Ohio State hosts first national summit on Building Healthy Academic Communities

Ohio State University Associate Vice President for Health Promotion, Chief Wellness Officer and Dean of the College of Nursing Bernadette Melnyk addresses the opening session of the BHAC summit, attended by more than 300 participants from 93 institutions of higher learning.
The College of Nursing’s Centennial Gala will be held March 29, 2014, at The Ohio Union—on the campus of The Ohio State University.

Join former US Representative Gabrielle Giffords and Captain Mark Kelly, US Navy (ret) as our special guests at the Centennial Gala. We will also celebrate our 100 Alumni Transformers in Nursing & Healthcare!

Online reservations will be available in early January at nursing100.osu.edu. In addition, mailed invitations will be sent to College of Nursing alumni, donors and friends in January. Hotel information is now available at nursing100.osu.edu. For questions, please e-mail nursing100@osu.edu.

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This program is available for individuals who are interested in enhancing their EBP knowledge, skills and attitudes, as well as organizations that are interested in building, enhancing and sustaining a culture of evidence-based practice

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For information, contact Lynn Ellingsworth, program manager, at (614) 688-1175 or ellingworth.1@osu.edu

Center for Transdisciplinary Evidence-based Practice
The Center for Transdisciplinary Evidence-based Practice (CTEP) is an innovative enterprise committed to partnering with individuals and organizations to promote and sustain evidence-based practice in clinical and academic settings. Recognizing that EBP is transdisciplinary, this center focuses on engaging and teaching EBP professionals across a full range of disciplines.

Melnyk elected to IOM
Prestigious independent national organization provides unbiased evidence-based authoritative advice to healthcare decision-makers and the public to improve the health of the nation

By Kathryn Kelley

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP; FNAP; FAANP; FAAN, The Ohio State University’s first chief wellness officer, associate vice president for health promotion, dean of the College of Nursing and professor of pediatrics and psychiatry at Ohio State’s College of Medicine, is one of the new members elected this year to the Institute of Medicine (IOM), one of the four United States National Academies.

The Institute of Medicine announced the names of 70 new members and 10 foreign associates during its 43rd annual meeting on October 21, 2013. Election to the IOM is considered one of the highest honors in the fields of health and medicine and recognizes individuals who have demonstrated outstanding professional achievement and commitment to service. There are currently just seven IOM members elected from Ohio State, of which Melnyk is the only nurse.

Melnyk is a nationally and internationally recognized expert in evidence-based practice, intervention research and child and adolescent mental health, and is a frequent keynote speaker at national and international conferences on these topics. She has consulted with hundreds of healthcare systems and colleges throughout the nation and globe on how to improve quality of care and patient outcomes through implementing and sustaining evidence-based practice. Her record includes more than 19 million dollars of sponsored funding from federal agencies as principal investigator and more than 200 publications. Melnyk is co-editor of four books, including “Evidence-based Practice in Nursing & Healthcare: A Guide to Best Practice.”

Melnyk’s evidence-based COPE program for parents of premature infants is improving outcomes for parents and infants across the nation and globe, including shortened length of stay in the neonatal intensive care unit and decreased hospital readmission rates. In addition, Melnyk’s evidence-based COPE Healthy Lifestyles TEEN (Thinking, Emotions, Exercise and Nutrition) Program is currently being adopted by schools to prevent overweight/obesity and improve mental health, social skills and academic performance in high school and middle school adolescents.

The Institute of Medicine is unique in its structure as both an honorific membership organization and an advisory organization. Established in 1970 by the National Academy of Sciences, the IOM has become recognized as a national resource for independent, scientifically informed analysis and recommendations on health issues. New members are elected by current active members through a selective process that recognizes individuals who have made major contributions to the advancement of the medical sciences, health care and public health. With their election, members make a commitment to volunteer their services on IOM committees, boards and other activities.

Melnyk is an elected fellow of the American Academy of Nursing, the National Academies of Practice and the American Association of Nurse Practitioners, and served a four-year term as one of only two nurses on the 16-member United States Preventive Services Task Force. In addition, she serves on the National Advisory Council for Nursing Research, the National Institutes of Health National Advisory Board for Nursing Research, the National Quality Forum’s (NQF) Behavioral Health Steering Committee and the Centers for Disease Control and Prevention’s Laboratory Medicine Best Practices Workgroup. In addition, she is editor of the journal, “Worldviews on Evidence-based Nursing.”

She has received numerous national and international awards, and has twice been recognized as an Edge Runner by the American Academy of Nursing. Melnyk recently received the inaugural NINR director’s lectureship award and as well as the lifetime achievement award by National Organization of Nurse Practitioner Faculties Lifetime Achievement Award.

Kathryn Kelley is chief advancement officer for the College of Nursing.
Ohio State creates and hosts the Building Healthy Academic Communities Inaugural National Summit

More than 300 participants from over 90 institutions of higher learning and professional organizations across the nation met to improve health and wellness outcomes in their academic communities

By Kathryn Kelley

If you build it, they will come . . . and play in a wellness ball pit, gleefully engage in a Nine Pillars of Wellness Walk, take a dance break during the plenary sessions and absorb mindfulness and meditation techniques. In other words, they walked the wellness talk.

When health and wellness leaders and organizers from The Ohio State University convened more than 300 individuals representing 93 institutions for the inaugural Building Healthy Academic Communities National Summit last April, they did not intend for a simple gathering of opinions and recitation of individual program ideas over chips and dip. They wanted to start a cultural revolution surrounding academic health and wellness.

Major academic and health leaders from across the country shared best practices and spurred new creative solutions in improving academic communities’ health and wellness outcomes. The charge: transforming higher education into a catalyst that permanently alters the culture.

