Largest philanthropic gift in college history!

$6.5 million grant to establish and permanently endow the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare

New EBP institute to be led by Bernadette Melnyk (seated) and Lynn Gallagher-Ford
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DEAN’S MESSAGE

Dreams become reality with patience and persistence

New national EBP institute the result of a 10-year long effort

It has been a long-time dream of mine to establish a national institute for evidence-based practice (EBP), an entity that could be the nation’s hub for the best and latest evidence to improve healthcare quality, safety and population health outcomes. After a more than 10-year journey of sharing this dream and outlining the amazing outcomes that could be accomplished by such an institute, the dream has finally come to fruition with the largest gift in our college’s history from the Helene Fuld Health Trust.

A generous grant of $6.5 million will establish and permanently endow the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare. It also will endow the Helene Fuld Health Trust Professor of Evidence-based Practice and provide operating funds to fuel our work in EBP further and faster across the United States.

So often, people give up on their dreams right before they would have come to fruition because they get impatient or start to believe they will never happen. I often tell our awesome students, faculty, staff and alumns the story about an Asian bamboo tree in order to give them hope that, if they keep their dreams alive in front of them every day and persist through the “character-builders,” they can be realized. The bamboo tree is planted as a hard seed in the ground and has to be watered every day for 5 years, not missing one day of watering. Then, after five years of daily watering, the seed finally breaks ground and grows 90 feet in 90 days. Then I ask: did the tree grow 90 feet in 90 days? Of course the answer is no. It takes five years of daily watering before any growth is seen. The watering of our national institute took twice as long to see it come to reality. What would have happened if we had given up in years eight, nine or 10? However, we kept the dream alive, and persisted even though patience was not easy throughout the journey. I want to thank and recognize Laurel Van Druenne, who stayed the course and watered the dream with me for over 10 years and Kathy Trombitis, who was part of our terrific team in the last phase of the journey. I also want to give my most heartfelt thanks to the Helene Fuld Health Trust, which believed in the dream enough to substantially invest in it.

In Buckeye Nation, we teach everyone to dream big and accomplish the impossible to transform healthcare and transform lives. We also walk the talk. The Ohio State University College of Nursing is indeed a place where dreams become reality. Go Bucks!

Warm and well regards,

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

Transformations in Nursing & Health Spring 2016
Ohio State-India partnership formed

October 27, 2015 was a transformational day for the College of Nursing as Dean Bernadette Melnyk formalized a partnership with Arun Varma, PhD, senior vice president & group head, health initiatives at IL&FS Education. Aligning with the university’s Discovery Theme of Health and Wellness, the college and IL&FS are collaborating to improve health outcomes through development and delivery of customized nursing and pre-nursing curriculum throughout India.

IL&FS was founded in 1987 as Infrastructure Leasing and Financial Services and has since grown to a large conglomerate in India with 72 group companies ranging across diverse sectors. “It’s inspiring that a business founded on physical infrastructure has expanded its business model to developing educational and human infrastructure,” said Tim Raderstorf, MSN, RN, executive director of business development, innovation and AcCELL for the College of Nursing. Among the several reforms that are required to build a knowledge-based society in India, IL&FS holds the expertise to provide base infrastructure and management services to educational institutions through public-private partnerships.

Raderstorf and Jennifer Kue, PhD, assistant professor and director of global affairs for the college, collaborated with the university’s Global Gateway in Mumbai, India throughout 2015 to lead the relationship development. “We are very excited to have the opportunity to partner with such a reputable business in India,” said Raderstorf. “This will be just the first step in what we hope will be a longstanding relationship with IL&FS,” referring to the copyright-protected materials licensing agreement for nursing assistant curriculum that was signed during Varma’s visit.

“Potential for impact in India is unparalleled. With a population expected to rise to 1.4 billion by 2025 and an average workforce age of 29 years, providing evidence-based healthcare will be critical to meet the market demands,” Raderstorf said.

The project will educate those in India and beyond.

Rankings rise again for degree programs

The College of Nursing’s online and traditional master’s programs have been ranked among the nation’s best once again by U.S. News & World Report.

The publication’s 2016 rankings placed the college’s online graduate program fourth (up from sixth in 2015) and Ohio State’s online bachelor’s programs seventh, which includes the college’s RN to BSN program (up from eighth last year). The traditional master’s ranked 21st (up from 22nd last year).

Online courses offer flexibility for students—especially students who work—and are gaining in popularity. The college currently offers four online degrees—RN to BSN, Master of Science in Nursing, Doctor of Nursing Practice and the Master of Applied Clinical and Preclinical Research, a joint venture among the colleges of Medicine, Nursing, Pharmacy and Veterinary Medicine.

Ensuring that online students receive the same high quality education as those on campus is a core principle of all Ohio State online degrees. “At the College of Nursing, our online students receive the same top-notch education from our world renowned faculty as students on campus,” said Dean Bernadette Melnyk. “This recognition from U.S. News reinforces that our faculty, staff and curricula are among the nation’s best. We prepare students to deliver evidence-based healthcare to improve health and wellness outcomes of people across the nation and globe.”

New website provides volunteer opportunities

Compassionate and engaged alumni are vital to the strength of the College of Nursing. It is their gifts of time, talent and treasure that enable the college to provide innovative programs and events, faculty development and student enrichment opportunities.

Now, it’s easier than ever to volunteer with the College of Nursing. All volunteer opportunities are posted in one convenient location on the college’s Volunteer Match webpage. Please check the website often for new opportunities to support your alma mater through event involvement, committee membership or student enrichment programs.

Visit go.osu.edu/NursingVolunteer to learn more.

The Ohio State University College of Nursing
College and OCN join to expand digital healthcare education

The College of Nursing has formed a partnership that will expand the role of nurses as care coordinators and advanced practice nurses as healthcare providers delivering telehealth, especially for people with multiple chronic conditions.

The collaboration is with Optimized Care Network (OCN), a leading provider of digital healthcare that merges high tech with high touch, enabling medical providers to digitally connect with patients in a life-like manner. The mission of the partnership is to expand access to affordable, high-quality healthcare. The College of Nursing is one of the first nursing colleges to formally incorporate a digital platform into its curriculum.

Nurse practitioner-based retail clinics provided more than 35 million patient visits during the last 15 years, and the need for convenient, quality care is expected to grow.

Clinicians in this setting, including nurse practitioners and RNs, can offer services ranging from primary, preventive care to the management of many chronic illnesses, the release reported.

“With OCN, we have full utilization of technology to bring care to everyone, regardless of their location,” said Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, associate vice president for health promotion, chief wellness officer, and dean of the College of Nursing.

“We are thrilled to partner with OCN to incorporate this technological innovation into our innovative curricula,” said Dean and Ohio State Chief Wellness Officer Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN. “Having a CareSpace right in our college provides a groundbreaking opportunity for our students to practice top-notch, evidence-based healthcare through a digital platform that facilitates patient-centered care.”

This model allows advanced practice nurses to expand access to care for patients who might otherwise have difficulty obtaining healthcare, whether due to transportation, mobility, or scheduling limitations, or a variety of other factors. Offering clinicians the opportunity to work remotely and on non-traditional schedules while maintaining an efficient and complex clinical practice serves as a powerful recruitment and retention tool for healthcare organizations.

OCN and the College of Nursing are anticipating a successful launch and integration of digital healthcare into the curriculum and the impact it will have on the future of healthcare.

Partners against women’s heart disease

Led by the College of Nursing, The Ohio State University has a new partner: the Women’s Heart Alliance (WHA), an organization that raises awareness and drives research to fight cardiovascular disease in women, in part through their campaign, “Fight the Lady Killer.”

“We know that 80 percent of heart disease in women is preventable,” said Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, associate vice president for health promotion, chief wellness officer, and dean of the College of Nursing.

WHA Chief Executive Officer British Robinson visited campus in December and Laurel Van Dromme, MA, chief of strategic partnerships for the College of Nursing, took great pride in showcasing the university to the WHA team.

“They were impressed with the creative ideas and volunteerism that our students, faculty and staff offered with fun, engaging ways to educate students about heart disease,” said Van Dromme. “In addition, WHA values Ohio State’s research expertise and our creation of the interprofessional Million Hearts® modules.”

Ohio State is the second of three university partners. California State University, Los Angeles was the first school announced, and the third partner will be named next year.

Groups from across campus including Student Life, Greek Life and others are supporting the program and working together to plan heart healthy events for next school year in the areas reducing stress, improving nutrition awareness and increasing physical activity.

In addition, Van Dromme and Melnyk recently accompanied Ohio State President Michael V. Drake to the office of U.S. Rep. Joyce Beatty, D-Columbus, in Washington, D.C. where they received her support.

Watch the College of Nursing and Ohio State websites for details about events starting in September, and be sure to read all about them in the fall issue of Transformations in Nursing & Health.

It’s LaBlast!

On a Saturday in February, 150 Ohio State faculty and staff members and their partners danced the morning away with Louis van Amstel—world champion ballroom dancer and one of the professional dancers on “Dancing with the Stars.”

After the Master Class, van Amstel (front row, third from right) conducted a LaBlast instructor certification workshop for 29 employees who learned the history and benefits of the LaBlast program. A day of moving and learning from van Amstel was a memorable experience for the participants.
Fuld grant is largest in college’s history

$6.5 million grant to establish and permanently endow the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare

By Jill Jess Phythyon

A transformational $6.5 million grant has been awarded to The Ohio State University College of Nursing to establish The Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare—the largest philanthropic gift the college has ever received.

The institute, which will launch with the first National Summit on Transforming Healthcare through Evidence-based Practice (EBP) in October 2017, will be the national hub for the teaching of best practices to improve healthcare quality and patient outcomes, working with healthcare systems to implement and sustain EBP, and conducting research to determine best strategies to translate evidence-based interventions into real world clinical settings.

“This hugely impactful grant will enable us to rapidly accelerate our current efforts with nursing colleges and healthcare systems across the United States to teach, implement, and sustain EBP,” said Associate Vice President for Health Promotion, University Chief Wellness Officer and Dean of the College of Nursing Bernadette Melnyk. “The Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare is urgently needed to revolutionize the future of healthcare and ensure the best patient outcomes.”

Evidence-based practice by clinicians from all disciplines is critical to improving healthcare quality and patient outcomes as well as reducing costs,” said Ohio State University President Michael V. Drake. “We are grateful for the opportunity to advance our current efforts with nursing colleges and healthcare systems across the nation.”

