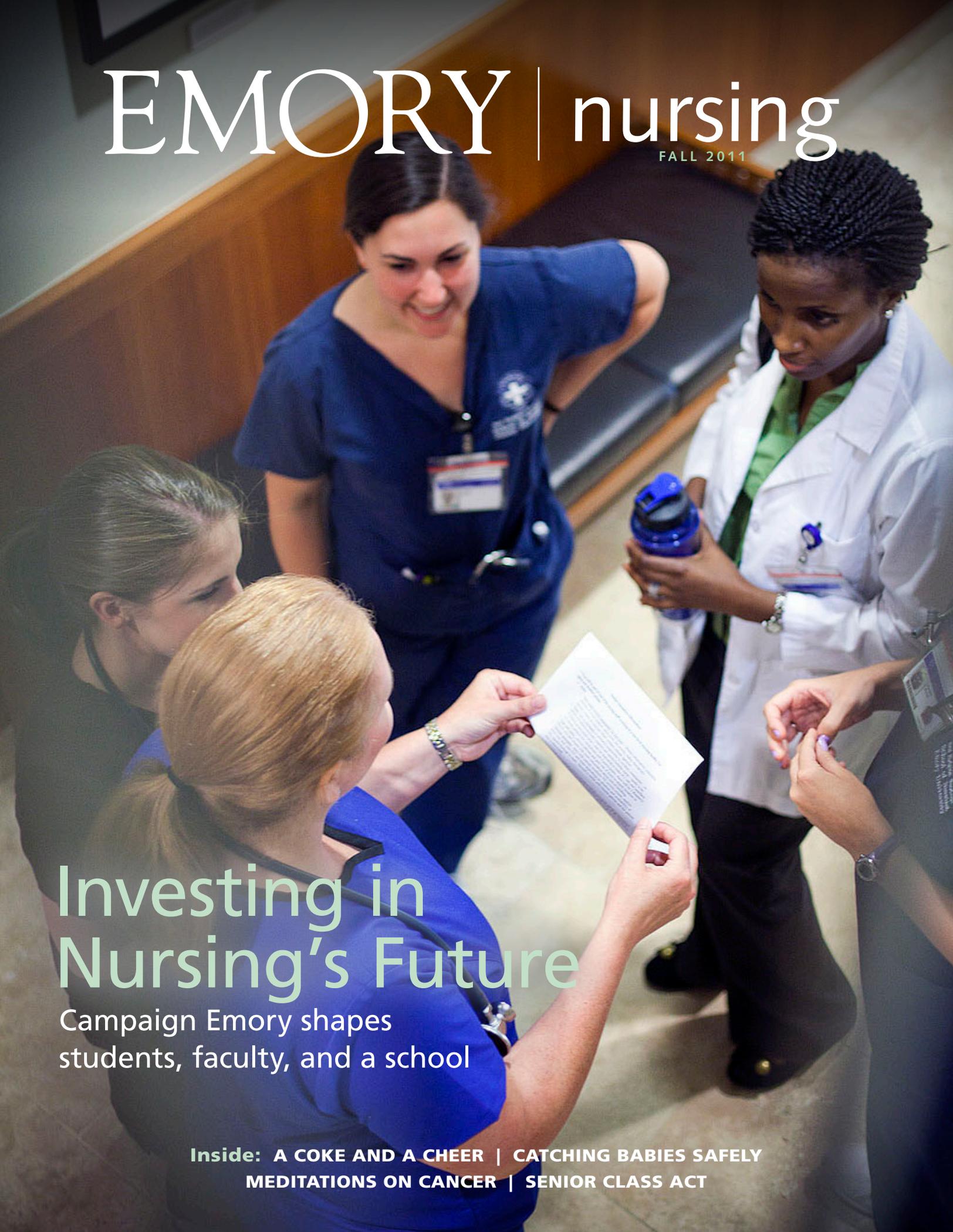


EMORY | nursing

FALL 2011



Investing in Nursing's Future

Campaign Emory shapes students, faculty, and a school

**Inside: A COKE AND A CHEER | CATCHING BABIES SAFELY
MEDITATIONS ON CANCER | SENIOR CLASS ACT**

A Funding Milestone

March roared in like a lion when we announced that the School of Nursing exceeded its \$20 million Campaign Emory goal nearly two years ahead of schedule! To date, the school has raised more than \$20.6 million for student scholarships, faculty research, and service-learning projects.

We are so grateful for the incredible generosity of alumni and friends who have invested in our school's future. While we surpassed our campaign goal, we still have work to do in critical areas yet to be funded. Many of the funds raised to date target specific programs, such as our groundbreaking work in maternal and newborn health in Ethiopia, supported by the Bill & Linda Gates Foundation, and the development of individual research programs. Private contributions from alumni and friends are essential to advancing our strategic goals to enroll top-tier students, recruit promising faculty, and conduct research to improve the care we give to patients and their families.

Our amazing students ensure that our rich heritage of nursing leadership and scholarship combined with the care of complex patients and families will endure. Each student makes a huge financial sacrifice to attend Emory. As college education costs continue to rise, student scholarships are more important than ever. More than 80 percent of our students need financial aid to pursue an Emory education, and scholarships and fellowships remain our top fund-raising priority. Nothing is more heartbreaking than losing a gifted student because the cost of education is out of reach. Emory-trained nurses have the power to transform health care delivery. Scholarships help us attract the best and brightest future leaders.



In this issue of *Emory Nursing*, you'll see how your gifts touch the lives of students and faculty alike. Your donations help advance the nursing school by:

- Providing financial aid to students who would otherwise be unable to attend Emory,
- Recruiting stellar nursing faculty to prepare the Emory nurses of the future, and
- Offering nursing care to vulnerable populations in Atlanta and beyond.

Because of our generous donors, the School of Nursing is a great place to learn and work. Thank you for all that you do to make Emory a beacon of excellence in nursing education, practice, and research. I hope you will continue to invest in our school by giving generously of your time, talents, and treasures.

Linda McCauley PHD 79MN RN FAAN FAAOHN
Dean and Professor



For more information on how to support the School of Nursing, please visit nursing.emory.edu.



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On the Cover: Gifts to Campaign Emory help nursing students like these become compassionate leaders in clinical care, research, and education.



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School tops campaign goal ahead of schedule

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A Toast to Success

School tops Campaign Emory goal ahead of schedule

The week of March 14 started on a high note when Dean Linda McCauley called an impromptu gathering in the nursing school lobby at noon. Faculty, staff, and students cheered and applauded when she announced that the school had surpassed its \$20 million fund-raising goal for Campaign Emory. What's more, the school met its goal two years ahead of schedule and was the first school to reach its goal.

"Here's to the very best students, staff, faculty, and alumni in the world," said McCauley as she led a Coca-Cola toast to celebrate the school's historical accomplishment.

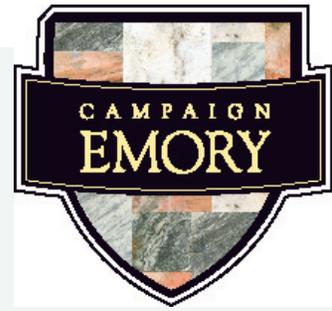
Since Campaign Emory began in 2005, the nursing school has raised more than \$20.6 million for student

scholarships, faculty research, service-learning projects, and academic programming. More than 3,000 individuals, corporations, and foundations have supported the campaign. Notable accomplishments include:

- Increasing financial aid for the Fuld Segue Program. Created with a gift from the Helene Fuld Health Trust, the program targets aspiring nurse leaders who have undergraduate degrees in other fields and a desire to work in underserved communities.
- Receiving an \$8.1 million grant—the largest donation in the school's history—from the Bill & Melinda Gates Foundation. The grant supports a major initiative to improve maternal and newborn survival rates in rural Ethiopia.



Students, faculty, and staff toast the school's success in surpassing their fund-raising goal for Campaign Emory.



- Raising \$100,000 from 265 alumni and friends to create the Elizabeth Mabry Scholarship, named in honor of the longtime faculty member. The scholarship provides aid to deserving BSN students each year.

Although the nursing school has topped its goal, many of its funding needs are yet to be met, noted campaign co-chairs J. David Allen 67C 70D 75DR and Beverly Allen 68C.

“To have early success is thrilling, but more than anything it is a call to continue our work,” says David Allen, an Emory trustee. “More than 80 percent of our students need financial aid to pursue an Emory nursing degree. As long as there are initiatives in the

School of Nursing that need additional resources—and there are—we have a job to do.”

Still there is much to celebrate upon reaching a major milestone in the school’s 106-year history.

“We are so grateful to our donors,” says McCauley. “Because of their support, we are advancing our mission to educate nurse leaders and scholars, generate new knowledge, and improve health and health care—all in service to the global community.”—*Pam Auchmutey*

Read how the School of Nursing is leveraging gifts from Campaign Emory for student scholarships, faculty research in maternal and newborn health and cancer, and service-learning in other cultures.

Maintaining Momentum

Although the School of Nursing surpassed its goal for Campaign Emory, several funding needs remain.

- Student scholarships (the No. 1 priority)
- Endowed chairs and professorships
- Community initiatives and service-learning projects
- Global health education and research



Web Connection

For information about the School of Nursing’s campaign accomplishments and priorities, visit bit.ly/soncampaign.



CAMPAIGN IMPACT: SCHOLARSHIPS

Harriet and Ellis Williams Scholarship Fund

Catching Babies Safely

Shawn Marie Fox, Accelerated BSN/MSN Program

Stories by
Dana
Goldman

At an age when most kids haven't yet learned to read, write, or ride a bike, toddler Shawn Marie Fox 12N 13MN was witnessing her brother Jeremy's home birth. "My parents really involved me," she says, and a fascination with nurse-midwifery was born.

