supporting Children with Life-Limiting Conditions." Doris Neumeyer, an infection control practitioner with Beaumont Hospital – Troy, engaged the audience with information about infection control and emergency preparedness for home care.

Conference participants, including OU doctoral nursing students and nurses, displayed nursing-related poster abstracts during the event.

OU's SON is helping to combat the nationwide nursing shortage through the Envision Conference by presenting new and innovative options – such as home care – in the nursing profession. In addition to nurses, attendees included doctors, medical researchers and other health care professionals.

For more information about the 2009 conference, visit oakland.edu/nursing/2009envisionconference. Information about the 2010 Envision Conference will be announced early in the winter and will be posted on the Web site at oakland.edu/nursing/2010envisionconference. ■

Remembering SON supporter John R. Ylvisaker



John R. Ylvisaker, M.D., a surgeon and real estate developer who dedicated his later years to the establishment of scholarship programs at Oakland University, among other schools, died on August 1, 2009, after a long battle with cancer.

Throughout Ylvisaker's 90 years, he consistently gave of himself.

He risked his life in the Air Force during the Korean War, maintained a busy surgery practice and developed numerous real estate projects in the 1970s in Pontiac, including several apartment complexes, a commercial storage facility and a shopping center. When asked why he focused so heavily on Pontiac, he replied, "Because Pontiac needed me more." Whether in medicine or business, commitment and service were central to his life.

Ylvisaker became the first medical director at St. Joseph Mercy Hospital in 1969 where he remained for 12 years. During this time, he also served as treasurer of the Michigan State Medical Society (14 years) and, upon his

retirement in 1980, served for two years as its president. He was dedicated to improving the quality of medicine and patient care and under his leadership both the Medical Society and St. Joe's made many strides. From 1975 to 1995, he was also an adjunct professor at Oakland University's School of Health Sciences.

Ylvisaker's wife of 36 years, Tekla Strom Ylvisaker, died in 1988. After her death, he established several nursing scholarships in her name at Oakland University's School of Nursing. He was an active participant in the selection of candidates and was a mentor and friend to many of them. He structured a new model for scholarship programs, working to include previous scholars in the selection process and pre-funding annual gatherings through which the scholars could mentor and support one another.

"Dozens of students have Dr. Ylvisaker to thank for their education. His passion for nursing and helping to develop future professionals ran deep and we are thankful to have known such an honorable man. He will be deeply missed," says Linda Thompson Adams, dean, OU's SON, reflecting on the passing of a pillar of the SON community. ■

Focus Hope provides learning foundation to SON's career center

Job leads – let alone new careers – are hard to come by in today's economy. But that's exactly what Oakland University's School of Nursing is offering unemployed and underemployed residents of Detroit through its Riverview Center.

The center offers certified instruction and training for four high-demand health care careers: certified nurse assistant, patient care attendant, certified medical administrative assistant and licensed practical nurse (LPN). Participants also benefit from valuable on-the-job clinical training in area hospitals and long-term care facilities.

This promising venture just got stronger thanks to a new partner – Focus Hope – and a larger location equipped to train more students at one time.

"OU offers the education, but students also need assistance to break down barriers to learning," says Jaime Sinutko,



The SON Riverview facility offers students the opportunity to practice skills in a high-tech, high-touch simulation lab.

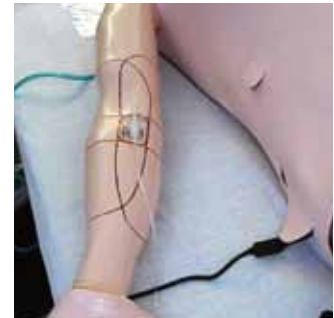
project manager, SON's Institute for the Advancement of Nursing and Health Care. "That's where Focus Hope comes in. They are the expert in career coaching."

Focus Hope has been helping unemployed and underemployed people maximize their strengths and talents since 1968.

And now individuals who participate in Focus Hope's Fast Track program – where students focus on reading skills and learn the three As: Attitude, Attendance and Academics – have the option to pursue certification through the center. And, center students are now required to complete the Fast Track program before beginning their courses.

"This learning foundation will help students put information into a nursing context," says Thomas Schuman, executive director for the SON's Institute for the Advancement of Nursing. "And it continues to remove barriers to education and employment. Focus Hope's involvement will help Riverview Center graduates be better prepared to keep the jobs they get."

The expansion of the program and its move to Riverview was possible thanks to a \$500,000 grant from the Community Foundation of Southeast Michigan. As the future home of SON's Center for Pre-Symptom Health Care and Societal Research, which received a \$330,000 Health Resources and Services Administration Award from the U.S. Department of Health and Human Services to purchase equipment, the Riverview Center location will offer center students more opportunities to gain hands-on experience to prepare them for their future careers. ■



The SIM mannequins in the SON's Riverview education facility stimulate knowledge and support clinical competence.

Share your thoughts on nursing

Oakland University's School of Nursing wants to hear from you. Nurses, physicians, patients, family members, allied health professionals, faculty and others are invited to complete this statement: "This I believe about nursing: ..."

Send your response (in 100 to 500 words) to Amy Johnson, Oakland University, SON, 428 O'Dowd Hall, 2200 N. Squirrel Road, Rochester, MI 48309-4401, or e-mail it to johnson2@oakland.edu.

Select submissions will be published on OU's SON Web site and in future issues of *The Pulse*. ■

SON faculty highlights and accomplishments

◆ RESEARCH AND RELATED ACTIVITY

Cheryl Riley-Doucet, assistant professor, was awarded a Non-Provisional Patent as co-inventor for the Portable Autonomous Multi-sensory Intervention Device in 2008.