The institute will be led by Melnyk and Lynn Gallagher-Ford, PhD, RN, DPFNAP, NE-BC, in the respective roles of executive director and director. Gallagher-Ford is currently serving in the role of director of the college’s Center for Transdisciplinary Evidence-based Practice (CTEP), which was launched by Melnyk shortly after becoming dean of the college in 2011.

Melnyk is an internationally renowned leader in evidence-based practice and intervention research with over 280 publications. She is co-editor of the book “Evidence-Based Practice in Nursing & Healthcare: A Guide to Best Practice,” now in its third edition; and the editor of the journal Worldviews on Evidence-Based Nursing. She and Gallagher-Ford, also a nationally recognized expert in EBP, recently published research in Worldviews showing that implementation of evidence-based practice among chief nurses and their hospitals is relatively low. (See following article)

Expanding and sustaining EBP

CTEP has been fully dedicated to the promotion of EBP as the foundation of practice and decision-making in nursing. To that end, CTEP provides leadership, education, and consultation to nursing programs and hospitals across the United States and globe. The center has worked with hospitals, healthcare systems and nursing colleges to advance and sustain evidence-based care.

In recent years, Gallagher-Ford and the CTEP team launched on-site, customizable immersions for healthcare organizations, allowing entire teams of EBP mentors to learn together with the support of leadership. Among the first organizations for on-site immersions have been Wright-Patterson Air Force Base and Denver Children’s Hospital. The team is scheduled to conduct multiple immersions at military facilities and healthcare systems across the U.S. this year.

The Ohio State University Wexner Medical Center has worked with CTEP since spring, 2012. The medical center has sent more than 80 nurses through the CTEP immersions and now is a partner in the program and in the center.

“We really feel it has been a great partnership between the medical center and the College of Nursing to move forward with EBP mentors,” said Jackie Buck, PhD, RN, NE-BC, administrator of health system nursing quality, research, education and evidence-based practice at the medical center and clinical assistant professor for the College of Nursing.

EBP mentors work with direct care providers to promote EBP and guide staff in clinical settings. Mentors are a key component of the Advancing Research and Clinical practice through close Collaboration (ARCC) model, a conceptual framework for system-wide implementation and sustainability of EBP, developed by Melnyk and Ellen Fiocco-Overholt. In this model, not only do EBP mentors need to be competent in EBP; but they also need to have working...
knowledge in individual behavior change and how to change organizational culture to make EBP the norm. Research on ARCC has shown that when hospital and healthcare systems implement ARCC and develop a critical mass of EBP mentors, clinicians’ beliefs about the value of EBP increase and implementation improves, which ultimately results in better patient outcomes and decreased costs.

The Wexner Medical Center has two associates directors of nursing who monitor and manage EBP projects across the health system and ensure nursing practice is evidence-based. Buck said, as well as 50 EBP mentors. Brenda Vermillion, DNP, RN ACNS-BC, ANP-BC, CCRN, is director of nursing education at the Wexner Medical Center. She has been instrumental in incorporating EBP into the clinical ladder program.

“Originally when the clinical ladder program was created, it focused on critical thinking research, and education. Of course, we would never discourage someone from participating in research at the unit level,” Vermillion said. “However, making sure staff has the opportunity to participate in research projects at the unit level can be very challenging. I like to say that not every nurse will participate in a research project; but every nurse participates in evidence-based practice on a daily basis. So our clinical ladder program now requires nurses to demonstrate the ability to access and apply evidence.

The medical center also has incorporated EBP mentors into shared governance councils.

“You have to have nursing leadership that supports, understands, and promotes evidence-based practice,” Buck said. “You can really increase the mentors’ success if the leadership supports them.”

Both Buck and Vermillion recommend hospitals and healthcare systems ensure a full cadre of EBP mentors, rather than just one or two. You need a cadre to push the initiative forward, Buck said.

The two also would urge institutions to invest in training such as a CTEP immersion. “I think a lot of individuals think they know how to use evidence-based practice … but it’s interesting how much individuals learn at immersions,” Vermillion said. “Because saying ‘That’s evidence-based!’ doesn’t mean you’re using evidence-based practice. You need to be able to speak to the evidence and understand how it impacts patient outcomes.”

Continuing global outreach

Expanding globally, the college signed a memorandum of agreement earlier this year with Dr. Xiao-Ping Shen, vice president and dean of the Shanghai Sigo Polytechnic School of Health Sciences and Nursing, to teach Chinese nurses how to practice evidence-based care, mentor other nurses in EBP and establish an ongoing training program modeled on the work of CTEP.

“I see it as sort of like a franchise,” said Gallagher-Ford. “We want to help facilitate EBP within the Chinese paradigm. It likely will look slightly different than what we can expect in a U.S. health system; but that’s OK. Our hope is that they can make it their own.”

CTEP will provide educational materials to be translated for use in China, as well as orientation and training for staff and faculty who will work on the Shanghai CTEP program. Thus far, Gallagher-Ford and Melnyk will travel to Shanghai to conduct the initial CTEP training session. Annual visits to ensure fidelity to the teaching of and implementation of EBP also are planned.

“We are thrilled to bring CTEP to Shanghai,” Melnyk said. “EBP truly holds the key to improving healthcare quality, patient outcomes and safety. Through our collaboration in Shanghai, we can significantly enhance the health of an entire population.”

Ohio State’s China Gateway office will support the project and assist with collaboration between CTEP and Shanghai Sigo.

The college is also making connections in England. Melnyk, Gallagher-Ford and other college faculty met in early April with the Health and Social Care faculty at the University of Chester to discuss EBP and other related topics. More details will be announced about that partnership as available.

Dreams become reality

The Helene Fuld Health Trust is the nation’s largest private funder devoted exclusively to nursing students and nursing education. In 1935, Dr. Leonard Felix Fuld and his sister, Florentine, created a foundation in honor of their mother, Helene. The $6.5 million grant will provide $4 million to permanently endow the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare; $1 million to permanently endow the Helene Fuld Health Trust Professor of Evidence-based Practice. Additionally, $1.5 million will be used for operating funds to fuel and further expand the EBP work of the CTEP throughout the United States.

“In Buckeye Nation, we teach everyone to dream big and accomplish the impossible to transform healthcare and transform lives. We also walk the talk,” said Melnyk. “The Ohio State University College of Nursing is indeed a place where dreams become reality. Please keep an eye out for further details on our transformative EBP summit in October 2017 and plan to join us as we launch our impactful new institute.”

By Jill Jess Phythyon and Meggie Biss

Jill Jess Phythyon is director of marketing and strategic communications for the College of Nursing.

The college is home to two nationally recognized centers of research excellence: the Center of Excellence in Critical and Complex Care and the Center for Women, Children & Youth. Each center comprises top-notch faculty who conduct research to advance the science and care of vulnerable populations. The Center for Research and Transdisciplinary Scholarship provides outstanding research infrastructure to support faculty and students, including pre-award and post-award grants management, IRB coordination, clinical trials, intellectual property, and strategic communications for the College of Nursing.

The Ohio State University College of Nursing educates top-notch nurses and healthcare professionals who accomplish the impossible and are dedicated to exceptional patient care. At the same time, faculty and students are creating new knowledge and innovating the future of healthcare through cutting-edge research that makes a difference in real-world practice settings.

One key focus of the college’s mission is conducting research that has a positive impact on healthcare and health outcomes. Faculty and students—both undergraduate and graduate—assume important roles as scientists and scholars in advancing knowledge and translating that knowledge into clinical settings to improve population health. Research conducted by the faculty at Ohio State is federally funded and published in renowned peer-reviewed journals. To get an idea of the breadth of research being funded and published, turn to page 49 to see the grants and papers just from this year, highlighting more than 120 publications.
A national study of chief nurse executives reveals major shortcomings in evidence-based practice

Researchers emphasize that, until hospitals can rally leadership to support investment in EBP education, infrastructure, job description changes, accountability, and cultural changes across all disciplines, quality, safety and patient outcomes will continue to suffer. The study was conducted in 2014 and received funding from Elsevier Clinical Solutions. “Discovering the barriers to EBP is important in order for providers to deliver EBP as a standard of care,” said Michelle Truseth, RN, MSN, DNAP; FAAN, Elsevier’s chief professional practice officer and one of the researchers who contributed to the study. It was published by The Honor Society of Nursing, Sigma Theta Tau Interna- tional (STTI).

Other researchers who contributed to the study are Melnyk; Kody; Thomas; MEd, MS; The Ohio State University College of Nursing; Kathy Wygarden, RN, MSN, FNP, and Laura Szalacha, EdD, University of Arizona.

Communicating with mechanically ventilated ICU patients can be improved, study shows

Researchers by Mary Beth Happ, PhD, RN, FGSA, FAAN, associate dean for research and innovation, distinguished professor, and director of the college’s Cen- ter of Excellence in Critical and Complex Care, found that more than half of mechani- cally ventilated patients in intensive care units (ICU) could benefit from assistance with communication tools. The findings by Happ and colleagues at the University of Pittsburgh were published in Health & Lung in the article, “The number of mechanically ventilated ICU patients meeting communication criteria.” The study found that 59.9 percent of the 2,671 mechanically ventilated (respira- tor) patients screened met basic communica- tion criteria and could potentially benefit from the use of assistive communication tools and speech language consultation. According to the study eligible patients were awake, alert and responsive to verbal commu- nication from clinicians for at least one 12-hour shift while receiving mechanical ventilation for two or more days. Patients who did not meet basic communication criteria were younger, had shorter lengths of stay and lower costs, and were more likely to die during the hospitalization.

“Our findings challenge the commonly held assumption of many clinicians and researchers that these patients are unable to communicate or participate in their care,” explained Happ. “Establishing lines of communication is the first step in a patient being able to make his or her needs known, have accurate symptom assessment and management, and contributes to an overall better patient experience. We know from in- terviews with patients who remember their critical care experience that the inability to communicate is anxiety producing and, in some cases, terrifying.”

While the study indicates that many patients do have the ability to communi- cate, that doesn’t mean that communication is happening properly or that EBP is a competing priority. “Our study indicates that change is needed in both the ICU and hospital leadership to support care teams in communicating,” she said. “We often don’t have the necessary tools at the bedside, and it does require a certain skill level on the part of the clinician to be able to assist pa- tients without both parties becoming very frustrated.”

