Ohio State launches first nurse practitioner-led interprofessional primary care clinic

Ohio State Total Health & Wellness at University Hospital East to serve Columbus’ east side

Bernadette Melnyk, Margaret Graham, and Kristie Flamm, leaders of the new practice, located on the 12th floor of University Hospital East

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Building Healthy Academic Communities National Summit

April 22-23, 2013 at The Ohio State University, Columbus, Ohio

We welcome transdisciplinary leaders, faculty, students, and staff from academic institutions of all sizes, including administrators, directors of health promotion and wellness, researchers, medical center personnel, HR officers, as well as policymakers from professional organizations and academia who are committed to improving health and wellness outcomes in academic communities.

Confirmed speakers

Wesley F. Alles, PhD, director, Stanford Health Improvement Program
Jack Groppel, PhD, vice president of applied science & performance training, Wellness & Prevention, Inc., a Johnson & Johnson Company; co-founder, Human Performance Institute
Bernadette M. Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, associate vice president for health promotion, chief wellness officer, and dean, College of Nursing, The Ohio State University
Michael F. Roizen, MD, chief wellness officer, Cleveland Clinic; co-founder, Human Performance Institute
Wesley F. Alles, PhD, director, Stanford Health Improvement Program
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Michael F. Roizen, MD, chief wellness officer, Cleveland Clinic; co-founder, Human Performance Institute
Janet Wright, MD, executive director, Million Hearts Initiative

Abstracts and posters

The abstract submission deadline is Friday, January 11, 2013, 5 pm EST. Abstracts may be submitted online at www.healthyacademics.org

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www.nursing.osu.edu

For the latest information on speakers and registration, please visit www.healthyacademics.org
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BECOME A HEALTH ATHLETE
...and discover the power of full engagement!

DEAN’S MESSAGE

Opportunities abound: Our time is now

By leveraging our phenomenal team’s talents and resources, we can make a huge impact

The current state of healthcare and health of Americans create a bleak picture for the future in many ways. We spend trillions of dollars on healthcare, yet our country ranks 37th in health outcomes. We are living in an era in which behaviors are the #1 killer of Americans. Overweight and obesity will soon pass tobacco as the leading cause of preventable death in the US, and the World Health Organization has recently declared physical inactivity as the fourth leading risk factor for global mortality. The Centers for Disease Control predicts that one out of three people in the US will have diabetes by 2050. One of two Americans has a chronic illness and one in four have multiple chronic conditions. Further, one out of four people has a mental health problem, yet less than 25% receive any treatment. Stress, anxiety, and depression are pervasive problems in faculty, staff, students, and the members of our community. Despite these alarming statistics, opportunities abound for our university, college, and nursing profession to positively impact healthcare and the health of our university, community, state, and globe. However, we must have a clear vision of how we will improve these conditions and act now with a sense of urgency—because we are living in an era in which it is predicted that our children will have a shorter lifespan than we do.

In this edition of Transformations, you will read about how a rapid response to a request for applications this summer led to a $1.5 million Health Resources and Services Administration (HRSA) grant to help launch our very first nurse practitioner-led clinic that will provide comprehensive and integrated mental and physical healthcare services to the people of East Columbus. At this health center, we will deliver high value, low cost care through an interprofessional team comprising pharmacists, physicians, social workers, mental health counselors, nurses, and dieticians. You will also read about the rapid acceleration in NIH-grant funding that we have had this year with research that is addressing some of our most pressing and costly morbidities. Finally, you will learn about the extraordinary initiatives of our fantastic interprofessional team to create the healthiest university on the globe, as well as the outstanding achievements of our college’s faculty, staff, students, and alumni, of whom I am so proud.

My first year as a Buckeye was filled with exciting challenges and phenomenal opportunities. By traveling with President Gee across the US, I have first-hand about the love the people across this state have for our university. Further, in my travels across the country and globe, I met hundreds of our alumni and learned what it really means to be a Buckeye. I have been at several universities throughout my career, but none of them can touch the Ohio State spirit and passion. As the New Year approaches, I encourage you to make a resolution to Make Just 1 Change for your and your family’s health. Together, we can create the healthiest university, community, and alumni base on the globe. The upcoming holidays are a special time of the year, especially to share gratitude for our many blessings and inspire hope for a New Year with fulfilled dreams. I can honestly say that I am truly blessed to be a Buckeye and to have all of you in my life. Stay tuned for the exciting opportunities and our accomplishments to come in 2013!

Fond regards,

Bernadette Mazurek Melnyk, PhD, RN, CNP-PMH-PC, FNAP, FAAN
Associate Vice President for Health Promotion
University Chief Wellness Officer
Dean and Professor, College of Nursing
Professor of Nursing & Pediatrics, College of Medicine

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Associate Vice President for Health Promotion
University Chief Wellness Officer
Dean and Professor, College of Nursing
Professor of Nursing & Pediatrics, College of Medicine
The new healthcare environment will emphasize wellness and prevention, with an increased need for nurse practitioners and other primary care providers. Funded by a new $1.5-million grant, the College of Nursing is expanding its clinical services and its student base to meet this growing need.

With the award of a $1.5 million, three-year grant from the US Department of Health and Human Services Health Resources and Services Administration (HRSA), the College of Nursing has launched Ohio State’s first-ever nurse practitioner-led intercollaborative practice and a new Total Health & Wellness center at Ohio State’s University Hospital East. To expand clinical experience for its students while serving community needs, the college also has developed several other clinical partnerships.

“As this is our college’s very first health center, the HRSA funding is so terrific for us and for the people who reside in the East community,” says Bernadette Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN, dean of the College of Nursing, who also serves as associate vice president for health promotion and chief wellness officer of the university. “We have a very strong nurse practitioner advanced practice program,” Melnyk adds. “I believe that we need to provide opportunities for students to be engaged with faculty in practice, so that is a key strategic direction that we’re taking for the college.”

Ohio State Total Health and Wellness is expected to open its doors to patients in December. In addition to support from HRSA, it is among several programs at the university funded by a one-year renewable Medicaid Technical Assistance and Policy Program (MEDTAPP) Healthcare Access Initiative (HCA) offered through the Office of Medical Assistance (Ohio Medicaid). The MEDTAPP HCA funding supports education and retention activities for medical students, residents, fellows, and practitioners committed to serving the underserved using innovative health care delivery models and evidence-based practices.
“By opening a nurse practitioner-led health center we are role modeling high-quality care for our students,” explains Margaret Clark Graham, PhD, RN, FNP, PNP, FAAN, associate dean for advanced practice and community engagement and associate professor of nursing. “We hope this center will be the prototype and that we can grow more opportunities like that in other areas.”

“The purpose for the health center is to educate students on how to care for the medically underserved,” Explains Graham. The new center will serve the entire community with all health insurance coverage, including Medicare and Medicaid, as well as payment arrangements for the uninsured.

The practice will serve several major goals:

• Establish the first nurse practitioner-led clinic for the College of Nursing
• Establish an intercollaborative practice for interdisciplinary professional education
• Increase access to primary care for the neighborhood of University Hospital East
• Help reduce unnecessary emergency room visits, while also providing any needed follow-up care to emergency room patients
• Offer integrated treatment to address both medical needs and mental health needs at a single location

The health center’s integration of primary care and mental health care is an important move. While one in four Americans face some form of mental illness, overall access to mental health services is limited and most of those affected do not receive treatment. Under-served patients with limited insurance coverage may face even greater obstacles. Studies have shown that combining medical and mental health services improves access while reducing stigma and cost, for patients.

Many patients who do not have a regular primary care provider turn to emergency rooms for routine care. The emergency patient at University Hospital East treats a high volume of such patients in the emergency rooms for routine care. The practice will serve several major goals:

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Many patients who do not have a regular primary care provider turn to emergency rooms for routine care. The emergency patient at University Hospital East treats a high volume of such patients each year. The new health center should help to alleviate this patient load by serving the center to gain clinical experience. The health center also will create interdisciplinary faculty practice opportunities for a pharmacist, a social worker, psychiatric nurse practitioners, a mental health counselor, and a dietitian, with a physician available for collaboration.

Each professional will mentor students in their field who rotate through the health center for clinical experiences. Students from these varied disciplines will work together, learning to combine their strengths for patients’ benefit.

“We want it to be a nurse practitioner-led, intercollaborative practice,” Graham emphasizes. “In 2011, there was a push through the American Association of Colleges of Nursing and their counterparts in through the American Association of Colleges of Nursing and their counterparts in health and wellness have to be undertaken across the university in health and wellness and health have to be evidence-based,” emphasizes Melnyk, who recently completed a four-year term on the Interprofessional Education Collaborative (IPEC)’s board of directors. “We prepare our students to go out and do in our practice is going to be steeped in evidence-based practice that way. ”

“We’re going to be seeing a population that is especially at risk, that hasn’t been receiving primary care. We need to be sure we’re looking at all of their health needs and addressing patients’ goals. Listening to patients makes a big difference.”

Services which address both medical and mental health needs also should benefit patients. “Depression and anxiety are very prevalent and that’s often a big barrier to treating patients,” she says. If emotional needs are not addressed, it is hard to move beyond those needs to help patients understand the importance of other necessary treatments, she explains.

As an emergency room practitioner, Flamm saw first-hand the need for a clinic of this kind. “I see so many patients without access to care. If we can improve access to care and get them continuity of care, we can really help with the outcomes. With continuity of care, we are able to impact patients’ lives long-term—see them back, and work through problems and issues,” she says.

Student involvement is also important. “The ability to have the students here is a great advantage because they can be spending more time with patients, helping to figure out what their needs are so that we can address those,” Flamm says. While students and providers both benefit from this collaboration, “That’s a big advantage to the patient as well—more personalized care they are likely not even to get in another clinic setting,” she notes.

Flamm says her hope is that “we end up feeling like not just a medical home but a true home for these patients. If we can make ourselves accessible and equitable no matter what their circumstances, that’s a big key.”