Flash forward two decades, and Fox has just started the nursing school's accelerated BSN/MSN program, on the heels of more than three years of Peace Corps service in Ghana. It was there that she participated as an adult in more home births. "I got to catch a baby in a little mud hut," she says, "To see that firsthand in Ghana changed my life completely—realizing that birth is such a natural process."

Fox had other realizations during her time in Ghana. "I recognized my limited ability to offer practical skills to people," she says. "People wanted me to be able to treat their illness or teach them technical clinical skills, and I didn't have any of that."

A heartbreaking moment drove home that realization for Fox. She'd been helping establish a health clinic for her

rural area when a woman went into labor and suffered life-ending complications.

"It was a tragic situation," says Fox. "That was very sad. I had the resources to help build this clinic, but I couldn't help this individual survive."

In response, Fox got busy educating her community about ways to access health care during childbirth. In her off hours, she filled out her application to Emory, spurred by the nursing school's strong community health focus.

Her application quickly came to the attention of faculty members. The school offered her admission—

While serving with the Peace Corps in Africa, Fox assisted with several home births. "I got to catch a baby in a little mud hut. To see that firsthand in Ghana changed my life completely—realizing that birth is such a natural process."



and then, after her acceptance—the Harriet and Ellis Williams Scholarship. "I chose Emory before I received the scholarship, but I had resigned myself to the idea that I was going to be in debt for the rest of my life," she says. "So knowing I won't be in quite as much debt for quite as long is big."

Fox already has big plans for life after nursing school. Her goal is to become a family nurse-midwife in a rural area—either in the United States or abroad. There, she'll increase access to health care and be ready to catch many more healthy newborn babies safely in her arms.

Shawn Marie Fox was a toddler when she witnessed her brother's home birth.

A Family First

Alisha Virani, BSN Program

By the time Alisha Virani 100x 12N graduated from high school, she'd already earned a reputation—a good one.

"I'm big on community service and got the community service award in high school," Virani says. She was president of the Beta Club, volunteered for her religious community, and interned with Children's Healthcare of Atlanta at Egleston. But the highlight of her service was visiting an assisted living facility for seniors twice a month. "That was my favorite place to volunteer," she says. "I really enjoyed working with that population."

While other students might chafe at an elder's advice, Virani found those moments meaningful. "The older patients are always the ones to ask about my life, how I got into nursing, my family life, my love life—and they definitely give their input," she says. "I really don't mind getting their advice—they have the most knowledge of life. And they always give good advice. They've never failed me yet."

Working with senior citizens allowed Virani to see nurses in action—helping patients far beyond what she was able to do as a volunteer. "It was encouraging to see them do so much for their patients," she says. "There were so many opportunities and so many different types of nurses." Going into nursing seemed like an obvious career choice—how better to keep helping out?

But how to pay for nursing school wasn't as obvious. Virani is the first person in her family to attend college. Her mom was forced to quit school in the 5th grade in India, and both of her parents were determined their daughter would achieve more. "Part of the reason for coming to America and working so hard was so I could go to college and go as far as I want or can," she says.

To the family's surprise, Virani was awarded a scholarship package through the Coca-Cola Emory Advantage program, which offers need-based grants and loan caps to reduce education debt for families

Virani is a first-generation American and the first person in her family to attend college. "Part of coming to America and part of working so hard were so I could go to college and go as far as I want or can."

with a limited amount of income. The program gives special preference to students like Virani who are the first in their immediate families to go to college.

"If we were paying tuition out of pocket, that's more pressure for me," says Virani. "Because of the scholarship, I am more encouraged to further my schooling."

Her sights now are set on tackling another family first. "I definitely want to get a master's degree," she says. Right now, she is leaning toward becoming a nurse anesthetist or a geriatric nurse practitioner.

As a high school volunteer, Alisha Virani saw what nurses could do for seniors in assisted living.



CAMPAIGN IMPACT: SCHOLARSHIPS

Robert W. Woodruff Clinical Fellowship

Getting to the Good Stuff

Mary Steimer, BSN-MSN Segue Program

The first time Mary Steimer came to Georgia at age 9, the state was a brief but necessary pit stop on the way from her home in Pittsburgh to that fantasy mecca of Disney

Steimer once worked as an oncology research assistant in Washington, D.C. "All the nurses and nurse practitioners knew the patients really well, and that was the part that appealed to me—having those long-term relationships with patients."

World. The second time, in 2009, Steimer came to learn the reality of nursing through Emory's BSN-MSN Segue Program, designed for nursing students with undergraduate degrees in other fields.

A lot had changed in the years in between. Steimer had traveled abroad and earned a degree in public health but then quickly realized that the field was more policy-oriented than people-focused. Unsure

what to do next, she took a job as a research assistant at a small oncology practice in the D.C. area.

And then everything started coming together. "They did chemotherapy treatments in the back, and my

little office did all the research trials. I was a jack-of-all-trades, but I couldn't do the clinically focused stuff," Steimer remembers. "Basically, that's how I got interested in working with patients. The physician I worked for was amazing and wonderful. But the

nurse practitioner got to spend a lot more time with the patients. All of the nurses and nurse practitioners knew the patients really well, and that was the part that appealed to me—having those long-term relationships with the patients."

Soon Steimer applied to Emory's nursing school based on the strength of its reputation. "I had a feeling it was the right place. It was my No. 1 choice," she says.

This past May, Steimer received her BSN and the news that she'd been awarded a Robert W. Woodruff Clinical Fellowship for her graduate studies. The news was shocking—in a good way. "I've been supporting myself ever since I left home, so it lifts the burden and allows me to participate more in nursing school. I think it's going to open a lot of doors."

Steimer has opened more doors for herself. She discovered a passion for palliative care, externed at the Atlanta Veterans Affairs Medical Center, planned and piloted a speed networking event at the nursing school, and served as a student ambassador and a representative on the Nurses' Alumni Association board—all while maintaining a 4.0 GPA. But instead of feeling burnt out, she's revving to go—literally.

"Sometimes I'm driving down the road and think, 'I can't believe I got the fellowship, I can't believe I'm so close to being where I want to be,'" she says. "I feel like I'm just getting to the good stuff."

Segue student Mary Steimer holds a degree in public health.



The Art of Adaptation

Brandon Johnson, Fuld Fellow

Computer scientist. Returned Peace Corps volunteer. Father. Nurse-in-training.

Brandon Johnson 12N 14MN is only the second male in Emory history studying to become a family nurse-midwife. And while most nursing students come from an allied field, Johnson hails from a world of computers and web programming.

Johnson and his wife Rachel were serving with the Peace Corps in South Africa when he realized his practical computer training wasn't so useful to his new neighbors. "I didn't feel like I was meeting the primary needs of the community," he says. But the village felt like home, a place he wanted to come back to when his volunteer service was over.

After returning to the states and taking a job as a web developer, "I sat down and re-evaluated my life and where I wanted to go," Johnson says. "The health care field just felt right. The model of nursing fit my personality and personal convictions when it comes to health and medical issues."

After he was accepted at Emory, Johnson's wife became pregnant, and he began learning firsthand about birth and the job of a midwife. Last December, their son Rigby was born. A few weeks later, Johnson began his first maternity rotation.

"The thought of being in the presence of women in labor was a lot more comfortable after going through

the experience with my wife," he says. He also realized that midwifery, in addition to the broad skill set of a family nurse practitioner, would serve him and his community much better than computers had.

Johnson holds a Fuld Fellowship, which provides him the flexibility to complete his BSN and MSN studies without going into debt. Supported by the Helene Fuld Health Trust, fellowships cover the cost of tuition for second-career nursing students with a desire to serve vulnerable populations.

"What it means to us more than anything is the opportunity to go back to Africa and be directly involved in the work we want to do sooner rather than later," he says. "That's a real blessing for us."

While Johnson is preparing to become a family nurse practitioner and certified nurse-midwife, he's also making sure his son will be ready for the life in front of them. This winter, the family will head back to their South African village for New Year's.

"Rigby probably won't remember much of it," Johnson says. "But it's important for us to start exposing him to the flexibility of traveling and adapting to new environments."

Brandon Johnson plans to become a family nurse-midwife. His son Rigby was born last year.

Serving with the Peace Corps in South Africa prompted Johnson to re-evaluate his life. "The model of nursing fit my personality and personal convictions when it comes to health and medical issues."



Diversifying Nurse Leadership

Debbie Stevens, PhD Program

Debbie Stevens 00MN 13G APRN-BC—wife, mother of three, and third-year PhD student—can pinpoint the moment that changed her life. She was in a large Minneapolis conference room surrounded by hundreds of fellow psychiatric nurses. The year was 2008. She'd been a psychiatric advanced practice nurse for a decade.

"It was my first time away on a trip like this since I'd been married," Stevens recalls. "I didn't see a lot of others who looked like me because I was young and African American, and I looked around, wonder-

ing, 'Where am I going in my nursing career? Why am I in the audience? Why am I not up on the stage presenting research?' " On the spot, she pulled out a notepad and wrote out two goals: to present research at the same conference the next year and enroll in a doctoral program.

By fall 2009, Stevens had checked both goals off her list with admission to Emory's nursing PhD program and a poster presentation at the same conference.

Soon after, Stevens was pursuing research on the impact of racial discrimination on caregivers, with a specific look at health outcomes among African Americans caring for family members with dementia. "We know that discrimination is predictive of negative mental and physical health outcomes," she says. "But what we don't know is that if caregivers are experiencing additional stressors, how is that impacting their health?"

The topic hasn't been addressed by researchers before and also is close to Stevens' heart: the grandmother who raised her now lives with dementia. "It's amazing to see how debilitating dementia can be," Stevens says. "For someone who was like a mom to me and now not recognize me, it's painful. Caring for someone like that can be a tremendous pull on caregivers."

Her research got a big boost this past spring when she was named a Hartford Foundation Scholar for its Building Academic Geriatric Nursing Capacity Program. The scholarship provides \$100,000 over two years, allowing Stevens to complete her research and attend academic and leadership training around the country. The foundation's overall goal is to eliminate the shortage of geriatric nurse leaders in teaching and research.