Happ’s research focuses on patient-pro- vider communication in acute and critical care and has been funded by the National Institutes of Health and the Robert Wood Johnson Foundation (RWJF). This particular study received funding by RWJF through the Interdisciplinary Nursing Quality Research Initiative (INQRI). Happ’s co-authors for the new study are Judith A. Tate, PhD, RN, The Ohio State University College of Nursing; Jennifer B. Seaman, BSN; Marc L. Nilsen, PhD, RN; Andrea Sciuili, BA; Melissa Saul, MS; and Amber E. Barnato, MD, MPH, MS (co-principal investigator); all of the Univer- sity of Pittsburgh. The study was conducted over a two-year period while Happ was at Pittsburgh.

The study notes that “as critical care clinical practice moves toward less seda- tion, promoting wakefulness and early mobilization during mechanical ventila- tion, the proportion of awake and poten-
Hand hygiene recommendations are helping to prevent infection

The researchers in the laboratories at the College of Nursing also produce nationally recognized work. Assistant Professor Timothy Landers, PhD, RN, CNP, CIC, has worked for many years in hand hygiene research. Recently, he helped write a new guide for the Association of Professionals in Infection Control and Epidemiology (APIC). “The APIC Implementation Guide: Guide to Hand Hygiene Programs for Infection Prevention” is designed as a best-practices primer for beginning to intermediate infection preventionists, their clinician colleagues and healthcare facility executives.

“This should be done in tandem with the most effective monitoring strategies, including feedback on the best formats and ways to deliver monitoring results,” Landers told Prevention Strategist. “The role of the patient in hand hygiene is an important area that has been overlooked and needs to be addressed. We haven’t really developed recommendations or products for patients to be able to perform hand hygiene in healthcare settings.”

Assistant Professor Timothy Landers (top) works with laboratory assistants researching hand hygiene.

Currently, the College of Nursing offers an online continuing education program that addresses appropriate strategies and low-tech assistive communication tools to facilitate communication among non-vocal patients. To learn more about the program, visit go.osu.edu/speacs2.

COPE program can improve teen physical and mental health

A

s a pediatric and psychiatric nurse practitioner, student nurse Candace Melnyk has a research focus in enhancing healthy lifestyle behaviors in adolescent children and youth. In December, she published in the Journal of School Health the results of a study funded by the National Institutes of Health/National Institute of Nursing Research. The study showed that schools can significantly improve the long-term physical and mental health of teens by implementing cognitive behavioral skills-building into already existing high school health curriculums.

Twelve months after completing the COPE (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise and Nutrition) Program, students had markedly lower body mass index than students who received a more standard health curriculums. Additionally, COPE teens who began the program with extremely elevated depression had symptoms in the normal range after 12 months.

COPE teaches adolescents that how they think is directly related to how they feel and behave. It also teaches them how to turn negative beliefs triggered by activating events into positive beliefs so that they feel emotionally better and engage in healthy behaviors. The program is based on cognitive behavioral therapy (CBT), with an emphasis on assertiveness and strategic communications.

Melnyk, who is also a professor of pediatric psychiatry and pharmacy at Ohio State’s College of Medicine, began developing COPE more than 25 years ago.

“CBT is the gold standard treatment for depression and anxiety, but it has traditionally been used in, one-on-one, hour-long therapy sessions,” she said. “With COPE, we’ve created a tool that can be used by any health professional or educator so they can teach cognitive behavioral skills to adolescents. This is huge for schools or community centers. We can really make positive impacts on teens’ lives by teaching these skills to them.”

This NIH/NINR-funded study was aimed at evaluating the long-term efficacy of COPE. A total of 779 high-school students aged 14 to 16 in the Southwestern United States participated in the study. Half attended a control class that covered standard health topics such as road safety, dental care and immunizations. The others were enrolled in the COPE Healthy Lifestyles TEEN program.

Health teachers were provided a full-day workshop on COPE and how to teach the program. The classroom curriculum blends cognitive behavioral skills training with nutrition lessons and 20 minutes of physical activity, such as dancing, walking or kick-boxing movements.

The 12-month follow-up evaluation after the COPE program showed a significant decrease in the proportion of overweight and obese teens. Only 4.8 percent of COPE teens moved into the overweight category compared to 10 percent of the control group. Healthy Teens, who moved to either overweight or obese categories. None of the COPE teens moved to the obese category. Further, COPE teens who were on public assistance had a significant decrease in body mass percentile following the intervention than teens on public assistance who were in the Healthy Teens control program.

A particularly important finding, Melnyk said, was that COPE students who began the study with severely elevated depressive symptoms had significantly lower depressive scores that fell into the normal range than the Healthy Teens students at 12 months post-intervention.

“Because the majority of adolescents with depression do not receive treatment, and even fewer receive CBT, it is vital that we provide them the tools and ability to engage in positive thinking and employ effective coping,” she said. “The feedback from the teens during the openended evaluations included hundreds of comments specifically indicating that the COPE program helped them deal effectively with stress and anger as well as to feel better about themselves.”

The COPE Program also has been selected by the National Cancer Institute as a Research Tested Intervention Program (RTIP). RTIPs is a searchable database of cancer control interventions and program materials designed to provide program planners and public health practitioners easy and immediate access to research-tested materials. The online directory provides a review of programs available for use in a U.S. community or clinic setting.

The COPE program was scored by external peer reviewers and rated on four criteria: research integrity; intervention impact for obesity; intervention impact for physical activity; and dissemination capability.

The Journal of School Health article reflects a continuation of positive results from COPE.

In 2013, Melnyk published an article in the American Journal of Preventive Medicine, examining immediate and six-month outcomes of COPE. Those results showed increased physical activity, decreased BMI, higher grades, better scores in cooperation, assertion and academic competence—as rated by teachers; and lower alcohol use.

Melnyk said next steps should include implementation of COPE into health curricula across the country. Because of a variety of professionals who can learn the program, she hopes to see widespread use in schools, community centers and youth organizations to help teens lead healthier, happier lives and perform better academically.

The article notes that overweight/obesity and mental health disorders are significant public health problems that threaten health outcomes and academic performance of U.S. teens. Approximately 17 percent of U.S. youth are obese and 15 percent are overweight, according to research cited by Melnyk.

Additionally, 15 million U.S. youth have a mental health problem that interferes with functioning at home or school, but fewer than 25 percent receive treatment, and even fewer receive CBT.

These are just a few examples of cutting-edge research at the college that have been published prominently. The world-class faculty and students continue to create new knowledge that will change the face of healthcare in the United States and around the world.

Jill Less Phythion is director of marketing and strategic communications and Maggie Bianco is writer and editor for the College of Nursing.

The COPE Program teaches the ABCs

The ABCs as taught in the COPE program in the NIH-NINR funded clinical trial.

The ABCs

Stressor (Activator or trigger) 

Negative thought to stop (negative belief)

Replace the negative with a positive thought

Positive emotion & behavior (Consequence)
The College of Nursing has appointed a prominent researcher as associate dean for research and innovation. Mary Beth Happ, PhD, RN, FGSA, FAAN, the college’s distinguished professor of critical care research and founding director of the Center of Excellence in Critical and Complex Care was named to the position by Dean Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, associate vice president for health promotion and university chief wellness officer.

“We are so fortunate to have a nationally recognized researcher already in the college who is excited about assuming this role,” said Melnyk. “Mary Beth has a 20-year record of research funding, mostly from the NIH. She will work diligently with our faculty and staff to continue to move us ahead with our research and innovation to improve healthcare in real world clinical settings.”

Happ takes over the associate dean role from Kimberly Arcoleo, PhD, MPH, who is returning to the University of Rochester. The college will soon appoint a new director of the Center of Excellence in Critical and Complex Care.

“We are so lucky to have a person of Mary Beth’s caliber on our faculty,” said Margaret Graham, PhD, RN, CRNP, FAANP, FAAN, vice dean and associate professor in the College of Nursing. “She has such a positive impact on the faculty and students she mentors and most importantly, the impact of her research on patient outcomes is profound. We knew when we recruited her that she was an incredible thinker and would continue to make a significant impact in nursing science. She is also a great member of the healthcare team, has a quick wit and is kind and caring. Such an added bonus for all of us.”

Good teachers innovate

“I hope we can begin to think of research and innovation in a new way,” said Happ. “We don’t have the luxury of studying research

Focus on EBP and research at the College of Nursing

New associate dean for research and innovation appointed

Distinguished Professor of Critical Care Research Mary Beth Happ named College of Nursing associate dean

By Melissa L. Weber
questions 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. Sometimes things aren’t going to work. We must systematically utilize a scientific method that can improve patient care, speed healing, and promote optimum health and wellness.”

Happ believes important innovations are taking place as a result of research and teaching conducted by faculty in the College of Nursing.

“Good teachers innovate and we have good teachers at Ohio State,” she said. “Even now, there is an innovation in development and testing to infuse content from my communication research into sophomore nursing students’ curriculum. Christa Newetz and Dr. Judy Tate are introducing online modules that provide students with an introduction to specialized communication techniques, and then they have the opportunity to review those techniques in a hands-on laboratory. We may be creating a curriculum product that will be useful to other colleges.”

Collaborations are key

After her appointment, Happ began immediately reaching out to research deans at other colleges at Ohio State, as well as colleagues at other schools of nursing.

“I have ideas, of course, and I am also looking for good advice,” she said. “Research deans get together (to share best practices), which is great. Dean Melnyk held this position in the past very successfully, so I am also relying on her mentorship.”

“We have great collaborations with the colleges of Social Work, Medicine, Veterinary Medicine—really all of the health sciences colleges at Ohio State. We are aligning ourselves appropriately as participants in the university’s Discovery Themes programs, especially Health and Wellness, and the new areas of antibiotic resistance, brain science and data analytics.”

Collaboration and dissemination as a model

Happ’s research has focused on improving communication between healthcare workers and patients, especially older patients and critically ill patients in intensive care units.

“My work has been to better under-stand and improve communication with patients who have communication impairments—especially those who have the barrier of a breathing tube,” explained Happ. “They can’t vocalize, but that doesn’t mean they can’t communicate. We developed an intervention to train nurses to help them improve communication with these patients and their families. The intervention is applicable to other members of the care team. The first iteration was called SPEACS: Study of Patient and nurse Effectiveness with Assisted Communication Strategies.”

The second iteration, SPEACS2, is an online communication training program and toolkit now hosted on the College of Nursing website. In the work to develop this program, a unique database was created of more than 400 video-recorded interactions between nurses and patients in the ICU. This rich database has provided opportunities for doctoral student research through several secondary studies funded by the NIH/National Institute for Nursing Research and National Patient Safety Foundation.