Evidence-based practice “In my role as chief wellness officer, I am really passionate that all the initiatives we are undertaking across the university in health and wellness have to be evidence-based,” emphasizes Melnyk, who recently completed a four-year term on the Interprofessional Education Collaborative (IPEC)’s board of directors. “We prepare our students to go out and practice that way.”

Recently, “some very distressing findings” were uncovered about the implementation of evidence-based practice, Melnyk says, when she and collaborators published a study surveying the experiences of 1,000 nurses across the US. “One of the biggest barriers to nurses being able to implement evidence-based healthcare is the resistance of their leaders and managers as well as their nurse and physician colleagues,” Melnyk recounted, as much of healthcare practice is still steeped in tradition, relying on the methods originally learned. “We still have a major problem translating findings from research into clinical practice to improve care and patient outcomes,” she says. Educating
One innovative pilot project creating expanded clinical opportunities for nursing students is Ohio State’s new-employee onboarding program in health and wellness, conducted through University Health Connection.

In line with Ohio State’s goal to become the healthiest campus and employer, “We want staff to be at their optimal health and practice preventative care,” says Kate Gawlik, MS, RN, adult nurse practitioner and College of Nursing clinical liaison for the program. “The program is really about getting people connected with resources, depending on what their personal wellness goals and needs are.”

New employees of the Wexner Medical Center are randomly selected to participate in the current pilot project, and plans call for all new employees of the university and medical center to eventually participate in this wellness screening program.

As part of the hiring process, a blood sample is obtained and several biometrics are recorded. New employees then meet with a wellness nurse, who counsels them on what their screening results mean. With an emphasis on “know your numbers,” they learn their cholesterol, blood sugar, and blood pressure “numbers,” their body mass index, and their waist circumference—all important health indicators.

New employees are then linked with helpful resources around campus, such as referrals to an Ohio State primary care provider, health coaching, dietitians, fitness resources, pharmacist medical management, and other services as desired. If any serious findings are discovered during their initial screening, new employees are referred for immediate care in the clinic or the emergency room if appropriate, while follow-up on less serious issues is referred to their primary care provider.

College of Nursing students serve as health guides, helping new employees navigate this screening process. The nursing students are educated to understand biometrics and to assist with the finger stick blood glucose tests and the blood draws for cholesterol tests. This education also prepares students for their role in future health screenings around campus, as part of the effort to help promote a campus-wide culture of wellness.

“The project should help catch disease early,” Gawlik notes. Several new employees have already been diagnosed with diabetes and high blood pressure, and at least one learned he had a potentially serious heart condition.

As of press time, the onboarding program had served 556 new employees. Eventually it will roll out to serve the 3,000-plus new employees who join Ohio State each year.

new practitioners in evidence-based care should help to lead the way.

Expanding care capacity

Another upcoming change is an expanded need for primary care. “With new healthcare reform going into implementation in 2014, we’re going to have 33 million more people in America who are eligible to receive covered healthcare, and we have such a shortage of primary care providers,” Melnyk says. “So we also are expanding these opportunities to meet the healthcare needs in the community, she notes, through expanded clinical education and services. “Nursing is going to play a very key role, not only in primary care but also in the management of chronic illness, in transition care from hospital back out to the community.”

Graham agrees. “Graduate-prepared nurse practitioners are going to be key in providing primary care services,” she says. To meet this demand, the college is increasing enrollments in its master’s degree nursing programs, as well as its RN to BSN program. For the current 2012-2013 academic year, there are 58 students enrolled in the DNP program, compared to 24 students three years ago; 230 students enrolled in the master’s degree nursing program, up from 133 students three years ago; and 213 students in the RN to BSN option, compared to 109 students three years ago.

A key limitation to growth in student class size is the number of clinical sites, or an expanded base of clinical sites will be helpful. “The more clinical sites we have, the greater number of nurse practitioner students we can educate,” Graham says. “Because there is a need for primary care providers, we feel we match that need by providing primary care through the College of Nursing, plus providing clinical sites,” Graham says.

“And we hope those clinical sites will be intercollaborative,” she adds. “We see all of that as a win for us.”

Under the past healthcare system, “We focused on illness care,” Graham said. Health promotion and disease prevention will play a more prominent role in the new healthcare marketplace.

“There is this gigantic shift to look at how we keep people from getting these chronic diseases.”

“We do see our focus in this intergrated care model as being one looking at health promotion, prevention, providing for primary care needs—which would include managing chronic disease—and then the mental health component,” Graham says. An expanded clinical presence will help the college do all of that, while educating practitioners for the future.

Kathy Baird is a freelance writer based in Columbus.
The Ohio State University College of Nursing
Transformations in Nursing & Health
Autumn 2012

Mary Beth Happ, PhD, RN, FAAN
Dean’s Distinguished Professor of Critical Care Research

Dr. Mary Beth Happ is the first Dean’s Distinguished Professor of Critical Care Research at the college. Happ has been a nationally recognized expert in critical care nursing for over 20 years, with expertise in areas such as geriatric critical care and postoperative care. She has received numerous awards and recognitions for her research and contributions to the field.

Timothy Porter-O’Grady, DM, EdD, ScD(h), APRN, FAAN, GCN-CS, NEA-BC, CWOCN, LCNC
Clinical Professor and Leadership Scholar

Dr. Timothy Porter-O’Grady has been named Clinical Professor and Leadership Scholar. With over 42 years of experience in the field of critical care, he is internationally renowned in innovation leadership and has held roles from staff to senior executive. He is senior partner at Tim Porter-O’Grady Associates, an international health consulting practice specializing in health systems futures.

R. Jeanne Ruiz, PhD, FAAN, WHNP, RNC
Associate Professor

Dr. R. Jeanne Ruiz has been appointed a tenured associate professor at the college. Most recently, Ruiz was the Will Dean Blevins Singleton Endowed Professor at the University of Texas Medical Branch and associate professor and biobehavioral laboratory director at the University of Texas at Austin School of Nursing.

Ruiz’s broad area of research interest includes the effects of chronic stress in women, particularly during pregnancy and the postpartum period. Ruiz has previously implemented a preterm birth prevention program for women with twin pregnancies that has continued to make a major difference in preventing preterm births. She has been funded from NIH/NINR for the last 11 years to investigate the biobehavioral mechanisms (psychosocial/cultural) and neuroendocrine factors predicting preterm birth and low birth weight. In her currently funded work on high-risk pregnancy, she tests intervention approaches to decrease stress and promote healthier lifestyles in women and infants. This program of research examines ethnic disparities in relationship to birth outcomes and she continues to publish and disseminate this work widely.

Jill Volkerding, clinical instructor, prelicensure psychiatric mental health nursing

Jill Volkerding has been appointed as a clinical instructor in the prelicensure psychiatric mental health nursing program. Volkerding has been with the college for over 10 years, and her expertise in mental health nursing and education has been invaluable to the college.

Claudia Berry, clinical instructor, prelicensure medical-surgical and PMH nursing

Barbara Bradley, clinical instructor, prelicensure community health & NSHIM clinical

Molly Bradway, clinical instructor, prelicensure pediatric nursing

Jennifer Cabe, instructor

Karen Clancy, clinical instructor and 40% in office of clinical placement for graduate students

Jeanne Eberhardt, clinical instructor, OB

Rita Kaspar, assistant professor of clinical nursing, family nurse practitioner online

Lucia Jenkusky, clinical instructor, nurse midwifery

Lisa Long, clinical instructor, EBP and 50% in CTEP

Sharon Lyon-Paul, clinical instructor, prelicensure psychiatric mental health nursing

Shelley Meyer, clinical instructor, prelicensure psychiatric mental health nursing

Andrew Pleasant, senior instructor

Brenda Stickney, clinical instructor, prelicensure community health nursing

Jennifer Thornton, clinical instructor, prelicensure pediatric nursing

Jill Volknderging, clinical instructor, prelicensure medical-surgical nursing

Ruiz’s work also has earned her the prestigious Lifetime Achievement Award from the National Association of Neonatal Nurses and the Lifetime Achievement Award from the National Association of Neonatal Nurses.

Ruiz’s research primarily focuses on the impact of stress on pregnancy outcomes, with a particular focus on preterm birth. Her work has contributed to the development of evidence-based interventions to prevent preterm birth, and she has a strong commitment to translating research findings into practice.

Additional new clinical faculty join the college

Claudia Berry, clinical instructor, prelicensure medical-surgical and PMH nursing

Barbara Bradley, clinical instructor, prelicensure community health & NSHIM clinical

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Attention, Buckeye Nation

Welcome to Buckeye Wellness.

By Sandra Gurvis

Buckeye Wellness is a key initiative of Ohio State’s chief wellness officer Bern Melnyk. Ready? Get healthy.

Organizations strive to improve healthcare and wellness programs, but statistics seem to be working against them. While a statewide obesity rate of over 20 percent was unheard-of as recently as 1995, today 39 states have an obesity rate of 25 percent or more, according to the US Centers for Disease Control and Prevention (CDC). And, with 29.6 percent, Ohio ranks an unlucky 13th. Mental health problems are on the rise as well; in 2010, the American Psychological Association found that 22 percent of respondents reported extreme stress.

Too often, the pairing of stress and excess weight results in chronic illness in one out of two adults in the US, according to the CDC. Diseases such as diabetes have become shockingly prevalent, affecting almost 26 million Americans, 90-95 percent of whom have Type 2 diabetes, which is often the result of an unhealthy lifestyle. “Chronic conditions account for 75 percent of total US healthcare costs,” remarks Bernadette Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN, chief wellness officer and dean of The Ohio State University College of Nursing. “Even Ohio State has experienced a 36 percent increase in total healthcare costs since 2006.”