“Academia is fertile ground to enhance the population health of 33 million students, faculty and staff, who live and work in higher education settings. Unfortunately, academic settings have lagged behind the pace that corporate America has set for the past decade in offering aggressive wellness programs for their employees,” said Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, The Ohio State University chief wellness officer, associate vice president for health promotion, and dean of the College of Nursing. Melnyk founded the Building Healthy Academic Communities Summit. “Universities are in a unique position to set the national agenda for health and wellness on the critical issue of improving population health to positively impact faculty, staff, students and the surrounding community.”

Although many academic institutions have created wellness programs for students, faculty and staff, few have implemented a comprehensive and integrated approach to health and wellness. The benefits of doing so cannot be overstated. Multiple studies show that wellness programs lead to reductions in healthcare costs and health insurance premiums and, more importantly, healthier and more engaged students, faculty and staff. [See “Survey findings suggest healthy activities for staff and faculty should be supported and accessible,” page 12]

“Engagement is key. In order for any effort to be successful,
engagement needs to come from different levels of the organization. Leader support and commitment are vital to academic wellness initiatives, but so are grassroots and middle management efforts,” said Megan Amaya, director of health promotion and wellness at Ohio State. “By focusing efforts on all of these levels, we will be able to promote and sustain wellness initiatives.”

Building blocks of a summit

Conference-goers participated in presentations during session tracks that encapsulated timely issues involving faculty and staff wellness, student wellness, academic medical center wellness and wellness innovation tracks. A consensus was being provided a venue with innovative and fun workshops, panels, posters and innovations, visionary in health and wellness gave energetic plenaries during the summit, including: Michael F. Reizen, MD, co-founder of RealAge, Inc. and chief wellness officer of the Cleveland Clinic, presented “RealAge and you: The Cleveland Clinic experience on controlling your genes and what it means for you,” on how four factors—tobacco, physical inactivity, food choices and portion size and unmanaged stress—largely cause America’s healthcare costs. The consortium builds upon the 120 representatives from academic institutions across the US gathered to help set the vision, mission and goals for new collaborative engagement and providing a sounding board for policymaking decisions. People want to raise the visibility of wellness initiatives at their institutions. Some may feel pushback from leadership, others may feel restrained by upfront costs. The consortium builds upon the energetic foundation created by the summit as a forum for people to share successes and challenges to academic wellness, said Amaya. “Since this was the first summit—and the first consortium—of its kind, the amount of support demonstrated that people from different sized institutions who work with or are interested in comprehensive academic wellness and understand its need in higher education.”

The culture change needed to break

digm about the role of health plans and healthcare providers that target lifestyle-related risk factors in meaningful ways.

In regard to the summit’s focus on student as well as faculty and staff wellness, Amaya recommended, “We need to focus on comprehensive academic institutional wellness, targeting both faculty and staff, so everyone is prepared to meet the demands of the world we live in, now and in the future.”

Melnyk commented, “By focusing on integrative approaches to health and wellness, such as the mental, emotional, social and environmental dimensions of wellness, we can impact individuals as a whole, especially in regards to the environment around them. We tried to integrate research from a variety of dimensions of wellness at this summit to make this point.”

During a surprise visit on the second day of the summit, Eddie George, Ohio State’s assistant vice president for business advancement, NFL standout and Heisman Trophy winner, presented comments about the need for teams to maintain healthy lifestyles. He also participated in the next day's consortium meeting.

A consortium is born

Following the summit, the first meeting of the National Consortium for Building Healthy Academies was held, where 120 representatives from academic institutions across the US gathered to help set the vision, mission and goals for new collaborative engagement and providing a sounding board for policymaking decisions.

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The culture change needed to break
Survey findings suggest healthy activities for staff and faculty should be supported and accessible.
African Americans in Franklin County are currently 2.6 times more likely than whites to die from diabetes and hypertension and 2.7 times more likely to die of stroke. To help reduce these health risks through screening and treatment, the College of Nursing is working with leaders and residents in one local neighborhood—the King-Lincoln District community on the near east side of Columbus—through an outreach program known as “Making a Difference: Health and Wellness One Street at a Time.”

The Making a Difference program is funded through a two-year, $60,000 grant from The Ohio State University Office of Outreach and Engagement. Additional in-kind contributions of College of Nursing faculty and staff services are valued at approximately $100,000 over the two-year term of the grant, with additional support provided through student efforts.

The program, which launched this summer, encompasses screenings and clinics at various neighborhood sites, a new effort known as “Ask a Buckeye Nurse,” and periodic health and wellness expos involving an array of community groups, the first of which was held in August (See “Fit Fest brings Ohio State health expertise to the community,” next page).

“This work meets all three missions of the university which are teaching, service and research,” said Usha Menon, PhD, RN, FAAN, vice dean and professor of nursing, who serves as co-director of the program. Within this low-resource community, “it offers the opportunity to take forward some of our passions to do community-engaged work that can integrate research and service, translate findings and also build capacity for that community,” Menon said.

“We have a lot going on,” said Jennifer Kue, PhD, assistant professor and co-director of the program. Ongoing clinical
services are provided by nursing students several days a week at various neighborhood sites, with 19 nursing students involved in clinical efforts there during fall semester as part of their community health course work.

Community health screenings are being offered in varied locations for easy access. Screenings follow the Million Hearts® guidelines designed to improve cardiovascular health, and are often coupled with other screenings such as blood sugar testing, foot care and mental health. “We also have Ask a Buckeye Nurse forums,” Kue said, where a nurse is available in barbershops or other community locations to answer residents’ health questions.

If there is need for further follow-up, patients can be referred to the College of Nursing’s nurse practitioner-led clinic, Ohio State Total Health & Wellness at University Hospital East, that cares for many patients from underserved communities.

Teaming with a local leader
To embed its work into the community, the College of Nursing is teaming with a neighborhood leader whose group shares parallel goals. Al Edmondson is president of the Mount Vernon Avenue Business Association, owner of A Cut Above the Rest barber and beauty shop and a lifelong resident of the King-Lincoln area community. He also is CEO of Making a Difference, Inc., an organization he started five years ago to improve local neighborhood residents’ health and well-being.