Happ has also worked with industry. She conducts research with a small business entity, Vidatak, to test a patient communication app for mobile devices. In addition, she has collaborated as a co-investigator on studies of treatment decision-making and palliative care at end-of-life.

“I am fortunate to have training in gerontology and critical care,” she said. “I really care about older adults and their caregivers. Some of our work is improving communications among healthcare team members, and in turn between the caregivers and family members who often serve as a surrogate for a voiceless patient.”

Happ is collaborating with other institutions, such as the Hospital of the University of Pennsylvania, to implement the SPEACS-2 training, both inside the ICU and even beyond ICU. She is thrilled to see her research making a difference for patients and caregivers across the country.

Right now in the College of Nursing, nearly 30 percent of faculty are engaged in active research and innovation projects. With a focus on increased collaboration and creativity, Happ plans to engage more faculty in the innovation process to realize the college’s vision of leadership and innovation in nursing and health, evidence-based practice and unsurpassed wellness.

Melissa L. Weber is a freelance writer in Columbus.
Recognizing the importance of dreaming big, the college set out to develop an annual series of workshops that would help participants think about starting a business by providing a forum to explore opportunities and understand the basics of what works and how to set up a successful venture.

The first workshop was offered in the autumn of 2015. “Entrepreneur and Innovation Workshop for Nurses and Healthcare Professionals: How to Launch Practices and New Ventures” was held on October 6 and 7.

Participants also indicated a strong interest in starting a business, by providing a forum to explore opportunities and understand the basics of what works and how to set up a successful venture.

The workshop offered an overview of important business fundamentals for anyone with an interest in starting a business, be it clinically based or otherwise. Sessions ranged from developing a business plan, pitching your ideas, raising capital and marketing techniques.

Workshop participants indicated in follow-up surveys that they particularly enjoyed learning about business fundamentals, as well as hearing from nurse practitioners to offer an independent scope of practice in the state. This is a clinical instructor of practice. “We want to provide educational experiences that give nurses and nurse practitioners the confidence and tools to decide if starting their own business is the right choice for them.”

While hospital settings might not change as dramatically, a new ability to deliver family medicine, pediatric care, and critical care will benefit from the autonomous presentation of the capabilities of nurse practitioners,” explained Raderstorf. Beyond individual leadership in health care, nurses are also positioned to drive other business in new ways.

Raderstorf believes that entrepreneurial thinking must be encouraged in nurses who find themselves in more traditional roles and may wish to use the rest of the week to pursue other business interests.

Raderstorf’s goal is to offer programs that challenge and excite the entrepreneurial spirit. “I think nurses have always driven quality in healthcare,” he said. “We want to change the way we think about nursing. That shift can create opportunities and give nurses the autonomy to make a difference in the lives of patients.”

Save the date now for the next Innovation and Entrepreneur Workshop! It will be held on September 22 and 23, in Columbus. For more information, contact Tim Raderstorf at raderstorf.3@osu.edu.
Driven by a passion for helping others, alumna Krystal Reynolds, BSN 2012, packed her bags, quit her job as a neonatal nurse and left home in August 2015 to board a ship docked off the coast of Madagascar. What was originally intended to be a two-month volunteer service quickly turned into a near six-month-long stretch onboard the Africa Mercy, a vessel with Mercy Ships and the largest private hospital ship in the world.

It was something the Cincinnati native had wanted to experience long before she even became a nurse. “Back in high school, I saw an episode of ‘20/20’ on Mercy Ships, and I immediately fell in love with the organization and why they do what they do,” remembered Reynolds. “I have always felt called to third world healthcare, and volunteering with Mercy Ships has always been an absolute dream of mine since I saw it on TV.”

A great need

Mercy Ships is a faith-based global charity that has operated a fleet of hospital ships in developing nations since 1978. Its largest “floating hospital” – the Africa Mercy – features five operating rooms, recovery, intensive care and low dependency wards with a total of 78 patient beds. Its volunteer crew provides free, state-of-the-art medical care to those who otherwise would go without treatment.

The need for volunteers like Reynolds is great. Many people in Africa have little or no access to healthcare. According to Mercy Ships, there are only 2.5 healthcare
It’s common in African countries to prepare food over an open fire, so many of the burns we see are from accidents involving boiling water spills or falling into fires. The resulting contractures could cause the patients’ arms to be pinned down to their sides or their necks to be contracted to their chests, so that they are permanently looking at the floor,” she explained.

Reynolds worked extensively with the ship’s plastic surgery department to help treat these conditions, and said the main goal was not necessarily to get rid of scars, but to restore function so that patients could return to their community, earn a living and regain quality of life.

“We remind them that the scars will still be present, but that a scar means that they’ve survived. It’s amazing to see someone who has been permanently staring at the ground finally be able to release their eyes so that they can look you in the eyes— it’s an incredible thing.”

Another common condition seen on the ship is cleft lips and palates, which for Reynolds was often the most personally challenging type of case to see. Children with cleft lips and palates often find themselves isolated from society, and in the worst cases, are unable to eat.

She recalled one patient in particular—a seven-month-old baby who was so severely malnourished from the condition that she weighed just under five pounds.

“It felt like I was caring for a premature infant,” said Reynolds. “In the U.S., whether you can afford it or not, you can get treatment for your children and they don’t have to starve to death in front of your eyes. It definitely gets overwhelming to see how much need there is, and knowing we can’t help everyone. That’s really hard.”

Despite the challenges and heartache she witnessed abroad, Reynolds found her time on Africa Mercy to be incredibly gratifying and full of memories she’ll always cherish.

“The most rewarding part is feeling like you’re making a difference to that person—giving them another chance at life, hope for the future. And despite the language barrier, showing love and compassion for someone didn’t need words necessarily. I have so many incredible memories.”

The journey continues

The experience with Mercy Ships has reaffirmed Reynolds’ passion for working in third world countries and addressing universal healthcare, something she also attributes to her time as a nursing student at Ohio State. She credits her community health class at the College of Nursing for opening her eyes to the struggles of people who don’t have access to healthcare.

“As for what’s next, she’s not entirely sure, though she says this won’t be the end of her time with Mercy Ships. She’s also exploring opportunities with Operation Smile and a tropical medical course in the United Kingdom. Regardless of where she lands, she’ll always take the lessons and values from Mercy Ships with her.

“It has changed the way that I view the world. It made me a more compassionate person, and a more patient nurse,” said Reynolds. “It’s so fast-paced here in the U.S., sometimes you forget to take the time to get to know your patients and their families. On the ship we like to say that ‘healthcare is not a privilege, it’s a right.’ I think that’s something I’ll always take with me.”

More about Mercy Ships

• Commissioned in 2007, the 16,500-ton Africa Mercy houses an average crew of 400 from 45 nations at any given time.
• Over the last 37 years, Mercy Ships has owned and operated four other hospital vessels.
• In addition to the operations performed onboard, ship-based teams work with partners in local villages to provide various health and wellness services such as dental and medical clinics, health education, HIV/AIDS intervention and water and sanitation projects.
• Mercy Ships has served some of the world’s poorest populations and completed more than 589 port visits in 73 nations.

Visit mercyships.org to learn more about the organization.
“We want to spread the message that nurses and other healthcare professionals need to take care of themselves first,” said Hrabe. “There is an obvious personal benefit, and there is also a benefit to the entire healthcare profession. We can model appropriate behavior for patients and other healthcare workers.”

Living a purposeful life

“This is energy management, not just time management,” explains Hrabe. There are five dimensions of health that are explored during the Nurse Athlete/Health Athlete program: Movement, nutrition, and three areas often taken for granted: emotional health, mental health and spiritual health.

“I think of emotional, mental and spiritual health as engagement in life,” said Hrabe. “Spiritual doesn’t necessarily mean religious, although it can. In the context of our program, it means purposeful. We want participants to think about engaging in what they value and creating clarity of purpose.”

While two days may seem like a big time commitment for many professionals, the two-day approach is important because it allows appropriate breaks to be incorporated as part of the presentations.

“We are able to lead by example in the Nurse Athlete/Health Athlete workshops,” said Hrabe. “Participants are amazed at how they often feel energized at the end, rather than drained. We like to point out that utilizing a system of breaks throughout your workday can have the same positive effect.”

“We all want to maintain good health throughout our lives, and that is best achieved with a plan of action. The Nurse Athlete/Health Athlete program teaches participants to live their lives on purpose and with purpose. By prioritizing healthy living, you can achieve greater emotional connections with the people and causes you care about because you have the physical energy to achieve your goals.”

“We all want a healthy retirement,” added Hrabe. “To have the health to spend time with children and grandchildren and relate to them in a healthy way. This can only be achieved with thoughtful attention to caring for ourselves.”

As the College of Nursing continues to lead the way in innovation in nursing and health, evidence-based practice and unuss-passed wellness, the Nurse Athlete/Health Athlete program is an opportunity to share a practical method for modeling appropriate healthy behavior.

“We want to spread the message that nurses and other healthcare professionals need to take care of themselves first,” said Hrabe. “There is an obvious personal benefit, and there is also a benefit to the entire healthcare profession. We can model appropriate behavior for patients and other healthcare workers.”

“We are proud to have brought this program to Ohio State,” says Berdemea Proble, PhD, RN, FAAN, chief wellness officer, associate vice president for health promotion, and dean of The Ohio State University College of Nursing. “There is a large benefit for nurses, physicians, managers, and the entire healthcare team and system, both in terms of improving the quality of health professionals’ personal and professional lives and patient outcomes.”

At Ohio State, a focus on wellness also is being modeled by leaders across campus.

“Nearly 300 faculty and staff have already participated in the Health Athletes workshops,” said Hrabe. In fact, Ohio State’s Interim Executive Vice President and Provost Bruce A. McPheron is a graduate of the course. He is encouraging deans, chairs and provosts to participate in a Health Athletes session scheduled for June, 2016 and designed for academic leaders. Here is what he said about the session:

“A two-day commitment to the Health Athlete for Leaders Workshop was a big step—there are so many things to do at work and, while I could better do, I take care of myself—sort of. Those two days proved to be an irreplaceable time during which I could ‘assemble the pieces.’ I’m committed to Ohio State and my work, I’m committed to my family, and I’m committed to my future, but it finally hit home that none of those commitments matter if I don’t attend to the interaction of self and work. The workshop led me through the steps I needed to realize that I owe myself a greater focus on personal well-being and that I will be a better and more effective colleague because of that focus. My advice? Make the time.”

Other groups on and off campus are hearing the message too.