Melnyk and others at Ohio State are determined to reverse these trends by spearheading a groundbreaking initiative towards health and wellness at the College of Nursing, the university, the state, and beyond. As the first individual to be appointed chief wellness officer at a major US university, and as associate vice president for health promotion, she has made it her personal mission to turn the tide against stress and obesity. “Our goal is to be the...
healthiest university on the globe.”

Named Buckeye Wellness, the initia-
tive encompasses a myriad of programs
and efforts for one the largest universities
in the country: "Ohio State is a complex
organization," observes Megan Amaya,
PhD, CHES, AFAA, who was tapped
as director of health promotion & wellness
at the College of Nursing. “It has many
different health and wellness initiatives,
so some of our programs will take longer
to implement than others.” As the former
wellness coordinator for the city of Dub-
lin, Ohio and facilitator of the Healthy
Dublin initiative, and with a background
in exercise science and health promo-
tion, she is uniquely suited to the task. A
certified fitness instructor and personal
trainer, Amaya has also taught classes in
health and wellness at Ohio State, Central
University, and other central Ohio colleges.

Whitting down a plus-sized effort

In shaping a culture of wellness, Melnyk,
Amaya, and others are looking at more
than just the obvious fixes. “Building
cognitive behavioral skills is an impor-
tant component of change,” observes
Melnyk. It is one thing to follow an eating
and exercise regimen, and quite another
to internalize it. Without cognitive-behav-
ioral integration there’s no long-term
sustainable improvement.

With this in mind, Melnyk has ex-
panded her program called COPE (Creat-
ual Science), and their parents.

A version repurposed for college-
ager students was rolled out this fall
with freshmen and first-year students at
the College of Nursing and College of Social
Work; the School of Health and Rehabili-
tion Sciences as well as at Ohio State’s
Manfield campus. The seven-week pro-
gram uses online modules, videos, and
workhom assignments to improve the
mental and emotional health of the par-
ticipant. “Sessions focus on self-esteem,
stress management, and helping students
recognize and manage their emotions,”
explains Amaya.

“Students need to learn that how
they think is directly related to how they
behave,” adds Melnyk, noting that many
students who are dealing with stress, young
people turn to unhealthy behaviors
such as eating, drinking, and smoking.

“Not only should it help them improve
academic performance and retention, but
they will learn how to handle anxiety and
depression” and in the long run, experi-
ence fewer health problems. Plans are to
integrate COPE throughout the univer-
sity and the Wexner Medical Center and
at area schools.

Making sure that Buckeye Wellness is
coordinated university wide is another
challenge. In 2011, the One University
Health and Wellness Council was formed
and includes leaders from the College of
Nursing, Ohio State’s Wexner Medical
Center, Office of Human Resources, the
Ohio State Health Plan, Office of Student
Life, Office of Commercialization and
Technology, and the College of Educa-
tion and Human Ecology. “Through
active engagement of all stakeholders, we
work towards creating and implement-
ning evidence-based health and wellness
initiatives and programs,” states Melnyk,
who co-chairs the council with Kathleen
McCutcheon, chief human resources
officer, and Larry Lewellen, vice president
for care coordination & health promo-
tion at Wexner Medical Center. Along
with monitoring outcomes of health and
wellness implementation strategies, the
council also collaborates with commu-
nity partners.

Buckeye Wellness Packs

and “just one change”

Outreach is a major ingredient to
Buckeye Wellness. This summer, Ohio
State President E. Gordon Gee, Melnyk,
Amaya, and others visited dozens of
Ohio communities. Along with empha-
sizing how “just one change” can lead
a healthier lifestyle, and with Brutus
Buckeye cheering them on, Melnyk and
Amaya distributed Buckeye Wellness
Packs to Ohioans. The packs are filled
with a pedometer, low-fat trail mix, a
water bottle, an informational diabetes
DVD, and many other evidence-based
wellness items. The response was over-
whelmingly positive. “I think people are
somewhat unclear about disease preven-
tion and wellness priorities,” observes
Amaya. “It was gratifying to see them
so receptive and enthusiastic.” A line of
Buckeye Wellness packs consisting of
healthy ingredients as well as gluten- and
nut-free options may be available at vari-
ous outlets in the near future.

The national Million HIs Initia-
tive to prevent one million heart attacks
and strokes over the next five years, is
also being brought to the table. The
key components are clinical and com-
munity prevention programs and
education on the ABCSS—aspirin
therapy; blood pressure control; choles-
terol reduction; smoking prevention—

“and a local twist to our campaign, stress
management,” says Melnyk. Past
and future events include appearances at
the Ohio State Fair and the Farm Science
Review, and at Ohio State’s Rally for
Wellness at the Recreational and Physical
Activity Center (RPAC); participation in
the Global Diabetes Summit at the
Ohio Union; and again in 2013, Valentine’s Day
screenings throughout campus.

“The potential to reach hundreds
of thousands of people and save lives
through Million Hearts is enormous,”
adds Amaya.

Other aspects served up on campus
include Buckeye Wellness Tips, monthly
evidence-based informational sugges-
tions provided to faculty and staff in
OSU Today, the daily electronic headline
service, and OneSource, the Wexner
Medical Center intranet; Wellness
Wednesdays, a weekly activity that pro-
motes a healthy lifestyle for the university
population; and Wellness Innovators. As
Wellness Innovators, “faculty and staff
will be not only responsible for pro-
moting university health and wellness
initiatives but also implementing well-
ness programs, activities, and bringing in
guest speakers,” continues Amaya.

Many of the concepts inherent in
Buckeye Wellness work in lock-step with
Human Resources. Developed with the
primary purpose of driving the health
and wellness agenda forward for fac-
culty, staff, and their families, Your Plan
for Health (YPH) has launched a new
member portal to improve accessibility
and enhance engagement. Also starting
in January, faculty and staff needing to
see their primary care provider can do
so with zero out-of-pocket cost for that
office visit. “It’s important for Buckeye
Wellness and Your Plan for Health to
have a comprehensive, integrated ap-
proach to health and wellness,” observes
Gretchen Feldmann, former strategy and
engagement manager within the Hu-
manship arena. “We’re fortunate to have the One University
Health and Wellness Council because it
illustrates the close collaboration that
exists.” Other university-wide efforts
include: the Office of Student Life;
engagement and providing educational and exercise
programs as well as a robust employee assistance
program. And over the past three years, Pelotonia, the grassroots bike
tour that was only challenged over 8,500 riders from 38
states but raised $25.4 million for cancer research at the Comprehensive Cancer Center—Antosio.

The College of Nursing acts as a test
market for endeavors such as the Health
Athlete/Nurse Athlete programs. De-
veloped by Ohio State University and its partners, Ohio State and Johnson and based on the Human
Performance Institute’s Corporate Ath-
lete curriculum, the two-day boot camp for
the busy offers complete mental and physical trainings with a focus on
energy management, nutritional guidelines, and
movement coaching, along with exercise/
workout sessions. An action plan with an
eye to optimal performance and stress management “will help align the work-
life-energy balance,” says Melnyk, who is
expanding the program throughout Ohio
State, the Medical Center, and beyond.

“We are trying to blend health and well-
ness efforts to develop solutions that
move beyond the ivory tower and into
the classroom and the boardroom.”

The college itself is also shaping up
to be a model of wellness. Along with the
addition of facing treadmill workstations
for walking meetings, exercise ball chairs
in offices to improve posture, and healthy
food at meetings and events, a 24/7 fitness
center recently opened for faculty, staff,
and doctoral students. Not only does it
feature an elliptical machine, a treadmill,
a recumbent bike, free weights, and
other equipment, but also a binder full
of exercise programs, stretching regimes
and heart rate information. Its location
in the basement of Newton Hall “makes it

Megan Amaya is director of health promotion & wellness in the College of Nursing. Her role includes
the university-wide implementation of the Buckeye Wellness initiative. Behind her is the college’s new
fitness center.

University President E. Gordon Gee and Bernadette Melnyk together on last summer’s 41-stop Ohio Tour.
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Transformations in Nursing & Health Autumn 2012 17
In 2011, Ohio State was one of the institutions that hired a nurse practitioner and physician to address depression. While patients will meet with providers, they also receive education and recommendations for lifestyle changes. Along with providing a variety of wellness programs, the university also has an online assessment tool that includes various healthy lifestyle regimens. The goal is to make these programs easy and a regular part of our day," remarks Melnyk. "Our society is way too stressed for people to be doing this on their own. The university is a great resource where people can find ideas and support."

"Universities are in a unique position to set the national agenda for health and wellness," observes Amaya. "Universities have the built-in advantage of having access to students, whose tastes and preferences are a reflection of current trends, they have the built-in advantage of having access to students, whose taste and preferences are a reflection of current trends, they have the built-in advantage of having access to students, whose taste and preferences are a reflection of current trends, they have the built-in advantage of having access to students, whose taste and preferences are a reflection of current trends."

"There is a strong need for aggressive health promotion efforts by employers and that role can be fulfilled by nurses promoting health and wellness in the workplace," stated Bernadette Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN, university chief wellness officer. "We want to create an ecosystem of healthy lifestyle behaviors," sums up Melnyk. "They need to be part of the DNA of every single person."
College attracts new NIH funding and other major grants

With the recent addition of four major new grants, the College of Nursing has more than doubled its research funding in the past three years, and the growth efforts continue

By Kathy Baird

Two new major five-year grants from the National Institutes of Health (NIH) and one from the US Department of Health and Human Services Health Resources and Services Administration (HRSA) top the list of new research funding received by the College of Nursing, as it moves to climb in the national rankings and attract an increased volume of research dollars. A range of other new faculty and student research support is also in place.

“Navigation from community to clinic to promote colorectal screening in underserved populations” is the topic of a new five-year study, funded with a $3 million grant from the National Institutes of Health. The study will establish a public education program within community-based clinics to encourage colon cancer testing in underserved populations. Usha Menon, PhD, RN, FAAN, vice dean and professor of nursing, is a co-principal investigator on the study with a professor at Arizona State University.

