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“This workshop helped me be successful with NIH funding.”

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“Excellent speakers who know about conducting research in the real world!”

“My colleagues and I have been telling everyone how worthwhile it would be for them to attend in the future!”

The Ohio State University College of Nursing

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The Ohio State University College of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

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It is a splendid time for our College of Nursing. When I came to Ohio State a little over five years ago, we dreamed about the future and set very ambitious goals as we developed our new bold strategic plan with a determination to discover and persist through character-builders to deliver them. Our 2011-2016 strategic plan led to several major accomplishments in the past five years across our academic programs, research and evidence-based clinical practice, including:

• A tremendous rise in our U.S. News & World Report rankings to top tier for several of our academic programs (see “College’s master’s and DNP programs leap to top five in U.S.,” page 12)
• Substantial growth in our student enrollment, especially at the graduate level
• A rise in research funding and NIH-ranking for colleges of nursing, including a NINR-funded T32 grant for PhD students focused on child and adolescent health research
• A significant rise in advancement dollars
• A $6.5 million grant to establish the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare
• A near-tripling of the College of Nursing’s budget
• The establishment of two new research centers of excellence
• The successful launch of two nurse practitioner-led transdisciplinary health centers
• Outstanding pass rates on the NCLEX exam and advance practice certification exams, with an average pass rate on our NCLEX exam of 95 percent and nearly 100 percent pass rates on advanced practice certification exams
• Major growth in local, national and global partnerships.

We are indeed celebrating these accomplishments, but our vision is already focused on our future dreams and goals. The Ohio State University College of Nursing is no ordinary college. We think and do the impossible in transforming health and improving lives. As we position our college to dream, discover and deliver to even greater heights in the next five years, we will continue to teach our students how to LIVE WELL, making an impact locally to globally.

I am so blessed to have the opportunity to work with the most fantastic, innovative and caring faculty, staff, students and alums in continuing to lead our phenomenal college into the future as well as to spearhead wellness across our great university.

As we finish refining our next exciting five-year strategic plan, which you will read about in our fall issue of Transformations, I encourage all of us to dream bigger dreams together, take risks while we discover, and persist in executing until our dreams become a reality. Go Bucks!

Warm and well regards,

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN
Vice President for Health Promotion; University Chief Wellness Officer; Dean and Professor, College of Nursing; Professor of Pediatrics & Psychiatry, College of Medicine
Healthy Nurse, Healthy Nation promotes self care

The American Nurses Association (ANA) reports that nurses are less healthy than average Americans—more likely to be overweight, have higher levels of stress, and get less sleep. So this May, the ANA is launching the Healthy Nurse, Healthy Nation (HNHN) Grand Challenge, seeking to improve the health of 3.6 million registered nurses. Ohio State was one of 10 organizations participating in an early test of the initiative, which ran this past winter.

HNHN aims to connect individual nurses and partner organizations in taking action within five domains: activity, sleep, nutrition, quality of life and safety. It provides a web platform to inspire action, cultivate friendly competition, provide content and resources, gather data and connect nurses with each other, with employers and with organizations.

“We [nurses] have to be healthy first, then we can be role models and encourage healthy life choices for others,” said Linnea Fletcher, MSN, RN, CEN, TCRN, instructor of clinical practice at the College of Nursing. Fletcher, along with Megan Amaya, PhD, assistant professor of clinical practice and director of health promotion and wellness, and Wendy Bowles, PhD, RN, CPNP, assistant professor of clinical nursing and assistant dean of baccalaureate programs, administered the program with the guidance from Dean Bernadette Melnyk.

As part of the HNHN (beta) challenge, participants were encouraged to upload a video about their New Year’s health resolutions. “In the May rollout, everything will be enhanced,” Fletcher said. “There will be health challenges with prizes, which we will learn more about in the spring. The HNHN will also have discussion boards and social media functions, and surveys.”

At the College of Nursing, faculty, staff and students are encouraged to LIVe WELL, which means Lead, Innovate with Vision, Execute, be Wellness-focused, Evidence-based, Life-long learners and Lights for the world, making a positive impact locally to globally.

“Dean Melnyk already supports us in numerous ways to achieve our highest potential. And HNHN is a great addition. It’s wonderful to have that national partnership with nurses across the U.S. and wherever Buckeyes may travel,” said Fletcher.

Melnyk reappointed and promoted

Bernadette M. Melnyk, PhD, RN, CPNP/PNHN, FNAP, FNAP, FAAN, has been reappointed as dean of the College of Nursing and has been promoted from university associate vice president for health promotion to vice president for health promotion. University executive vice president and provost Bruce A. McPheron, along with Sheldon M. Retchin, MD, MPH, executive vice president of Health Sciences and CEO, Wexner Medical Center, recommended the changes to the university’s board of trustees. Melnyk’s appointment will continue through December 2022. She continues in the role of the university’s chief wellness officer.

Since her 2011 arrival, Melnyk has led impressive advancements to the university’s strategic wellness plan. She created Ohio State’s One University Health & Wellness Council, which oversees efforts to become the world’s healthiest university. She chaired the first National Summit for Building Healthy Universities, leading professionals from 53 universities in building a foundation to enrich student, faculty and staff health nationwide. Melnyk also founded the National Consortium for Building Healthy Academic Communities, a national organization of more than 50 universities, and serves as its first president.

Recently, the AONE Foundation for Nursing Leadership Research and Education named Melnyk its 2017 Nurse Researcher of the Year. Melnyk is a distinguished foundation professor at the University of Rochester. She earned a BS from West Virginia University, an MS from the University of Pittsburgh and a PhD from the University of Rochester. Before joining Ohio State’s faculty in 2011, Melnyk served as dean and distinguished foundation professor at Arizona State University’s College of Nursing and Health Innovation.

Under Melnyk’s leadership, the College of Nursing has doubled graduate enrollment, added 40 new faculty members, and established three new interprofessional degrees. Also under Melnyk, the College of Nursing raised more than $23 million dollars to triple its campaign goal, including a $6.6 million dollar grant from the Helene Fuld Health Trust to establish a national institute for evidence-based practice. The college also saw a significant rise in both NIH-funding and the number of papers published in research journals.

Melnyk is co-editor of five books, including Evidence-based Practice in Nursing & Healthcare: A Guide to Best Practice, Implementing EBP: Real World Success Stories; A Practical Guide to Child and Adolescent Mental Health Screening, Early Intervention, and Health Promotion (2nd Ed); Implementing the Evidence-based Practice Competencies in Health Care: Intervention Research: Designing, Conducting, Analyzing and Funding, an American Journal of Nursing Book of the Year. She is a member of the National Quality Forum’s Behavioral Health Standing Committee and the National Institutes of Health’s National Advisory Council for Nursing Research. She serves as editor of the journal Worldviews on Evidence-based Nursing, is a board member of U.S. Healthcare, the National Guideline Clearinghouse and the National Quality Measures Clearinghouse, and was appointed to the National Academy of Medicine’s Action Collaborative on Clinician Well-being and Resilience.

Melnyk is an elected fellow of the National Academy of Medicine, the American Academy of Nursing, the American Academy of Practice and the American Association of Nurse Practitioners.

Published on page 7 in The Ohio State University College of Nursing, Spring 2017

Written by Laura Wise-Blau
For February, Million Hearts®, healthy heart checks

The College of Nursing turned its attention toward issues of heart disease during National Heart Month in February by connecting others to the national Million Hearts® initiative and the Women’s Heart Alliance’s student heart checks.

Led by the U.S. Department of Health and Human Services (HHS), Million Hearts seeks to prevent 1 million heart attacks and strokes by practicing the evidence-based ABCS of care—Aspirin for people at risk, Blood pressure control, Cholesterol management and Smoking cessation. Ohio State has added a second “S” for Stress management, due to overwhelming evidence that stress plays a significant role in cardiovascular disease. Ohio State’s colleges of Nursing, Medicine and Pharmacy developed a free, online Million Hearts educational module to bolster implementation of the initiative. “The program,” said Gawlik, “is growing and gaining impact.” In collaboration with the Women’s Heart Alliance, the college has also conducted five student heart check events throughout campus. “Our Million Hearts endeavors have provided us with some exciting opportunities, including our partnership with WHA and the start of the heart checks on campus. The heart checks are capturing a much younger population, which is important to catching early disease and promoting cardiovascular disease prevention,” said Gawlik. “We’ve screened almost 700 students on campus this academic year.” The college recently met with the Ohio Council of Deans and Directors and encouraged all of Ohio’s colleges of nursing to take part in promoting Million Hearts throughout the state.

Kate Gawlik speaks at a February meeting of the Ohio Council of Deans and Directors.

Team creates Snapchat filter to help fellow students cope with stress

With every term in a college student’s life comes finals—and stress. So last fall, College of Nursing student Anushka Patel created a series of events and a nursing-centric Snapchat filter to ease tension during finals week.

Snapchat is a popular app among college students, with an estimated 200 million active users worldwide. Snapchatters are able to send “in the moment” short videos, pictures and messages to their friends, which remain visible only up to 10 seconds after opening before disappearing. Snapchat users can also enhance messages with filters—overlays for the user’s photos that are personalized designs to add humor, enhance meaning or unify a group.

“I had the idea of creating a College of Nursing Snapchat filter and presented it to my advisor,” said Patel. Once approved, Patel worked with the college’s marketing department to design and create the filter. “I thought it was a fresh and fun idea to bring to the college, since almost all students utilize Snapchat.” Patel made the filter available during the first day of finals week (including the university’s Reading Day) from 8 a.m. – 5 p.m. so students could utilize the app when studying. “Snapchat is a major platform of social media because it’s instant and can reach a huge network of people through a single seven-second picture. As a student who uses it, I know firsthand how often students use Snapchat when stressed to keep their social network informed.”

“Sending snaps also creates a bonding experience between students who are all under the pressure of studying for final exams. Finals week is a stressful time in students’ lives and I thought by making a filter specific to nursing, students will know that the college acknowledges their stress and wishes them a successful finals week. Overall, I wanted to create a feeling of unity through the filter by having our students use it.”