“Making a difference—that’s exactly what we want to do in the community,” Menon said. “We elected to use that same name for our program because it is already well entrenched and well-known and a trusted entity in the community.”

This October, the College of Nursing began offering twice-monthly Ask a Buckeye Nurse sessions at Edmondson’s barber and beauty shop.

“You have to come to the people in urban areas,” Edmondson said. “Most of them don’t drive and have little or no transportation. There is a major need for healthcare services,” such as monitoring diabetes, prostate cancer, and dental and vision care, he noted.

“Barbershops are one of the cornerstones of the community,” Edmondson added, so they are ideal locations for neighborhood outreach.

Local residents are reassured by Edmondson’s involvement. “They trust me. This is helping people and they see that,” he said.

Community goal-setting: From the inside out
“The principle of community-engaged work is that it comes from the community,” Kue said.

“AI is really focused on empowering his community,” Menon added. “It’s less about making the community healthy immediately and it’s more about raising awareness and helping them build capacity to get to that health and wellness, whatever that may mean for them. We don’t want to impose a nutrition or a diet program on people. It’s about ‘What does health and wellness mean to you?’ We like for things to grow organically from the community so they take ownership for it. The result then will be culturally appropriate.”

To pinpoint ongoing community needs, College of Nursing students will conduct regular neighborhood needs assessments and evaluate the effectiveness of the College’s interventions of the community environment and health resources, as well as interviews with residents and key stakeholders.

Connecting for the long-term
Neighborhood clinical training for nursing students will continue long term. By the end of the two-year grant cycle, the pieces should also be put in place for other program efforts to sustain themselves through the work of community groups.

“Making a Difference” offers seed grants of $2,000 to help community groups lay the foundation for their work, grow their programs and secure additional funding. “We’re talking about seeding by giving money but also about capacity-building to teach them how to write a grant,” Menon said.

Toward that goal, Menon and Kue led a September grant-writing workshop for community organizations. “It’s like planting a seed,” Edmondson said, “so small groups can help take it to the next level.”

“What’s so exciting about this is we are seeding possibilities that do not need to have an end,” Menon said. Many community engagement efforts receive grants to support very contained efforts that achieve one-time impact. In contrast, “These are endless possibilities that meet all the aims of what this university stands for,” she said. “It’s a campus without walls.”

Broadening the horizon
“Our vision for the grant is to get all of the university’s health sciences colleges engaged,” Menon said. An even broader expansion of this effort would ideally someday incorporate other neighborhoods and other underserved populations.

“I work with the Asian community and I would love to model something like this there,” Kue said. “There’s a huge need for free eyeglasses. A total of twenty community groups participated.

Eleven College of Nursing participants offered Million Hearts screenings designed to improve cardiovascular health; the Columbus Health Department offered vaccinations and dental sealants; another group distributed gift certificates for free eyeglasses. A total of twenty community groups participated.

“We want to provide services for a community that doesn’t seek services for itself,” said Jennifer Kue, PhD, assistant professor of nursing and co-director of the college’s Making a Difference program.

The event was considered a rousing success. “We ran out of everything,” said Al Edmondson, CEO of Making a Difference, Inc., the neighborhood organization. About 2,500 people attended, 138 people underwent Million Hearts cardiovascular screenings and 962 children received school supplies from Edmondson’s program.

College leaders hope this event is just the start of a series of regular, ongoing community-wide health awareness programs.

Plans are now underway for the next Making a Difference health and wellness festival, scheduled for March 1, 2014, at the YMCA branch on Woodland Avenue.

There, volunteer nursing student “wellness mentors” will help patients navigate through a series of screening stations, then interpret all of their assembled health information to plan any needed follow-ups.

A series of exercise class demonstrations will give participants a chance to try out short versions of Zumba, yoga, and cardio exercise classes, with an opportunity to continue active participation through the YMCA.

Special guest appearances by Arnold Fitness Expo athletes and well-known figures from the Ohio State athletics department are planned. An added attraction will mark Colon Cancer Month in March with an opportunity to face off in a boxing ring with the dreaded cancer “polyp.”

Fit Fest brings Ohio State health expertise to the community
To kick off its initiative, “Making a Difference: Health and Wellness One Street at a Time,” the College of Nursing hosted a back-to-school community Fit Fest at CarePoint East in Columbus on August 17. The event was held in collaboration with Making a Difference, Inc., a local neighborhood organization in the near east side King-Lincoln District. Promotional partners included WBNS TV and Radio One.

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Today, health practitioners are being taught to stop and consider the basis for their standard practices. Is it scientifically shown that surgery patients must fast after midnight? How can clinicians best prevent pressure ulcers or catheter-associated urinary tract infections among patients?

When questions like these arise, rather than resorting to entrenched habits or taking a trial-and-error approach, practitioners can uncover what actually works best by employing evidence-based practice (EBP). EBP relies on the use of research findings to select interventions with proven outcomes.

The Center for Transdisciplinary Evidence-based Practice (CTEP) at the College of Nursing is leading the way to advance evidence-based practice nationally and internationally. It offers immersion workshops, online modular programs and consultation services. Soon, its reach will broaden with the opening of a satellite center in China.

“Outcomes for patients and families are at least 30 percent better when you base your care on evidence-based practice,” said Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, dean of the College of Nursing, who 

By Kathy Baird

Kathy Baird is a freelance writer based in Columbus.
The College of Nursing is the leader in moving evidence-based practice from an overall perspective and dedicated space and time. Appropriately, then, at Ohio State, “The College of Nursing is the leader in moving evidence-based practice from an overall perspective and helping to educate others,” Ellingsworth said. Evidence-based practice helps clinicians focus their efforts. “They can go into the literature and find out what has really worked and fit it right the first time,” Gallagher-Ford said.