Another five-year, $2.2 million study funded by NIH examines “Muscle function and depression-like behavior in a mouse model of cancer fatigue.” The study is designed “to better understand the concept of fatigue, which is the most frequent and distressing symptom reported by cancer patients,” explains Donna McCarthy, PhD, RN, FAAN, associate dean for research and Mildred E. Newton Professor of Nursing. McCarthy serves as principal researcher on the interdisciplinary study, conducted with co-investigators from other colleges at Ohio State.

A $1.5 million, three-year federal grant from the US Department of Health and Human Services Health Resources and Services Administration (HRSA) will fund the opening of the College of Nursing and the university’s first nurse practitioner-led intercollaborative practice at the Ohio State Total Health & Wellness at University Hospital East. (See page 6.) Overall, the college has more than doubled its research funding over the past three years. Grant funding rose from $1.4 million in 2009 to $3.2 mil-

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Associate Dean for Research

Associate Dean for Research Donna McCarthy uses mice to study fatigue, a significant symptom of people with cancer.

By kathy Baird

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The Ohio State University College of Nursing

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Colorectal cancer screening for the underserved

Menon's colorectal cancer screening study will be conducted in Arizona with co-principal investigator Linda Larkey, PhD, professor at Arizona State University, and co-principal investigator Laura Stalуча, EdD, research associate professor at the Ohio State College of Nursing.

The project will use a previously-tested approach to encourage colorectal cancer screening among low-income, multi-cultural patients aged 50 or over, many of whom do not have a regular primary care home. Because this group currently is less likely to undergo such screening, and colorectal cancer is the second leading cause of cancer deaths in the US, the potential impact is large.

There are two phases to the approach. First, community-to-clinic navigators will hold classes for small groups in multiple community centers. These classes will stress the importance of colorectal cancer screening for those over 50, and address some common misconceptions, as well as the benefits of screening and early detection.

The navigators will work with patients one-on-one to encourage participation in screening, then make screening arrangements. “What we’ve discovered over the years is it’s not one-size-fits-all,” Menon noted. “Everyone is going to get a navigation program tailored to their personal barriers, beliefs and cultural values.” For instance, some patients may need help making arrangements for the day of preparation prior to the screening. Others may need help with transportation or childcare on the day of the appointment, or arranging for a support person to be present. “If you’re poor and everybody in the family is under hardship, these are not easy things to get around,” Menon notes. The navigator helps patients work through these barriers. Navigators also may help patients overcome fears, address language barriers, or help uninsured and underinsured patients find clinics where they can be served at low cost or no cost.

The study will track access rates for moving patients into the clinic and for completion of screenings and will determine cost-effectiveness. Based on the outcome, the study eventually could be replicated in other locations across the country.

Insight into cancer fatigue

The other major new study, also led by McCarthy, will examine whether the fatigue associated with cancer is due to depression or to loss of muscle mass. Co-investigators include Jonathan Godbout, associate professor of neuroscience in the College of Medicine, who studies the biology of depression behavior with illness from a neuroscience perspective, and Peter Reiser, PhD, professor of oral biology in the College of Dentistry and professor of physiology and cell biology in the College of Medicine, expert in muscle cell biology and function as related to fatigue.

The researchers are exploring two different concepts in mice with cancer tumors—fatigue as related to motivation and enjoyment, and physical tolerance as related to musculoskeletal strength or motor function.

“There are all kinds of things we can model with mice and rats to get at the underlying biology of something we’re interested in with people,” McCarthy says. With further clinical studies, findings could one day help better tailor patient treatments. “If the complaint of fatigue has more to do with mood and affect, then that speaks to cognitive-behavioral therapy,” McCarthy notes. “If it has more to do with loss of muscle mass, then exercise—and particularly resistance exercise—would be important.”

Mice are known to enjoy wheel running. Yet, the behavior study of mice with tumors shows that as the tumor grows, the mice rest more and run in shorter bursts, indicating fatigue. To separate out whether this fatigue is due to loss of muscle mass or to loss of motivation and ability to run, several physical tests and drug studies of mice with tumors are used.

A test of preference in drinking water gauges depression. Healthy mice prefer sugar water, while depressed mice show no preference between sugar water and plain water.

Other tests explore physical tolerance and motor function. Grip strength is gauged through ability to hang onto a mesh grid. Muscle function tests examine whether restricted access to wheel running leads to faster deterioration than unlimited access to wheel running.

Based on these indicators of mood and strength, “We administer different drugs that break down whether we’re dealing with mood or with muscle changes,” McCarthy notes. Four drugs are used in the study to test if they improve wheel running. These drugs should have an effect on mood and two should have an effect on factors that affect muscle function.

While the study is still in its early stages, in the long-term it could offer a better understanding of the value or risks of exercise and the role of depression in cancer fatigue. This could provide valuable information on how to treat patients with slowly-progressing cancers to preserve their quality of life and their functional ability.

Helping kids breathe easier

Asthma health disparities within the Latino population of children with asthma is the basis for a study being conducted by Associate Professor Kimberly Arcoleo, PhD, MPH, Puerto Rican children exhibit the highest rates of asthma prevalence, morbidity, and mortality among all ethnic groups, according to Arcoleo, while Mexican children exhibit one of the lowest. Of critical importance, she says, but previously not extensively researched, is the role that culture, acculturation and illness representations—the way the parent interprets health and illness which influences how he/she manages the child’s asthma—may play in parents’ asthma management and treatment decisions.

“Parents and healthcare providers tend to hold different view of the disease and goals for treatment. Many parents view asthma as episodic, acute, and not readily controllable and want their child to be medication-free. However, asthma is a chronic illness and the disease is present even when symptoms are controlled and currently not apparent. Healthcare providers strive to have the child become symptom-free. As management of chronic illnesses has incorporated more self-management strategies, and as important to understand how parents perceive their child’s asthma and their beliefs about controller medication use so that effective communication regarding treatment expectations and symptom resolution can occur.”

The National Center of Complementary and Alternative Medicine (NC- CAM), a center of the National Institutes of Health (NIH), awarded a $2.5 million grant for research of asthma disparities among Latino children to Arcoleo in 2008 while she was at Arizona State University. Of that, $1.5 million transferred to the College of Nursing when Arcoleo came here in 2011. The project, titled “Asthma disparities in Latino children: Acculturation, illness representation & contemporary alternative medicine” (CAM) is being conducted in Phoenix, AZ and Broom, NY, and is housed within the Center for Promoting Health in Infants, Children, Adolescents & Women at the College of Nursing, where Arcoleo serves as director.

“The findings from this study will contribute to knowledge of the similarities and differences that exist between Mexican and Puerto Rican families regarding asthma illness beliefs and management strategies, and how acculturation influences these factors. “The proposed interdisciplinary multilevel study will address gaps in the evidence base and expand the framework for assessing disparities in asthma health outcomes among Latino children,” says Arcoleo. Arcoleo states, “Healthcare provid- ers, regardless of their practice setting, can best treat children with asthma if they understand what beliefs parents hold about what causes asthma, the nature of asthma symptoms, its course of action (chronic versus episodic), medications and alternative therapies used in treatment, and expectations for symptom resolution. If parents’ beliefs are discordant with the healthcare provider’s beliefs and are not addressed when devising the management plan, there is increased risk for non-adherence.”

Other new funding for faculty

In other new research funding for faculty, Jodi McDaniel, PhD, RN, assistant professor of nursing, received a two-year grant award of $419,375 from NIH for the study, “Testing fish oil derivatives in healing of chronic venous leg ulcers.” McDaniel serves as principal investigator, with a co-investigator from the College of Medicine who has expertise in wound biology.

This study will test whether the fish oil derivatives EPA-DHA, given as dietary supplements, can improve the healing of chronic venous leg ulcers that often do not respond well to topical treatments. Patients’ response to the dietary supplements will be tested at both 28- and 56-day increments, and will be compared to outcomes for a control group. Continued, see Research on page 49.
The Leadership Academy for Peak Performance offers powerful and exciting leadership workshops with an accompanying year of coaching!

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For more information about our programs, registration, or contact hours, please visit www.nursing.osu.edu/lapp.

College of Nursing to launch new podcast series

Listen carefully. Early next year, a new world of healthcare information will be coming your way via the Internet.

By Kathy Baird

Transformations readers—as well as anyone else interested in healthcare issues—will soon be able to listen to leading healthcare knowledge even while on the go, through The Ohio State University College of Nursing’s new weekly podcast series, “Viewpoints of Innovative Healthcare Leaders.” In line with its leadership role in health and wellness both on campus and in its field nationally, the College of Nursing will introduce the transdisciplinary interview series to spotlight top experts and help inform listeners on best practices and emerging thought in the field. The weekly interview series is set for a launch in early 2013. Plans call for a new podcast to be posted weekly.

Bernadette Melnyk, PhD, RN, CPNP/PMH-NP, FNAP, FAAN, dean of the college, who also serves as associate vice president for health promotion, and university chief wellness officer, said, “I am excited by the opportunity the College of Nursing has to share nuggets of wisdom from innovative healthcare leaders on health and wellness and how we can transform the health of Americans. This outreach to executives, nurses, and other healthcare professionals across the country will help to distinguish our college for its own innovation in reaching across disciplines to share insights and radical solutions for improving healthcare.”

Guests will include innovative leaders of nationally-renowned hospitals, healthcare systems, insurers, foundations and corporations. The podcasts, each 10 to 15 minutes in length, will be available for download from the College of Nursing website, to play on any computer, tablet or mobile device.

The interviews are being conducted in the WOSU Public Media studios by Melnyk. Laurel Van Dromme, chief of staff and strategic partnerships for the College of Nursing, serves as guest liaison for the series.