Patel’s advisor, Hillary Fearer, expressed a desire to also coordinate in-person events and activities to help students de-stress together. “We collaborated on ideas with the help of multiple people at the college,” said Patel. The group organized student events over four days. These included two dog therapy sessions, which featured the Ohio State-based 4 Paws 4 Ability, a service dog training group. Patel and her team also organized a nursing-themed photo booth and held an adult coloring session.

“Overall, we received positive feedback from people about all of the events,” said Patel. “The dog therapy sessions were really appreciated by not only students, but faculty and staff, too. Some 200 snaps were sent using the Snapchat filter, which amounted to 17,000 views.” Patel and her team are now planning the finals week events for spring semester. She said, “Given the success of the first finals week, I think it will be something that is planned every year.”
University community enjoys spring wellness events

On April 13, faculty, staff, students and community members competed with elite Ohio State ROTC cadets in fitness challenges at the Ohio Stadium in the first "ROTC Wellness Bootcamp in the 'Shoe," hosted by Buckeye Wellness and supported by fitness expert Jim Stoppani, PhD. Hundreds of people participated in this intense workout that included squats, push-ups, sit-ups, running and carrying stretchers and other weights under the pressure of being timed. "The ROTC cadets are some of the fittest people on the planet," one event organizer said, reporting that the cadets completed the most repetitions in each event during the time given, and even opted to wear 45-pound weight vests while running around the bleachers.

Students, faculty and staff enjoyed getting exercise at a more relaxed pace on April 17, when University Chief Wellness Officer Bernadette Melnyk unveiled the new Buckeye Path to Wellness, a two-mile loop marked on already existing pathways on campus. The path features signposts with maps at major turning points and occasional buckeye-leaf emblazoned red decals on the sidewalk to mark the way. The Buckeye Path to Wellness makes a pleasant sidewalk tour around campus, skirting from the library around the oval, then up to and along the river, and back along Woody Hayes Drive and Neil Avenue. Campus dwellers and visitors can now follow this walking loop any time they want to meet their fitness goals or just enjoy a stroll. "This walk is a dream come true," Melnyk said.

—Susan Neale

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The Ohio State University College of Nursing master's programs and Doctor of Nursing Practice (DNP) program each jumped more than 15 spots to rank fifth in the nation according to U.S. News & World Report's 2018 rankings, recently released. This achievement also ranks the College of Nursing as the number one public college of nursing in the country for master's programs and second for DNP. Earlier this year, U.S. News ranked the College of Nursing third in the nation for its online graduate programs.

“When I came to Ohio State five years ago, my charge was to propel the college ahead to be a national leader in nursing education, research and evidence-based practice,” said Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FNAP, FAAN, vice president for health promotion, chief wellness office and dean of the College of Nursing. “I’ve encouraged our outstanding faculty, staff, students and alumni to dream big and persist until our dreams come to fruition. The dramatic rise in these rankings demonstrates the power of our collective dreams when combined with excellence and hard work to achieve our goals.”

The ranking from U.S. News places the college’s master’s program in the top 1.7 percent in the nation, and the DNP program in the top 2.6 percent. According to the publication, rankings were calculated using four categories of data: quality assessment by peers, student selectivity and program size, faculty resources, and research activity.

“Ohio State is deeply committed to academic excellence, and we are very proud to see our exceptional nursing programs recognized among the country’s top five,” said President Michael V. Drake. “The jump in rankings confirms what we at Ohio State already know—our College of Nursing’s advanced-degree programs are leading the way in shaping the future of outstanding patient care.”

To learn more about the 2018 Best Nursing Schools rankings and methodologies, go to usnews.com/best-graduate-schools/top-nursing-schools.

By Lainie Bradshaw
Building a culture for advancing knowledge

Five faculty researchers who are helping to change the world for the better.

By Melissa L. Weber

Mondays could be renamed “Research Day” in the College of Nursing. Collaboratively established by four senior faculty members and coordinated through the Center for Research and Scholarship, a 12-1 p.m. Monday Research Forum is now a regularly scheduled event at the college.

While some weeks are dedicated to invited scholars and outstanding researchers from other institutions, Mondays are also an excellent time for college faculty and research associates to learn about new projects, ongoing efforts and opportunities for collaboration within the college and across Ohio State.

“I hope we can begin to think of research and innovation in a new way,” said Mary Beth Happ, PhD, RN, FAAN, associate dean of Research and Innovation, and distinguished professor Critical Care Research. “We don’t have the luxury of studying research for the sake of general knowledge. There is too much human suffering. There are many people with serious health conditions and illnesses that require us to examine methods to prevent disease and improve healing. We must systematically utilize a scientific method that can improve patient care, speed healing, and promote optimum health and wellness.”

On a recent Monday in April, Research Forum attendees heard several new faculty members offer an overview of their current and upcoming research projects and programs.

Shannon Gillespie, PhD, RN, assistant professor

Assistant Professor Shannon Gillespie is working on a study to identify novel biomarkers for the prediction of preterm birth. “We currently have only a foggy picture of who is at risk,” she explained to her new colleagues. Her study focuses on the inflammatory pathway to preterm birth, with an additional eye on markers of risk that may trace to alternative preterm birth pathways. In a recent study of African American women assessed at 28 to 30 weeks of pregnancy and followed to birth, 10 percent gave birth preterm. Gillespie will compare the epigenomes of women with preterm birth and full term birth to determine if there are signals unique to women who go on to give birth preterm. Discovering screening biomarkers in pathways active in the disease process could, for the first time, allow targeted prevention of preterm birth.

While a doctoral student, Gillespie also worked on a study that measured how a biomarker called brain-derived neurotropic factor

patients will meet with the research team to change their behaviors to increase activity, and experience racial discrimination were more likely to have a preterm birth among African American women.

Carmen Giurgescu, PhD, RN, WHNP, associate professor

Associate Professor Carmen Giurgescu discussed her NIH-funded study that examined the pathways by which social stressors and systemic inflammation can lead to preterm birth among African American women.

“American African women are one-and-a-half times more likely to have a preterm birth compared with non-Hispanic white women,” explained Giurgescu. “In 2015 in the United States, African American women had a preterm birth rate of 13.4 percent, while the non-Hispanic white counterparts had a rate of 9.9 percent.”

She has spent the past 10 years conducting quantitative as well as qualitative and mixed-methods design studies that focused on social stressors of disadvantaged neighborhoods and experiences of racial discrimination, which uniquely affect African American women. “Compared with pregnant non-Hispanic white women, pregnant African American women are more likely to live in neighborhoods with higher poverty and violent crimes, and be exposed to racial discrimination,” said Giurgescu. “These social stressors may increase emotional distress and levels of systemic inflammation for these women and ultimately increase their risk for preterm birth.”

In their prior pilot studies, Giurgescu and her research team found that women who live in disadvantaged neighborhoods and experience racial discrimination were more likely to experience psychological distress and depressive symptoms, have higher levels of systemic inflammation, and be at higher risk for preterm birth. Although social support can mitigate the effects of social stressors on preterm birth, much more research is needed to understand fully how to support African American women in this critical time period.

The largest government agency to fund biomedical and health-related research in the United States is the National Institutes of Health (NIH), part of the Department of Health and Human Services. The National Institutes of Health funds over 300 grants and 1200 R01 grants annually, which includes the common Research Grant Series, designated by the letter R. These awards typically support a specific research project for three to five years, and the applications are often submitted in response to a Funding Opportunity Announcement (FOA).

Where does research funding originate?

Several government agencies, corporate research and development programs, private foundations, and even families and individuals with a personal interest in the discovery of better ways to understand, prevent and treat disease fund studies designed to impact their health and well-being. The largest government agency to fund biomedical and health-related research in the United States is the National Institutes of Health (NIH), part of the Department of Health and Human Services. The National Institutes of Health (NIH) has several funding mechanisms that the research community has at their disposal. The largest government agency to fund biomedical and health-related research in the United States is the National Institutes of Health (NIH), part of the Department of Health and Human Services. The National Institutes of Health funds over 300 grants and 1200 R01 grants annually, which includes the common Research Grant Series, designated by the letter R. These awards typically support a specific research project for three to five years, and the applications are often submitted in response to a Funding Opportunity Announcement (FOA).

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The Innovation Studio

A gift from Connie and Gary Sharpe enables a groundbreaking concept in problem-solving for health care professionals.

By Susan Neale

INTRODUCING THE INNOVATION STUDIO

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will then travel to other colleges across campus to foster interprofessional innovation. It will host workshops with topics such as product design, pitch development and maker skills, and will provide project mentors and daily technical support for using its array of prototyping tools, including a 3-D printer and a laser cutter.

The Studio exists thanks to a generous gift from College of Nursing alumnus Connie Hahn Sharpe, ’69 and her husband Gary, who together built Health Care Logistics Inc., a company that specializes in health care innovations. (See Page 92.) The Sharpes were present to cut the ribbon across the studio’s door, along with Laurel Van Dromme, Partnerships Director, Dean Bernadette Melnyk, Chief of Strategic Partnerships, Gary Sharpe and his wife, alumna Connie Hahn Sharpe, ’69 and Chief Innovation Officer Tim Raderstorf.

Raderstorf welcomed students, faculty and staff who had gathered in the Innovation Studio. Legend has it, he said, that the Ohio State Oval was redesigned many times to re-configure its pathways, but no design seemed to work well. Then a designer approached the problem differently, by tearing up the paved pathways and letting students walk on grass for a year. Soon the necessary paths were worn smooth, and the problem of where to pave was solved. “The Innovation Studio is like that,” Raderstorf said. “This is the starting line for your journey into innovation, and you will help us guide the direction it goes in.”