One key to success in implementing and sustaining evidence-based practice is an organization’s supportive infrastructure, which requires six things, Gallagher-Ford said:

1. Visionary commitment from high-level administration
2. A culture of inquiry, where inquiry is welcomed, invited and rewarded
3. Mentors with relationship-based personalities who have knowledge about the process and are able to connect to clinicians, bring the knowledge to the bedside, and effectively manage change
4. Administrative support and role modeling
5. Resources including computers, access to databases and librarians support and dedicated space and time
6. Timely and meaningful recognition for successful implementation

“Taking time to change a culture,” Melnyk said, “Culture is taught, it’s not taught. It takes a lot of time and lot of persistence to create these environments and cultures for change, but it can be done.”

Nurses take the lead

“Nurses are the leaders in their organizations in moving evidence-based practice forward, making it formalized and having an infrastructure with systems in place to expand EBP,” Long said. Appropriately, then, at Ohio State, “The College of Nursing is the leader in terms of looking at evidence-based practice from an overall perspective and helping to educate others,” Ellingsworth said. Evidence-based practice helps clinicians focus their efforts. “They can go into the literature and find out what has really worked and fit it right the first time,” Gallagher-Ford said.

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“The reason evidence-based practice can even happen is because of technol-
Collaborative involving 14 colleges and schools campus-wide. Evidence-based practice has been identified as one of the core competencies for all students in these units and it will be gradually integrated into the interprofessional curriculum.

“We’re starting to look at how we will teach evidence-based practice across health sciences disciplines within the university,” Gallagher-Ford said. “Our position is that EBP is the same process, no matter what discipline you represent.”

Professional dissemination

As academic researchers, CTEP staff members continue to contribute to current knowledge. Team members are conducting research about EBP and are frequently called upon to share their insights at conferences and in academic journals.

Gallagher-Ford spoke at a 2013 conference in Shanghai. The team will lead an immersion there and an EBP pre-conference workshop in Hong Kong, slated for next July.

The group’s recent study establishing evidence-based practice competencies for practicing nurses and for nurse practitioners will be published in January in the journal World Views on Evidence-based Nursing.

Another survey they conducted assesses how chief nurse executives’ beliefs and commitment to EBP correlate with patient outcome measures within those organizations. Results will be presented at a conference of American Organization of Nurse Executives (AONE) next March.

International reach

CTEP immersion sessions have already drawn health professionals from England, Korea and China, with others from Ethiopia soon expected.

The center’s international reach soon will be even broader, with the opening next summer of a CTEP satellite center at Shanghai Sipo Polytechnic University in Shanghai, China, the same city where Ohio State also operates its Chinese gateway office.

That CTEP office will be housed at the School of Health Science and Nursing, which is founded and led by Dr. Xiao-Ping Shen, an American Chinese scholar and an Ohio State alumnus. A strong proponent of evidence-based practice, Shen is partnering with CTEP to bring EBP to China.

In addition to making two personal visits to the CTEP office at Ohio State, Shen sent six Chinese nurses to Ohio State as visiting scholars, where they also underwent CTEP immersion training. Several of these Chinese nurses will return to the College of Nursing for advanced training, then will serve as junior faculty during the CTEP immersion training in Shanghai next summer. Ultimately, with oversight by CTEP’s team, “They’ll be able to run the immersions themselves,” Ellingsworth said.

“Things are really changing in China,” Ellingsworth said. “The Asian countries are very much into implementing evidence-based practice. Ultimately, it’s going to be extremely good for the patients there.”

Powerful results

When health practitioners adopt evidence-based practice, the results often are powerful. “Evidence-based practice can help clinicians fall back in love with practice,” Gallagher-Ford said. “It changes the way they feel about their practice when they believe what they’re doing is the best thing for the patient.”

“I deeply believe that if we made this the way people naturally practiced, they would not think of offering care without it,” she said. “I am so happy to be able to do this, even if we change just one person.”

Kathy Baird is a freelance writer based in Columbus.
Acroele said she is very happy with the couple's choice of retirement, which was a significant motivator for her career decision. She said she is excited to continue her mentorship role at Buckeyes games, and exploring different areas of Ohio State's research funding to increase the college's research funding to support biobehavioral research. She said she hopes to remain affiliated with the University of California, San Francisco, as a professor and also as director of the Center for Critical and Complex Care.

She also stated that she is excited to see what Columbus has to offer. “My husband and I are here as empty nesters, so we say we’re on an adventure, ” Arcoleo stated.

Anderson added that her family has been her number one motivator throughout her career. She said she is very happy to be part of the college. "I particularly enjoy students—most recently teaching at the PhD and MS levels as well as advising doctoral and honors student research," Arcoleo said.

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“My research program in nicotine dependence has been a critical and gratifying aspect of my career.”

As she transitions to the next step in her professional career, Ahijevych said she is looking forward to having more time to play the harp, travel and relax at her home which overlooks miles of valleys and trees.
The One Health Summer Institute inaugural series of classes, projects and workshops, held in Gondar, Ethiopia from June 17 to August 10, 2013, partnered 20 faculty and students from The Ohio State University with hundreds of Ethiopian students, university faculty, healthcare professionals and policymakers eager to improve their nation’s well-being.

This initiative is a collaboration among the university’s seven health sciences colleges, along with the College of Food, Agricultural and Environmental Sciences, the Office of International Affairs, and academic and government partners in Ethiopia. With all seven health sciences colleges—Dentistry, Medicine, Optometry, Nursing, Pharmacy, Public Health and Veterinary Medicine—on one campus, Ohio State has a greater capacity for this comprehensive partnership than any other university in the nation.