Interview guests include experts such as Richard Carmona, MD, MPH, FACS, 17th US Surgeon General and Dean’s Distinguished Professor of Health Promotion and Entrepreneurship at the College of Nursing, discussing the importance of nursing in public health and primary care; Nick Baird, CEO of US Healthiest, discussing corporate wellness and academic community wellness; Mary Nash, CNP of Wexner Medical Center, addressing the power of nurses to transform healthcare in the US; Sue Hassmiller, senior advisor for nursing at Robert Wood Johnson Foundation, discussing the value of nurses delivering care at full scope of practice nationally; and Michelle Robson, founder of EmpowHer.com, an online social health company for women, discussing the role of women as healthcare executives in the home/family.

Other planned speakers include:

• Howard Koh, Deputy Secretary of Health at the US Department of Health and Human Services

• Mary Wooley, CEO, Research/America

• George Thibault, President, Josiah Macy Jr. Foundation

See sidebar on following page for select profiles.

Several podcasts feature Melnyk covering such topics as the importance of evidence-based practice on patient outcomes, the value of chief wellness officers for organizations, and the importance of mental health care integrated with physical health care.

While providing timely information on healthcare delivery, the podcasts also will spotlight key innovative programs offered through the College of Nursing, including the Health Athlete program, which promotes healthy practices among nurses and healthcare professionals; The Leadership Academy for Peak Performance, which teaches leadership skills to aspiring nurse managers and health leaders; the Executive DNP program, which focuses on a
A look at some Viewpoint speakers

Here are few of the speakers featured in the College of Nursing’s upcoming podcast series:

J. Nick Baird, MD, is CEO of the nonprofit Alliance to Make US Healthiest (US Healthiest), a collaboration of national, state, and local public health, business, nongovernmental organizations and consumers committed to making the US the healthiest nation in a healthier world. Prior to joining US Healthiest, Baird served as director of the Ohio Department of Health. During his eight-year tenure, he led the state’s efforts in bioterrorism and pandemic influenza planning, increased health coverage for low-income mothers and children, spearheaded efforts for minimum requirements for nursing homes, expanded newborn screening, and implemented Healthy Ohioans, a program focused on reducing the burden of chronic disease by reducing tobacco use, improving eating habits and increasing exercise. In 2008, Baird was appointed by the Secretary of Health and Human Services to the CDC Director’s Advisory Council. Dr. Baird received a presidential appointment to serve on the President’s Council on Physical Fitness and Sports in 2002. Prior to joining ODH in 1999, Baird served for 13 years with OhioHealth, most recently as senior vice president and chief medical officer. He was a private practice physician in obstetrics and gynecology for 27 years and is an associate clinical professor in the Department of Obstetrics and Gynecology at The Ohio State University College of Medicine. He is a diplomat of the American Board of Obstetrics and Gynecology.

William D. Novelli is a professor in the McDonough School of Business at Georgetown University, where he teaches corporate responsibility, business and public policy, and nonprofit management. In addition, he is leading the Global Social Enterprise Initiative for the school. He is co-chair of the Coalition to Transform Advanced Care (CTAC), a national organization dedicated to reforming advanced illness care by empowering consumers, changing the health care delivery system, improving public policies and enhancing provider capacity. From 2001 to 2009, Novelli was CEO of AARP, a membership organization of 40 million people 50 and older. Prior to joining AARP, he was president of the Campaign for Tobacco-Free Kids, served as executive vice-president of CARE, the world’s largest private relief and development organization, and co-founded and was president of Porter Novelli, now one of the world’s largest public relations firms. Novelli recently served on the Institute of Medicine Committee on the Future of Nursing.

Susan Hassmiller, PhD, RN, FAAN, joined the Robert Wood Johnson Foundation in 1997, and is presently the Robert Wood Johnson Foundation Senior Adviser for Nursing. In this role, she shapes and leads the Foundation’s strategies to address nurse and nurse faculty shortages in an effort to create a higher quality of patient care in the United States. Drawn to the Foundation’s “organizational advocacy for the less fortunate and underserved,” Hassmiller is helping to assure that RWJF’s commitments in nursing have a broad and lasting national impact. In partnership with AARP, Hassmiller directs the Foundation’s Future of Nursing Campaign for Action, which seeks to increase access to high-quality, patient-centered care in a health care system where nurses contribute as essential partners in achieving success. This 49-state effort strives to implement the recommendations of the Institute of Medicine’s report on the Future of Nursing: Leading Change, Advancing Health. Hassmiller was a member of the National Board of Governors for the American Red Cross, serving as chair of the Disaster and Chapter Services Committee and national chair of the 9/11 Recovery Program. She is now a member of the National Nursing Committee, and is serving as the Board Chair for the Central New Jersey Red Cross. She is the 2009 recipient of the Florence Nightingale Medal, the highest international honor given to a nurse by the International Committee of the Red Cross.

Check the College of Nursing website at www.nursing.osu.edu in early 2013 to begin following this free podcast series. Kathy Baird is a freelance writer based in Columbus.

TLA: A new way for continuing education

The college’s new Transformational Learning Academy in Nursing & Health is putting a stake in the ground to become the leader in lifelong learning

By Sandra Gurvis

Continuing education (CE) is a fact of life for nurses—every two years, RNs in Ohio must complete 24 hours of CE to renew their licenses with the Ohio Board of Nursing. But The Ohio State University College of Nursing’s new Transformational Learning Academy in Nursing & Health (TLA) has taken continuing education to new levels. “Along with streamlining processes and making them as convenient as possible, our goal is to provide a substantive learning experience,” observes Jacqueline Loversidge, PhD, RNC, TLA director and clinical instructor at the college. “We are looking at our target audience and programs to make them compelling and relevant” to nurses and healthcare workers in the 21st century.

Programming to the max

Like many educational institutions, the College of Nursing had a continuing education program in place when Bernadette Melnyk, PhD, RN, CPNP/PAN-PHNP, FAAN, came on board as dean in September 2011. “She looked at the existing program and re-envisioned it with an eye to transforming the way people practice,” says Loversidge, who was asked by Melnyk to serve as director. Loversidge’s extensive background in education and nursing regulation included a stint at the Capital University School of Nursing where she was the first director of the accelerated program for second-degree BSN students. Along with being associate executive director and nursing education consultant for the Ohio Board of Nursing, she also served on the National Council of State Boards Nursing Committee on Special Projects to computerize paper-and-pencil licensure examinations. Additionally she worked in a variety of positions at OhioHealth and in 2012 received her PhD in higher education policy and leadership from Ohio State, where she has taught since 2009.

And those are just the “CliffsNotes” of her credentials. “Jackie brings a whole host of experiences to the table that make organizing a CE course easier for everyone,” observes Lynn Gallagher-Ford, PhD, RN, director of the College of Nursing’s Center for Transdisciplinary Evidence-based Practice (CTEP). Recently Gallagher-Ford and others put on a five-day workshop on evidence-based practice (EBP), which included about 40 hours of teaching. “Her attention to detail and extensive knowledge allowed me to focus on content,” rather than the administrative tasks related to obtaining continuing education contact hours that are required from the TLA as an approved provider unit of the Ohio Nurses Association. Loversidge “knows all the rules and what can and cannot be done, providing us with parameters to efficiently create the best programming possible.”

A challenge to educators and learners

In only a few short months, the TLA has organized an array of programs that...
Success in Simulation (March 2012)
Symphony of Simulation (Planned May, 2013)
Along with promoting best practices in the use of human-patient simulation, this daylong workshop hosted by College of Nursing faculty and staff and involving simulation industry representatives focused on everything from getting started to competency assessment to advanced moulage techniques, in which mock injuries are applied to the patient. “Program faculty used the College of Technology Learning Complex (TLC) to provide hands-on experience,” adds Loversidge. Lisa Rohrig, director of the TLC, was the program planner for this event.

Nuts and bolts of designing, conducting, analyzing, and funding intervention studies (May 2012; Planned May 29-31, 2013)
This three-day research-intensive workshop (RIW) “not only sold out, but was planned again for 2013, with spaces added,” comments workshop planner Kimberly Arcoleo, PhD, MPH, associate professor at the college. Intervention study design and measurement, internal and external validity, and grants and cost effectiveness were among the many aspects discussed. A copy of the just-published Intervention Research: Designing, Conducting, Analyzing, and Funding (A Practical Guide For Success) by Melnyk and Dianne Morrison-Beeby, PhD, RN, WHNFP, FAAN, was available to all participants and will be provided to every participant. “Even though it was our first time, everything went incredibly smoothly,” adds Arcoleo. See www.nursing.osu.edu/riw for more information.

Leadership development for nurses and The art and practice of nursing and healthcare leadership (August, 2012; multiple dates planned for 2013).
Hosted by the college’s Leadership Academy for Peak Performance (LAPP), the four-day program teaches leadership skills to aspiring nurse managers and healthcare leaders, including trust building, facilitating peak performance in others, emotional and social intelligence, and balancing energy and skills, to mention a few. Participants also meet with nurse and healthcare managers to share ideas and develop best practices and receive coaching support in the twelve months following the workshop. LAPP is directed by T. Scott Graham, PhD, USAF Lt. Col. (ret.). See www.nursing.osu.edu/lapp for details.

Evidence-based practice: Making it a reality in your organization (September & December 2012; multiple dates planned for 2013)
Coordinated by the Center for Transdisciplinary Evidence-based Practice (CTEP) and Gallagher-Ford, this extensive five-day “deep dive” immersion into EBP “is geared not only to nurses but all healthcare professionals, including educators, physicians, administrators, and physical, respiratory, and occupational therapists,” as well as others, explains Gallagher-Ford. Leveraging EBP and clinical inquiry, effective research and evaluation, and integration into the spectrum of healthcare settings are among the many topics covered. “At the end of the workshop, participants will have an action plan for implementing EBP as well as techniques to ignite and sustain the shift to EBP in their organizations.” See www.nursing.osu.edu/ctep for more information.

A good start…and then some
While some might be content with TLA’s running start, Loversidge is continu-
We need more nurses to develop a broad portfolio of knowledge and inquiry. That multi-sectoral, inter-professional approach leads to innovation.