“It is here for you,” Raderstorf added, “and can serve as a funding source to help your ideas take flight.” Raderstorf explained that seed grants will be awarded to worthy interdisciplinary projects. Health care solutions developed at the Innovation Studio are eligible for seed funding, provided they are created by a team of two or more Ohio State students, faculty or staff from different disciplines or professions. Teams who meet set milestones of project development will continue to be eligible for additional grants.

Maker Space Manager Josh Wooten has a wide range of maker experience, from welding to electronics to 3-D printing. He will be on hand daily to help. “I like innovation and watching things grow, connecting people to other people,” he related while demonstrating inside the space.

Visitors to the Innovation Studio’s opening explore the technology and demonstrations inside the space.

EBP, CTEP and the China connection

Ohio State’s five-day educational program in China extends evidence-based practice around the world

By Jennifer Grabmeier

he Center for Transdisciplinary Evidence-based Practice (CTEP) expanded the College of Nursing’s global reach once again with a return trip last fall to China.

In November, the CTEP team traveled to Shanghai to teach a five-day course on evidence-based practice (EBP) for clinicians and faculty from hospitals, schools and colleges of nursing throughout China. It is the latest chapter in CTEP’s partnership with the Shanghai SIPU Polytechnic School of Health Science & Nursing that started in 2013.

One of the unique aspects of CTEP is its ability to customize programs to fit the needs of its participants, and the China program was a perfect example. For this group, that meant starting off with a five-day education program in preparation for a full five-day EBP immersion workshop that CTEP will return to deliver in December. Attendees learned about the PICOT approach to creating searchable questions, searching for and critically appraising evidence, incorporating evidence into practice and assessing the quality of evidence. Attendees also learned how to prioritize questions, searching for and critically appraising evidence, and how to conduct a systematic review, including how to conduct a meta-analysis. Attendees also learned how to conduct a systematic review, including how to conduct a meta-analysis.

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In November, the CTEP team traveled to Shanghai to teach a five-day course on evidence-based practice (EBP) for clinicians and faculty from hospitals, schools and colleges of nursing throughout China. It is the latest chapter in CTEP’s partnership with the Shanghai SIPU Polytechnic School of Health Science & Nursing that started in 2013.

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Participants are energized as they share their EBP work with the group at the end of the week.

Gallagher-Ford, PhD, RN, DPFNAP, NE-BC. “They were all just so excited. They worked as hard. All of the content was in a different language, and it’s very intense. It was just amazing.”

Over the last thirty years, China has identified new priorities for health care, including increasing quality of care and outcomes that can use their expertise. This sparked a movement to elevate both nursing education and the nursing profession as they strive to better prepare their nurses to meet the new demands and keep them working in China. “There is a lot of technology and western medicine pouring in, but they haven’t really caught up with it in education,” Gallagher-Ford said. “The nurses graduate from essentially technical schools, but then there are these super high-level expectations for them.”

According to CTEP Assistant Director Cindy Zellefrow, DNP, MSN, RN, LSN, APHN-BC, that gap reflects the difference between their educational preparation and a new focus on quality care and outcomes.

“Although nursing education programs from diploma to doctoral are available, the vast majority of nurses are trained at the diploma and associate degree level, where their education is very task-centric. With the new priorities, that is changing,” she said. “Evidence-based practice is an important opportunity to help them reach their health-care goals.”

Besides improving patient outcomes, EBP promises to have a positive effect on the entire nursing profession itself. “Nursing is becoming empowered and growing a voice in what is a very physician-centric health culture,” said Zellefrow. “That is part of what we were so excited about. They’ve got a lot of really smart nurses, and through EBP they are finding a voice. It was really powerful.”

Nurse patient ratios (the number of patients each nurse takes care of at once) are much higher in China than in the United States. According to Gallagher-Ford, “It’s typical for a hospital in China to have 5,000 beds or more, to have a 100 chair infusion unit staffed with two nurses, and a chaotic and busy emergency department with 80 beds that’s staffed with four nurses. That is very different than the typical nursing environment in the U.S. But that is their normal… and there is no reason that EBP can’t be just as important and effective in that environment.”

Another difference she noted: Families were actively involved in providing a patient’s care while they’re in the hospital, such as doing the patient’s laundry and cooking their food. “Faking care of patients doesn’t always look like what we expect.”

The differences in customs and norms make the value of evidence-based decision making all the more apparent. It works in every setting.

“It doesn’t matter where you are or what your circumstance is; anybody can use an evidence-based approach,” Gallagher-Ford said. “The questions to be answered are just different.”

The 23 attendees in Shanghai came from a mix of both clinical and academic settings. In addition to hospital nurses and graduate-level students, nursing faculty from colleges and universities across the country participated who have the potential to shape nursing practice for generations to come.

“The academic people learned things that they can teach to students, now that they understand what EBP is and how to do it themselves,” said Zellefrow. “We want to help them figure out how they teach it. If we can teach students EBP thinking, then they emerge as clinicians they already know how to be on the lookout and ask, ‘Why are we doing things this way?’ and how to look at the body of evidence and say, ‘The body of evidence says we should be doing it this way’.”

With their first educational program in China under their belt, program manager of special projects, Susan Potter, and the CTEP team are preparing a customized EBP immersion workshop for December. Between now and then, a handful of Chinese practitioners will visit Columbus to train to participate in the immersion as mentors.

“We learned a lot from doing it this way,” said Gallagher-Ford. “We got a feel for what the pace can be for our program, and it helped us figure out the best ways to communicate in both languages. This was really our year to figure out some of the logistics and really strengthen the partnership.”

In December, the specially trained Chinese mentors will each lead a table of six to eight people in the immersion. The mix of mentors from China and the U.S. creates a variety of perspectives that’s invaluable for the experience.

“When people get to hear what’s going on in different places, it helps them to realize there’s a bigger world out there,” Zellefrow said. “Just because you do things a certain way, it’s not the only way. We try to broaden their perspectives as well as give them the skill set.”

The four cohorts remain active after the actual immersion, too. As part of the follow-up, participants and mentors get together for a “table reunion” after three months, and they can address new questions and share ideas. “We have found keeping connected to be critical,” Gallagher-Ford said. “People like to chat.”

Seeing the CTEP participants from around the world get excited about evidence-based practice confirms Gallagher-Ford’s deep belief in it. “It’s cool to see the universality of EBP! No matter what situation you are in, EBP is about how you make it the best situation it can be.”

The Chinese nurses aren’t the only ones excited about the adoption of EBP in China. Based on their experience in Shanghai, the CTEP team is absolutely thrilled.

Zellefrow said, “November was amazing, and December is going to be incredible.” Gallagher-Ford added, “Stay tuned. We are planning several more international opportunities for the CTEP team.”

Jennifer Grabmeier is a principal at Gifted Communications.
Tucker brings expertise in behavioral change

From mental health to obesity to creating a culture of wellness, the thread through it all is behavioral strategies," said Sharon Tucker, PhD, RN, FAAN, PMHCNS-BC, as she presented to the College of Nursing before a reception to welcome her to the college on March 7. “How do you promote mental health? How do you help people stay fit? And how do we promote behavior change?"

Tucker recently joined The Ohio State University College of Nursing as the Grayce M. Sills Endowed Professor of Psychiatric Mental Health Nursing and director of the Translational Research Core of the Helene Fuld Health Trust National Institute for Evidence-based Practice (EBP). She was previously the director of Nursing Research, EBP & Quality for the University of Iowa Hospitals & Clinics, and before that was in a similar role at Mayo Clinic in Rochester, MN. She remains associate editor for Worldviews on Evidence-based Nursing, is on the board of directors and serves as the newly elected treasurer for the Midwest Nursing Research Society, is an alumna of the Robert Wood Johnson Executive Nurse Fellows Program and is a fellow of the American Academy of Nursing.

Tucker has spent more than 20 years in clinical settings, working in mental health, behavioral health, critical care and as a nurse educator. Throughout her career, she observed people who struggled with poor health behaviors and became interested in developing a deeper understanding of how to help families—especially those with young children—learn healthier habits and maintain good mental health. Her curiosity led her to pursue graduate studies and eventually set the stage for intervention research design. Tucker’s goals include conducting rigorous research to develop a better understanding of how to change behaviors to improve health and wellness, and integrating that research into practice. Her targets for changing behavior include patients and families, and also providers and organizations that resist change.

“My ultimate goal is to understand what factors help people adopt healthy habits,” Tucker said. “I think people are confused by mixed messages about fat and dietary concerns, for example. People will use any study as an excuse to support what they want to do. While dietary composition is complex and not a one-size-fits-all approach, the data are much clearer on physical activity.” At the same time, Tucker understands that in real-world settings, adapting new interventions and strategies can be challenging for health care providers. Therefore, her research program focuses on patients, as well as on overall strategies that make choosing the best evidence-based interventions the easier choice for clinicians and organizations. This research aligns with the field of translational and implementation science, which ultimately aims to identify methods and strategies that promote the systematic uptake of clinical research findings and other evidence-based practices into routine practice.

“We know prevention makes a difference, but it takes a long time to demonstrate and most people want rapid results, thereby creating long-term behavior change challenges,” she said. “Again, we see this with patients who frequently fall back to old behavior patterns, and we see it with providers who also will choose the familiar and known strategies even when they may be ‘sacred cows,’ a term used to describe old traditions that have limited or no evidence of effectiveness, yet are hard to eliminate in clinical settings. For examples, Tucker cited the shift to bedside report, “which has been a challenge for nurses universally who still drift to nurse-to-nurse report. Or bed alarms for fall prevention, which have been studied rigorously and found to not impact fall prevention, but is still taught, included in clinical guidelines and used in hospitals settings.”

Tucker recently provided a brief discussion of her research on human factors and environments for promoting behavior change in members of the College of Nursing and the campus community. She shared her “Top Five Insights” from her research. #1 Changing behavior is hard We all know that change is difficult, and now we have actual data that show people fail to change their behavior between 70 and 90 percent, the first time they try. We only have to look at most individua weight management to see an example. Turning to providers and organizations in the literature repeatedly cites that organizations have a 70 percent failure rate at implementing change. The key to helping people learn how to change is human factor research. Of course, we know this too. Fortunately, there are factors that can help minimize that complexity. Taking time to understand the family dynamic of patients can help a practitioner offer a method for appropriateness recommendations (which are often not one-size fits all). In addition, health care providers can use assessment of resource accessibility, motivational interviewing to get at meaning for the patient, and follow-up care compliance to help patients succeed. Several studies point to the success of patient support groups, including peer support, when feasible.