Workshop participants have been followed for the past two years. Groups have shown reduction in anxiety and depression as well as weight improvement. Jackie Buck, a nursing administrator at the Wexner Medical Center at Ohio State, leads a “wellness unit” to help people gear up to take better care of themselves. Nurses and patients are involved, and the program will be followed as it progresses through this first year.

The Wexner Medical Center is also creating a “wellness innovators” program. One example is a day-long workshop for to ground nurses in their own self-care.

“We have hosted the Health Athletes program at the Philip Heit Center for Healthy New Albany, ala” added Hrabe. “We think this offers additional potential and we may be looking at similar programs in the future. We want to provide a web of support for our Nurse Athletes and Health Athletes to create a climate of mindfulness for health.”

For information about the Nurse Athlete/Health Athlete program, including registration, please see healthathlete.org.

Melissa L. Weber is a freelance writer in Columbus.

Karen Patricia Williams, PhD

Karen Patricia Williams has joined the College of Nursing as the distinguished professor of women’s health and the director of the Center for Women, Children, and Youth.

Before joining Ohio State, she was a full professor with tenure at Michigan State University, College of Human Medicine Department of Obstetrics, Gynecology & Reproductive Biology. She is the creator of the Kin Keeper® model internationally and hopes that it could eventually be expanded to other kinds of diseases and chronic conditions.

Williams earned her doctorate in community development, with emphasis in community-based health programs, from MSU. She holds a master’s degree in higher education administration, with emphasis in adult and continuing education, also from MSU.

She was trained at the National Cancer Institute in cancer prevention and control and completed a health services research fellowship with the American Association for Medical Colleges. She is a past president of the American Association for Cancer Education.

Jie Hu, PhD, RN, FAAN

Associate Professor Jie Hu has joined the Center of Excellence in Critical and Complex Care at the College of Nursing. Prior to joining

NEW RESEARCH FACULTY JOIN COLLEGE

Introducing four professionals who bring high levels of expertise to the college’s research mission

BY JILL JESS PHYTHYN AND MEGGIE BISS
Ohio State, Hu was at the University of North Carolina at Greensboro where she was a full professor at the School of Nursing. With a strong interest in minority health, Hu’s primary area of research has focused on developing and testing culturally appropriate, family-focused nursing interventions to improve diabetes self-management among Hispanic Americans. Her areas of expertise include minority health, quantitative methods, cross-cultural research methods, instrumentation and gerontology.

As a principal investigator on several grants funded by the National Institutes of Health, Hu tested the effectiveness of diabetes self-management intervention for low-literacy minority populations. As a result, she successfully delivered culturally tailored diabetes management interventions to Hispanics with type 2 diabetes and their family members. In China, Hu tested culturally appropriate and low-literacy interventions for behavior change among older adults with chronic illnesses. Hu says she looks forward to the many opportunities her new role at the College of Nursing will afford her.

“I am very excited about having opportunities to further my career in a warm, collegial and supportive environment where I can enrich my experience in research and teaching,” she said.

Hu has more than 50 publications in peer-reviewed nursing and multi-disciplinary journals, and has authored numerous books and book chapters on the topic of public health. She is a fellow of the American Academy of Nursing (AAN) and a member of the AAN’s expert panels on Global Nursing and Health, and Environment and Public Health. She also serves on the editorial board of several journals, and is editor-in-chief of the Journal of Women’s Health, Issues & Care and associate editor of Frontiers of Epidemiology.

Hu received her doctorate in nursing science from the University of Arizona.

Mei-Wei Chang, PhD, RN

Mei-Wei Chang has joined the College of Nursing as an associate professor. Her area of research focuses on helping low-income overweight and obese pregnant and non-pregnant young mothers become healthier.

Chang is the principal investigator on a $3.2 million grant from the National Institute of Diabetes and Digestive and Kidney Diseases for an intervention program called Mothers in Motion. Aimed at low-income young mothers who are overweight or obese, the program focuses on how to eat well, be physically active and deal with daily stress.

She previously was an associate professor at Michigan State University, where she developed the Mothers in Motion project. “These young mothers need help to fight weight gain and obesity,” Chang said. “By helping them gain control of their health, we hope to influence the health of their children, as well.”

Chang earned her doctorate from the University of Wisconsin-Madison, majoring in nursing with a minor in nutritional studies. She holds a master’s degree in medical-surgical nursing, also from UW-Madison, and a BSN from UW Eau Claire. She has a diploma in nursing and midwifery from Mei-Ho Junior College of Nursing, Taiwan.

Alai Tan, PhD

Research Associate Professor Alai Tan has joined the College of Nursing as its primary research statistician. Previously, she worked at the University of Texas Medical Branch (UTMB) in Galveston, Texas where she held multiple roles: director of Comparative Effectiveness Research Statistical Key Resource at the Institute for Translational Sciences; senior biostatistician in the Sealy Center on Aging; and assistant professor at the Institute for Translational Sciences and the Department of Preventive Medicine and Community Health.

Tan’s areas of research focus on methodological research including predictive and multilevel modeling, and health services research such as provider performance and utilization, cost and quality of care.

Her work has been consistently funded by the National Institutes of Health, including her current research as co-investigator on improving outcomes for mechanically ventilated patients.

“My passion is to promote the advancement of research by providing state-of-the-art statistical support. It is my great honor to be a member of the College of Nursing at The Ohio State University,” said Tan. “I look forward to establishing mutually rewarding collaborative relationships with my talented colleagues in pursuit of continued academic excellence.”

Tan has authored nearly 70 professional journal articles, published abstracts and educational materials. She serves as a journal reviewer for numerous publications, including the American Journal of Public Health, and is a member of the American Statistical Association, the American Public Health Association and Academy of Political Science.

Tan earned her doctorate in health services research with a focus on statistical methodology from UTMB. She also received a master of science in biostatistics from UTMB. ■

Grayce McVeigh Sills, 1926-2016

Visionary educator, practitioner and former College of Nursing acting dean is remembered with love and admiration

Grayce McVeigh Sills, professor emerita and former acting dean of the College of Nursing, died April 3 at Kobacker House Hospice in Columbus.

“Grayce was loved and respected by so many here at Ohio State and across the rest of the country,” said Bernadette Melnyk, associate vice president for health promotion, university chief wellness officer and dean of the College of Nursing. “She not only was an icon in psychiatric nursing but...”
One student’s tribute to a legacy

In March, Ana Spinelli Christopher (74, MSN ’76) made a gift to establish and permanently endow the Grayce M. Sills Nursing Scholarship as a tribute to Sills. She did it to honor the woman she credits with serving as her mentor throughout her education and whose role model throughout her practice.

In her response to Christopher, Sills said, “As a teacher you never know where your words will go or what, if any, meaning they have for the student! You have honored me by paying forward. I am deeply touched and grateful. Moreover, I am pleased that through this gift you will help ease the financial burden of future nurses.”

Christopher stated, “Grayce quietly, privately and unselfishly helped other nurses on their career path, so I am privileged to honor her in this way. The teachable moment, as Grayce would say, is that life is precious. We cannot miss one opportunity to give to others. Grayce gave me and the countless people who were privileged to know her, more than we could ever repay. Our duty is to now continue her legacy.”

Sills has been an international consultant for community-based mental health nursing, as well as a visiting professor at Case Western Reserve University’s Payne Bolton School of Nursing, the University of New Mexico School of Nursing, University College of Nursing until retiring as professor emeritus in 1993. Sills has been a philanthropist who lived her life as a joy that took her back to her childhood. "May she be welcomed by her many good deeds."—Joyce J. Fitzpatrick, MS ’67, PhD, MBA, RN, FAAN

"One of the founding members and a former president of APNA, the love for her association ran deep within Grayce. It was like a parent loving a child. Grayce helped guide APNA’s direction but she knew it as it matured. It was up to her to spread its wings. Like any good parent, Grayce did not stifle enthusiasm or creativity, she encouraged it. It was her ability to give others the opportunity to lead and succeed that made her the consummate teacher and leader."—Nicholas Croce Jr., MS, Executive Director

"Amazing Dr. Grayce Sills was a significant influence on my academic career at The Ohio State University. When I joined the faculty in the then-School of Nursing, she mentored me as I transitioned from being a doctoral student to being a faculty member as an assistant professor. At that time I did not realize how fortunate to be able to learn from her about nursing theory, family nursing, scholarship, committee work, grantmanship, plus getting to know her own mentor, Dr. Hildegard Peplau, that often visited. I want to acknowledge Grayce for her mentorship that resulted in opportunities that enabled me to have a successful academic career at Ohio State.

"Two of the most memorable academic events that Grayce led were when we were working towards college and university status approval of the PhD program (1985). She had celebrations for both of these accomplishments. When she was appointed the first dean of the College of Nursing, we had a faculty retreat at Deer Creek Park that combined some meetings with a lot of fun activities, including the coronation of Amazing Grayce."—Edna Menke, RN, PhD, Emeritus Associate Professor, The Ohio State University College of Nursing

"While I mourn her loss, I am grateful that her passing found her both my personal and professional life…and both have been rich. That was a defining moment in my life. The work done with her has been the foundation for all more alike than we are different; we are all more simply human than not.’

"One student’s tribute to a legacy"—Edna Menke, RN, PhD, Emeritus Associate Professor, The Ohio State University College of Nursing

Achievement by the Columbus YWCA.

A past chair of the Ohio State University Hospitals Board of Trustees, she was instrumental in gaining board support for Magrath hospital status, achieved in 2005. She had the rare distinction of receiving three awards from Ohio State: a Distinguished Teaching Award, a Distinguished Service Award and an honorary doctorate in public service, as well as honorary doctorates from Indiana University and Fairfield University in Connecticut. Sills also was the recipient of the American Nurses Association Hildegarde Peplau Award in 2000.

Sills has been a pioneer in psychiatric mental health nursing nationally and globally, providing consultation to colleagues in Italy; Japan and South Korea. She has been a champion for improving care for the chronically mentally ill and has taught and mentored thousands of students in nursing. Early in her academic career she was responsible for developing the psychiatric mental health nursing role in community mental health in Columbus and provided leadership to a number of local community organizations, particularly those focused on mental health care services. She is the author of more than 60 articles in scholarly journals and has recorded 15 educational videotapes focused on leadership and psychiatric mental health nursing, produced by the American Journal of Nursing Company.