Stevens has an additional goal as well—to help make sure other young African American nurses see leaders who look like them. "Health disparities are well-documented in the African American community," she says. "To address them and bring solutions to the problems, we need more diversity in the health care workforce and also among researchers looking at the problems and trying to solve the issues facing African Americans. That's something that keeps me going. I'm not just getting this PhD for me but for my community as well."

LASTING VALUE

Last year, the School of Nursing awarded 404 merit and need-based scholarships to students, who on average received \$6,000 to offset tuition costs. More than 80 percent of nursing students receive some form of financial aid. After graduation, the average debt load is \$33,000 for BSN students and \$30,000 or more for MSN students. Despite the cost, first- and second-career nursing students often work in underserved areas after they graduate.

Their reason? "Students come here because of who we are," says Katie Kennedy, director of financial aid and student success for the School of Nursing.

Debbie Stevens is studying the impact of racial discrimination on caregivers and health outcomes among African Americans caring for family members with dementia.



Healthy Mothers, Healthy Newborns

Ethiopia project provides a community model for saving lives

When the bleeding started without labor, Birhane Simeneh suspected something was wrong. But having been prepared for such a possibility, Simeneh, a 40-year-old mother of six, knew to seek medical care for the complication right away. Her informed decision likely saved her and her baby's lives.

Simeneh, who lives in rural Amhara, Ethiopia, learned about the dangers of late pregnancy hemorrhage through the Maternal and Newborn Health in Ethiopia Partnership (MaNHEP), a Bill & Melinda Gates Foundation-funded, \$8.1 million project at the School of Nursing.

To help demonstrate a community-oriented model for improving maternal and newborn survival in Ethiopia, MaNHEP works with pregnant women and frontline health workers to build knowledge and skills in the delivery of a basic package of life-saving maternal and newborn health care during the critical period from birth through the first 48 hours of life.

In addition to training, MaNHEP supports quality improvement (QI) teams to strengthen those systems needed for maternal and newborn health (MNH) care. They include systems for identifying pregnant women should complications arise and notifying health workers of births in order that care can be delivered in time, every time.

When Simeneh recognized the danger sign of bleeding, she contacted her birth attendant, who already knew that Simeneh was approaching her delivery date through the work of her village's 14-member QI team. The attendant quickly mobilized neighbors and relatives to transport Simeneh to a local health post where a health extension worker determined that her

condition warranted emergency treatment at a nearby hospital. Simeneh later delivered a healthy baby by caesarean section.

In concert with training and quality improvement activities, MaNHEP leads behavior change communications to motivate pregnant women to seek out MNH services and get frontline health workers to provide such services. Through dramas, songs, and poetry contests, MaNHEP also aims to increase teamwork among the health workers so that MNH services can be delivered effectively.

As the different components of MaNHEP coalesce, many more women are expected to have experiences like Simeneh's. If successful in the Amhara and Oromiya regions, the project could be scaled up throughout Ethiopia beginning in 2013.

"Ethiopia has one of the highest maternal and newborn mortality rates in the world," says Lynn Sibley PHD RN FACNM FAAN, principal investigator and director of MaNHEP and associate professor of nursing. "We're confident that our model can help transform the way that women and newborns receive essential care."

Lynn Sibley (below) is building a community base in Ethiopia to improve maternal and newborn survival.

By Poul Olson



Meditations on Cancer

Mindfulness-based interventions help patients cope

By Ralph
Ellis

Cancer patients often endure pain, fatigue, and uncomfortable medical treatments while living with an overwhelming sense of uncertainty and fear.

“A lot of times, they feel their bodies have betrayed them,” says Susan Bauer-Wu PHD RN FAAN, a Georgia Cancer Coalition Distinguished Cancer Scholar in the School of Nursing. “I try to help cancer patients befriend their bodies again and foster a sense of acceptance and peace of mind with whatever is happening.”

Bauer-Wu has devoted much of her career to researching how psycho-behavioral interventions, such as music and writing, affect cancer patients’ symptoms and treatment experience. At Emory, she has concentrated on a tool for connecting the mind and body that’s been around for thousands of years: meditation.

In a recent clinical trial, funded in part with \$500,000 from the Georgia Cancer Coalition along with a major grant from the National Institute of Nursing Research, Bauer-Wu sought to determine whether mindfulness meditation affects the well-being

Bauer-Wu has taken mindfulness practices and customized them for patients with cancer and other serious illnesses. “With mindfulness, patients are taught simple practices to ground themselves back into the moment, to be aware of what’s happening, and have more control over what’s happening to them.”

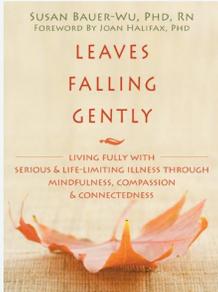


of cancer patients undergoing hematopoietic stem cell transplant. For many patients, she found that it does.

These patients experience major anxiety, in no small part because they are stuck in a hospital for about three weeks and are worried about relapse of their disease in the future.

Health care professionals (primarily nurses) trained in mindfulness meditation visited the patients in their hospital rooms twice a week. The patients also received a CD on guided meditation to listen to in the hospital and when they went home. This program helped

Susan Bauer-Wu's (left) studies involve nurses at Winship Cancer Institute, including nurse practitioners Jessica Thomas O6N 10MN (center) and Kate Carlson Wrammert.



cancer patients learn how to meditate and bring mindfulness and self-compassion into their everyday lives.

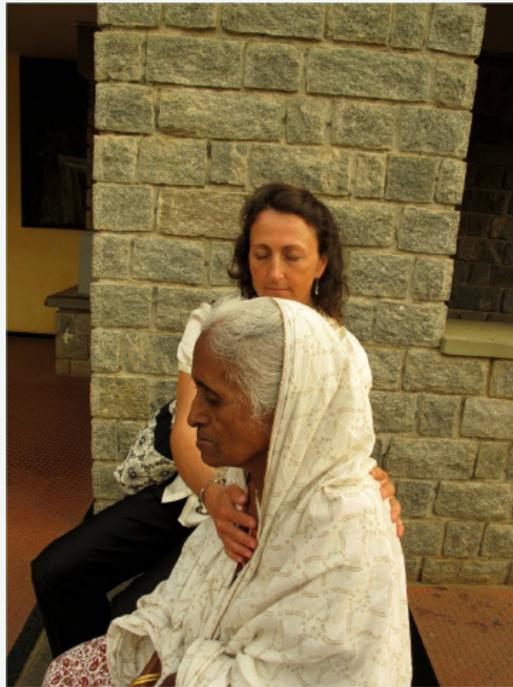
Patients feel better and more in control after they meditate. Their heart and respiratory rates drop, and self-reported symptoms, such as pain and anxiety, also decrease. They learn not to panic during the ups and downs of their treatment and in the months following cancer therapy.

“If a cancer patient has a new pain in their body, they may automatically think, ‘Uh oh, the cancer’s come back,’ ” Bauer-Wu explains. “Many patients have such stories running around in their heads. In reality, there are a lot of reasons why they could have that sensation, with cancer recurrence being just one possible explanation.”

A student of meditation who has visited Nepal, Tibet, and India on medical missions, Bauer-Wu stresses that the meditation she favors for patients is secular, not religious.

“While the principles of mindfulness meditation are based in Buddhism, our work is not about religion or anything particularly Eastern per se,” she says. “Bringing awareness to present-moment experience with an attitude of openness and kindness—at the heart of these practices—is universal to people of all faith traditions.”

Bauer-Wu is a longtime proponent of mindfulness, a philosophy that has been used in medical settings and based on the Mindfulness-Based Stress Reduction program founded in 1979 at the University of Massachusetts Medical School, where Bauer-Wu once served on the faculty.



Bauer-Wu is a student of meditation who has traveled to Nepal, Tibet, and India on medical missions.

“So often, we’re not even aware of what we are doing or thinking,” she says. “We’re on autopilot. With mindfulness, patients are taught simple practices to ground themselves back into the moment, to be aware of what’s happening, and have more control over what’s happening to them.”

Bauer-Wu has taken mindfulness practices and customized them for patients with cancer and other serious illnesses. For instance, cancer patients are taught to eat mindfully by practicing with ice chips. Mindful movement through a gentle range of motion exercises, even while lying down, also is taught.

In 2007, Bauer-Wu was recruited to Emory from the Dana-Farber Cancer Institute in Boston, where she

studied how music and writing helped cancer patients deal with their illness and began her research on mindfulness meditation. After joining Emory, she subsequently analyzed her writing and music research and undertook different studies of meditation.

Her forthcoming book, *Leaves Falling Gently: Living Fully with Serious & Life-Limiting Illness Through Mindfulness, Compassion & Connectedness* (New Harbinger Publications, 2011), includes inspiring stories and easy-to-follow exercises to help people cope with illness and physical discomfort. The 175-page book will be available in September.

Web Connection: To order *Leaves Falling Gently*, visit amzn.to/leavesfallinggently.



Preventing HPV and Cervical Cancer

It starts by listening to communities in rural Georgia

By Martha
Nolan
McKenzie

In 2005, a girl in her early 20s came to see Tami Thomas PHD CPNP RNC for a routine Pap smear. Thomas, then a pediatric nurse practitioner with the University of Florida, had to deliver devastating news. The girl had cervical cancer induced by a human papillomavirus (HPV) infection.

“This young woman was at a time in her life when she should have been planning for graduate school or traveling or starting a job,” says Thomas. “Instead she was faced with chemotherapy, radiation, and the possibility of a truncated life. I went to my director and said, ‘Something has to be done about HPV. It’s *everywhere*.’”

Today, she is doing something about it. Now an assistant professor and a Robert Wood Johnson Foundation Nurse Faculty Scholar at Emory, Thomas is researching interventions to disseminate health care

Tami Thomas is studying rural communities in south Georgia to find appropriate ways to disseminate the HPV vaccine as a way to prevent cervical cancer.

innovations, like the new HPV vaccine, to adolescent and pediatric populations experiencing health disparities in rural areas.