#2 People are complicated Of course, we know this too. Fortunately, there are factors that can help minimize that complexity. Taking time to understand the family dynamic of patients can help a practitioner offer a method for appropriateness recommendations (which are often not one-size fits all). In addition, health care providers can use assessment of resource accessibility, motivational interviewing to get at meaning for the patient, and follow-up care compliance to help patients succeed. Several studies point to the success of patient support groups, including peer support, when feasible.

#3 Change must be meaningful for it to be sustainable Just as organizations need to recognize a return on investment, patients must be able to see the value of change to stay motivated. Providers, too, need to see improved patient outcomes or satisfaction ratings from the changes they have implemented to be convinced that the change was worthwhile. Patients can become greatly invested in making behavior changes if they can visualize their own personal motivation for that change. Health care providers can help patients with motivational interviewing, an evidence-based coaching method that uses non-judgmental listening and other guiding tools to help generate and develop a person’s own motivation for changing a behavior in a positive way.

#4 The environment must be set up for success A number of studies have demonstrated that environment and processes can help facilitate optimal behavior choices. For example, research has shown that people will often choose default options when an accurate choice is required (e.g., retirement options, vaccinations, auto insurance). In studies conducted by Wansink and colleagues at Cornell, people chose healthier eating options when the healthy choices were most visible and the unhealthy options were limited.

#5 Compassion and flexibility for both others and healing Mindfulness—taking time to slow down, be present and observe your thoughts and feelings without judging them—provides significant benefits for many health conditions. Tucker research demonstrates improvement in mental health, memory, concentration and productivity. Mindfulness-based stress reduction can help individuals and organizations learn to benefit from environments that are calm and peaceful.

Tucker ended her presentation with a list of future research topics, and an open invitation to collaborate. As director of the Translational Research Core of the Fuld Institute, she will be collaborating with organizations and health care providers locally, nationally and internationally, helping them translate the research evidence-based practice into changing behavior changes for better health.
Helene Fuld Health Trust National Institute for Evidence-based Practice

National Summit heralds launch of new institute

Inaugural event will bring national experts together, kicking off new era in advancing EBP

By Melissa L. Weber

The Fuld Institute will host the inaugural Helene Fuld Health Trust National Summit on Transforming Healthcare Through Evidence-based Practice (EBP), the first in a biennial series, October 18-20, 2017 in Columbus, Ohio at the Hilton Columbus at Easton. This groundbreaking event signals the launch of the Fuld Institute in the College of Nursing at Ohio State, as national hub for the dissemination, teaching, and creation of best practices to improve health care quality, safety, costs, and patient outcomes in clinical settings.

Nursing and interdisciplinary clinicians, leaders, academicians and researchers from health care organizations including academic institutions and policy organizations are invited to participate in this inaugural event. The National Summit will offer the best and latest evidence on developing and implementing EBP policy and process to guide the highest level of clinical practice in order to improve health care quality, safety, costs, and patient outcomes and costs.

Topics will include strategies for integrating EBP into academic programs, building and sustaining an EBP culture and environment, using EBP to guide organizational and health policy, and dissemination and implementation of research to rapidly move evidence-based interventions into real-world clinical settings.

Attendees will hear the latest recommendations to advance and sustain EBP from leading experts at national organizations, federal agencies and health care entities. Additional information is available at fuld.nursing.osu.edu, or by email at ebpnationalsummit@osu.edu.

EBP expert forum

preceding the Summit, on the afternoon of Wednesday, October 18, leaders from more than 30 national nursing and interprofessional organizations, federal agencies and healthcare entities will meet in an invitation-only event at Ohio State to present and discuss the current state of evidence-based practice across the disciplines.

Organizations to be represented in the EBP Expert Forum include AcademyHealth, the American Academy of Nursing, the American Nurses Association, the American Association of Critical Care Nurses, the Oncology Nurses Association, the American Academy of Pediatrics, Sigma Theta Tau International, The Joint Commission, the American Association of Critical Care Nurses, the Oncology Nurses Association and more. Results from the EBP Expert Forum will be shared during a conference presentation on Thursday for all conference attendees. The presentation will include details about the future trajectory of EBP and the development of the five cores of the Fuld Institute, as well as action plans for next steps for the institute. These outcomes and strategies also will be published in the journal Worldviews on Evidence-based Nursing.

The Helene Fuld Health Trust National Institute for Evidence-based Practice was created in 2016 thanks to a $6.5 million grant from the Helene Fuld Health Trust. The Fuld Institute has five core areas: transdisciplinary clinical practice, academics; EBP implementation science, partnerships, innovation, and policy; and consumer education. Ohio State’s Center for Transdisciplinary Evidence-based Practice (CTEP), which provided the foundation for the Fuld Institute, has been leading the way in disseminating and teaching best practices in EBP to health care providers and academics for the past five years.

The Fuld Institute will provide the best and latest evidence to guide:

• the highest levels of practice to improve healthcare quality, safety, patient outcomes and costs
• the best teaching strategies for integrating EBP into academic programs
• techniques to build and sustain EBP cultures and environments within practitioners’ own organizations
• organizational and health policy
• dissemination of best practices
• research on the best strategies to rapidly translate effective research-based interventions into real-world clinical settings.

Melissa L. Weber is assistant director of marketing and communications for the College of Nursing.

EBP Summit keynote/plenary speakers*

October 18-20, 2017

Artene S. Bierman, MD, MS
Director, Center for Evidence and Practice Improvement, Agency for Healthcare Research and Quality (AHRQ)

Kevin P. Browne, MSN, RN, CCRN
Senior Director, Deputy Chief Nursing Officer, Memorial Sloan Kettering Cancer Center

Major General Dorothy A. Hogg
Deputy Surgeon General and Chief of the Air Force Nurse Corps

Lynn Gallagher-Ford, PhD, RN, DPFNAP, NE-BC
Director, Center for Transdisciplinary Evidence-based Practice, College of Nursing, The Ohio State University

Alex R. Kemper, MD, MPH, MS
Beginning August 17, 2017, Division Chief of Ambulatory Pediatrics at Nationwide Children’s Hospital and Professor of Pediatrics at The Ohio State University College of Medicine

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FNAP, FAAN
Vice President for Health Promotion, University Chief Wellness Officer, Dean and Professor, College of Nursing, and Professor of Pediatrics and Psychiatry, College of Medicine, The Ohio State University; Executive Director, Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare

Linda Simpson, MB, BCH, MPH, FAAP
President and Chief Executive Officer of AcademyHealth

* As of April 25, 2017

Summit sponsorship opportunities

The Institute invites your organization to reach more than 300 nursing and other health care professionals and executives from across the country at the inaugural Helene Fuld Health Trust National Summit: Transforming Health Care Through Evidence-based Practice.

A sponsorship will earn your organization critically important exposure to health care leaders and experts who seek out evidence-based practice educational materials, technologies, products and services.

Sponsorship levels

$25,000 Platinum
$10,000 Gold
$5,000 Silver
$2,000 Bronze
$750 Exhibitor

For more information, please contact Adam Warren, donor relations and special projects coordinator, at warren.543@osu.edu or (614) 292-2658.

All contributions exceeding the value of the goods and services at each level may be tax deductible.
reported levels of stress and anxiety as well as improved scores on a risk factors assessment. Ohio State’s focus on nine dimensions of wellness provides a framework for culture change that is crucial to making further progress in improving health outcomes for everyone on campus. The nine dimensions include emotional wellness, career wellness, social wellness, spiritual wellness, physical wellness, financial wellness, creative wellness and environmental wellness.

The One Health University Health and Wellness Council developed strategic goals for 2016-2019. They include:

• Enrich a wellness culture and environment that supports the nine dimensions of wellness for students, faculty, and staff
• Engage in evidence-based practices and continuous quality improvement to facilitate sustained healthy lifestyle behaviors to ultimately reduce the prevalence of chronic conditions while providing measurable outcomes and demonstrating value
• Communicate simply and effectively, moving towards a goal of having one voice and one brand for faculty, staff and students
• Gain local, statewide, national and international recognition for our wellness initiatives through the sharing of best practices to impact change, locally to globally

Behavior choices can improve your health

Melnyk noted that many chronic conditions, from obesity and diabetes to cardiovascular disease, can be prevented with behavior changes. In order to provide actionable goals, an emphasis will continue to be placed on the prevention of cardiovascular disease. The partnership with the Women’s Heart Alliance (featured in the Fall 2016 issue of Transformations in Nursing and Health Care) made that emphasis stronger for students, while the Million Hearts screenings provided awareness and education for faculty and staff.

Joanne McGoldrick, associate vice president, Office of Human Resources, reported on greater levels of engagement in the university’s Your Plan for Health program and encouraged everyone to participate.

Senior Vice President for Student Life Javaune Adams-Gaston discussed the importance of financial wellness for our students. Ohio State was one of the first universities to include financial wellness as part of a holistic health approach. She highlighted the need for students to develop financial literacy skills to make informed decisions about their personal finances.

Ohio State is striving to be recognized as the healthiest university in the world. Data confirm that Ohio State faculty and staff are more engaged in health and wellness activities than they were five years ago, and are becoming healthier, as demonstrated by a reduction in body mass index (BMI) and improvements in blood pressure and cholesterol levels. The university’s Your Plan for Health program has contributed to these improvements by offering resources and tools to help individuals make healthier choices.

Ohio State promotes balanced lifestyles and student success through these Nine Dimensions of Wellness.