Sills also has been a pioneer in interdisciplinary collaboration among health care professionals. In the early 1970s, she spearheaded an interdisciplinary learning and practice initiative. Her commitment to interdisciplinary collaboration has led to the recent projects of Bridges, funded by the Columbus Medical Association, and the OSU STAR (Stress, Trauma, and Resilience) Program, focused on providing clinical care for healthcare professionals, patients and families affected by trauma. In 2013 her book, co-edited with Weges, Calber, and Shrøvendsen, “Modern Community Mental Health: An Interdisciplinary Approach,” was published by Oxford University Press.

Sills enjoyed gardening, tending to her bumper crop of tomatoes, OSU athletics, golf, mastering the slots and traveling widely (especially to the Southwest and the Outer Banks). Picking black raspberries was a joy that took her back to her childhood. She was a philanthropist who lived her life paying forward and she inspired others to do the same.

She was proceeded in death by her husband, Joseph and the twin nieces, Walter Arnold Jr. (Sue) of St. Marys, Ohio, and grew up there, graduating from high school in 1944. She attended Ohio University for two years, but a summer nursing position at Rockland State Hospital in New York resulted in her deciding to become a nurse. She graduated from Rockland State Hospital School of Nursing in 1945 and attended Teachers College, Columbia University in 1950.

Sills accepted a position at Dayton State Hospital in 1955. The following year, she obtained her bachelor’s degree from the University of Dayton.

In 1964, Sills received a master’s degree in sociology from The Ohio State University College of Nursing. That same year she began her teaching career in the School, later College, of Nursing. She received her PhD in sociology from Indiana University and Fairfield University College of Nursing until retiring in 1993 as professor emeritus.

During her tenure on the nursing faculty, Sills developed the graduate level clinical nurse specialist program in psychiatric mental health nursing program, chair of the Department of Family and Community Nursing; director of graduate studies; and acting dean. She also helped the School of Nursing achieve independent status as a college within the university. She remained at the Ohio State University College of Nursing until retiring as professor emeritus in 1993.

Sills has been an international consultant for community-based mental health nursing, as well as a visiting professor at Case Western Reserve University’s Payne Bolton School of Nursing, the University of New Mexico School of Nursing, Rutgers Graduate School of Nursing, Oregon Health Sciences University, Indiana University School of Nursing and Fairfield University School of Nursing. She was a founding member and president of the American Psychiatric Nurses Association, past president of the American Nurses Foundation, a founding member of the American Nurses Association Hildegarde Peplau Foundation, and a Fellow of the American Academy of Nursing, recognized as an Academy Living Legend in 1999. She chaired the Study Committee on Mentoring Nursing Students at Ohio State, and, in 1986, was chosen as a Woman of such a warm, caring, passionate leader who made a huge impact to all whom she touched. Her family is in our prayers. Grayce will always be a part of this college. Her passing brings great sadness but also evokes the fondest of memories.”

Sills was born April 18, 1926, in Bremen, Ohio, and grew up there, graduating from high school in 1944. She attended Ohio University for two years, but a summer nursing position at Rockland State Hospital in New York resulted in her deciding to become a nurse. She graduated from Rockland State Hospital School of Nursing in 1945 and attended Teachers College, Columbia University in 1950.

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- **Graduate specialties** are available with an MS or post-master’s certification, such as a family nurse practitioner (FNP) or a psychiatric mental health nurse practitioner (PMHNP), as well as in a variety of specialty tracks in advanced practice nursing, such as gerontology, women’s health and health policy. [nursing.osu.edu/specialties](nursing.osu.edu/specialties)
- **Doctor of Philosophy in Nursing** (PhD) is a full- or part-time program to prepare nurse scientists and scholars who are skilled researchers and seek to advance the discipline. [nursing.osu.edu/phd](nursing.osu.edu/phd)
- **Doctor of Nursing Practice** (DNP) is an online program offering doctoral preparation to nurses who want to tailor their careers toward leadership roles in healthcare, nursing administration or health policy. [nursing.osu.edu/dnp](nursing.osu.edu/dnp)
- **NIH T32 Grant** – Optimizing Health Development Across Childhood is the only training grant awarded by NINR that focuses on pediatrics. [nursing.osu.edu/T32](nursing.osu.edu/T32)
- **Post-doctoral fellowship program** provides opportunities for nurses with a PhD to gain further skills as a researcher.

**STUDENT AFFAIRS**

College’s diversity and inclusion program evolves

Events and programs reach out to a wide variety of students hoping to enter the nursing profession.

This year the College of Nursing celebrates its 10-year anniversary of creating an office of diversity and inclusion—now known as the Office of Equity and Inclusion. The college has a long tradition of educating nurses who are prepared to work in a variety of settings and with diverse populations. In 2006, the college affirmed its commitment to developing culturally competent nurses by creating a diversity and inclusion coordinator position and electing four faculty, three staff and two student members to the college of nursing’s diversity committee. This committee helped to develop the College of Nursing’s definition of diversity which reads as “the variety of differences and similarities/dimensions among people, which can be along the lines of gender, race/ethnicity, tribal/indigenous origins, age, culture, generation, religion, class/caste, language, education, geography, nationality, different abilities, sexual orientation, work style, work experience, job role and function, military involvement, thinking style, personality type and other ideologies.” As outlined in this definition of diversity, the college values the diverse experiences and ideas of its students and how these experiences shape the learning environment in the classroom. As the nation continues to discover and assess health disparities based on race/ethnicity, socio-economic status, sexual orientation, national origin and more, it is becoming more apparent that educating students in culturally relevant care is crucial to providing exceptional healthcare. In 2004, the Sullivan Commission published a report titled “Missing Persons: Minorities in the Health Professions” that looked at the lack of racial/ethnic, cultural, and gender diversity in nursing staff members in the United States. This report sparked a discussion on how the lack of racial, cultural and gender diversity in nursing staff could be negatively impacting patient outcomes and adding to gaps in healthcare. This report becomes even more concerning when one looks at the nation’s most recent census predictions. The United States Census Bureau predicts that by 2043 the majority of our nation’s population will be composed of racial/
The College of Nursing transformed from an institution that supported those who advocated for diversity in healthcare, to an institution that provides a culture where all members can actively pursue ways to enhance cultural competence. One of the challenges with so many faculty, staff, and students in the college actively pursuing ways to increase diverse education within the field of nursing, is tracking all of the initiatives. In the 2014-2015 academic year, Robb and former program coordinator Josh Roush developed the Diversity in Healthcare Certificate as a way of tracking the involvement of nursing students, staff and faculty in diversity-related programs. The certificate also gives the college a way to recognize individuals who go above and beyond to further the college's mission to train culturally competent caregivers. 

College of Nursing faculty, staff, and students can earn one of three levels of certification—ally, advocate, or champion—depending on the number of diversity-related programs they participated in that year. Also, because gaining cultural competence is a life-long journey, participants can work towards a higher level of certification each year for up to five years. The certificate program experienced a huge success in its first year. More than 400 people participated in at least one event. More than 80 faculty, staff and students earned their first level of certification last spring. Recently, the Diversity in Healthcare Certificate received national recognition in the Insights into Diversity magazine. Also, the healthcare certificate creators, Robb and Roush, are scheduled to discuss the certificate at the 2016 National Conference on Race and Learning. The Office of Equity and Inclusion is highly encouraged by the well-received response. It truly shows that the college has a strong commitment to diversity and values delivering culturally relevant healthcare seriously. In addition to providing current students with opportunities to explore and learn more about culturally relevant care, the Office of Equity and Inclusion focuses on developing pipeline programs for middle and high school students. Pipeline programs are college access opportunities that provide hands-on experiences and information on nurse career pathways to students from underrepresented populations. In nursing, underrepresented populations include but are not limited to racial/ethnic minorities, gender (male), students with disabilities, first-generation college students and more. One of the signature pipeline programs coordinated by the Office of Equity and Inclusion is the Summer Institute for Diversity in Nursing (SIDN)—a four-day long hands-on immer-
The Ohio State University is offering a self-paced online mental health program to nurses.

What's the purpose of the program? This program teaches nurses to screen, assess, and manage common mental health problems in primary care settings, improving the capacity to meet the needs of people across the life span with mental/behavioral health disorders.

What is the program structure?
- 12 self-paced, online modules
- Each module identifies objectives and includes a recorded one-hour lecture by a mental health expert, required readings, and useful resources
- A module typically takes one hour to complete
- A selected number of modules have associated clinical skills-building activities to assist participants with putting into practice what is being learned in the online educational modules
- Upon completion of each module, the participants take a post-test that assesses learner knowledge of the content covered in the lecture and required readings.

The final clinical skills-building activity will include the submission of a comprehensive write-up of the assessment and evidence-based management of one child or adolescent with a mental health disorder.

Each participant will be assigned a faculty mentor who will provide expert feedback on these activities. This addition will be greatly beneficial to nurses in building their mental health screening, assessment, accurate identification, and early intervention skills. Upon completion of the training program, participants will receive a certificate of completion.

Participants will also receive a copy of “A Practical Guide to Child and Adolescent Mental Health Screening, Early Intervention, and Health Promotion, 2nd Edition” as part of their registration fee.

How do I register?
For questions on the program, please e-mail stevin.B@osu.edu, attention: Caitlin Stevin, program coordinator.

Topics covered include:
- Nuts & bolts of screening, assessment, & evidence-based management of mental health disorders
- Cultural, legal, & ethical considerations
- Depressive disorders & suicide
- Psychopharmacology
- Anxiety disorders
- Maximizing reimbursement
- Cognitive behavior skills building
- ADHD
- Bipolar disorder
- Behavior disorders
- Somatic disorders

You will find examples of private support in action all over the College of Nursing, from student scholarships and faculty research, to student support programs and graduation celebrations. The generosity of our College of Nursing donors is key to our success.

The College of Nursing benefits from the support of thousands of alumni and friends throughout the year. Here are a few of the reasons why our donors remain loyal to our cause.

**Peggy Agile**
BSN 1982
Years of Giving: 34

“I want to try and help give other students the opportunity to pursue their education and obtain their degree. I enjoyed my years at OSU and have made lasting friendships. I want to help others do the same!”

“I usually donate to the College of Nursing Scholarship Fund (#945280) in order to help those with the most need. Through this, I get to participate in the college’s annual scholarship reception where I enjoy meeting the students and learning their goals.”

Peggy Agile BSN, RN, CPAN worked in a hospital setting for 33 years, the last 25 in a PACU. She currently serves as the office manager for Associated Pain Management where she works for an anesthesiologist who specializes in pain management.