“The people who live in rural counties suffer from diseases such as cervical cancer at higher rates than those in urban areas, yet they are often invisible,” she says. “The support I get from Campaign Emory and the Robert Wood Johnson Foundation allows me to help all Georgians.”

HPV is the most commonly acquired sexually transmitted infection (STI) in the United States for those ages 16 to 24, according to the CDC. It is so common that at least 50 percent of sexually active men and women get it at some point in their lives. Unlike many other STIs, HPV can be spread through skin-to-skin contact during sexual play as well as through all types of intercourse. Most people with HPV do not develop

symptoms or health problems from it, so they may not even know they have it. In 90 percent of cases, the body’s immune system clears HPV naturally within two years. However, four of the 40 HPV strains have been linked with cervical cancer. In fact, HPV is responsible for more than 70 percent of all cervical cancers.

And cervical cancer hits much harder in rural areas than urban ones. That’s because it is essentially a poor woman’s disease, disproportionately striking women who cannot afford or do not have access to annual Pap smears.

So for adolescents in rural Georgia, getting the HPV vaccine should be a no-brainer, right? Wrong. Vaccination rates are





For 10 months, Thomas traveled to four rural counties in southeastern Georgia to meet residents and hear their concerns about HPV vaccination.

low, possibly for many reasons. It is expensive—the three-injection regimen costs more than \$300. Its protection lasts four years and then a booster vaccination is needed and some parents express concern that HPV vaccination promotes sexual promiscuity.

So how does one convince this at-risk population of the benefit of HPV vaccination? That is the crux of Thomas' current research. To craft a message that resonates with this population and increases vaccination rates, she first has to get inside their heads and hearts.

"I want to produce a culturally specific intervention—a way to promote positive health behaviors in the context of a person's values," says Thomas. "I'm talking about where they live, what they eat, where they attend worship services, the roles of women, the roles of children, how they value health, how they value education, how children are raised. You have to look at all that and much more and get to know that population before you can say, 'Let's work on changing this behavior,' whether it's regarding getting children immunized or any other health promotion behavior."

So beginning in early 2009, Thomas spent 10 months driving down to four rural southeastern Georgia counties, meeting people in small churches, speaking before local groups, introducing herself around town—and listening. Only after she had gained the confidence of the social gatekeepers did she start to collect her first scraps of data.

"Many times people in these rural and isolated communities suffer from what I call 'helicopter researchers'—people who fly in, get data and leave, and there's nothing left in place that really helps them," says Thomas. "But to understand people, you have to take the time. I had so many people come

up to me when I was collecting data who said, 'You know, no one has ever come down here and asked us what we thought. Usually people want to rush down here and fix us.' "

By getting to know her subjects, Thomas presented her research in the context of their values and then when she went to collect data, people understood the purpose and the importance of participating in research. "I went from collecting very small, tiny

Cervical cancer hits much harder in rural areas than urban ones. That's because it is essentially a poor woman's disease, disproportionately striking women who cannot afford or do not have access to annual Pap smears.

groups of data to completing my descriptive work early," she says.

While it is too early to share what she has learned about community members so far, she can attest that they love their children and want to ensure they have long healthy lives, and many know someone who has died of cancer. She hopes to receive funding to pilot her culturally specific intervention within the next year, followed by a large randomized study soon thereafter.

"If it works in rural Georgia, we'll take the constructs of it, modify the design, and pilot it in the Haitian and rural Afro-Caribbean communities in Florida," says Thomas. "That's the big brass ring, the larger career goal for me—creating a model of diffusion for health care innovations to vulnerable populations, whether it's in south Georgia, Miami, Africa, or India."

CAMPAIGN IMPACT: SERVICE-LEARNING

The Senior Class Gift Campaign

Class Act

Graduating seniors pay it forward for student travel

By Pam Auchmutey

Lauren Baldwin IN 13MN is among the first students to complete the undergraduate portion of the accelerated BSN/MSN program. Baldwin, a former psychotherapist with a master's degree in psychology, plans to work as a family nurse-midwife in a rural community.

The ABSN/MSN program has met her needs by providing "numerous opportunities to do service-learning in and out of the country, which is one of the reasons I came to Emory to study nursing," she says.

She also is benefitting from the generosity of students before her. In 2008, graduating BSN students designated their senior class gift be used to support the Service Learning Trip Scholarship Fund. Fourteen students have received travel scholarships for the Alternative Winter Break program in Jamaica and the Bahamas and the Alternative Spring Break program in the Dominican Republic. Through these trips, students provide health care and education in another culture.

Last winter, Baldwin joined other students on the Bahamian island of Eleuthera to learn from Emory nursing faculty and local nurses. A travel scholarship funded by senior class gifts made it possible for her to go.

This past winter, BSN senior Ashley Mire taught these schoolgirls from Eleuthera about proper nutrition and hygiene.



Lauren Baldwin's experience in the Bahamas "brought me back to what nursing is all about."



"Because I have debt from another degree, it's hard to pay out of pocket for extra things," says Baldwin.

During her weeklong immersion on Eleuthera, Baldwin gave flu vaccines, accompanied local nurses on home visits, and educated elementary, middle, and high school students about hygiene, nutrition, and disease prevention. The experience allowed Baldwin to see health care delivery in a different light.

"It brought me back to what nursing is all about without the advantage of technical tools like ventilators, IV pumps, and x-rays," she says. "I talked with residents to understand what their needs are in their own environment. It was interesting to see where they live and how that affects their health."



Emory nursing students and faculty travel to the Bahamas (the 2011 group poses above) and Jamaica each winter and the Dominican Republic each spring to provide basic health care and education in a different cultural setting.

Corrine Abraham RN MN, the school’s service-learning coordinator, accompanies students each winter to the Bahamas, where she partners closely with health and community leaders. The experience transforms the students every time.

“They come back with a paradigm shift of expectations,” says Abraham. “Students learn about a health care system that’s different from their own.

They understand the fundamentals of health care while feeling part of something bigger than themselves.”

Gifts from the senior class ensure that students have that opportunity. “Their gift provides a legacy for future students,” Abraham adds. “No student should feel they can’t participate because they don’t have resources for travel.”

The Class of 2011 Scores a 95

Each year, BSN senior class officers determine how their gifts will be used. In 2008, the senior class created the Service Learning Trip Scholarship Fund for students participating in the alternative winter and spring break programs in the Caribbean. Scholarships target students who cannot afford to pay the cost of travel. The Class of 2010 supported a general fund for service learning.

In 2009 and in 2011, seniors designated their class gifts for the School of Nursing Scholarship Fund. This general scholarship fund provides support for any nursing student in need of financial aid. The Class of 2011 had a 95 percent participation rate in their campaign—the highest rate among all schools at Emory this year.

Dean Linda McCauley accepts the 2011 Senior Class Gift from officers Keely Passman (second from left), Kim Freeman, Kara Short, and Lynei Woodard. Their class gift supports nursing scholarships.



A Call to Action

Emory co-hosts Georgia Nursing Summit

Last fall, when the Institute of Medicine (IOM) and the Robert Wood Johnson Foundation released their report on *The Future of Nursing: Leading Change, Advancing Care*, the high volume of traffic on the IOM website caused the system to crash.



Georgia Nursing Summit leaders included Emory nursing Dean Linda McCauley (left); Charlotte Weaver, senior vice president and chief clinical officer with Gentiva Health Services; and Lisa Eichelberger, dean of the College of Health at Clayton State University.

This past winter, 350 health leaders from across Georgia packed a meeting room to discuss the report and how to implement its recommendations. Emory nursing Dean Linda McCauley was among the organizers of the Georgia Nursing Summit, which was held in downtown Atlanta.

As McCauley told *The Atlanta Journal-Constitution* this past spring, “The IOM report isn’t just a nursing report. It’s a report that shows how nursing can play an integral part in solving the challenges that face health care in our country.”

The obstacles are huge. By 2030, the number of Americans 65 and older is projected to grow by 79%. Most people in this group have at least one chronic illness. The Affordable Health Care Act calls for millions of people to gain insurance coverage. At the same time, the nation is experiencing shortages of nurses and primary care physicians.

To confront these issues, *The Future of Nursing* recommends that nurses be allowed to practice to the

full scope of their education and training. It calls for equipping them with higher levels of education and better data for workforce planning. Finally, it asks nurses to assume leadership positions and become full partners—with physicians and other health care professionals—in improving the health care system.

“We can give the highest quality care at the best price if we work together as a team,” said Wright Caughman, Emory’s executive vice president for health affairs, during the Georgia Nursing Summit. “We have to make sure that you get the power to do what you are capable of doing.”

Toward that end, the School of Nursing is building on its commitment to produce engaged nursing leaders. It is developing more clinical partnerships and new clinical leadership programs for nursing students and professionals. It is revamping the nursing curriculum. And it continues to find ways to attract promising students.

For example, the school transformed its Robert W. Woodruff Clinical Scholarship program to provide full tuition for students exhibiting a strong interest in improving the health care delivery system. Eight students recently received these scholarships.

“With the Woodruff Scholars program,” McCauley says, “we are helping to shape the future of nursing by developing the next generation of nurse leaders.”

Anjli Aurora Hinman O6N O7MN is among the new wave of nursing leaders. Hinman, a family nurse-midwife, served on the national Future of Nursing committee and spoke at the Georgia Nursing Summit.

The night before the meeting, she was on call and delivered a baby early that morning.

“I feel a huge responsibility for our future,” Hinman told summit participants. “I need to make sure that new babies are coming into a world that assures their health.”



Wright Caughman, Emory’s executive vice president for health affairs, was part of an interdisciplinary panel at the Georgia Nursing Summit.

Web Connection: To learn more about the Initiative on the Future of Nursing, visit thefutureofnursing.org.