The Nine Dimensions of Wellness

- Emotional Wellness
- Career Wellness
- Social Wellness
- Spiritual Wellness
- Physical Wellness
- Financial Wellness
- Intellectual Wellness
- Creative Wellness
- Environmental Wellness
The idea to revolutionize nursing education in Honduras could be a version of an old adage: Visit a community with high-quality nursing care once a year and its people will benefit for a day; teach high-quality nursing to a community, and their health will improve for lifetimes.

Two emeriti professors and an alumna of the College of Nursing succeed in establishing a new high school of nursing in this Central American nation.

By Jennifer Grabmeier
“...what was needed was a high school for nurses—a school for grades 10-12 that teaches standard high school classes, plus a rigorous nursing component and nursing principles integrated throughout the curricula for all coursework.”

Professors validating the curriculum for the nursing program.

from left: Ann Overholt, FNP-BC and rector of IETI; Dr. Elizabeth Barker, Dr. Kathy Stone and Rosa Margarita Rodriguez, BSN, RN, lead nursing instructor for the nursing high school.

Jennifer Grabmeier is a principal at Gifted Country. She was once a student at the nursing high school. She is now working to raise money for student scholarships. The school costs $2,400 (U.S.) per student, and enough has been raised so that each student only needs to pay half, with monthly payments of $100. Barker and Stone are working with their own churches to each support a student.

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The school has arranged a partnership to enable students to do their practical hours at a private hospital that offers opportunities in radiology, laboratory work and more—things the public hospital does not provide.

When they graduate, students will be at the practical nursing level and be able to go into school nursing or nursing in the industrial sector, or attend the university for their BSN.

“Before, if you wanted to go into nursing you had to go to another high school and then go into university, and university people were having to supplement classes to get students into the path of nursing,” Angie Overholt said. “We’re hoping with this higher level of preparation they can go on to university and achieve even higher in their BSN program.”

The new school is serving as the test case for the curriculum, with the potential to become the standard for all of Honduras. “The minister of education said that what we were doing was setting the model for all of Honduras,” Barker said. “It was this program that was going to demonstrate how nursing education can be enhanced throughout the country.”

Now, the team is working now to raise money for student scholarships. The new school costs $2,400 (U.S.) per student, and enough has been raised so that each student only needs to pay half, with monthly payments of $100. Barker and Stone are working with their own churches to each support a student.

“I couldn’t be more overjoyed,” said Stone. “For me personally, I feel as if we have the opportunity to make a true difference in healthcare for the Honduran people. The type of nursing care they’ve been providing is, ‘I’m doing the best I have with what I have.’ This will give them a voice and teach them how to be a change agent. I just feel hope. It’s a sense of hope for the country.”

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Lee Cordell, MS, RN, ACNP-BC, CNL-BC

Lee Cordell joined the college as instructor of clinical practice in the master’s program, teaching graduate level pathophysiology and advanced pharmacology courses. She also serves as one of the instructors for Acute Care Nurse Practitioner students during their specialty-specific coursework.

Cordell works part time as an acute care nurse practitioner for the Wexner Medical Center’s Bone Marrow and Hematology services, where she provides health care services to adult patients during acute and chronic phases of illness, collaborates with fellow NPs and physicians, and serves as “first call” provider for approximately 40 patients per shift.

Cordell received a BSN, an MSN, and a postmasters certificate in nursing, all from Ohio State. While maintaining these positions, Cordell is also continuing her education as a member of the clinical faculty graduate program. “I am currently working toward my DNP (class of 2019). My project will be implementing a guideline to help decrease hyperglycemia and bacteremia rates in our bone marrow patients.”

Prior to her faculty appointment, she served as a nurse practitioner at Coshocton County Memorial Hospital and as a staff RN at Mount Carmel Health.

Lynda (Lyn) Hardy, PhD, RN, FAAN

Lyn Hardy joined the College of Nursing in April as director of Data Science and Discovery and clinical associate professor. She has had a diverse research career in cardiovascular health, women and children’s health issues, and infectious diseases, and she is now utilizing big data with an eye towards disease prevention.

“I want to be able to maximize data that has already been collected to determine methods of disease prevention in order to promote wellness,” she said. “Dean Melnyk’s focus on wellness in the College of Nursing and across The Ohio State University was a driving factor in her decision to relocate to Ohio State from the University of Tennessee College of Nursing where she served as associate dean for research. “This is an exciting time in health care. The intersection of the nursing profession and data science will provide evidence-based methods for disease prevention and provide better patient outcomes.” Hardy also has extensive experience in research administration, most recently serving as senior program director at the National Institutes of Health/National Institute of Nursing Research (NIH/NINR).

“We are so thrilled to have someone with Dr. Hardy’s experience, skill and vision in our Center for Research and Scholarship,” said Mary Beth Happ, PhD, RN, FAAN, associate dean, Research and Innovation and distinguished professor of critical care research. “She hit the ground running at Ohio State by providing thoughtful critique and guidance to faculty research proposals and collaborating across campus as a member of the data analytics and brain science discovery [research] theme inter-professional faculty groups.”

“I look forward to mentoring faculty investigators to help them develop a better understanding of navigating the grants process,” said Hardy.
Lisa Militello is serving as assistant professor in the college’s Center for Women, Children & Youth, a group of nursing faculty and researchers that conduct studies about health promotion and risk reduction designed to optimize health and wellness outcomes in infants, children, adolescents and women. “Since families are different and families change over time, my particular area of research focuses on pairing mHealth (mobile health) strategies with adaptive research methodologies to promote wellness in children and families.”

Militello earned a BSN, an MS as a pediatric nurse practitioner and an MPH in maternal child health from The Ohio State University. She received a PhD in Nursing and Health Innovation from Arizona State University and served as a postdoctoral research fellow at Ohio State’s College of Nursing in Sharon, Pennsylvania. She earned a BS in Nursing from Loyola University in Chicago; and the University of Pittsburgh, among others.

“I truly feel supported by leadership and my peers to dream big and go for it. Because of that support, I feel tremendous opportunity for professional growth and as such, I am very excited to be part of the College of Nursing family.”

LeShauna Postell joined the college as a clinical instructor of practice/nurse practitioner, where she works with undergraduate and graduate level students both in the lab and on nursing units. She came to the college after serving as a nurse practitioner at Ohio State’s College of Nursing.

Prior to joining Ohio State’s nursing faculty, Militello held a number of clinical and research positions, including stints at Johns Hopkins in Baltimore; the Mayo Clinic in Rochester, Minnesota; Loyola University in Chicago; and the University of Pittsburgh, among others.

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Jodi Ulloa joined the nursing faculty as neonatal nurse program clinical instructor. Her interests include therapeutic hypothermia treatment for hypoxic ischemic encephalopathy in neonates, and computerized charting.

Ulloa has held a number of nursing positions in education, management and clinical staff positions over the course of her career, including work at St. Francis Cabrini Hospital in Alexandria, Louisiana; University Hospital and Clinics in Columbia, Missouri; Long Beach Memorial Hospital in Long Beach, California; and Stormont-Vail Regional Medical Center in Topeka, Kansas.

While serving as full-time NNP faculty at Ohio State, Ulloa continues part time as a Nationwide Children’s Hospital neonatal nurse practitioner, a position she has held since 1998.

Ulloa earned a BS in nursing from Washburn University in Topeka, Kansas and an MS in nursing from Capital University in Columbus.

“I am very happy to be a part of the College of Nursing because I believe in evidence-based practice. I feel that Ohio State’s College of Nursing is a leader in nursing education promoting evidence-based practice and preparing future generation of nurses to serve as leaders.”

Audra Hanners and Amy Provenzano, both students in the MSN Nurse Practitioner program who anticipate graduating this spring, have turned a fast friendship into a rewarding business partnership. The two met the first day of classes and began charting about future plans. When “start my own business” showed up on both of their bucket lists, Hanners and Provenzano began brainstorming ideas for an enterprise they could do together.

“We both complained about the lack of trendy clothing for nurses, whether professional or casual,” said Hanners, “and decided that we could remedy that.” From that lament…
came the idea for NursSwag, which is an online marketplace for everything nurse related. The partners—Hanners, Provenzano—offer fashionable yet comfortable apparel and branded scrubs, stethoscope covers, water bottles, tote bags and more.

In deciding to create an online marketplace, they considered many factors,” said Provenzano. “The first was time. With families, jobs, and graduate programs, we were already stretching the hours in the day. We needed a business that, once up and running, would fit into our already busy schedules,” she added.

An online enterprise seemed to fit us better and take advantage of what each of us brought to the table,” explained Hanners. “Amy and I couldn’t be more different. I’m t-shirts and jeans; she’s a fashionista. I have a BS in biochemistry and was working as a phlebotomist. Amy, on the other hand, has a master’s in education and was a former history teacher and retail store manager and owner. Going online offered super flexibility in developing business responsibilities” Being able to build a blog as part of the store’s brand also factored into the pair’s decision. “We wanted to make NursSwag as much a marketplace for sharing and promoting professional ideas as it would be for purchasing nurse-themed merchandise,” noted Provenzano. “Reaching out to other nurses and celebrating their successes was a priority.”

It took a mere four months for the two students to take NursSwag from concept to commercial reality. During that time, Hanners and Provenzano discovered that new businesses require an incredible amount of decision-making. “Luckily, we work well together, and every decision was made in tandem—really, brand logo to apparel fabrics to the software platform upon which we built the online store,” reported Hanners. The nurse entrepreneurs focused on quality and comfort in designing their products. “Being in health care ourselves, we had a pretty good idea about what our customers would like,” said Provenzano. “Initially, word of mouth brought traffic to the site, but we also tapped into the power of social media. NursSwag has a presence on Facebook, Twitter, Instagram, Pinterest and Polyvore,” Provenzano adds. “Respecting and responding to our customers—for example, offering the option to customize merchandise—has helped us grow NursSwag into a viable enterprise,” said Hanners. “We’re thrilled that in a little over a year in business Amy and I have recouped our initial investment and are headed into the black.”