Developed last year over a series of meetings in which all seven of Ohio State’s health sciences deans visited Ethiopia to develop plans, the “One Health” partnership is designed to create sustainable and mutually beneficial collaborations primarily in the areas of teaching, research and outreach. In addition to its contribution to Ohio State’s emphasis on global health and outreach, the initiative represents the first time the university’s health sciences colleges have joined forces for an international project of this scope.

“One Health, according to the Centers for Disease Control and Prevention, refers to a worldwide effort to “attain optimal health for people and animals by promoting global collaboration between human and veterinary medicine while engaging the principles of public health and ecosystem health.” As an example of this mission, the

One Health Summer Institute
Ohio State’s Health Sciences faculty teach, learn in Ethiopia

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College of Nursing Vice Dean Usha Menon (fourth from left) and Ohio State faculty members Jodi Ford and Tim Landers with University of Washington representatives at the welcome session for the One Health Summer Institute at the University of Gondar in Ethiopia. Photograph taken by Assistant Professor Jennifer Kue.

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College of Nursing and University of Gondar researchers are now developing protocols for a cervical cancer screen-and-treat pilot project that is currently under institutional review board (IRB) analysis at both universities.

“We have made tremendous progress on our collaborative efforts with the University of Gondar’s Department of Nursing to launch the cervical cancer screen-and-treat study,” said Jennifer Kue, PhD, assistant professor and cervical cancer researcher at the College of Nursing. “We have the support of university leadership at both institutions, a local team on the ground in Ethiopia who are integral to the success of this study and funding to pilot this project.”

In addition to the College of Nursing’s efforts in cervical cancer, the partners aim to eliminate canine rabies and improve food safety and security. Additional desired outcomes include strengthening clinical and e-learning capacity. The potential also exists for research collaboration with specific departments and local and international community-based organizations on issues related to women’s health and violence against women.

The current One Health program grew out of a partnership initiated in Ohio State’s College of Veterinary Medicine. “Ethiopia has pumped a lot of resources into its educational system, but there are not enough professionals with proper teaching skills in key sciences at both institutions, a local team on the ground in Ethiopia who are integral to the success of this study and funding to pilot this project.”

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The Leadership Academy for Peak Performance (LAPP) program to a national level. LAPP, which began in 2012, is an immersion program geared toward helping nurses and healthcare professionals develop and sustain the skills required to be a leader in today’s workforce. LAPP seeks to help nurse leaders acquire and maintain important skills to help advance their careers and leadership opportunities. According to Susan Potter, LAPP program manager, the partnership with The Ohio State University College of Nursing will focus mainly on the developing and advanced type of leaders.

The overarching goal of this partnership is to improve the healthcare system, to better healthcare delivery and to influence the overall health of society in a positive way.

“Nurses have inherent leadership qualities that with additional preparation, education and skills-building experiences can enhance the overall impact of the profession on the health care system,” Weston said. “The technological sophistication combined with the experienced faculty will take our light years ahead as an organization and as a profession in the current and evolving healthcare environment.”

“We are honored to work with the ANA to reach this extremely important segment of the nursing profession to advance the leadership impact in healthcare systems, healthcare improvement and overall delivery of health,” said Bernadette Melyn, PhD, RN, CPNP/PMHNP, FNAP, FAAN, dean of The Ohio State University College of Nursing and university chief wellness officer.

The College of Nursing faculty is nationally recognized for its expertise in innovation, healthcare leadership and evidence-based practice and research. Faculty members have held executive leadership positions within complex organizations and have worked with different healthcare systems in the United States and beyond, adding to the level of credibility of the programs offered through LAPP.

The ANA Leadership Institute selected the partner organizations from a competitive application process, incorporating experience from a piloted series of live webinars to determine the program needs and technology requirements to reach nurses at various levels of their careers. It has designed programs to reach the emerging, developing and advanced nurse leader, regardless of past experience or training, to help advance their careers and leadership opportunities.

With the goal of educating nurse leaders and healthcare professionals in mind, LAPP is structured as a proactive, work-oriented retreat where attendees completely engage in the programs to reach the emerging, developing and advanced type of leaders.

“Who has attended previous LAPP immersions have openly shared how valuable the experience has been to their own leadership development,” said LAPP Director T. Scott Graham. “Additionally, the year of follow-up coaching provides them with the time and support as they change behaviors at work.”

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“She said that the program is geared toward reaching all types of audiences—both those who want to learn about teaching and also those who want to find out more about the learning process.”

“LAPP has the vision, knowledge, skills, commitment and energy to bring innovative elements to the ANA LAPP collaboration as well as to propel exciting leadership programs that demonstrate positive outcomes for leaders as well as the healthcare systems within which they function.” Potter said.

New program offerings are currently available online. For more information and to register for these programs, interested learners can visit ana-leadershipinstitute.org.

Taylor Humphrey is a sophomore strategic communications major and a marketing communications intern at the College of Nursing.
Thirty-two percent of youths in the United States are overweight or obese, and suicide is the third leading cause of death among young people age 14 to 24, according to the Centers for Disease Control and Prevention. Yet most school-based interventions don’t take on both public health problems simultaneously. Disease Control and Prevention. Yet most school-based interventions don’t take on both public health problems simultaneously.

COPE study media coverage
Stories about Bernadette Melnyk’s research originally published in the American Journal of Preventive Medicine have appeared in or on:

- TIME Health
- US News & World Report
- Nurse’s Health
- WTOP 103.5FM DC
- KPTV Fox12 Oregon
- Health.com
- DailyRX
- MedicalXpress
- Philly.com
- KVUU Fox5 Las Vegas
- Guardian Express
- National Post
- Counsel & Heal
- eNews Park Forest
- WOSU 89.7 FM – All Sides with Ann Fisher
- National Academies of Practice newsletter
- American Association of Nurse Practitioners
- RedOrbit
- WTIT Fox9 DC
- PsychCentral
- Phoenix Health News Examiner
- EmpowHER
- The Globe and Mail
- NIH Medicine
- Medicine Online
- MedCity News

Listening to favorite music lowers anxiety, sedation in ICU patients on ventilators

New research suggests that for some hospitalized ICU patients on mechanical ventilators, using headphones to listen to their favorite types of music could lower anxiety and reduce their need for sedative medications.