Doucet received the following grant as co-PI: University of Michigan, Alzheimer's Disease Research Center [MADRC] NIH (NIA), Competing Continuation for \$500,000.

Barbara Harrison, associate professor, was selected as a Hartford Institute Geriatric Nursing Research Scholar for Summer 2009 and participated in the Summer Geriatric Nursing Research Seminar through the John A. Hartford Institute for Geriatric Nursing at New York University. As one of 12 participants from across the country, Harrison had the chance to hone her research skills and gain a competitive edge in research proposal submissions. She also worked with nationally recognized geriatric nursing researchers, including those who serve as faculty for the program.

Ann Whall, Allesee Endowed Chair in Gerontological Nursing, was appointed to the Quality Research Review panel, 2008-09, of the University College Cork, Republic of Ireland. Whall has been a Fulbright Distinguished Scholar in Ireland on two prior occasions.

◆ PUBLICATIONS

Doucet published the following: Promoting the well-being of older adults through multi-sensory environments in the *Oakland Journal*, in 2008; and Use of multi-sensory environments in the home for people with dementia in *Journal of Gerontological Nursing* in 2009.

Karen Dunn, associate professor, published "Development and psychometric testing of a new geriatric spiritual well-being scale" in *International Journal of Older People Nursing* and "Successful aging through the use of holistic self-care practices" in the *Oakland University Journal* in 2008.

Dunn wrote two book chapters: "Discourse on volunteering: The benefits and barriers" in M. T. Evans & E. D. Walker (Eds.), *Religion and Psychology*. Hauppauge, NY: Nova Science, published in 2009; and submitted "Spirituality, religious practice, beliefs and values" in J. Reed, C. L. Clarke, and A. Macfarlane (Eds.), *Nursing Older Adults*. London: Open University Press, McGraw-Hill International.

Whall published "Factors Associated with Aggressive Behavior among Nursing Home Residents with Dementia" in *The Gerontologist*, 48(6), 721-31, a research report of her six-year National Institutes of Health funded study along with D. Algase, C. Beck, K. Colling, G. Hong, H. Kim, A. Kolanowski. In addition, the Lithuanian translation of the fourth edition of the Fitzpatrick and Whall textbook *Conceptual Models of Nursing: Analysis and Application*, was published in 2008.

◆ PRESENTATIONS

In their 2008-09 research, **Whall** and **Harrison** collaborated with Dr. Michael Maddens, Chief of Medicine, Beaumont Hospital, and Cathy Campbell, Director of Nursing Quality and Scholarship, on the William Beaumont-Oakland University Research Initiative. This collaboration funded two research projects: Retrospective Analysis of Falls in Mentally Impaired Hospitalized Older Adults and The Retrospective Evaluation of Impulsivity Related to Falls in Mentally Impaired Hospitalized Older Adults. The two studies were presented at the Annual Scientific Meetings of the Gerontological Society of America.

Dunn chaired and presented a symposium paper "Discourse on volunteering: The benefits and barriers" at the 61st Gerontological Society of America's annual scientific conference in National Harbor, Md., in November 2008.

◆ AWARDS

Sandra Evans, BSN '04, MSN '08, CNS, Accreditation and Quality Department, Beaumont Hospital, received the 2008 MSN Board of Visitors Excellence in Nursing award for her strong academic and clinical performance, and outstanding professional care.

Doucet presented the Assessment of the functionality of the Portable Automated Multi-sensory Intervention Device (PAMID) in Competitive Symposium: Multidisciplinary and community-based interventions to improve well-being in frail older adults at the GSA 61st Annual Scientific Meeting in Washington with D. Debnath in 2008 and at the 16th Annual Meeting of the Meeting of the Minds at Oakland University with E. Gjoni and D. Debnath in 2008.

Doucet was a panel discussant and presenter at Strategies for Success Aging, discussing Wisdom and Memories and Community Network Services Anti-Stigma Program in Waterford, Mich., in 2009

Sarah Mullin, academic adviser, received the 2008 Outstanding Professional Advising Award for demonstrating outstanding academic advising to OU students. The award recognizes extraordinary work in building mentoring relationships, innovation in the creation of new programs, high student satisfaction and strong leadership skills. The first recipient of the OU award, Mullins also received national recognition as a 2009 National Academic Advising Association Outstanding Advising Certificate of Merit recipient for her extraordinary performance in the advising field.

◆ ALUMNI

Christine Roberson, SON '06, is a nurse practitioner at Crittenton Hospital Medical Center. She graduated from the University of Michigan in 2008 and is now engaged to Alan Gileghem, a 2007 graduate from OU's elementary education program, teacher in the Troy School District, and son of OU Nursing Professor Anne Mitchell. The couple plan to wed in early 2010.

Better Nurses Start With A Better Nursing Program

Crittenton Hospital Medical Center and Oakland University's School of Nursing are committed to the delivery of nursing excellence. The establishment of an endowed professorship by the Crittenton Foundation ensures a patient-centered education program and the transformation of nursing as a profession.

To learn more, visit www.crittenton.com.

CRITTENTON

Get Better Here™

Get Better Here™

CRITTENTON



School of Nursing

444 O'Dowd Hall
2200 North Squirrel Road
Rochester, Michigan 48309 4401

Non-Profit Org.
U.S. POSTAGE

PAID

Rochester, MICH
Permit No. 17

ADDRESS SERVICE REQUESTED



For more information about the School of Nursing at Oakland University,
visit oakland.edu/nursing, e-mail nrsinfo@oakland.edu or call (248) 370-4253.



SON28107.009