The partners are equally optimistic about the future of NursSwag. “We plan to build on what we have and take it to new new levels,” said Provenzano. To that end, a community line is on the drawing board and being pitched nursing publications and online newsletters. Amy and Audrey comics depict the funny side of life as a nurse, because “laughing about these situations unites us as compassionate professionals,” she said. From the start of their business, Hanners and Provenzano made giving back a large part of their company’s mission. They donate 10 percent of sales to non-profit organizations, especially local ones or those related to health care. “Nurses are passionate about making things better. This is just another way for us to do that,” explained Hanners.

“Taking the entrepreneurial leap was a bit scary, both partners admit, but they were encouraged by Dean Bernadette Melnyk’s challenge to “think and do the impossible.” Jackie Min, retired manager of graduate college of Nursing, was a “source of practical information and optimism,” noted Provenzano, “as was Tim Raderstorf of the college’s Office of Innovation and Strategic Partnerships. We received invaluable business startup guidance from one of their innovation workshops.” (See sidebar.) Hanners and Provenzano are most grateful to their silent partners, their families, for unswerving support. “Creating NursSwag has given us the opportunity to be our own boss in the world,” they reported, “and our families, friends, colleagues, and mentors, were on every step of the way”

O’Brien Medicine Seventeen years of experience in the medical field led to the opening of O’Brien Medicine as an independent practice and growing patient base and greater control over my future,” said Jennifer O’Brien, MSN, 50, and certified nurse practitioner. “Everything in my professional life had brought me to this point in my own business, but it actually took only a few days when all the signs aligned—some hit, some fortuitous—to convince me the time was at hand.”

O’Brien’s health care background runs the gamut from recruiting for the College of Nursing’s graduate program to managing health care and minimizing initial investment by purchasing good quality, pre-owned medical equipment and office furnishings. As staff, I hired one employee: a super-efficient office manager!” O’Brien believes that her innovative business model and lean startup plan contributed to the quick success of her practice. “After just one month in operation, we were covering practice expenses.” Word of mouth and patient testi monials on social media have steadily increased the number of patients O’Brien is seeing, with a 20 percent bump in the last month alone. We met our first-year goals; our sessions are full, and the practice’s long-term prospects are encouraging. Financial returns are important, but so are professional and personal rewards, notes O’Brien. “I’m so happy I listened to those signs and started my own practice. I love seeing patients and impacting their health in a positive way. Through my business, I’ve been privileged to interact with other dedicated medical professionals almost daily. And I appreciate the new relationships I’ve been able to build within the local community, as well as the opportunity to lead and where and when needed. “But, for me, a major perk of being a nurse entrepreneur is the ability to create my own schedule. As a wife and mother of two daughters, I want to be an active presence in my family’s lives. They’ve supported my professional ambitions, and I want to be there for them, volunteering at school functions, chauffeuring to dance lessons, and sharing in fun, family activities. In short, taking the entrepreneurial leap has brought balance to my life, and I highly recommend it!”

Jennifer O’Brien of O’Brien Medicine

O’Brien fully embraced technology in establishing her practice “because it saves time and increases patient accessibility. Patients have my cellphone number, but they actually prefer texting or messaging me over two-point encryption software or the Electronic Medical Record portal. Using our email, both have access to their medical records, and I can answer questions or address concerns immediately.”

Aside from technology, O’Brien followed a lean startup plan for her health care services. “We converted a modest rental space in Dublin, Ohio, into a welcoming environment for providing health care and minimizing initial investment by purchasing good quality, pre-owned medical equipment and office furnishing. As staff, I hired one employee: a super-efficient office manager!”

The Office of Innovation and Strategic Partnerships at Ohio State created a number of educational opportunities for nurses and other health care professionals interested in starting a business. These include the annual Innovation and Entrepreneurship Workshop for Health Care Professionals (see page 4), the new Innovation Studio, and the Interprofes sional Innovation Symposium. A new Masters in Health Care Innovation is expected to launch later this year. For informa tion, contact Tim Raderstorf, raderstorf.3@osu.edu

Valerie Wilson is a communica tions professional in Columbus.
More than 1,000 health sciences students from all seven of Ohio State’s health science colleges convened on January 17 for the IPEP (Interprofessional Education and Practice) collaborative seminar, “Interprofessional Best Evidence Practices in Disclosing Medical Errors, Conveying Apologies, and Imparting Empathy to Patients and Families.” The seminar, featuring keynote speaker Doug Wojcieszak, founder of Sorry Works, was intended to raise awareness among future health care providers about how to deal with medical errors, the third leading cause of death in the U.S.

Medical mistakes can affect all of the health sciences professions. Preventable medical errors claim the lives of approximately 400,000 people each year. Another estimated 10,000 serious complication cases result from medical errors each day, many involving miscommunication between caregivers when patients are transferred or sent home.

Despite a long-standing general consensus among ethicists that harmful errors should be disclosed to patients, evidence exists that at present such disclosure is not always done. According to Wojcieszak, disclosure is good for doctors as well as nurses and other health professionals, hospitals and insurers. An enormous and growing body of data shows that disclosure, empathy and
The seminar highlighted five transdisciplinary competencies to assist health professionals with disclosure issues: five transdisciplinary competencies to assist health professionals with disclosure issues. The issue of whether and how to disclose harmful medical errors to patients requires that health care professionals integrate their understanding of bioethics, doctor-patient communication, quality of care, health care provider-patient communication, and teamwork, interprofessional communication, values/ethics, roles and responsibilities and evidence-based practice. "The issue of whether and how to disclose harmful medical errors to patients requires that health care providers integrate their understanding of bioethics, health care provider-patient communication, quality of care and team-based care delivery," stated College of Nursing Dean Bernadette Melnyk. She added that this issue also presented educators with an ideal opportunity to explore with students the interface between ethics and communication. 

Susan Nicole is senior erted foror the College of Nursing.

Vickey Weir: passionate retired nurse and coach

"Success requires goals, internal motivation, teaching, coaching and great communication skills," says Vickey Weir (BSN '73). Weir knows a thing or two about success. She recently retired after 40 dedicated years of nursing at the Stanford University Medical Center, during which time she simultaneously forged a decorated coaching career in synchronized swimming at Stanford University. Hailing from Dayton, Ohio, Weir had a passion for science and synchronized swimming from a young age, leading her to enroll at Ohio State, home to a preeminent synchro program as well as a nursing school offering a four-year degree. "I will never forget taking anatomy in the hot summer of 1970 on the second floor of Hamilton Hall," she reminisced. "The laboratory was a stiflingly hot room, and I remember cranking the cadaver up out of a formaldehyde bath to study the human body. It was amazing."

As a student, Weir split her time between nursing school and swimming practices, earning a BS in nursing and four national championships in synchronized swimming. "I had no spare time and sleep was optional," Weir quipped, "but I was never bored."

After college, Weir spent time as a nursing instructor in Nyeri, Kenya, as a member of the Peace Corps. Upon returning to the states she found her next challenge at Stanford Hospital where she began working in the surgical intensive care unit (SICU) caring for complex heart transplant patients.

"I wanted to work with the best of the best and be a part of the cutting edge of medical care," she said. Her nursing career arc took her from a staff nurse role in SICU, to nursing management roles in SICU, PACU, same day surgery and endoscopy, and then on to key roles in quality management, nursing education and information systems. Along the way, she went back to school, earning a master's degree at the University of San Francisco while working full time, and raised a daughter, who has a PhD in cancer biology.

Working at Stanford also provided Weir the opportunity to remain involved in collegiate synchronized swimming. Together with her husband, Andrew Maisel, she founded Stanford's synchro team in 1979. The program flourished under her 20-year leadership, culminating in defeating her alma mater to win a national championship for Stanford and the honor of U.S. Synchronized Swimming Collegiate Coach of the Year. During that time, Weir's teams compiled a dual meet record of 123-3, and her athletes won 24 individual national titles and included 56 All-Americans and two Olympic medal winners.

As she looks back on her impressive and multi-faceted career, Weir is proud of her contributions. From participating in the care of some of the earliest heart transplant patients, to the coordination of training and logistics for more than 5,000 nurses and doctors on a new electronic medical record system (Epic) to selecting and deploying the first smart phone system for medical staff, to the many nights she spent as an ICU nurse working tirelessly to keep her acutely ill patients alive, she is grateful that every day was a new adventure and an opportunity to learn. Weir touched many lives throughout her career, and her generous nature and compassionate professionalism benefited not only her patients, but also the colleagues and student athletes who surrounded her.

"My roles as both nurse and coach required passion, communication and an understanding of people," Weir said. Weir has dedicated much of her life to helping others, so it should come as no surprise that she has now decided to pay forward her success to her alma mater by establishing the Vickey Weir and Andrew Maisel Endowed Nursing Scholarship for first-generation nursing students.

"As a first-generation nursing student, receiving scholarship funding allowed me to stay in school and complete my education at Ohio State," Weir explained. "I want other students to have this opportunity in the future—to become great nurses and giving human beings."

—Katy Trombitas
The O’Neill Family story, a Buckeye legacy

What inspires someone to become a Buckeye nurse? For alumna McKenna O’Neill Milkie, ’11, it was a life-changing diagnosis. For current nursing student Shannon O’Neill, due to graduate in 2017, the inspiration was her older sister.

This family’s Buckeye nursing story began with McKenna. Her mother, Cheryl O’Neill, said, “I honestly think that McKenna set her sight on nursing when she was nine years old.” At that time, McKenna was diagnosed with Type 1 diabetes. Cheryl remembers how her young daughter dealt with this news during her hospital stay. “She asked her dad to take a walk with her. During that walk they had a serious talk, and she told her dad that there were other kids much sicker than she was, and that he should not worry because she was going to be okay.”

This year, McKenna’s father got to share that story at her wedding. McKenna’s sister Megan, who studied at Ohio University, followed her into the nursing profession, and now sister Shannon is studying nursing at Ohio State. There’s a special camaraderie nurses share, and it’s brought the three sisters even closer. McKenna said that her fellow nurses are what get her through difficult shifts. “There are few that understand what happens during those 12 hours,” she said. And the support she gets from her sisters? “Having them to relate to at the end of a crazy shift is priceless.”