The Ohio State University College of Nursing looks forward to celebrating its 100th anniversary in 2014! Plans are underway for a year filled with celebrations to honor our students, alumni, faculty, and staff.

The Centennial Planning Committee comprises volunteer alumni, faculty, and staff, who share a passion to honor the college’s first 100 years and all of its transformations. Alumni Carol Kennedy-Jones, ’67, ’70 MS, ’79 PhD, and Kitty Kisker, ’66, ’67 MS, honorary co-chairs, originated a framework of ideas in 2010 for the centennial celebration and shared their blueprint with then-Dean Elizabeth Lenz. Lenz asked clinical instructor Diane Sheets to lead the planning for the college. Following Bernadette Melnyk’s arrival as dean, Sheets requested a co-chair, with Laurel Van Dromme volunteering. We have organized ourselves with a steering committee and sub-committees focused on events, history, marketing/communications, honoring notable alumni, organizing memorialaria, and volunteers and creating a legacy for future celebrations.

Kisker says, “I was a sophomore student in nursing at the time of the then-School of Nursing’s 90th anniversary. I remember the pride I felt in being part of a program that had reached this milestone and had produced so many dedicated nurses who were leaders in the profession! The Centennial provides us a wonderful opportunity to renew friendships with our alumni, to recognize the contributions they have made improving the quality of healthcare, and to look to the many ways our current students will transform healthcare in the future.”

Adds Kennedy-Jones, “Time and change‘ truly captures the essence of Ohio State Nursing’s Centennial celebration. Our college’s nursing program has provided leadership in innovative teaching strategies, research initiatives that have informed the discipline, and service to enhance the community and profession. I am excited to help celebrate our Centennial!”

Nursing students Rhiannon Marcella, Jennifer Laurues, and Melanie Steffen demonstrate the “1-0-0” Centennial pose (inspired by “O-H-I-O”).

For my fellow faculty members, I have a few special comments. You Jr. the Ohio State’s nursing program has provided leadership in innovative teaching strategies, research initiatives that have informed the discipline, and service to enhance the community and profession. I am excited to help celebrate our Centennial!”

• • •


Alumni Notable of the College of Nursing: Nominations are being sought for distinguished individuals who have been transformers of healthcare during their careers, be it at the bedside or in community-based healthcare settings; in academia
Remember when?
Meeting Miss Newton

By Bonnie Garvin

In the early 1960s, I had just begun a three-year, hospital-based nursing program at Miami Valley Hospital in Dayton, Ohio. At that time, the American Nurses Association had adopted a resolution that by 1985 a four-year degree would be required for licensure. So early on, I decided that I must pursue my bachelor’s degree in nursing. I arrived in Columbus from a small town, Piqua, Ohio, with my meager savings and began prerequisites of anatomy, physiology, microbiology and the proficiency tests for the nursing program.

The School of Nursing—which wouldn’t become a college until 1984—held classes at that time in Starling Loving Hall and Hamilton Hall. The setting was crowded and one of my nursing classes was in a hallway connecting two buildings where the seats were on an incline. A new nursing building was planned to open in 1967.

Other students and I often sat on the grass outside Hamilton Hall between classes in our white uniforms. We were glad to be outside because the hospital, now Doan Hall, was steaming in the summer before air conditioning was installed. As a nursing student I tried to be involved in all that the university had to offer. I enjoyed English Lit courses and worked very hard in chemistry. I joined Alpha Tau Delta and was inducted into Sigma Theta Tau. I enjoyed breakfast at Freddies, a restaurant on the corner of 12th Avenue and Neil, where you could pass through at about 7:55 am, get break...
students 60 hours of activities for their internships. Interns assisted with research, participated in sophomore level courses, observed labs, viewed videos about nursing and health care inequities, and worked in the TLC.

Andrew Bogart’s interest in nursing peaked as an intern; he consequently participated in SIDN, and emphasized the value of both programs. “The Metro Internship and Summer Institute for Diversity in Nursing pushed me over the edge in deciding that nursing school was for me. Before those opportuni- ties, all I knew was that I liked biological science and helping people. But I was provided access to the panels of nursing experts, skills lab tutorials, hospital tours, and healthcare discussions necessary to convince me to apply for nursing school. Today was my first day of nursing classes at The Ohio State University, and I can’t wait to embark on this three-year journey to earn my BSN and find the nursing specialty right for me.”

Anelise’s dream to become a part of the College of Nursing was fulfilled when she received her acceptance letter last spring. She was one of three SIDN participants ac- cepted to the college this year. Now, looking back on the program, she identifies how crucial it was to her career path. “My experience in the College of Nursing initiated a partnership with academic units and Exploring Learning for Life, a nonprofit organization that enables young adults to gain career skills. Through this col- laboration, 20 to 25 student participants from area high schools interact with faculty, staff, and students within the colleges of Nursing, Optom- istry, Dentistry, Public Health, Medicine, and the School of Health and Nonprofit Organizations. Participants meet monthly to gain hands-on ex- perience, learn about cutting-edge research within the profession, and acquire ways to prepare for a future career in the healthcare industry. Ashley Thomas, work- force development execu- tive for Exploring Learning for Life, says, “What sets Ohio State’s Health Sciences Exploring Post apart from the rest of our partnerships is the increased quality of re- sources and staff. High school students are eager to return on a monthly basis to gain exposure to a wide variety of medical programs. This post is unique in providing real-world career experiences for students and equipping them with the skills needed to excel personally and professionally in the future.”

Internships are another opportunity for diverse groups of students to engage with the college throughout the year. In 2011, the college collabo- rated with Metro High School, a local STEM-focused (science, technology, engi- neering, mathematics) high school to provide nine

out the academic year. During each program, participants work with nursing ambas- sadors to learn about college and clinical experiences and gain skills in the TLC.

Lisa Rohrig, director of the TLC, explains, “We ensure that prospective students get to jump into nursing through multiple hands-on activi- ties such as listening to heart sounds with a stethoscope, donning sterile gloves, navigat- ing through a wheelchair obstacle course and riding the hover mat. These immer- ous activities effect nursing to the experiences of nursing and help to ignite their interest in the profession.”

The College of Nursing doesn’t just provide one-time experiences to ignite students’ interest in nursing as it hosts several groups throughout the year. In 2009, The College of Nursing initiated a partner- ship with academic units and Exploring Learning for Life, a nonprofit organization that enables young adults to gain career skills. Through this col- laboration, 20 to 25 student participants from area high schools interact with faculty, staff, and students within the colleges of Nursing, Optom-
On campus, once again

Reunion-Homecoming Weekend 2012 was a huge hit for alumni, especially the Class of 1962

Megan Amaya, PhD, director of health promotion and controlled patient simulators students use to practice skills in safe environments. Megan Amaya, PhD, director of health promotion and wellness, presented a continuing education class for those interested in incorporating wellness into their work environment. The class provided an opportunity to learn about and manage stress in healthy ways.

Friday afternoon progressed with Dean Melnyk giving a State of the College address to alumni and donors, highlighting major accomplishments of the college in the past year. She also shared her vision for the future, including the development

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

Allhagie Jobarteh, a member of the International Dean’s List Society, plans to graduate in May 2013 with a Bachelor of Science in Nursing degree. Allhagie is a recipient of the College of Nursing Minority Scholarship for the 2012-2013 academic year. After graduation, he plans to work as a bedside nurse and gain experience for a couple years. His goal is to specialize in public health and work with developing nations on public health issues.

How has this scholarship made an impact in your life?

This scholarship has enabled the continuation of my education at OSU. Equally as important is the fact I don’t have to worry about a lot of miscellaneous items outside of the classroom. The scholarship has lessened the burden of having to struggle to provide for myself which has been compounded by being an international student. In a nutshell, this scholarship provides a lifeline for me.

What is the best college experience you have had so far?

There is no college experience better than enjoying football games at “the Shoe!” Additionally, spending time with my friends is always memorable. This past spring, my clinical group organized a dinner that will forever linger. These people are my new-found family.

What is your advice to students interested in studying nursing at Ohio State?

The College of Nursing offers the best quality of nursing education and instills in its students a sense of hard work, commitment, dedication, respect, independence, and professionalism. The faculty at the college are dedicated to their students; striving to prepare them to be the best nurses there are and to become positive contributors of society. To me, coming to Ohio State is a home away from home.

For more information on funding scholarships to support students like Allhagie, please contact Pamela Lowe, director of development, at (614) 688-1086.

State Foundation’s secure website and to learn more about College of Nursing funds.

Gifts may be sent to:
The Ohio State University College of Nursing 1585 Neil Avenue Columbus, OH 43210-1289 Attn: Pamela Lowe

Please make checks payable to Ohio State University Foundation. Include the fund number for the account you would like to support.

Call Pamela Lowe, Director of Development, at (614) 688-1086 or e-mail pamelas2010@osu.edu with questions or for more information regarding giving to Ohio State University College of Nursing.

Visit giveto.osu.edu or (614) 688-1086 or e-mail pamelas2010@osu.edu with questions or for more information regarding giving to Ohio State University College of Nursing.

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Pamela Lowe is director of development for the College of Nursing.