Lillian Carter Center marks 10 years of global outreach



In this White House photo, President Jimmy Carter hugs Miss Lillian, mother, nurse, and Peace Corps volunteer.

The School of Nursing will soon observe the 10th anniversary of the Lillian Carter Center for Global Health & Social Responsibility, dedicated by former President Jimmy Carter in October 2001. Formerly known as the Lillian Carter Center for International Nursing, the center is named for Miss Lillian, nurse, Peace Corps volunteer, and the president's mother.

“Our center has touched the lives of so many people across the world,” says director Martha Rogers MD. “The 10-year anniversary is the perfect time to announce the center’s new name and reflect on its many accomplishments as we forge ahead with our mission to transform health and healing on a global scale.”

Through the Lillian Carter Center, Emory nursing faculty and students have provided critical nursing care to thousands of people by

- Treating more than 15,000 farm workers and their children in Moultrie, Georgia, through the Farm Worker Family Health Program;
- Working with underserved populations in Jamaica, the Bahamas, and the Dominican Republic through the Alternative Break Program for students;
- Strengthening the delivery of maternal and newborn health services in Ethiopia;
- Enhancing the health care workforce in Zimbabwe and Kenya; and
- Offering health care in clinics for vulnerable populations across Atlanta.

In November, the School of Nursing will commemorate the center’s decade of global leadership, scholarship, and service with a series of special events, including a keynote address by environmentalist Robert F. Kennedy Jr. For more details, visit nursing.emory.edu.



Web Connection: For the first time, students in the accelerated BSN/MSN program immersed themselves for two weeks this summer at five sites around the world—Atlanta, Moultrie, Ga., West Virginia, the Bahamas, and the Dominican Republic—through the Lillian Carter Center. Read about their experiences at bit.ly/sonimmerse.

Lillian Carter Center 10th Anniversary Events

Friday, September 23

Global Service Photo Exhibit & Reception and Nurses’ Alumni Association Awards Dinner. Submit photos and stories from global nursing experiences to betsy.oliver@emory.edu

Monday, November 7

International Scholars Day celebrating student service and scholarship at home and abroad.

Tuesday, November 8

Service-Learning Partners event featuring presentations and discussions with select community partners.

Wednesday, November 9

10th Anniversary Celebration featuring environmentalist Robert F. Kennedy Jr. as the keynote speaker.



Environmentalist Robert F. Kennedy Jr. will speak during the 10th anniversary celebration of the Lillian Carter Center for Global Health & Social Responsibility.

Strickland appointed dean at Florida International University

After 22 years at Emory, Ora Strickland RN PHD FAAN has retired to become dean of Florida International University's College of Nursing and Health Sciences. Strickland, a nationally recognized leader in women's health, minority health, and nursing measurement, began her new position in July.

She joined Emory as the inaugural recipient of the Independence Research Chair, which made her the first nursing professor to hold an endowed professorship at the university. She is credited with conducting the nation's first study on symptoms of expectant fathers and was the Emory site principal investigator for the Women's Health Initiative, which studied 168,000 post-menopausal women nationally for nine years. She was the inaugural recipient



Ora Strickland

of the Mary Elizabeth Carnegie Award in 2010 and delivered Emory's Distinguished Faculty Lecture in 2011.

Her career as a nurse educator, scientist, and author has spanned more than three decades. She was elected as a fellow of the American Academy of Nursing at age 29—the youngest nurse to receive this honor—and won nine *American Journal of Nursing* Book of the Year awards. "Nurse's Station," her weekly column for *The Baltimore Sun*, earned two health journalism awards in 1988.

"Dr. Strickland's appointment reflects her leadership abilities and international reputation as a pioneer in nursing," says Dean Linda McCauley. "Florida International University has made a brilliant choice. We wish her much success and will miss her immensely."

Honoring Faculty at Emory

Tribute gifts to the School of Nursing are an extraordinary way to honor faculty members who have impacted your life. With your gift, you are touching the life of the honoree while helping to ensure that new generations of Emory nurses will be there to improve health and healing. You can designate a gift to the Emeritus Faculty Scholarship Fund honoring Ora Strickland and/or Deborah Ryan for their longtime service to the School of Nursing. To learn more, please contact Betsy Oliver, senior associate director of development and alumni relations, at 404-727-5291 or etolive@emory.edu.

Ryan retires from teaching

As school begins this fall, one dedicated professor will be missing from the classroom. Deborah Ryan RN PHD retired after more than 29 years of teaching and leadership.

Ryan came to Atlanta when her husband was admitted to the anesthesia physician assistant program at Emory in 1982.

"I took a staff nurse position at Grady Memorial Hospital and became an instructor in the nursing school. It was a perfect fit," says Ryan, clinical associate professor in family and community nursing.

She served in various faculty roles, most recently as the BSN program director with responsibility for implementing the school's undergraduate curriculum. Ryan's distinguished teaching has been recognized more the once. She was named the school's Distinguished Teaching Professor in 2001 and received the Emory Williams Distinguished Teaching Award in 2000.

Ryan credits the faculty and students for keeping her at Emory for so many years.

"Emory is a very special place because of the collegiality of the faculty and the incredible students I had the honor of teaching," says Ryan. "I learned as much from them as they learned from me."

She plans to stay involved with the nursing profession and the school as an emeritus faculty member, including working with Atlanta's Gateway Homeless Services Center.



Deborah Ryan



Helen O'Shea will be honored by Emory's Emeritus College this fall for her accomplishments before and after her retirement in 2003. She served with the nursing school for 32 years and as a nurse for more than 40 years.

O'Shea continues to shine

Helen O'Shea RN PHD will receive the 2011 Distinguished Emeritus Award this fall. She is one of four health sciences faculty members who are being honored by the Emory University Emeritus College (EUEC). When O'Shea retired in 2003, she had served 32 years with the School of Nursing, where she chaired adult and elder health nursing and directed the BSN program. To honor her commitment to teaching, the school established the Helen O'Shea Scholarship Fund for BSN students.

O'Shea did not stop teaching after retiring. She inaugurated the Emory Summer Nursing Teaching Institute, a fast-track program to help master's-prepared nurses become skilled educators. She also instructed four female physicians from Tblisi, Georgia, on how to teach nursing and worked with them to develop the nation's first baccalaureate nursing program. Their collaboration resulted in a mission statement, program outcomes, a curriculum, and syllabi for 28 nursing courses.

In her "spare" time, O'Shea volunteers with MedShare International, coordinates food preparation for Emory's Hope Lodge, and contributes 100 hours of service annually as a DeKalb County Master Gardener. She also serves with the Emory Catholic Center and the EUEC.

Previous EUEC honorees include nursing professor Rose Dilday (2004) and hospital nursing leader Mary Woody (2003), who passed away last year.

To learn more about the Helen O'Shea Scholarship Fund, contact Amy Dorrill, associate dean for development and alumni relations, at 404-727-6917 or adorril@emory.edu.

School rises in latest *U.S. News* rankings

Emory again ranks among the nation's top nursing schools, according to *U.S. News & World Report's* 2012 edition of "America's Best Graduate Schools." The school ranked No. 21—up from No. 26 in the last edition in 2007—in a tie with several other nursing schools.

Two of the school's nursing specialties were highly ranked—pediatrics and midwifery. The school's pediatric nurse practitioner program made its first appearance in the report at No. 11.

"Emory received a favorable ranking in pediatrics because of the high-quality teaching and scholarship that allows our students to stay at the forefront of advanced nursing practice," says Marcene Powell MN DSW pediatric specialty program coordinator.

She also credits the school's partnership with Children's Healthcare of Atlanta for the program's entry in the rankings. "Because of our clinical collaborations, our students are assured a richer and more in-depth clinical experience to prepare them for future leadership roles in pediatrics."

The school's midwifery program remains in the *U.S. News* rankings at No. 13. "Our program consistently receives high rankings because of its longevity and experienced faculty," notes Jane Mashburn 78MN CNM FACNM, midwifery specialty program coordinator.

U.S. News & World Report analyzed 467 nursing graduate programs across the nation for the 2012 rankings, which are based on assessments provided by peer academic experts. Data for the report was collected in the fall of 2010.

#21

Web Connection: For a complete listing of the *U.S. News* nursing school rankings, visit usnews.com/grad.





Marcia Holstad



William Puentes



Jennifer Foster



Ken Hepburn



Ursula Kelly

Honors and awards

New Fellows

Two nursing scholars have been elected to the American Academy of Nursing (AAN), one of the highest honors in the nursing profession.

Marcia Holstad DSN FNP-BC FAANP FAAN has been a pioneer in HIV/AIDS nursing research since joining the faculty in 1986. She currently leads the Music Project, a study funded by the National Institutes of Health (NIH). The audio music program aims to educate and motivate people with HIV to adhere to their antiretroviral medications.

An associate professor, Holstad recently led the NIH-funded KHARMA Project. The behavioral trial used nurse-led motivational groups to encourage HIV-positive women to take their medications and reduce risky behaviors. She also piloted the project in Lagos, Nigeria.

AAN Fellow **William Puentes** RN PHD PMHCNS-BC FAAN develops and tests psychosocial self-management strategies for patients diagnosed with mild to moderate Alzheimer's disease. His expertise in geropsychiatric nursing has strengthened clinical rotations and academic alliances at Emory.

Puentes is a member of the Gerontological Society of America and the American Nurses Association. His articles have appeared in the *Journal of Gerontological Nursing*, the *Journal of the American Psychiatric Nurses Association*, and other publications.

Maternal and newborn health researcher **Jennifer Foster** RN PHD CNM FACNM now holds one of her specialty's highest honors as a fellow of the American College of Nurse-Midwives (ACNM).

Foster was elected for her clinical work to establish the first midwifery practice on the island of Molo-kai, Hawaii, and for her efforts to improve maternal care quality by using a community-based participatory research approach.