Shannon, too, always had a passion for helping others, and was inspired, she says, by both of her sisters’ work ethic, compassion, empathy and dedication. Following in McKenna’s footsteps at the College of Nursing seemed like a good fit to her, and once she began her studies, she knew she was right. “When I discovered the magnitude of a nurse’s role in patient care, I fell in love with the profession,” she said. “Nurses make a difference in the lives of all their patients through knowledge, compassion, support and empathy.”

The sisters come from a strong Buckeye family. As Shannon tells it, both of her parents and her older sister attended Ohio State, “but that does not even begin to describe our love for the Buckeyes!” Family traditions include parking for football games on the top of the West 11th parking garage where parents Cheryl, ’84, an elementary education major, and Brian, ’83, an accounting/finance major met in 1982. “Growing up, we would receive a gift on Christmas morning from Brutus Buckeye, and it was always our favorite,” Shannon related. “I was born and raised a Buckeye, and cannot imagine my life any other way!”

—Susan Neale

Young alumni blog launched

In January, the College of Nursing launched a blog that follows the lives of two recent graduates in their first years as nurses.

Kate Best, ’15 and Sydney Adelstein, ’16 share advice for current students and fellow young alumni on how to navigate life after graduation and the challenges new nurses face in the workplace.

The blog periodically features guest writers who provide guidance on various topics such as attending graduate school, staying connected with the College of Nursing or joining the Nursing Alumni Society.

Meet our bloggers

Kate Best
Kate currently works as an ICU RN in Columbus, Ohio. She was inspired to become a nurse after experiencing the critical role nurses played in a family member’s recovery from a car accident. In her spare time, she enjoys hiking, trail running and rock climbing.

Sydney Adelstein
Sydney currently works as a new graduate nurse in the ER at one of Cleveland Clinic’s regional hospitals. She always knew she wanted a career in the medical field, but majored in pharmacy, athletic training and physical therapy before she found a home in nursing. Sydney currently volunteers with the Nursing Alumni Society’s Cleveland Regional Ambassadors.

Catch up with our bloggers at u.osu.edu/nursingalumniblog. Have a question for Sydney or Kate? Send them to nursingalumni@osu.edu.

In memoriam

Remembering our classmates, colleagues and friends

Carol Baughman ’77
Catharine Fry Carnes ’72
Dorothy Hoynes Elliott ’47
Jeanne Baker Howard ’56
Margaret Williams Lewis ’64 MS

Mary Vess Leeding ’63
Nancy Magel ’69
Mary Johnson Murphy ’47
Kathryn Schoen, Acting Dean of the College of Nursing, 1983-1984

Marilyn Hein Skinner ’50
Martha McClellan Stevenson ’47
Betty Wilson Story ’72 MS
Morris Robbins Wholf ’74
Shawn Wissman ’94

Joseph Zynda 2002
Mary Johnson Murphy 1947
Jeanne Baker Howard 1956
Margaret Williams Lewis 1964 MS
Mary Vess Leeding 1963
Nancy Magel 1969
Mary Johnson Murphy 1947
Kathryn Schoen, Acting Dean of the College of Nursing, 1983-1984
Marilyn Hein Skinner 1950
Martha McClellan Stevenson 1947
Betty Wilson Story 1972 MS
Morris Robbins Wholf 1974
Shawn Wissman 1994

In memoriam

Remembering our classmates, colleagues and friends
Christine Mayer

Through annual support of scholarships, fellowships, professorships and more, we can ensure that nursing students will be poised to deliver excellence in education and research, evidence-based practice and healthcare innovation.

Christine Mayer is a second-year graduate entry student from Avon Lake, Ohio who is pursuing certification as a pediatric primary care nurse practitioner. This year, she is the recipient of the Grayce M. Sills Nursing Scholarship and The Lorena and Mary Ann Johnston Memorial Scholarship in Pediatric Advanced Practice Nursing. The Sills Scholarship was established by Anastasia Spinelli Christopher (BSN ’74, MS ’76) in honor of late School of Nursing director and icon Dr. Grayce Sills. The Johnston Memorial Fund was founded by Lance T. Johnston in memory of his daughter, Lorena, who succumbed to the rare Batten’s Disease in 1993, and his mother, Mary Ann. In addition to her studies, Christine works as a graduate assistant for The Women’s Place, Ohio State’s women’s policy office, and is part of the mentorship program at the College of Nursing.

How have the scholarships you’ve received made a difference in your life and education?

Receiving these scholarships reinforces that I made the right decision to go back to school, gives me confidence in knowing that others believe in my education, and encourages me to keep striving towards my degree.

What has been the best experience so far at the College of Nursing?

My most cherished memory thus far would the “Lighting of the Lamp” ceremony the college hosted to welcome my cohort into the profession of nursing. Having the torch passed onto us by current and emeritus faculty was so special, but the best part of the ceremony was listening to the inspiring talk given to us by Grayce Sills. She made us truly excited about becoming extraordinary nurses and assured us that we chose the right profession!

What advice would you give to students interested in the Graduate Entry program?

Take the plunge and apply! Although I never envisioned myself as a nurse before entering this program, I am thrilled with my career decision after being in this program for a year and a half. In my clinical experiences, I have encountered such grateful patients and being able to help them is so fulfilling. In the classroom, I have the most supportive cohort of classmates who go above and beyond to assist each other with understanding the coursework and practicing skills.

For more information on funding scholarships to support students like Christine, please contact Katy Trombitas, director of development, at trombitas.4@osu.edu or (614) 688-1085.

Wine Tasting

August 9, 2017
6:00 p.m.

Learn more at go.osu.edu/WineTasting.
ALUMNI GATHERINGS

Events keeping alumni connected and involved

2016 NURSING ALUMNI SOCIETY BOARD RETREAT
Nursing Alumni Society Board and Committee members at their annual November Retreat.

(Career Connections Luncheon)
Brian Garrett, ’96 (standing) and Kevin Reuscher, ’10 (in plaid shirt), met with students interested in a career as a nurse anesthetist.

(Cleveland Regional Reception)
Local alumni gathered at Creekside Restaurant in Brecksville to network with fellow classmates and to hear college updates from Dean Bern Melnyk.

(Paint and Pour)
Alumni met at Giant Eagle Market District in Grandview Yard for a Paint and Pour with Studio 614.

(Scholarship Reception)
Danette Birkhimer, ’86, ’94 MS, (left) with junior scholarship recipient, Alisha French, at the Fall Scholarship Reception.

(Men in Nursing Event)
Members of the student organization Buckeye Assembly of Men in Nursing (BAMN) met with local nursing professionals to learn about life after graduation.
In memoriam: Former College of Nursing Dean Kathryn Schoen

Kathryn T. Schoen, ’62 MA, ’65 PhD, alumna and former acting dean of the College of Nursing, passed away February 15, 2017 in Jacksonville, Florida at the age of 94. The first (and only non-nurse) dean, Schoen led the college from 1983 to 1984, during which time she assisted efforts to transform the School of Nursing into an independent college. This service capped a distinguished career at Ohio State which included roles as the assistant director of the School of Allied Medical Professions, university associate provost, and vice president of educational services. Throughout her career, she had a particular interest in advancing the role of women on university campuses. She worked with female students during the Vietnam-era unrest to ensure their concerns were heard and acted upon, chaired the first university committee to assess the role of women on campus, and advocated for more opportunities for leadership and advancement for female faculty and staff.

Ohio State recognizes college faculty members for national honors

Several College of Nursing faculty members were honored at the annual Ohio State University Faculty Recognition reception in March for faculty and staff who received national or international awards, or who have been recognized for achievements that reach outside or across academic disciplines.

- Cindy Zellefrow, DNP, MSEd, RN, LSN, APHN-BC, was recognized for receiving the Distinguished Service Award from the National Association of School Nurses.
- Candy Rinehart, DNP, FNP, ADM-BC, FAANP, and Kristine Browning, PhD, CNP, FAANP, were recognized for being inducted as Fellows in the American Academy of Nurse Practitioners.
- Barbara Warren, PhD, RN, PMHCNS-BC, FNAP, FAAN, was honored for receiving the 2016 Psychiatric Nurse of the Year Award and being the recipient of the Hildegard Peplau Award, both from the American Psychiatric Nurses Association.
- Gerene Bauldoff, PhD, RN, FCCP, FAACVPR, FAAN, was recognized for receiving the Presidential Recognition and Citation Award from the American Association of Cardiovascular and Pulmonary Rehabilitation; Tim Landers, PhD, RN, CNP, CIC, Mei-Wei Chang, PhD, RN, and Michele Balas, PhD, RN, APRN-BC, were honored for being inducted as Fellows to the American Academy of Nursing.

Robert Wood Johnson Foundation to fund PhD nurses

The Ohio State University College of Nursing has been selected to receive a Future of Nursing Scholars grant from the Robert Wood Johnson Foundation (RWJF). Ohio State will select two Nursing scholars this spring, who will begin the program this summer with support from the grant. The National Academies of Sciences, Engineering and Medicine’s Institute of Medicine recommends doubling the number of nurses with doctorates, so nurses may lead the charge to advance health, promote nurse-led science and increase the number of nurse educators to prepare the next generation of nurses. To that end, RWJF’s program provides financial support, mentoring, and leadership development to selected nurse scholars who commit to earn their PhDs in three years.

“It is an honor to have been selected for funding,” said Rita Pickler, PhD, FloAnn Sours Easton professor of Child and Adolescent Health and director of the PhD and master of nursing science program at Ohio State. “We expect that our participating students will be even better prepared to transform health care through research and the translation of evidence into practice and policy, while also educating and inspiring the next generation of nurses.”