**David Merriman**
Current graduate student
Years of Giving: 1

“We spend a lot of time with our classmates as well as our professors and I see these people as an extension of my family. Education in nursing is a challenging pursuit that can threaten the mental health of even the most stalwart of students, let alone those with poor health. I choose to give for the silent minority that suffer quietly. My only hope is that the donations that I and others give are used to ensure that those individuals know that they need not suffer alone.

“My focus for giving is on those individuals who need not feel ashamed for reaching out. Healthcare so often is always available, and that one need not feel ashamed for reaching out. Healthcare so often is about helping others, but we really have to help ourselves first.”

David Merriman, BS, RN, worked in pharmaceutical research for over 10 years. He currently works in the College of Nursing IT department while pursuing a master of science in nursing with specialization in mental health.

**Barbara Warren**
BS Nursing 1980, PhD- Nursing 1995
Years of Giving: 23

“My families and my communities helped me learn to pay back by paying forward. It’s something I need to do! I received financial assistance throughout my educational processes and know how important it was for me, my family, and my communities. Why not help another College of Nursing Buckeye learn the same concept?”

“I give to several scholarship funds including the College of Nursing Minority Scholarship (#601384), the Carole A. Anderson Graduate Fellowship Endowment Fund (#601644), the Grayce M. Sills Professorship and the Edna Menke Community Scholar Fund (482412). I feel strongly committed to providing support for students and/or faculty who are committed to support mental health efforts here in the college. OSU prepares its nurses well for the rigors of the nursing profession, but it’s equally imperative to help prepare students for the ebbs and flows of life. My hope is that the fund will be used to spread the word that help is always available, and that one need not feel ashamed for reaching out. Healthcare so often is about helping others, but we really have to help ourselves first.”
Nathan Royster, an undergraduate student from Grove City, OH, plans to graduate in May 2017 with his BSN.

Nathan is currently a member of the Buckeye Assembly for Men in Nursing (BAMN), Promoting Leadership and Achievement in Nursing (PLAN) peer mentoring program, BuckeyeThon, the Dean’s Advisory Council, Black Student Association, and a soon-to-be Sigma Theta Tau inductee.

After graduation, he would like to become a nurse in the emergency department and come back to Ohio State to earn his DNP.

Angie Supplee Chesser is director of development for the College of Nursing.

How has this scholarship made an impact in your life?
I cannot even put into words how grateful I am. This has not only decreased my financial burden after graduation, but has also allowed me to work fewer hours and increase my study time. Thank you to all of the scholarship donors! Nathan Royster

What is an interesting fact about you that most people would find surprising or unexpected?
My education in nursing at Ohio State helped me find my passion and guided me towards a fulfilling career in psychiatric and mental health nursing.
Angie Supplee Chesser

“My education in nursing at Ohio State helped me find my passion and guided me towards a fulfilling career in psychiatric and mental health nursing. I give consistently because every little bit counts. I want to be a model for other donors just as the donors before me who served as my exemplars.”

“I want to be a model for other donors just as the donors before me who served as my exemplars.”

The College of Nursing Minority Scholarship was established in 1986 by Ralph and Ruth Rose. Funds provide tuition and incidental fees for qualified and need-based undergraduate African-American students.

For more information on funding scholarships to support students like Nathan, please contact Katy Trombitas, director of development, at trombitas.4@osu.edu or (614) 688-1066.

Angie Supplee Chesser

Retired MS Nursing 1975
Years of Giving: 34

“My education in nursing at Ohio State helped me find my passion and guided me towards a fulfilling career in psychiatric and mental health nursing. I give consistently because every little bit counts. I want to be a model for other donors just as the donors before me who served as my exemplars.

“I give to the Grayce M. Sills Professorship (#666617) because Dr. Sills has served as a mentor to me throughout my career and I want to continue to promote psychiatric nursing. I also contribute to the Dean’s discretionary fund (#503492) because I believe the college leadership knows best what they need and I want to provide flexibility in my support to reflect that.”

Angie Chesser, PhD, RN, PMHCNS-BC, has had a 34-year career in psychiatric nursing. She has worked in inpatient and outpatient settings in clinical, management, and educator roles. She is now happily retired volunteering in areas that decrease violence and promote family mental health.

* * *

Every gift, big or small, can make a difference in the life of a student, patient or researcher. The College of Nursing is grateful for the ongoing support and generosity of our students, faculty, staff and alumni. Together, we will continue to achieve what others believe to be impossible.

Katy Trombitas is director of development for the College of Nursing.

ALUMNI

Nursing Alumni Society sets 2016 goals

Society launches mentorship and regional ambassador pilot programs

A its annual retreat in November, the Nursing Alumni Society board set a bold vision for 2016 that includes new goals and programs to support students and advance the nursing profession.

To improve alumni outreach and engagement, the society will establish a yearly continuing education credits course for alumni and support a festival in the greater Columbus area that promotes diversity.

Members of the society also will continue to enhance their relationship with the current student population by strengthening relationships with student leaders and filling three student positions on the board for the 2016-2017 academic year. They also will continue to participate in Professional Development Week and increase alumni participation in mock interviews and resume critiques. They also will offer an emotional intelligence lecture to students.

To increase society membership, the board will continue to host a yearly informational reception and have plans to develop a signature clothing item which will be available for purchase by alumni while simultaneously serving as a scholarship fundraiser.

In addition to current initiatives, two new programs were created for nursing alumni and students.

The mentorship pilot program was launched in January by Nursing Alumni Society Board and committee members to create bonds and build relationships between students and alumni. The pilot program received an amazing response as over 40 honors students have been paired with local alumni.

Mentors will connect with students via email, phone, or in person meetings throughout the spring semester. The program was designed to be flexible while meeting the needs of both mentor and mentee.

Susan Luhage, a Nursing Alumni Society committee member, is currently organizing the pilot program. “We realized the challenges of being a nursing student or new graduate and wanted to offer support to these individuals who are the nursing leaders of tomorrow. This is an excellent opportunity for alumni to pay it forward and also stay connected to the college.”

Nursing Alumni Society President Stephanie Daniels is excited to officially launch the program later this year. “We hope to gather feedback from the participants this spring and open the program to all junior, senior, and first-year graduates in the fall and winter 2017.”

Along with the mentorship program, the Nursing Alumni Society is also planning to...
launch a hospital and regional ambassador pilot program this year in Columbus and Cleveland. The hospital and regional ambassador program was created out of a need to keep current and new nursing alumni connected to each other and the College of Nursing. In addition to fostering relationships between nursing alumni in the area, ambassadors serve as a point of contact for new graduates and help them feel welcome to the area or place of employment.

Mary McClelland, a Nursing Alumni Society committee member, is currently working with local board members to launch the program. “The Regional Ambassador Program is designed to provide nursing alumni with opportunities to give back to the College in a very meaningful way. You will be able to connect with other alums in your local area, assist in planning or hosting local events, become a mentor to a new nursing graduate, connect with other OSU alumni at tailgate watch parties or other OSUA events such as speaker programs, and become an ambassador who welcomes new graduates and other nurses moving to your area. By participating in any of these activities, you will be helping to establish strong relationships among alumni and fostering a great sense of ‘O-H-I-O’ pride in your local area.”

After a successful pilot program, Daniels hopes to bring the program to other cities across the nation. “I am also excited to see what comes of our regional ambassador program. We hope this program will allow us to grow our society even more outside of Columbus!”

If you are interested in becoming a mentor or regional ambassador, please contact us.
Nursing Alumni Society 2015 award recipients

The following graduates from the College of Nursing have been recognized by their peers for having accomplished great success in both their careers and in the community and their volunteer activities. For information on this year’s recipients, visit go.osu.edu/NursingAwardRecipients.

Distinguished Alumna Award
Adele Webb, MS 1985

Adele Webb serves as president of Cham- berlin College of Nursing’s Cleveland campus. She has worked to advance healthcare through fellowships at the International Council of Nurses in Geneva, Switzerland; the Robert Wood Johnson Foundation in San Francisco; the National Academies of Practice and the American Academy of Nursing in Washington. Webb has also contributed to a large scope of consulting projects for high-profile organi- zations including the White House Office of National AIDS Policy, the Institute of Medicine and Public Health and the World Health Organization.

Community Service Award
John C. Welch, 2003

John Welch divides his time between worlds—as a senior nurse anesthetist at Boston Children’s Hospital where he enjoys specializing in pediatric cardiac anesthesia, and with the Boston-based healthcare NGO, Partners In Health. Welch has served in multiple leadership roles with PIH’s Ebola response, including as the chief clinical officer in Liberia and a clinical director in Sierra Leone. Prior to his work in West Africa, Welch spent a majority of his time in Haiti coordinating surgical and anesthesia services as well as teaching anesthesia at the Partners In Health University Hospital in Mirebalais.

Distinguished Recent Alumnus Award
Denise Minor, DNP 2011

Denise Minor is the associate chief nurs- ing officer for surgical services at the Cleveland Clinic and is an assistant pro- fessor of practice in the College of Nursing DNP program. Prior to accepting her position as the ACNO for surgery, Minor held the position of chief nursing officer for Cleveland Clinic’s Lutheran Hospital. Where among other accomplishments, the hospital achieved ’ANCC Pathway to Excellence’ Designation, was recognized by Consumer Report as the “Second Safest US Hospital” and received the Press Ganeys National “Commitment to Excellence Award” for most improved patient experi- ence scores.

Mildred E. Newton Distinguished Educator Award
Jeri A. Milstead, 1975, MS 1976

Jeri A. Milstead, PhD, is an internationally known expert in public policy and the politics of health care. She is the editor and senior author of Health Policy, and Politics & A Nurse’s Guide, 5th ed. (sold in 21 countries), and Handbook of Nursing Leadership: Creative Skills for a Culture of Safety. She was professor and dean, University of Toledo College of Nursing, 10 years; director of graduate programs at Duquesne University three years; and a faculty member at Clemson University for 10 years.

Call for nominations
Would you like to see a classmate rec- ognized during the 2016 Homecoming Weekend? Nominate him or her for a Nursing Alumni Society Award!

Distinguished Alumnus Award
Distinguished Recent Alumnus Award
Community Service Award
Mildred E. Newton Distinguished Educator Award

For award criteria and Homecoming Weekend details, please visit go.osu.edu/NursingHomecoming2016.

Alumni award winners, left to right: John Welch, Jeri Milstead, Adele Webb and Denise Minor.

Melnyk receives AJN’s Book of the Year Award

A book written by Associate Vice President for Health Promotion, University Chief Wellness Officer and College of Nursing Dean Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FAAN, FAANP, FAAN, has been recognized as a Book of the Year for 2015 by the American Journal of Nursing (AJN).