In a clinical trial, the option to listen to music lowered anxiety, on average, by 36.5 percent, and reduced the number of sedative doses by 38 percent and the intensity of sedation by 36 percent compared to ventilated intensive care unit patients who did not receive the music intervention. These effects were seen, on average, five days into the study.

The research is published online in the Journal of the American Medical Association.

Researchers first assessed the patients’ musical preferences and kept a continuous loop of music running on bedside CD players. When patients wished to listen to music, they were able to put on headphones that were equipped
Music study media coverage

Media placements about Linda Chlan’s research originally published in the Journal of the American Medical Association have appeared in or on:

- CBS Radio
- The Globe and Mail
- MedPage Today
- State of Health blog
- AAN Critical Care
- American Thoracic Society News
- UPI wire services
- MOLinX
- US News & World Report
- Philadelphia Inquirer
- Huffington Post
- Nurse Practitioner News
- Critical Care Smartbrief
- WOSU – Music in Mid-Ohio
- WSSU – All Sides with Ann Fisher
- MENAFN News (Middle East North Africa Financial Network)
- American College of Physicians
- Hospitalist magazine
- Psychiatric News
- Reader's Digest

Chlan also served as an expert source in a story about music reducing the amount of stress children have over IV needles, which was covered in the Chicago Tribune, Baltimore Sun, and Fox News.

With a system that time- and date-stamped and recorded each use.

Professional guidelines recommend that pain, agitation and delirium be carefully managed in the ICU, with the goal of keeping mechanically ventilated patients comfortable and awake. However, the researchers acknowledged that over-sedation is common in these patients, which can lead to both physiological problems linked to prolonged immobility and psychological issues that include fear and frustration over not being able to communicate, and even post-traumatic stress disorder.

“Are we trying to address the problem of over-sedation from a very different perspective, by empowering patients? Some patients do not want control, but many patients want to know what is going on with their care,” said Linda Chlan, PhD, RN, FAAN, distinguished professor of symptom management research in The Ohio State University’s College of Nursing and lead author of the study.

“But I’m not talking about using music in place of the medical plan of care. These findings do not suggest that clinicians should place headphones on just any ICU patient. For the intervention to have the most impact and to have the desired effect of reducing anxiety, the music has to be familiar and comforting to the patient—which is why tailoring the music collection for the patient to listen to was key to the success of this study.”

Chlan and colleagues conducted the study with 373 patients in 12 ICUs at five hospitals in the Minneapolis-St. Paul area. Of those, 126 patients were randomized to receive the patient-directed music intervention, 125 received usual care and 122 were in an active control group and could self-initiate the use of noise-canceling headphones. All patients had to be alert enough to give their own consent to participate.

A music therapist assessed each patient in the music group to develop a collection that met the patient’s preferences. This was no easy task, as the patients are not able to speak when they are on a ventilator.

Researchers instructed patients to use the intervention if they were feeling anxious, wanted to relax or needed quiet time. Nurses were asked to prompt patients twice during each shift about their interest in listening to music.

In all patients, researchers performed daily assessments of anxiety and two measures of sedative exposure to any of eight commonly used medications. Anxiety was measured with a visual analog scale that asked patients to describe their anxiety by pointing to a chart anchored by the statements “not anxious at all” and “most anxious ever.” Patients remained in the study as long as they were on ventilators, up to a maximum of 30 days.

A complex statistical analysis of the data showed that significant reductions in anxiety and sedation could be seen in patients in the music intervention within five days when they were compared to patients who received usual care. Patients using noise-canceling headphones showed some improvements in anxiety and lower sedation intensity, but the effects were not as strong as those seen in the music group.

“There is something there with noise-canceling headphones, but the music is so much more powerful. With the music, we were able to show a simultaneous reduction in anxiety and in sedation,” Chlan said. “When we listen to music, our entire brain lights up. We want to capitalize on the pleasant, comforting memories associated with music because it occupies brain channels that otherwise would be occupied by an anxiety-producing stimulus. That’s why music is so much more than just something nice to listen to.”

A former medical intensive care unit nurse, Chlan now leads a research program that emphasizes testing treatment strategies that complement traditional medical approaches to ICU care.

“I think about tackling the modifi-able risk factors. And sedation is directly modifiable because it is controlled by the clinician. Nonpharmacological, integrative interventions like music bring in a piece that does not induce adverse side effects and does not contribute to ICU-acquired problems,” she said.

She and colleagues now are working on making the highly controlled research protocol more friendly to standard hospit-al practices. “If this is going to have wider clinical impact, that really has to be done,” she said.

This research was funded by a grant from the National Institute of Nursing Research.

Chlan, who joined Ohio State in January, led this study while a member of the faculty at the University of Minnesota. Co-authors include Craig Weinert, Annie Heiderscheit, Mary Fran Tracy, Debra Skaar and Kay Savik, all of the University of Minnesota, and Jill Guttormson of Marquette University.

Emily Caldwell is assistant director of research communications at The Ohio State University.

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Ellen Rudy awarded Ohio State honorary doctorate

Recognition is a first for a College of Nursing alumnus or nurse leader at Ohio State

By Kathy Baird

For the first time, an Ohio State University College of Nursing alumna and nurse has received an honorary doctorate from The Ohio State University. Ellen Rudy, PhD, RN, FAAN, former dean of the College of Nursing at the University of Minnesota, was honored at Ohio State’s commencement ceremonies.

Ellen Rudy is hooded by Board of Trustees Secretary David Horn as she receives an honorary doctorate during Ohio State’s 2013 summer commencement ceremonies.