Since joining Emory in 2007, Foster has been a pioneer in reducing health disparities for underserved populations in Latin America. She recently led an NIH-funded study in the Dominican Republic aimed at training nurses and community workers to interpret perceptions about the quality of maternal health services and disseminate their findings to mobilize community change.

Honors

Ken Hepburn PHD, associate dean for research, has been named an honorary member of Sigma Theta Tau International (STTI), the honor society for nursing. This distinction is given to non-nurses who demonstrate a special commitment to advancing the nursing profession and health care. His research exploring the effects of Alzheimer's disease on caregivers has helped influence gerontological nursing science. STTI is honoring Hepburn for his commitment to nursing education and research during the past 40 years.

Awards

Ursula Kelly PHD ANP-BC PMHNP-BC was named a 2011 Health Care Hero by the *Atlanta Business Chronicle*. The Health Care Heroes Awards program is one of the highest honors given to Atlanta-area health professionals. As a nurse scientist at the Atlanta Veterans Affairs Medical Center (VAMC), Kelly treats female veterans suffering from post-traumatic stress disorder and sexual trauma. As an assistant professor in the School of Nursing, she works with faculty and VAMC leaders to implement evidence-based practices in nursing care.

Faculty appointments

Five faculty members will join the School of Nursing this fall, providing expertise in cancer, cardiovascular diseases, HIV/AIDS, maternal and child health, nursing policy, and research design.

Deborah Watkins Bruner RN PHD FAAN, an internationally recognized authority on cancer care and quality of life, will hold a dual appointment as a professor in the School of Nursing and associate director of cancer outcomes at Emory's Winship Cancer Institute.

"Dr. Bruner is one of the nation's preeminent researchers in oncology nursing," says Dean Linda McCauley. "She will greatly enhance our research and our collaborations with Winship Cancer Institute."

Bruner's research focuses on quality of life and symptom management across cancer sites as well as decision-making preferences and utilities for cancer care. She is best known for her pioneering leadership of the Radiation Therapy Oncology Group with the National Cancer Institute (NCI). Bruner is the first and only nurse to lead an NCI national cooperative group.

She comes to Emory from the University of Pennsylvania, where she served as the Independence Professor in Nursing Education.



Deborah Watkins Bruner



Clint Shedd

Clint Shedd RN DNP C-FNP is a family nurse practitioner who specializes in critical care, pulmonary medicine, and allergy medicine. Shedd has more than 17 years of experience in nursing. His areas of expertise include shaping nursing policies and procedures, electronic medical record configuration, and research design.

Sydney Spangler PHD CNM is an expert in



Sydney Spangler

maternal and newborn health in low-resource settings. Her current research focuses on community-level obstetric interventions. She has practiced midwifery in nearly a dozen countries, including Ghana, India, Zambia, Tanzania, and Kenya. She recently served as a postdoctoral research fellow in public health at Johns Hopkins.

As a clinician and nurse scientist, **Faye Routledge RN PHD** develops nursing interventions for



Faye Routledge

patients with cardiovascular diseases such as heart failure and hypertension. She currently serves as a reviewer for several publications, including the *International Journal of Psychophysiology*, *American Journal of Hypertension*, and *Health Psychology*. Routledge recently served as a postdoctoral research associate in behavioral medicine at Duke University Medical Center.



Drenna Waldrop-Valverde

Psychologist **Drenna Waldrop-Valverde PHD** holds a dual appointment in the School of Nursing and the School of Medicine. She is a nationally recognized scholar in psychology, HIV/AIDS, and medication adherence. Waldrop-Valverde leads two NIH studies on the effects of cognitive impairment and poor health literacy on medication adherence among HIV patients.

Adopting a scholar eases transition to nursing student



Though they now live in different states, Tracey Wilds (left) and Amy Blumling stay connected through the Adopt-a-Scholar Program. They are shown here at a scholarship recognition reception last spring.

Tracey Wilds 88OX 91N is a transition expert. At Emory University Hospital (EUH) Midtown, she was one of the first nurse practitioners to help patients manage their care after leaving the hospital.

This past spring, Wilds joined the Lehigh Valley Health Network in Pennsylvania as the first nurse practitioner in

the network's Home Health Division, where she helps with transition of care.

And last fall, she eased the transition to nursing school for BSN student Amy Blumling 09OX 12N. The two met through Emory's Adopt-a-Scholar Program, through which Wilds provides scholarship support and serves as a mentor to Blumling.

Mentor and mentee have much in common: Both graduated from Oxford College and attended Emory College to complete their prerequisite courses for nursing school. Blumling grew up in Pennsylvania, where Wilds now lives.

"I had a crazy first year going from college student to nursing student," says Blumling. "Because of Tracey, I saw it was possible to get through nursing school and juggle family and work."

When Wilds worked at EUH Midtown, she helped collect clothing donations for the nursing school's

Farm Worker Family Health Program and co-chaired a hospital employee project to assist patients and families. Committed to serving the nursing school in a more personal way, she volunteered for the Adopt-a-Scholar Program.

After Wilds and Blumling first met, they stayed in touch via email and lunch dates. Wilds encouraged Blumling to contact her anytime.

"I wanted Amy to know that I was there for her," says Wilds. "She's a neat person. I've learned through Amy how the school is modifying its curriculum to integrate research more fully and make it more meaningful for students. It's exciting to know the school is doing that."

This summer, Blumling is working with faculty member Tami Thomas PhD CPNP RNC on a research project looking at perceptions about the human papillomavirus (HPV).

"Tracey and I talk about everything, including my HPV work," says Blumling, who plans to become a pediatric nurse. "She told me, 'I'm so proud of you for doing this.' I was glad I could make her proud of something that I was doing at the School of Nursing."

Although Blumling and Wilds now live in different states, they stay connected via email and phone calls. And Wilds will continue to assist Blumling financially during her senior year.

"Even though we're no longer physically close," says Wilds, "the Adopt-a-Scholar Program will help me stay connected to Amy and my school."—*Pam Auchmutey*

How To Adopt a Nursing Student

The university's Adopt-a-Scholar Program provides a way for alumni to honor their time at Emory. Alumni commit to a minimum gift of \$2,500 annually throughout a student's course of study and are encouraged to serve as mentors. Currently, four nursing alumni have adopted students:

- Barbara Reed 52N 79MN and Kaitlin Seabolt 13N
- Sally Lehr 65N 76MN and Rafael Rosu 13N
- Cheryl Murphy 77N, along with her husband Fred Murphy 77C 81M 86MR, and Margaret Ann Hoffman 13N
- Tracey Wilds 88OX 91N and Amy Blumling 12N

Reed and Lehr are previous participants in the Adopt-a-Scholar Program. To learn more, contact Betsy Oliver, senior associate director of development and alumni relations, at 404-727-5291 or etolive@emory.edu.

Catch the Spirit for Homecoming 2011

September 23-24

- Alumni Global Service Photo Exhibition & Reception
- Nurses' Alumni Association Awards Dinner & Celebration
- Tour of the School of Nursing Building
- Current Faculty and Student Panel
- Class Reunion Dinners for Class Years Ending in 6 and 1



For information, contact the Office of Development and Alumni Relations at 404-727-8735 or alumni@nursing.emory.edu. Or visit nursing.emory.edu/homecoming.

class news

1950s

Dr. Anne J. Davis 52N 55MN of San Francisco now holds the Order of the Rising Sun, the highest honor given to non-nationals by the Japanese government. The award recognizes Davis, a professor emerita at the University of California, San Francisco, and Nagano College of Nursing, for her contributions to human resources development in the nursing field and the improvement



Dr. Anne J. Davis 52N 55MN

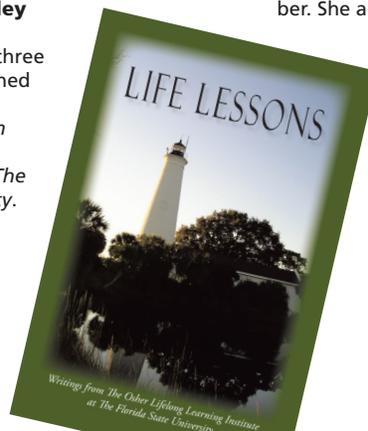
of nursing studies in Japan. As her citation notes, Davis brought topics that had been little discussed to the forefront, including ethical issues facing clinical nurses, informed consent, human rights of patients and health care professionals, and ethical concerns with dying patients. She taught at Nagano College from 1995 to 2001 and lectured part-time from 2002 to 2003. Davis also promoted exchange programs between Japanese nursing students and those in Samoa and San Francisco.

1970s

Jenny Huston Crowley 690x 71C 73N of Tallahassee, Fla., had three memoir stories published in the anthology *Life Lessons: Writings from The Osher Lifelong Learning Institute at The Florida State University*. Crowley chaired the committee that produced this collection of poems, photo-

graphs, fiction, and nonfiction stories. Her photograph *St. Marks Lighthouse* is on the cover. In addition, Crowley was named First-Place Winner in Creative Nonfiction in the Seven Hills Literary Contest sponsored by the Tallahassee Writers Association. Her memoir "Take Your Daughter to Work" was published in the *Seven Hills Review* in January. Crowley is a retired medical practice administrator and nurse.

Sherry Lane Lampe Mather 74N of Naples, Fla., has joined Edison State College School of Nursing, Collier campus, as an adjunct faculty member. She also



works as a clinical instructor at Gulf Coast Hospital in Fort Myers.

Dr. Rebecca Peinhardt 74N of Jacksonville, Fla., was appointed a National League for Nursing (NLN) Ambassador last fall. She is an associate professor at Jacksonville State University's College of Nursing and Health Sciences. Her clinical practice includes cardiovascular nursing and cardiac rehabilitation, while her scholarship focuses on orientation, retention, and faculty development. As an ambassador, Peinhardt will inform faculty and administration about NLN activities and opportunities.