“The third edition of Melnyk’s published work, “Evidence-Based Practice in Nursing and Healthcare: A Guide to Best Practice,” placed first in the nursing research category. Co- written with colleague David Hrabe, PhD, RN, the book was selected by AJN’s panel of judges for its strong foundation of EBP principles, helpful resources, comprehensive style and an accomplished list of contributors. In the review of the book, AJN judge Wendy C. Budin, PhD, RN-BC; FAAN, of New York University’s College of Nursing wrote: “This comprehensive text provides a strong foundation for implementing and sustaining evidence-based practice (EBP) in clinical decision making for all levels of nurses, from undergraduate nursing students to doctors of nursing practice and seasoned practitioners. Even beginner students will find the information interesting and will be encouraged to actively engage in EBP to improve patient outcomes.” Since 1969, the American Journal of Nursing has published an annual list of the best in nursing publishing. The AJN Book of the Year program is a prestigious competition that garners the attention of its readers (nurses in clinical settings, faculty and researchers) as well as librarians in hospitals and universities.

Hrabe and Zurnehly chosen as CCNE site evaluators

David Hrabe, PhD, RN, associate professor of clinical nursing and executive director, Academic Innovations and Partnerships and Joyce Zurnehly, PhD, DNP, RN, NEA-BC, director, Doctor of Nursing Practice Program and associate professor of clinical nursing, have been selected as CCNE site evaluators.

The Commission on Collegiate Nursing Education (CCNE) is an autonomous accrediting agency contributing to the improvement of the public’s health. CCNE ensures the quality and integrity of baccalaureate, graduate, and residency programs in nursing. Evaulator selection is a highly competitive process at the national level.

Jonas Center to fund doctoral students

A new grant of $30,000 from the Jonas Center for Nursing and Veterans Healthcare, matched by $30,000 of its own monies, will give 10 students tuition support to pursue a doctoral degree in nursing. The college joins a national effort to stem the nursing faculty shortage and prepare the next generation of nurses—critical as a clinical nurse shortage is anticipated just as an aging population requires care.

The College of Nursing’s Jonas Scholars join more than 1,000 future nurse educators and leaders at 14 universities across all 50 states supported by Jonas Center programs, the Jonas Nurse Leaders Scholars Program and Jonas Veterans Healthcare Program (JVHP). These scholarships support nurses pursuing PhDs and DNP’s, the terminal degrees in the field.

“We are so pleased to receive this grant from the Jonas Center as it provides our doctoral students financial support as well as opportunities for networking and collaboration on a national level,” said College of Nursing Dean Bernadette Melnyk. “This grant further increases our ability to recruit and prepare outstanding doctoral students, who upon graduating, will have a tremendous impact on the education of future nurses and ultimately, on the health of people around the globe.”

The College of Nursing Jonas Scholars are Randi Bates and Jennifer Dush, PhD, students, and Charles Vidourek, DNP, student. They will begin their graduate careers in the fall and will be supported through 2018.

AJN’s panel of judges for its strong foundation of EBP principles, helpful resources, comprehensive style and an accomplished list of contributors. In the review of the book, AJN judge Wendy C. Budin, PhD, RN-BC; FAAN, of New York University’s College of Nursing wrote: “This comprehensive text provides a strong foundation for implementing and sustaining evidence-based practice (EBP) in clinical decision making for all levels of nurses, from undergraduate nursing students to doctors of nursing practice and seasoned practitioners. Even beginner students will find the information interesting and will be encouraged to actively engage in EBP to improve patient outcomes.”

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Wellness events happening for everybody

Family Wellness Expo
The office of the university chief wellness officer hosted the second annual Ohio State Family Wellness Expo on June 6, 2015, at the Recreation and Physical Activity Center. Approximately 700 people participated in a variety of educational activities, food demonstrations, biometric screenings, sports injury screenings, a health fair and a carnival play area. The expo had 21 partners offering education, screenings and activities to help families better understand and practice their own health and wellness.

OAHP/BHAC Summit 2015
The efforts of the Banding Together OAHP-BHAC Statewide Summit and the National Consortium seek to build on the tremendous progress made by institutions and professional organizations working in health and wellness. Approximately 200 participants from 84 professional and community organizations, schools and institutions of higher learning across the state of Ohio attended the Banding Together for Adolescents and Young Adults Statewide Summit, held at The Ohio State University Ohio Union on November 19, 2015. The Ohio Summit convened leaders in adolescent and young adult health and wellness to highlight and share best practices in promoting and sustaining wellness.

State of Health and Wellness address kickoff BBTW (above)
During the annual state of health and wellness at the Ohio Union in December, hosted by University Chief Wellness Officer Bern Melnyk, attendees performed exercise band exercises and stretches, linking bands, to kick off the 2016 Buckeyes Band Together for Wellness program.

COSI Family Fit Day
On Saturday, June 16, the College of Nursing took part in the third annual Center of Science and Industry (COSI) Family Fit day. The fun-filled day was all about health and fitness. The college offered Million Hearts screenings and wellness education to COSI attendees.

From left: Ohio State Chief Wellness Officer and College of Nursing Dean Bernadette Melnyk, Assistant Professor of Clinical Practice Kate Gawlik, Director of Health Promotion & Wellness Megan Amaya and Wellness Program Coordinator Lauren Battista.

Robyn Lutz, co-chair, Ohio Adolescent Health Partnership and Project Director, Teen Options to Prevent Pregnancy, Ohio Health at the OAHP/BHAC Summit

New faculty and staff join College of Nursing

New faculty members
Mei-Wei Chang, associate professor
Margaret Halter, lecturer
Angela Hoff, instructor-practice
Amanda Hoyt, instructor-practice
Jie Hu, associate professor
Kristen Janikian, instructor-practice
Vonda Keels-Lowe, instructor-practice
Denise Minor, assistant professor-practice
Rita Pickler, professor
Alai Tan, research associate professor
Karen Williams, professor

New staff members
Anne Bingman, program coordinator
Jamie Ciccone, program coordinator
Raymond Devine, post doctoral researcher
Sarah Donahue, nurse practitioner
Mark Fegley, academic program coordinator
Kayleigh Gallagher, program assistant
Shannon Gilespie, post doctoral researcher
Jacqueline Hoyer, senior research specialist
Michele Jakubowski, human resources associate
Noelle Jones, office associate
Lori Murphy, social worker
Thuy Nguyen, human resources associate
Mackenzie Palsgrove, project coordinator
Natasha Stouffer, program coordinator

BuckEYE Opener
Ohio State faculty and staff danced the morning away during the BuckEYE opener, a wellness rave that took place before offices opened for the day. For 90 minutes, faculty, staff and students danced to a DJ, Zumba, hip-hop and line dancing instructors, drank smoothies from the smoothie bike, drank coffee and juice from the coffee and juice bars, and received a ten minute chair massage.

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Ohio Nurse of the Year, the award for nurses who have contributed significantly to the profession and the health care system. The award is presented by various organizations or faculties to recognize nurses who have made significant contributions to nursing. The following is a list of Ohio Nurses who have been awarded the Ohio Nurse of the Year in recent years:

- **2016**: Erika Koors
- **2014**: Andrea Hunt Ross
- **2011**: Kellie Bass
- **2009**: Julie Schwieterman
- **1990**: Stacy Morehead

The award is given to nurses who have demonstrated excellence in their work and have made significant contributions to the nursing profession. The award recognizes nurses who have made a positive impact on the lives of patients and their communities.

Ohio Nurse of the Year for Extraordinary Nurses in Ohio awarded to Nancy Wollam, who is recognized for her outstanding contributions to the field of nursing. The award is presented by various organizations or faculties to recognize nurses who have made significant contributions to nursing. The following is a list of Ohio Nurses who have been awarded the Ohio Nurse of the Year in recent years:

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In summary, the Ohio Nurse of the Year award is a prestigious recognition given to nurses who have made significant contributions to the field of nursing and have demonstrated excellence in their work. The award recognizes nurses who have made a positive impact on the lives of patients and their communities.
“Collaborating—or ‘solving’ patients’ A conceptual framework for emergency department triage of infantile hypertonia and the impact of Teamwork and Quality and Safety. 41(4), 134-143
Melnyk, B.M. Relating to the concept of “healthy behaviors in university faculty members,” a random sampling of 1000 faculty members in the health sciences was conducted to examine the relationships among perceived wellness, healthy behaviors, and academic performance. The results indicated that faculty members who reported higher levels of wellness were more likely to engage in healthy behaviors, such as regular physical activity, healthy eating, and stress management. These findings have important implications for the development of programs aimed at improving the health and well-being of university faculty members.

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AWARDS AND HONORS continued

Overcash, Janine, Teall, Alice. Fellow, American Association of Nurse Practitioners, 2015 (AANP).

Pickler, Rita. Selected for induction to Sigma Theta Tau International’s Research Hall of Fame.


Smith, Lauren. Elected to The Ohio State University Faculty Senate for a three-year term.


Wills, Celia E. Honor a Researcher Award, MNRS, April 2015.


Wold, Loren E. Star Reviewer, Journal of Molecular and Cellular Cardiology.
ANNOUNCING THE HELENE FULD HEALTH TRUST
NATIONAL INSTITUTE FOR EVIDENCE-BASED
PRACTICE IN NURSING & HEALTHCARE

The Ohio State University College of Nursing and Dr. Bernadette Melnyk, Associate Vice President for Health Promotion, University Chief Wellness Officer and Dean, are honored to announce the awarding of a $6.5 million grant from the Helene Fuld Health Trust, which is the largest philanthropic gift received by the college.

This transformational grant will establish and endow in perpetuity the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare.

The new institute will launch with the first National Summit on Transforming Healthcare through EBP on October 18-20, 2017.

As the national hub for the teaching of best practices to improve healthcare quality and patient outcomes, the institute will work with nursing faculty across the nation to integrate EBP throughout their curriculums to produce the highest caliber of evidence-based nursing graduates, as well as working with healthcare systems to implement and sustain EBP and conduct research to determine best strategies to rapidly translate evidence-based interventions into real world clinical settings.

This generous grant paves the way for The Ohio State University College of Nursing to accelerate its efforts in thinking and achieving the impossible to revolutionize healthcare and transform health through innovative education, research, entrepreneurship and evidence-based clinical practice.

Additional details on the Summit will be announced as they become available. Please plan to join us as we turn dreams into reality!

Transforming health,
Transforming lives