College of Nursing alumna Ellen Rudy is hooded by Board of Trustees Secretary David Horn as she receives an honorary doctorate during Ohio State’s 2013 summer commencement ceremonies.
University of Pittsburgh, was one of two honorary doctoral degree recipients at the Summer 2013 commencement ceremony on Sunday, August 4. Honorary degrees recognize recipients’ significant impact on their discipline and their unique contribution to their professions at the national or even international levels. “I couldn’t believe it was happening to me,” Rudy said. “It was just wonderful; I was floating on air.”

Celebrating with Rudy over commencement weekend were her husband, three sons and three daughters-in-law. They joined other honorees for a Saturday dinner with Interim President Joseph Alutto and a Sunday post-commencement luncheon.

Rudy has enjoyed a remarkable career. After receiving her BSN in 1958 from Ohio State, she went on to earn an MPA degree from the University of Dayton, an MSN from the University of Maryland, and a PhD in Nursing from Case Western Reserve University. After early experience in hospital nursing and administration, she went on to an academic career at Case Western Reserve University where she became a professor, held an endowed chair, then served as associate dean for research. Next, she became dean and professor of nursing at the University of Pittsburgh for ten years.

As dean, in a non-traditional move, Rudy took a six-month sabbatical to serve as an emergency room nurse and experience bedside nursing first-hand in that current climate. “I learned an enormous amount about what was happening clinically,” Rudy said.

After retiring as dean, she served as a visiting professor at Ohio State, and as interim dean of nursing at Marquette University.

Rudy has a long list of publications and is highly involved in a range of professional and scientific organizations. Among many other honors, she is a Fellow and a Living Legend of the American Academy of Nursing.

One well-known legacy Rudy originated is the “Cameos of Caring” program, which recognizes outstanding nurses nominated by their hospitals. Originated at University of Pittsburgh Medical Center in 1998, the program has expanded to include several hospitals in Ohio, and recently to one in Italy. “It warms my heart to see what the bedside nurses have done,” Rudy said. “They help people handle pain, immobility and complicated recoveries. Sometimes they save lives. Often no one recognizes these bedside nurses.”

Three College of Nursing faculty members nominated Rudy for her honorary degree. “Ellen has made a huge contribution to the care of patients in the intensive care unit,” said Deborah Steward, PhD, RN, associate professor of nursing, who serves on the university honorary degree committee. “As dean, she increased her university’s rankings at NIH. She is very committed to the care of patients and being good at what we do. She is a role model.”

“Ellen Rudy is the epitome of the nurse scientist as well as expert practitioner,” said Gerene Bauldoff, PhD, RN, FCCP, FAACVPR, FAAN, professor of clinical nursing. “While Ellen conducted a highly significant program of research, her recognition of—and loyalty to—the ‘front line’ nurse sets her apart. From initiating the Cameos of Caring Awards, to working as an emergency room nurse during her sabbatical, Ellen’s practice, academic and scientific endeavors always recognized that nursing, at its heart, is a practice profession.”

Victoria von Sadovszky, PhD, associate professor of nursing, added, “She is internationally renowned for her research in the area of critical care outcomes. Throughout her academic career, with all of her multiple awards, honors, and successes (culminating in being dean of one of the most respected schools in the US), she never lost sight of the primary focus of what nursing is and who we serve.”

A future reception will be held by the College of Nursing in Rudy’s honor with an opportunity for Rudy to speak to PhD students about her research career.

Though Rudy is the first-ever College of Nursing alumnus to receive an Ohio State honorary degree, Steward added, “I hope this will open doors so we will consider others in the future. We have fabulous alumni.”

Kathy Baird is a freelance writer based in Columbus.
Advanced practice nurses needed as preceptors

The Ohio State University College of Nursing has a need for preceptors to work with our students to develop the next generation of APNs. Help translate classroom learning into real-life practice.

Contact Karen Clancy at clancy.37@osu.edu or call (614) 292-3091.

“The training plan builds on considerable strengths within the College of Nursing, superb interdisciplinary relationships with researchers at Nationwide Children’s Hospital (NCH), the Ohio State departments of Pediatrics, Sociology and the College of Public Health.”

A s we draw closer to 2014, the year of the college’s Centennial celebration, we’d like to give you an update on our collection of memorabilia reflecting the past 100 years. For the past two years, the Centennial Committee has been collecting historical facts, tangible items and precious memories in preparation for this celebration.

We asked, and you responded

The memorabilia that we have collected includes student uniforms, caps and gowns, course textbooks from earlier decades and personal pictures of nursing student life. Some of the pictures are unidentified, while others are quite descriptive, noting celebrations, rites of passage in the nursing program, formal celebrations, engagements and even clowning around during down time.

We cleaned out Newton Hall

Hidden among the deepest corners, highest shelves and forgotten storage areas in the college were a number of mythical and/or forgotten treasures. While emptying an old storeroom, we dusted off boxes of nursing uniforms, files from our 50th and 75th anniversaries (much of which is handwritten), heavy and somewhat tarnished silver tea services, and a huge box of dolls. The history of the dolls is somewhat unknown, but there are approximately 40-50 handmade dolls that are dressed in period costumes from the 16th century to the mid-1960s. Many facets of nursing are represented—military, home health, nursing students etc. We continue to search for the origin of these dolls and how they might have been used. At one time, they were in a glass showcase on the first floor of Newton Hall. Any further information about the dolls would be appreciated.

We also found a play written by Lou Anne Koch for the 50th anniversary of the (then) School of Nursing in 1964, entitled, “Now I’m Soooo Big.” It was narrated by Ms. Koch as the voice of the nursing school, and enacted as a skit by two nursing students (one as a nursing student from 1917 and one from 1964), each dressed in period nursing uniforms. The 17-page skit can be found on our Centennial website at nursing100.osu.edu.