Vermell Sanford 74N received the 2010 Nurses Week Secretary's Award for Excellence in Nursing for advanced practice. She is a nurse practitioner at the Atlanta Veterans Affairs Medical Center.

Sherry Gaines 77N of Cookeville, Tenn., was appointed director of the

Testing One's Mettle

As a leader in nursing education, **Sara Barger 73MN** has weathered her share of professional storms. But like other residents in Tuscaloosa, Ala., she is still coming to terms with the April tornadoes that leveled part of the town and killed more than 200 people statewide.

None of the faculty, students, and staff at the University of Alabama (UA) Capstone College of Nursing, where Barger serves as dean, were injured. And while some faculty and students lost their homes, many stepped up to help.

Right after the twister struck, a Capstone faculty member and several nursing students arrived at the emergency room at the DCH Regional Medical Center to triage patients from Tuscaloosa and the surrounding area. "No one called them," says Barger. "They just came. Other faculty pulled people out of buildings that collapsed on top of them. Everyone responded immediately."

Some 55 miles from Tuscaloosa, nurses who run the Capstone Rural Health Center rushed to nearby Cordova to assist that damaged community. Days after the storm, teams of students worked in shelters and went door to door in Tuscaloosa to check on residents and give tetanus shots. Nursing faculty and students also joined with others at UA to provide counseling and mental health services for university members and Tuscaloosa residents.

"The response was as diverse as you can imagine," says Barger. "Tuscaloosa is a small town, and the faculty, staff, and students here are involved in a lot of ways."

Barger is thankful that the Capstone College of Nursing building was not damaged by the tornado. The new three-story structure opened last August and more than doubled the physical size of the college.

The building was a dream of Barger's when she visited Emory in fall 2001 to receive an Emory Medal, the university's highest alumni honor, for her contributions to public health nursing. She also toured Emory's nursing school building, which opened in 2000, to get ideas for a new home for Capstone.

Planning and opening a new building and coping with a natural disaster are more than enough to test anyone's mettle. The school and the community have emerged stronger on the other side. "It's been quite a journey," says Barger. —*Pam Auchmutey*



Emory Medalist Sara Barger 73MN serves as dean of the Capstone College of Nursing.

After a deadly tornado struck Tuscaloosa, Ala., in April, faculty and students from Capstone College of Nursing at UA came to residents' aid by pulling them from the rubble and triaging hospital patients from the surrounding area. The new building that houses the nursing school was undamaged.



Web Connection: To read more about Emory Medalist Sara Barger, visit bit.ly/alumnabarger.

class news

Whitson-Hester School of Nursing in the College of Agricultural and Human Sciences at Tennessee Tech University. She previously taught at the Byrdine F. Lewis School of Nursing at Georgia State University (GSU). During her tenure at GSU, she served as dean of the College of Health and Human Sciences and associate dean of the School of Nursing. Gaines and her husband, Ben Layne, live in the Cookeville area. Her son, Tyler, is a law student at Georgetown University.

1980s

Dr. Claudia Calle Beal 80MN received the 2010 Outstanding Graduating PhD Student Award at the University of Texas School of Nursing in Austin. She is an assistant professor at Baylor University Louise Herrington School of Nursing in Dallas, where she specializes in women's health. Her current research includes examining how women interpret and respond to the symptoms of ischemic stroke before they arrive in the ED.

Dr. Lois S. Marshall 80MN has written her first book, *Take Charge of Your Nursing Career*, published by Sigma Theta Tau International. A nursing educator for 30 years, Marshall owns a consulting firm in Miami.

Mary Gullatte 81MN is president-elect of the Oncology Nursing Society. Her presidency will begin in May 2012. Gullatte is associate chief nursing officer for Emory Hospitals.



Mary Gullatte 81MN

Mary Lambert 81N received her doctorate of nursing practice in public health systems administration from Vanderbilt University in May. Lambert began her second assignment with the U.S. Food and Drug Administration in Rockville, Md., in 2010. She currently serves on the Emory Alumni Board.

MARRIED: Marcie Sue Hirshberg 85MN to Gary A. Dreyer on Oct. 2, 2010. He is president of In Focus Market Research in Atlanta. They live in Johns Creek, Ga.

1990s

Marilyn Kontrafouris-Eleftheriou 92MN is a weekly columnist on child health and nutrition for *NortheastCobbPatch.com*. Her Wednesday column covers topics ranging from infancy to adolescence. When not writ-



Marilyn Kontrafouris-Eleftheriou 92MN

ing, she is a legal nurse consultant, NICU nurse, and mother of three daughters. The family lives in the Atlanta area.

Cara Cusson Brown 93MN was one of two nurses to receive the Laura Snitzer-Boozer Nursing Award at the Aflac Cancer Center and Blood Disorders Service of Children's Healthcare of Atlanta. The annual award, named in honor of an Aflac Center nurse who died unexpectedly in 1999, recognizes nurses who have demonstrated professional excellence and leadership in pediatric cancer care. Brown and co-recipient Melissa Schinck received scholarships to attend the nursing conference of their choice. Brown has worked with the Aflac Center for 26 years.

Eve Byrd 98MN/MPH was named Nurse of the Year for Advanced Practice Nursing by the March of Dimes last fall. She was one of four Emory Healthcare nursing professionals honored by the March of Dimes. Byrd is a nurse practitioner with the Fuqua Center for Late-Life Depression at Emory's Wesley Woods Center. She recently traveled to Liberia with the Carter Center to teach nurses about psych-mental health nursing.



Cara Cusson Brown 93MN

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Marcie Hirshberg 85MN and husband Gary Dreyer



Eve Byrd 98MN/MPH

2000s

MARRIED: Wendy Farrar 05N 08MN to Michael Gelfond on Oct. 23, 2010, at the Fox Theater in Atlanta. She is a nurse practitioner at Emory University Hospital. The couple lives in Atlanta.



Wendy Farrar 05N 08MN and husband Michael Gelfond

BORN: Vera Alice Boon to Dr. Andrea M. Landis 07G on Dec. 5, 2010. Vera joins her big sister Elaine. The family lives in Seattle.

MARRIED: Mary Elizabeth "Mollie" Reardon 08N to Matthew William Ewing on Sept. 4, 2010, in Austin, Texas. She is a neonatal intensive care nurse at Dell Children's Medical Center of Central Texas in Austin.

MARRIED: Katie Claire Machen 09N to Robert Martin Zorich on April 30, 2011, in Baton Rouge, La. They live in Houston, where she is a nurse at Children's Memorial Hermann Hospital. Her husband is an investment banker.



Erin Connelly 10MN received the 2010 Continuing Education Award for pediatric oncology nurses at the Aflac Cancer Center of Children's Healthcare of Atlanta. She has worked at the Aflac Center for six years and currently is a brain tumor nurse practitioner.

Erin Connelly 10MN



Photos courtesy of Cheryl Dukas

Bering Witness

In the short time she's been there, **Cheryl Dukas 05N 06MN** could write a book about her experiences as a nurse practitioner with a regional tribal health hospital in Northwest Coastal Alaska.

Last fall, Dukas was hired as a village mid-level provider by Norton Sound Hospital and left Georgia in December to begin a three-month orientation in Nome to prepare her for village life and frontier practice. During the first month, she helped deliver her first baby at the hospital.

"It was 'easy' with a doctor behind me," Dukas writes in her online journal. "Not sure how I would feel if I'd been alone out in a village."

Her orientation prepares mid-level providers for just such medical emergencies. Most of the villages served by Norton Sound are isolated in the Alaskan tundra and can only be reached by air if the weather is good, leaving only well-trained health aides and possibly a mid-level provider as vital links in the health care system.

By April, Dukas was in Gambell, a village of 700 Siberian Yupiks, one of Alaska's native tribes, on the western tip of St. Lawrence Island and where the Russian mountains are visible across the Bering Sea. During her first 48 hours in Gambell, Dukas was roused late one night to help handle her first trauma—an adult man thrown from an all-terrain vehicle resulting in a severe head injury. By 5:00 AM, the patient was stable enough for Medevac transport to Anchorage.



Residents take part in a whale harvest in Gambell, a remote village on St. Lawrence Island.



Cheryl Dukas in Nome

The next day, a woman told Dukas she had heard "nothing but good things" about the care the trauma patient received. "I felt a little choked up, and certainly glad to hear it, but kept my reaction in check," writes Dukas. "The reality is, I was very humbled by the experience. I didn't feel particularly proud, but I know we did the best we could, and there is always room for improvement."

Currently, Dukas is waiting to take on a clinic assignment in Savoonga, another Siberian Yupik community of about 900 people on St. Lawrence Island.

Web Connection: Read about Dukas in Alaska at mrschippysjourney.blogspot.com.

in memory

1930s

Lucille M. Lott 36N of Winder, Ga., on Aug. 2, 2002.

Doris A. Chappell 37N of Jacksonville, Fla., on May 5, 2011, at age 88.

Dorothy LeRoy Pharr 39N of Richmond, Va., on Sept. 19, 1998, at age 81. She was born and buried in Tignall, Ga.

1940s

Alyce King Adams 43N of Newborn, Ga., on Jan. 4, 2004, at age 83.

Ruth Hendrix Causey 45N of Manassas, Va., on Oct. 31, 2000, at age 91.

Mary Georgiana Jennings Rozier 45N of Winter Park, Fla., on Jan. 5, 2011, at age 87. She married her husband, Jacob Riley Rozier, a medical student, in the Emory Chapel. Georgiana worked as a public health nurse while he completed his residency in Winston Salem, N.C. During WW II, the U.S. Army sent them and their infant daughter to Japan to provide medical care for Japanese war victims. When they returned stateside, Jake trained as an ob/gyn resident, and Georgiana supported the family as a pediatric nursing supervisor at Grady. In 1952 the family, now including three children, settled in Winter Park, where Georgiana worked part-time in Jake's ob/gyn practice. She was an active community volunteer.