Scott and Margaret Graham great campaign co-chair Jim Hamilton during Reunion-Homecoming Weekend
of outstanding distance and continuing education oppor-
tunities for in-state and out-of-state students and
working and aspiring nurses.
Alumni and guests
gathered Friday evening for the All-Class Reunion Dinner
and Awards Ceremony at the Ohio State Faculty Club. The
Alumni Society honored several outstanding alumni for
their notable accomplish-
ments. (See sidebar at right.)
On Saturday, the College of Nursing Alumni Society
annual meeting was held to review its accomplishments
from the past year and vote in a new board of directors:
President: Marci Delson (’77)
Outgoing President: Laureen Smith (’84)
Treasurer: Eric Yap (’95, ’98)
Secretary: Amy Lord (’87)
President Elect: Linda Johnson
(’77, ’81)
Awards & Nominations: Jodi McDaniel (’95, ’07)
Membership & Development: Stephanie Stelmaschuk (’10)
Meetings & Programs: Malo-
rie Woiwirich (’10)
Board members: Nancy Leister (’94), Pat Weisenbach
(’81), Heather Bronn (’02), Diane Tildas (’80, ’81), Phyllis
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Voorhees-Murphy (’91).
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erg
O-H!...
Hello Buckeyes! Greetings from the College of Nursing Alumni Society! I am honored to be the new Alumni Society President for 2012-2013. As a 1977 nursing graduate, I am committed to assisting the society in its efforts to reach fellow nursing alumni. We share pride in being graduates of the College of Nursing, which continues to be among the highest-rated academic nursing programs in the country!

I want to give you a glimpse into what the society is doing and will do in the next year. Dean Melnyk talks about transforming our college into the greatest, and as a board, we want to continue that transformation.

We have programming for young alumni, service projects throughout central Ohio area in which to participate, and favorite traditions, such as the wine tasting that helps us raise money for the scholarship fund. We want to continue to bring our alumni together, raise money for scholarships, and assist the college students professionally and socially. We provide nutritious snacks at various times throughout the year and bring small groups of students together to talk about what it’s like in the real world of nursing. I am sure we can all recall the rigors of schoolwork and how great it was to have mentors to show us the way.

One event that always brings together alumni of all ages is the annual Reunion-Homecoming Weekend. This year, I received a phone call from the college that Homecoming and Reunion Weekends were combined into one campus-wide celebration that welcomed alumni home. Be sure to check out pictures from the events on The Ohio State University College of Nursing Alumni Society Facebook page!

We are poised to begin our celebration of the College of Nursing’s Centennial in 2014—preparations are underway and your Alumni Society is part of that journey. Use this special time to re-connect with the college and the Alumni Society. We also look forward to hosting both annual and new events for alumni of all ages! With more than 12,000 alumni of the Ohio State College of Nursing, our Alumni Society Board serves all...

…I-O! Go Bucks!

Megan Denison

As the college’s new alumni and donor relations coordinator, I received both my bachelor’s degree in marketing and master’s degree in higher education and student affairs. At the college, I am responsible for planning and implementing programs, projects, and events designed to cultivate, engage, and serve college alumni and donor communities.

If you would like more information about how to connect with the college, I’d love to hear from you. Please contact me at (614) 292-2658 or denison.22@osu.edu. In addition, please consider joining the Nursing Alumni Society by visiting www.nursing.osu.edu/alumni/alumni-society. You can also join the conversation on Facebook at facebook.com/osunursing and facebook.com/osunursingalumni.

Megan Denison is alumni and donor relations coordinator for the College of Nursing.

Four faculty members named AAN Fellows

Dean Berri Melnyk and Vice Dean Usha Menon visited Ethiopia this summer along with other health sciences deans and university leaders to explore academic and research partnerships. Visits included several meetings with dignitaries, including the president of Ethiopia, the ministers of Health, Foreign Affairs and Education, as well as leaders and faculty from Addis Ababa University and the University of Gonder. The continued expansion of global partnerships is an important priority for both the college and the university.

Dean Berri Melnyk (in black jacket) and Vice Dean Usha Menon (in fuchsia jacket), with fellow Ohio State deans and other university leaders meet with Ethiopian President Girma Wolde-Giorgis. Vice Dean Usha Menon (in black jacket) with Ethiopian Health Sciences Deans, PMH, professor, director of the PhD program, and Barbara Warren, PhD, RN, CNS-BC, PMH, professor of clinical nursing, director, psychiatric mental health nurse practitioner specialty. Also inducted were College of Nursing alumni Cheryl Schmidt, PhD, RN, CNE, ANEF and Gayle Timmerman, PhD, RN, CNS.

An unprecedented four new college faculty members were inducted as Fellows of the American Academy of Nursing in 2012. The four are: Margaret Graham, PhD, RN, FNP, FNP, associate professor, associate dean for advanced practice and community partnerships; Jeannie Ruiz, PhD, FNP, WHCNP, associate professor; Pamela Salsberry, PhD, RN, professor, director of the PhD program; and Barbara Warren, PhD, RN, CNS-BC, PMH, professor of clinical nursing, director, psychiatric mental health nurse practitioner specialty. Also inducted were College of Nursing alumni Cheryl Schmidt, PhD, RN, CNE, ANEF and Gayle Timmerman, PhD, RN, CNS.

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Megan Denison is alumni and donor relations coordinator for the College of Nursing.
Anderson receives prestigious Armiger award from AACN

Carole A. Anderson, PhD, RN, FAAN, former dean and professor emeritus of The Ohio State University College of Nursing, was recently awarded the Sister Bernadette Armiger Award from the American Association of Colleges of Nursing “for significantly advancing nursing education and practice.”

Anderson is currently serving as special projects coordinator for academic policy in the Office of Academic Affairs. She previously served as dean of The Ohio State University College of Dentistry, university vice provost for academic administration, and dean of the College of Nursing from 1986-2001. During her tenure as dean she also served as assistant vice president for health sciences and executive dean of the health sciences.

Anderson is a Fellow of the American Academy of Nursing, past editor of Nursing Outlook, and has served on the board of the Commission on Collegiate Nursing Education (CCNE), and the Columbus Board of Health. She was a charter member and two-term chair of the Scientific Review Group of the National Institute of Nursing Research (NINR), has served on and chaired the National Advisory Council on Nurse Education and Practice, and was a board member and past president of AACN.

During her career in nursing, Anderson has played an active role in changing and shaping baccalaureate and graduate nursing education with particular emphasis on the desired linkages between nursing education and nursing practice. In addition, Anderson has written and spoken of the need for academic nursing programs and their faculty to become solidly embedded in the academic fiber of colleges and universities.

Landers selected 2012 RWJF Nurse Faculty Scholar

Assistant Professor Timothy F. Landers, PhD, CNP, is one of just 12 outstanding nursing educators to win a competitive grant from the Robert Wood Johnson Foundation (RWJF) Nurse Faculty Scholars program this year. Landers will receive a three-year, $350,000 award to promote his academic career and support his research. The Nurse Faculty Scholar award is given to junior faculty who show outstanding promise as future leaders in academic nursing.

“Tim is an outstanding Buckeye faculty member who engages in cutting edge research and innovative teaching,” said Dean Bernadette Melnyk. “He is so deserving of this award.”

Melynky presents inaugural “State of Health & Wellness” address to university

Dean and University Chief Wellness Officer Bernadette M. Melnyk delivered the inaugural State of Health & Wellness in Buckeye Nation address to a standing-room audience at the Ohio Union in October.

Faculty, staff, and students learned about the One University Health and Wellness Council’s new health and wellness strategic plan and this year’s initiatives to enhance health and wellness, including a new “Wellness Wednesdays” calendar, the Wellness Innovations program, and “Just 1 Change” health challenge. Health Athlete and Nurse Faculty scholars—a new energy management initiative being offered to university faculty and staff—were discussed. Also speaking were Kathleen McGuire, vice president and chief human resources officer, and Larry Lowenhart, vice president, care coordination and health promotion at The Ohio State University Wexner Medical Center, who offered comments about the need for improved health among the Ohio State community.

To view a video of Melnyk’s address, visit www.nursing.osu.edu/stateofhealth.

Pelotonia’s Team Buckeye big success

Twelve College of Nursing faculty and staff members volunteered—with seven riding—for the 2012 Pelotonia as Nursing Wellness Warriors on Wheels, part of Team Buckeye. Pelotonia is a Columbus-based, non-profit organization that plans and promotes an annual bike tour supporting year-round grassroots fundraising for Ohio State’s Comprehensive Cancer Center—James Cancer Hospital and Solove Research Institute by Pelotonia riders.

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Some of the college’s Pelotonia participants were Scott Graham, Bern Melnyk, Margaret Graham, Kim Arcalone, Lynn Ellingsworth, and BLinda Kozich.

Haxton delivers powerful message to students

The newly formed Buckeye Student Nurses Association sponsored an inspirational event with a presentation by Blake Haxton, Hahton. Haxton is a current Ohio State finance student and a former Wexner Medical Center patient who was diagnosed with necrotizing fasciitis, a serious flesh-eating infection. The Upper Arlington Ohio native and former rowing athlete lost both of his legs to the disease in 2009.

Haxton was captain of his high school rowing team prior to his diagnosis. Today, Upper Arlington Crew hosts a regatta in Haxton’s name and he continues as a rowing coach.

His appearance before a packed Newton Hall lobby included his recollection of dealing with the disease as well as expressing his gratitude to the nurses who treated him. “There is one characteristic that all nurses can’t be without,” he said. “Common sense.” His talk at the College of Nursing can be viewed at www.go.osu.edu/haxton.
Two College of Nursing TLC faculty members present work in Australia

Faculty members Stephanie Justice and Hilaneh Vandia presented in Sydney, Australia in September at SimHealth 2012: Innovations/Education/Research: Making Teams Work, hosted by the Australian Society for Simulation in Healthcare. The conference was targeted to all health-related disciplines—nursing, medical, surgical, allied health, research, education, and industry. It featured a mix of interactive workshops, papers, posters, rundtable discussions, special interest group breakfasts, and an exhibition.

Justice presented a 90-minute hands-on workshop on moulage (the art of applying mock injuries for the purpose of training) titled, “Quick and easy moulage techniques” and Vandia presented her poster “Four bodies performing popular songs.”

College hosts Ohio Nursing Students convention

Nursing students from higher education institutions throughout Ohio converged at the College of Nursing in October for the Ohio Nursing Students Association Annual Convention. “Ohio Nursing Students Shooting for the Stars,” attracted more than 150 active nursing students to Newton Hall.