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The College of Nursing and its partners at the Wexner Medical Center reached out to student coders last semester, challenging them to make a heart-healthy app. At OHI/O 2016, Ohio State’s annual Hackathon, four students calling themselves Heartware created the winning app, earning with it the opportunity to make it market ready.

Each year, the OHI/O Hackathon invites college students of varying experience from across the Midwest and beyond to create an app or related technologies and products over the course of a weekend. The students have access to professional mentors, workshops and hardware during the event. They can develop an app from their own ideas, or work on a challenge created by one of the Hackathon’s participating organizations.

Ohio State students Jarrod Mongauer, Gary Miller, Nicole Glass and Shannon Milliken composed the Heartware team. They took on the health challenge and developed an app they called “Heart Healthy, Buckeye Strong.” The app allows the user to enter basic information, measure positive factors that manage stress, display results on a dashboard and share results on social media.

“This is the first time nursing has been involved in the Hackathon,” said Laurel Van Dromme, MA, chief of strategic partnerships & special projects and co-lead of the Office of Innovation and Strategic Partnerships at the College of Nursing. “I knew a lot of our students are facing stress, which is a risk factor of cardiovascular disease, so we wanted to use the Hackathon to develop an app for people to tackle the multiple ways they can manage stress in support of their heart health.”

Van Dromme, along with Wexner Medical Center CIO Phyllis Teeter and College of Nursing Associate Dean of Research and Innovation Mary Beth Hoff, selected the winning team. “Their project was so seamless,” said Van Dromme. “They included all the pieces we wanted because it had an easy interface.”

The college has hired the members of Heartware to refine the app. They are working with Wexner Medical Center’s IT staff to refine and test it.

Van Dromme hopes to make the app available to the public when it is completed. She also plans for the college to present new Hackathon challenges in the years to come. “We’d like to be involved next year and to encourage more females and nursing students to participate in this kind of innovative, entrepreneurial activity.”

College of Nursing welcomes new faculty and staff

Laureen Smith, PhD, RN, FAAN, associate professor and director of community outreach research at the College of Nursing, has been selected as an ambassador by the boards of the National Institute of Nursing Research. Smith is one of 15 ambassadors chosen nationally to join the independent nonprofit group advocates for and advances nursing science in the name of promoting the health and well being of all Americans. Ambassadors are selected from a national pool of applicants based on their abilities to advance public health professions and policy-maker awareness of the critical research agenda linking nursing science and nursing research to the delivery of care.

“My duties are to advocate for nursing research and nursing researchers,” said Smith. “I look to our legislators to personally connect with them and share the importance of nursing research and how nursing science helps shape the health of our nation.”

Smith will travel to Washington DC for Nursing Advocacy Day in late April. She said, “During my time there, I hope to meet with our senators and Ohio’s representatives on behalf of the Friends of the National Institute of Nursing Research and engage in conversations with them. I will also share some important findings with them about how Ohio and how nursing science and nursing research can make an important difference in the lives of Ohioans as well as the nation. These efforts are to ensure that nursing research receives the proper funding it deserves at the federal level.”

New faculty members

Tanya Smith, instructor-practice
Khaliha Krystal Tate, instructor-practice
Shannon Tucker, professor
Jodi Ann Ultz, instructor-practice
Susan Praeger, associate professor–clinical
Tonya Smith, instructor-practice
Khaliha Krystal Tate, instructor-practice
Shannon Tucker, professor
Jodi Ann Ultz, instructor-practice
Susan Praeger, associate professor–clinical

Tanya Smith, instructor-practice
Khaliha Krystal Tate, instructor-practice
Shannon Tucker, professor
Jodi Ann Ultz, instructor-practice
Susan Praeger, associate professor–clinical

Nursing student “Making a Difference”

When talking to Morgan Ciehanski, a third-year honors nursing student, it is easy to pick up on the zeal she has for her area of study. Whet grew Ciehanski was especially passionate and impact that she could have on people in everyday life.

Associate Professor of Clinical Nursing Elizabeth Fitzgerald was pleased to have Ciehanski be a part of one of her honors students. Fitzgerald helps run the Heart Healthy Heartware program, a community-university partnership that seeks to address health issues in the Near East Side of Columbus.

When the program first started, the (program founders) wanted to make a difference in the Mount Vernon area of the Near East Side of Columbus, and they identified in the African-American community a good place to do that was barber shops. That is a good place to be to kind of get the pulse on the community and a wonderful place to be able to screen for high blood sugar and high blood pressure,” said Fitzgerald.

Ciehanski, who learned about Making a Difference from Fitzgerald, cited the program as being important in her development of becoming a nurse. “I have experienced so many different people and so many different things I never would have realized or known especially being kind of isolated on campus,” Ciehanski said. She added that the program has allowed her to relate to patients and bridge the gaps that can exist between patient and caregiver.

Through the Making a Difference program, Ciehanski said, “People can see that Ohio State is not just Columbus based, but that it is community based and it goes beyond the campus. I think it is so important for us to use our voice and reach out to our community.”

— Stephanie Wise

FNIHR names Smith new ambassador

Laureen Smith, PhD, RN, FAAN, associate professor and director of community outreach research at the College of Nursing, has been selected as an ambassador by the boards of the National Institute of Nursing Research. Smith is one of 15 ambassadors chosen nationally to join the independent nonprofit group advocates for and advances nursing science in the name of promoting the health and well being of all Americans. Ambassadors are selected from a national pool of applicants based on their abilities to advance public health professions and policy-maker awareness of the critical research agenda linking nursing science and nursing research to the delivery of care.

“My duties are to advocate for nursing research and nursing researchers,” said Smith. “I look to our legislators to personally connect with them and share the importance of nursing research and how nursing science helps shape the health of our nation.”

Smith will travel to Washington DC for Nursing Advocacy Day in late April. She said, “During my time there, I hope to meet with our senators and Ohio’s representatives on behalf of the Friends of the National Institute of Nursing Research and engage in conversations with them. I will also share some important findings with them about how Ohio and how nursing science and nursing research can make an important difference in the lives of Ohioans as well as the nation. These efforts are to ensure that nursing research receives the proper funding it deserves at the federal level.”

When talking to Morgan Ciehanski, a third-year honors nursing student, it is easy to pick up on the zeal she has for her area of study. Whet grew Ciehanski was especially passionate and impact that she could have on people in everyday life.

Associate Professor of Clinical Nursing Elizabeth Fitzgerald was pleased to have Ciehanski be a part of one of her honors students. Fitzgerald helps run the Heart Healthy Heartware program, a community-university partnership that seeks to address health issues in the Near East Side of Columbus.

When the program first started, the (program founders) wanted to make a difference in the Mount Vernon area of the Near East Side of Columbus, and they identified in the African-American community a good place to do that was barber shops. That is a good place to be to kind of get the pulse on the community and a wonderful place to be able to screen for high blood sugar and high blood pressure,” said Fitzgerald.

Ciehanski, who learned about Making a Difference from Fitzgerald, cited the program as being important in her development of becoming a nurse. “I have experienced so many different people and so many different things I never would have realized or known especially being kind of isolated on campus,” Ciehanski said. She added that the program has allowed her to relate to patients and bridge the gaps that can exist between patient and caregiver.

Through the Making a Difference program, Ciehanski said, “People can see that Ohio State is not just Columbus based, but that it is community based and it goes beyond the campus. I think it is so important for us to use our voice and reach out to our community.”

— Stephanie Wise

College of Nursing welcomes new faculty and staff

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McLaughlin wins BOSS award

The Fisher College of Business Center for Innovation and Entrepreneurship selected five finalists to present their concepts to corporate judges in the Best of Student Start-ups (BOSS) Spring Finale on April 19. College of Nursing student Laura McLaughlin won first place with her mobile app, BabyTalk, designed to inform and support expecting parents. BabyTalk allows users to educate themselves on information spanning from sexual health of the parents to the baby’s first birthday by participating in animated games and receiving points.

ACTIVE FACULTY GRANTS (2016-2017)*

Anderson, Cindy M. (PI), Health Resources and Services Administration (HRSA) Nurse loan forgiveness program. July 2016-June 2017. $10K.
Dawson, Deborah. Office of Community Outreach and Engagement Clinical Nurse Specialist Program. April 1-November 2017. $51K.
Fitzgerald, Elizabeth. Office of Community Outreach and Engagement Clinical Nurse Specialist Program. April 1-November 2017. $51K.
Landholt, Teri. Office of Community Outreach and Engagement Clinical Nurse Specialist Program. April 1-November 2017. $51K.
Min, Jackie. Office of Community Outreach and Engagement Clinical Nurse Specialist Program. April 1-November 2017. $51K.
McLaughlin, Laura. Office of Community Outreach and Engagement Clinical Nurse Specialist Program. April 1-November 2017. $51K.

* Awards details have been rounded to the closest thousand or hundred dollars, depending on total funding amount.

“Socioeconomic status qualitative-intervention takes on families,” Journal of Interventional Nursing. 2016. 34(11), 513-519 DOI: 10.1097/JIN.0000000000000386.


“Combining technology with the ABCDEF bundle to meet the needs of patients requiring prolonged mechanical ventilation,” Nursing Outlook. 2016. 64(10), 991-998. PMID: 27955957.


From the Emergency Department and acute care settings, to the operating room, nurses at Ohio State are applying the art and science of nursing to research, education and evidence-based care that is delivered with a strong commitment to quality and safety.

Interested in a nursing career at Ohio State? Visit wexnermedical.osu.edu/careers/nursing to learn more or email Nursing.Opportunities@osumc.edu.

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Clinicians, administrative leaders, academicians and researchers from health care organizations are invited to participate in this groundbreaking event.

National experts will share information on:
- integrating evidence-based practice (EBP) into academic programs
- building and sustaining an EBP culture and environment
- using EBP to guide organizational and health policy
- disseminating and implementing evidence-based interventions into real-world clinical settings.

Please refer to pages 26-27 for details. Registration information is available at fuld.nursing.osu.edu. Send questions to ebpnationalsummit@osu.edu.