Georgiana Rozier 45N

Connie Rebecca Whittle 45N of Atlanta on Aug. 25, 2010, at age 95. Whittle lived in Atlanta most of her life. She worked as an RN at Emory University Hospital and later as a private duty nurse. With a nursing school friend, she wrote *Happy Scrappy*, a children's book based on a true story about her dog, Queenie, and an abandoned baby squirrel.

Edwina Stockbridge Harkins 46N of Mobile, Ala., on May 28, 2010, at age 85. Born in Atlanta, she lived in Mobile for many years. Edwina worked as an RN at the Mobile Infirmary and the Rotary Rehabilitation Center. She is survived by her husband of 63 years, Joe Harkins. They raised four children.

Sarah Mildred Madden 46N, formerly of Charlotte, N.C., on May 7, 2011, at Covenant Towers Health Care in Myrtle Beach, S.C. She was 97. She retired from the Mecklenburg County Public Health Department after a lifetime of service.

Melba G. Coker 47N of Canton, Ga., on Sept. 8, 2010. She married Dr. Grady Newton Coker Sr. in 1948. Survivors include a son, Dr. Newton Jasper Coker.

Sybil S. Turner 47N of Bandera, Texas, on March 4, 2009. Survivors include John Turner III and Jennie Turner.

Sharon Murphy Ellington 48N of Augusta, Ga., on Jan. 9, 2011. She retired as an RN from the Veteran's Administration Hospital in Augusta.



Virginia Cooper 50N

1950s

Marie Jones Bridges 50N 73MN of Gainesville, Ga., on April 9, 2011, from complications of Parkinson's disease (PD). After spending 20 years raising five children, she earned a master's degree to teach psychiatric nursing. She taught at Kennesaw State College and University and North Georgia College and State University, where she helped establish the nursing department. She taught psychiatric nursing for 17 years and was a pioneer in using a maximum-security prison as a clinical setting for teaching. She was diagnosed with PD in 1991 and in 1995 co-organized the Lake Country Shakers, a support group for PD patients and their spouses.

Virginia Hayes Cooper 50N of St. Augustine, Fla., on Dec. 18, 2010, at age 80. She is survived by her husband of 59 years, George Felix Cooper. She was born in Atlanta, where she and Felix married in 1950. She practiced nursing for 10 years in Atlanta and Birmingham, Ala. They moved to Raleigh and then Wilmington, N.C. in the early 1970s and spent 20 years there. Cooper taught Health Occupations in local high schools. The couple then moved to Key West, where she was a hospice volunteer. Other survivors include a son and two daughters.

Dr. Mary Catherine Dowe 55N 61MN of Chapel Hill, N.C., on Nov. 29, 2010, at age 77, after a long illness. Dowe



Joy Lynn Douglas 59MN

served 21 years as a professor of nursing at the University of North Carolina at Chapel Hill. She also taught at the Medical College of Georgia, the University of Kentucky, Eastern Kentucky University, and the University of Alabama at Huntsville and received numerous teaching awards.

Jeannine Haralson Shephardson 55N of Montrose, Colo., on Feb. 9, 2010, at age 77. She is survived by her husband of 54 years, John A. Shephardson, who retired from the U.S. Army after 22 years. They were married in 1956 at Ft. Benning, Ga. She volunteered with the Red Cross for more than 30 years and was a leader with the Girl Scouts, Boy Scouts, and the Lady Elks. Her family of six moved around the world with the Army.

Dr. Betty Lou Shubkagel 57N of Crownsville, Md., on April 18, 2010, of lung cancer at age 77. She was a retired University of Maryland nurse-educator who chaired the medical-surgical graduate program of the School of Nursing. After earning her BSN at the University of Maryland (UM), she began her career as head nurse on a medical-surgical ward at what is now the UM Medical Center. She completed her MN in medical surgical nursing at Emory and then returned to UM, where she earned a PhD in educational administration and spent the rest of her career.

Dr. Joy Lynn Douglas 59MN of Melbourne Beach, Fla., on Feb. 17, 2010, of metastatic breast cancer at age 78. She first taught nursing in Memphis at the Methodist Hospital School of Nursing, where she was promoted to program director. She received her doctorate at the University of Alabama and taught nursing with UA at Huntsville. Douglas then started the RN to BSN program at the University of Central Florida in Cocoa Beach. Following a medical retirement, Douglas worked part time as a hospital utilization review coordinator.

Jo Ann Park 59N of Appling, Ga., on Jan. 4, 2011, at age 74.

Shirley Ruth Schreiber Williams 59N of Eatonton, Ga., on Jan. 26, 2011, at age 74.

1960s

Dr. Juanita B. Palmer 63MN of Georgetown, Ga., on April 14, 2011, at age 80. She earned a PhD in higher education at Florida State University. Her career in nursing and teaching spanned more than 50 years.

Pearl A. Domma 66MN of Baton Rouge, La., on Feb. 15, 2011. She served with the U.S. Army Nurse Corps during WWII as a first lieutenant in the 24th Evacuation Hospital. After four months of preparation in England, her unit arrived on Omaha Beach in Normandy, France on D-Day plus 6. Her unit moved throughout western Europe, caring for casualties and participating in an airborne invasion of Holland. Members of her unit were awarded the European Theater medal with four battle stars and other commendations.

After the war, Domma received her BSN from the University of Southwestern Louisiana and her MN at Emory. She taught nursing in Baton Rouge and Lafayette and retired in 1978. In 2004, she received an award from the Baton Rouge District Nurse Association in recognition of her contributions to nursing.

1970s

Diana Rose (Petitt) Odle 70MN of Johnson City, Tenn., and Nickelsville, Va., on Nov 18, 2010, at age 64. Odle's nursing career spanned 30 years. Most recently, she was a part-time clinical instructor for the East Tennessee State University (ETSU) School of Nursing, after teaching for a year at King College. Previously, she was a nurse educator and oncology nurse specialist at James H. Quillen VA Medical Center in Johnson City for 20 years. She also taught nursing at the University of Arkansas and the University of Tennessee at Knoxville. In addition, she



JoAnn Westrick 74MN

taught CPR to hospital staff and industrial personnel and volunteered with the American Cancer Society. Survivors include her husband, George Odle 72T.

Phyllis A. Perry Paxton 70MN of Carson, Calif., on Sept. 25, 2007, at age 68.

JoAnn L. Westrick 74MN of Lansing, Mich., on July 31, 2010, at age 79 following a short illness. She was a good friend of **Dr. Sue Ann Charron 74MN**. Survivors include a son.

1990s

Ensley Jefferson (Jeff) Erwin 90N, of Lineville, Ala., on Dec. 2, 2010, at age 54. A native of Anniston, Ala., Erwin spent most of his life in Randolph County and was a former resident of Conyers, Ga.

Cynthia (Cindy) Marie Sonderman Stevens 99MN of Roswell, Ga., on Oct. 16, 2010, after battling cancer. She was 54. Stevens received her BSN and MSN at St. Louis University and subsequently worked as a cardiovascular nurse specialist in cardiothoracic surgery at St. Louis Children's Hospital. "This was her crowning achievement because that is when cardiothoracic care for children was transitioned to the pediatric hospital instead of treating them like adults," writes her husband, Dr. John K. Stevens Jr. of Children's Healthcare of



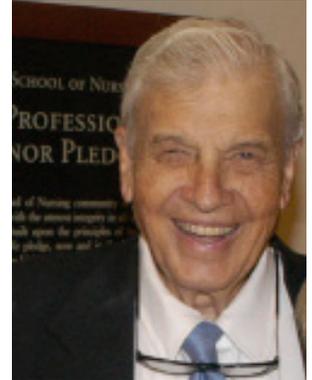
Cindy Stevens 99MN

Atlanta at Eggleston. "She cared for these patients and taught a generation of pediatric intensive care nurses in their care."

When her family moved to Atlanta in 1993, Stevens joined Children's. She was a School of Nursing instructor in the mid-1990s and was once named Teacher of the Year. Then she became a student herself and graduated from the nurse practitioner program in 1999. Most recently, she worked as a pediatric nurse practitioner at a private practice in Austell, Ga.

faculty

Loretta Roberts of Duluth, Ga., on May 16, 2011, of natural causes at age 97. Roberts was a career nurse and civic leader. She taught public school, served with the U.S. Army Nurse Corps during WWII, worked for the American Red Cross on disaster teams, and taught nursing at the University of Texas and Emory. She served as executive director of the Visiting Nurse Association's Atlanta chapter for 10 years before retiring in 1979. In 1981, she became the first woman elected to the city council in Suwanee, Ga.



Robert Watt

friends

Robert (Bob) Watt, the husband of Nell Hodgson Watt (Little Nell), of Atlanta on June 2, 2011, at age 89. Bob was a friend and volunteer at the nursing school for more than 50 years. He and his wife, "Lil Nell," attended the annual Woodruff Tea and other events as honorary alumni. Little Nell is the niece of the late Nell Hodgson Woodruff, for whom the school is named.

Bob grew up in Virginia, served as an officer during WWII, and graduated from the Virginia Military Institute. In 1949, he married Little Nell and devoted most of his career to the field of finance. For 50 years, the couple attended First Presbyterian Church, where Bob was a deacon, elder, and president of the Men's Bible Class, and later attended Westminster Presbyterian Church. He also served on the boards of several schools and organizations.

In addition to Little Nell, he is survived by two sons, Robert Watt Jr. and Josh Watt; a daughter, Nell Watt Hanson; and four granddaughters.

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BETTY MARIE STEWART 52BSN marvels at the changes that have taken place since graduating from Emory's School of Nursing.

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"Nurses are assuming ever more expanding responsibilities today—leadership roles in clinical care, research, and teaching and,

at Emory, always with the basic tenet that the patient is a person."

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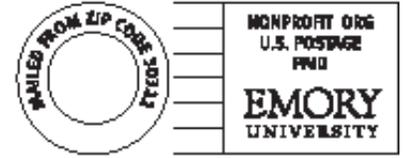
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