The ONSNA Board of Directors is very excited to have our annual convention at Ohio State this year,” said Brandon Pachs, 2011-2012 ONSNA President and a junior at Case Western Reserve University Frances Payne Bolton School of Nursing. “Having the convention in central Ohio provides a convenient location for nursing students throughout the state.”

Students participated in a Jeopardy-style “brain bowl” competition, learned about professional organizations to join, installed a new statewide board, and participated in American Red Cross blood and bone marrow drives.

Speakers included Vice Dean Usha Menon, PhD, RN, FAAN, and Mary Foley, PhD, RN, and past president of the American Nurses Association and associate director, Center for Nursing Research and Innovation, University of California, San Francisco.

Breakout sessions covered topics and issues that impact students’ education and future work, from diversity in nursing and pharmacology to graduate school and community health options.

“The various sessions and speakers at this year’s convention were very beneficial to the students, who are the future leaders of the nursing profession,” said Pachs.

College News

Newton Hall summer renovations complete

The College of Nursing’s home in Newton Hall took on a new look this summer. The lobby was transformed from its previous wood-paneled space to a brighter and more colorful environment. New carpet, furniture, and ceiling “clouds” of lighting added to the reshaping of the lobby, which is a very popular area for a variety of student, faculty, and staff functions. The renovations were completed in time for Reunion-Homecoming, much to the delight of alumni and students visiting the building that weekend.

Newton Hall’s third floor also underwent renovation this year, with new walls and carpeting installed. New interior signs for the building will be installed before the end of the year.

Nursing students perform screenings at Ohio State Fair and Farm Science Review

Students from the College of Nursing spent time this summer performing biometric health screenings at the Ohio State Fair (left) and the Ohio Farm Science Review. The screenings are part of the college’s leading role in the Million Hearts Initiative, an effort to prevent one million heart attacks and strokes over the next five years. The college and Ohio State support this effort with screenings and education. See www.millionhearts.osu.edu.
Call for nominations

2013 College of Nursing Alumni Society Awards

Every year, the College of Nursing Alumni Society recognizes outstanding alumni in four categories: Community Service, Distinguished Alumnae, Distinguished Recent Alumnae and Mildred E. Newton Distinguished Educator.

Please consider nominating an outstanding College of Nursing alumnus for one of these honors. Criteria and the nomination form are available at www.nursing.osu.edu/alumniawards. Nominations are due by July 1, 2013.

1950s
1959 Jane Smith is enjoying retirement by volunteering at Providence St. Vincent Hospital and The Audubon Society of Portland.

1960s
1962 Phyliss Wanamaker Hughes retired after a satisfying career in pediatrics that began in Akron Children’s Hospital, first as a floor nurse, then as student clinical instructor. After moving to Florida, Hughes was the sole nurse in a busy office then became a school nurse for 1,100 students. Hughes loved each of her jobs and believes that her excellent education allowed her to do well.

1963 Rosemary Butzer completed a three-year program in July 1964 in the College of Education and received her certification from Ohio Department of Education as a school psychologist. Butzer retired in 2001 as an early childhood psychologist for Knox County schools. Butzer received the distinguished alumnae award from Mercy College in 2011.

1970s
1972 Jane Reed travelled to South Africa last September as a part of the People to People Citizen Ambassador program. The delegation of mostly nurses focused on holistic nursing and natural healing traditions of South Africa.

1976 Karen Kish retired in January 2012 after 34 years with the American Red Cross.

1977 Marcie Delson recently became the Quality Manager at MediGold, Mount Carmel Health System’s Medicare Advantage health plan.

1979 Cynthia Levering received her FNP certification in 2009 and is now working as a hospitalist in a post-acute/rehabilitation setting.

1980s
1980 Peter Denkowski currently runs the tuberculosis program for Franklin County, serves on the accreditation committee and is the treasurer of the Ohio Public Health Association. Denkowski also precepts College of Nursing graduate students and OSU College of Pharmacy students.

1984 PhD Laureen Smith was promoted to associate professor with tenure at The Ohio State University College of Nursing.

2000s
2005 Erica Garbe is the serving as the new Assistant Nurse Manager in the Nursing Float Pool in the Ohio State James Cancer Hospital.

2007 John Reichert graduated in December 2011 with his M.S. in Nursing Anesthesia Specialty from the University of Pittsburgh. He is currently working as a nurse anesthetist (CRNA) at Nationwide Children’s Hospital.

2009 Betty Wines supervises 28 RNs and LPNs and consults for home health agencies as the director of nursing for the Central Ohio Eldey Care, LLC.

In memoriam

Remembering our classmates, colleagues and friends

Butte J. Beth 1945
Alma L. Britt 1946
Barbara S. Diver 1958
Eileen Eakins 1956
Susan E. Ekron 1987, 1997 mS
Jennifer P. Graham 1982
Martha F. Hoffman 1947
Jean K. Lister 1944
Butte D. Lurker 1971 MS
Jane M. Miller 1948

Shirley M. Plapp 1956
Dianne C. Ross 1966
Virginia L. Rabbits Stage 1949
Donna B. Roberts 1955
Thelma R. Salvatore 1948
Mary J. Sharp 1956
Nancy A. Speed 1979 MS
Alice T. Stein 1956
Judith S. Thomas 1939
Muriel H. Tsuji 1963, 1966 MS
Marilyn L. Ulrich 1958
Sylvia K. Zilch 1967

Please share your professional accomplishments with your fellow alumni. Send your updates to Megan Denison at nursingalumni@osu.edu.
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www.nursing.osu.edu/ctep

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On the campus of The Ohio State University

Research

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Through the Johns Hopkins University School of Nursing.

RWJF grants allow us to take these very promising junior faculty and give them release time to really focus on developing themselves as researchers,” Menon says. “They’re learning about what is happening on the national front. Their finger is on the pulse of some of the innovation that is happening around RWJF.” Ultimately, the college also benefits.

Student research funding

In newly funded student research, doctoral and acute-care pediatric nurse practitioner student Kristin Greathouse has received NIH support beginning this fall semester for her doctoral work toward her dissertation. Greathouse, who also is a pediatric nurse with intensive care unit experience, will focus her dissertation study on “Innate immune suppression following acute injury.” Because children who undergo acute trauma become very susceptible to hospital borne infection such as urinary tract infections, she will work to understand how to improve immune function and reduce this susceptibility. Using an animal model to observe a population of cells important in resisting hospital borne infections, she will study innate immune function following surgical trauma, then test an intervention to promote immune function and resistance to infection.

NIH funding provides tuition and a monthly stipend to support doctoral students’ commitment to full-time research as they complete their dissertation. “It’s the government’s way of funding the next generation of scientists,” McCarthey explains. “We’re really pleased to pass through that rigorous peer review process in terms of our doctoral student training, and for the students to receive these awards.”

Greathouse joins three other doctoral students who already hold similar funding: Rika Tanda, Yvonne Clark and Sharon Hill.

Continued; see Research on next page

A RESEARCH INTENSIVE WORKSHOP from THE OHIO STATE UNIVERSITY COLLEGE OF NURSING

NUTS & BOLTS OF DESIGNING, CONDUCTING, ANALYZING AND FUNDING INTERVENTION STUDIES

May 29-31, 2013 | Columbus, Ohio

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- Explore the essential elements of intervention studies
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- Network with other researchers from across the nation
- Take home valuable resource materials
- Come with an idea, leave with a plan

For complete information about this seminar, accommodations, contact hours, or pricing, visit www.nursing.osu.edu/riw, or contact Katie Aukerman at aukerman.33@osu.edu.

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Comments from the previous workshop

“Great implementable information.”

“Many good ideas and tips.”

“Outstanding presentation.”

“Great, well-rounded information.”

“Timothy Landers

Two conference facilitators

Dr. Tim Landers, School of Nursing

Dr. Sharon Hill, School of Nursing

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Faculty Focus

RECENT AWARDS & HONORS

Anderson, Carole, Sister Bernadetta Armitage Award, American Association of Colleges of Nursing.
Cabe, Jennifer, Champion Award, Health Literacy Innovations.
Combs, Richard, Champion Award, Health Literacy Innovations.
Fletcher, Linea, Clinical Scholarship Award, The Ohio State University College of Nursing.
Graham, Margaret, Fellow, American Academy of Nursing.
Kirkpatrick, Bonnie, Educator of the Year Award, The Ohio State University College of Nursing.
Lamont, Timothy, Nurse Faculty Scholar, Robert Wood Johnson Foundation.
Leiter, Joanne, 2012 Excellence in Research Award, The Ohio State University College of Nursing.
Lipton, Orleana, Clinical Scholarship Award, The Ohio State University College of Nursing.
McCarthy, Donna, Advisory Committee for “Ohio Festival” by Nursing Science Education, Council for the Advancement of Nursing Science.
Melnick, Bernadette, 2012 Senior Scientist, Midwest Nursing Research Society.
Mens, Edna, College of Nursing Distinguished Alumni Award, University of Cincinnati.

Research

Energy sparks research growth

These newly funded projects signal a college-wide effort to actively build its research program and grow its national profile. “We’re building, we’re pushing, we’re growing,” McCarthy says. Recently recruited faculty attract attention on the national front, as do prominent publications and presentations. In a spiraling climb, a rising profile attracts additional funding, which allows the college to grow as a unit and to fund additional predoc-toral and postdoctoral fellowships. This in turn attracts high-caliber students to train for the future.

With a look to the future, Menon says, “The changing face of healthcare requires us as nurse researchers to be agile and nimble and change with the times.”

It will call for creativity and innovation on our part.” In her first six months at Ohio State, “I have seen some real energy around being able to think collabora-tive and think innovatively about the kind of research that we could do,” Menon says. “It’s very energizing to see that kind of collaboration and excitement in the college.”

Kathy Baird is a freelance writer based in Columbus.

Ohio State is the only adult hospital in central Ohio ever ranked in 10 or more specialties by U.S. News & World Report.

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