Our memorabilia is safe at the Medical Heritage Center

Since 1997, the Medical Heritage Center (MHC), the special collections of the Health Sciences Library, has been a repository for all things healthcare-related in Central Ohio. Currently, the MHC has archived approximately 100 linear feet of memorabilia from the College of Nursing. That’s approximately 17 shelves full of books, costumes and more. The tea services and dolls also reside at the MHC.

Our 50th and 75th anniversaries (much of which is handwritten), heavy and somewhat tarnished silver tea services, and a huge box of dolls. The history of the dolls is somewhat unknown, but there are approximately 40-50 handmade dolls that are dressed in period costumes from the 16th century to the mid-1960s. Many facets of nursing are represented—military, home health, nursing students etc. We continue to search for the origin of these dolls and how they might have been used. At one time, they were in a glass showcase on the first floor of Newton Hall. Any further information about the dolls would be appreciated.

A nursing student uniform from the 1940s

Our valued keepsakes

Fond memories and historic memorabilia keep the past alive.

Centennial Committee

Diane Sheets and Laurel Van Drome

The Ohio State University

College of Nursing

1914-2014

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The list of Local Legends is on the MHC website at hsl.osu.edu/mhc/local-nursing-legends. What happened to the class composites…and those Neil Hall bricks? Over time, the class composite photographs in the frames at the southeast end of Newton Hall were at increased risk of damage. They have all been digitally scanned, with the originals preserved at the MHC. We have access to the digitized pictures and can use them in many ways. As an example, Kathy Peppe’s student picture was digitally cropped from the 1969 composite (See “Remember when” opposite). Large poster-size composites can be printed for display during milestone class reunions; and digital views are available on the Centennial website at nursing100.osu.edu. Composites were ceased being made after 2007 due to lack of participation from the majority of students. Neil Hall stood on Neil Avenue between 10th and 11th Avenues until December 1997. For the last 25 years of Neil Hall’s existence, nursing students resided in it. There are numerous pictures and stories of Neil Hall. When the building was demolished to make way for the Loukjen Success Center, its bricks were used to raise money for a Mildred E. Newton endowment at $125/brick. Some of those bricks are known to exist in a not-so-secret location in Newton Hall! What now? We have been collecting “1-0-0” pictures—a takeoff on the sweat of students. Large poster-size composites were ceased being made for Bibbee Nursing Scholarship House roommate Jane Steinman Kaufman (front), along with Diane Mayorga (in front of window) and Judy Auker Moffett (in front of drums).
famous O-H-I-O pose—from students, faculty, staff and alumni. You may have noticed by now that this image forms part of our Centennial logo. Send your 1-0-0 pictures to nursing100@osu.edu and see them posted on our Centennial website at nursing100.osu.edu.

Perhaps the most poignant and priceless mementos are your own personal recollections. Those stories take our older alumni back to “what it was like then,” and allow younger alumni and current students to appreciate how we got to this point. The question of which era is better, of course, is different for each person. Personal recollections have been shared in the Centennial column sidebars in Transformations biannually, and will continue beyond 2014. Your feedback tells us that you enjoy reading these as much as we do collecting them.

Finally, a monumental effort has been made to mark significant historical facts and events on a Centennial Timeline, which is also on the Centennial website, with key portions to be printed in the Centennial Gala commemorative program.

The process leading up to this significant milestone year has been gratifying, enlightening, nostalgic and challenging. It would not have been nearly as rewarding without your responses and enthusiasm. Please visit the Centennial website and the Medical Heritage Center. Our history is rich with transformation in nursing!

The College of Nursing’s Centennial Gala will be held March 29, 2014 at The Ohio Union, on the campus of The Ohio State University. Reservations are being accepted online at nursing100.osu.edu.

For questions, e-mail: nursing100@osu.edu.

Diane Sheets is a clinical instructor of practice and Laurel Van Dromme is chief of strategic partnerships for the College of Nursing. They are co-chairs of the Centennial Committee.

Living and learning together

The college’s Nursing Learning Community provides peer and advising support to better prepare students for undergraduate nursing education.

The Nursing Learning Community in Park-Stradley Hall offers Pre-Nursing and BSN students the opportunity to live with peers who share a common major and passion for the nursing profession. This year, more than 50 students are living in this community that continually stands out at the university as one of the strongest, most dynamic living-learning environments.

With more than 20 learning communities (LCs) on campus, Ohio State offers a variety of living experiences. According to the Office of Student Life, “Learning communities are unique educational experiences that extend the reach of the classroom and create learning opportunities all across campus.” Learning communities offer programming and events that are specifically tailored to the interests of the students and the opportunity for residents to frequently network with faculty and staff. Hall directors and resident advisors (RAs) work in collaboration with college faculty and staff to offer robust academic and social programming.

Park-Stradley Hall on West 11th Avenue is a co-educational building that recently underwent extensive renovations by joining together the former Park and Stradley residence halls with a large 11-story connector. The building reopened in autumn, 2012 and boasts a number of

A silver tea set from the College of Nursing archives.

A silver tea tray, a gift from the Class of 1921.
amenities, including private study areas, kitchens, lounge spaces and a sky lounge offering gorgeous views of campus and downtown Columbus. The building is now one of the most beautiful and state-of-the-art residence halls on campus.

Students in the LC live in double-occupancy rooms with a roommate who shares an interest in the field of nursing. Living in this community helps students to succeed both personally and academically through increased resources and knowledge about current trends in healthcare. Living with students of the same major also allows students to easily form study groups, become involved on campus, and form connections to college faculty and staff. The Nursing Learning Community offers a combination of both academic and social programs for the students throughout the year. Programs are offered once a week to keep students engaged in their community. In August, the RA’s hosted this year’s kick-off event in the courtyard next to Park-Stradley Hall. The event, which featured barbecue food and lawn games, allowed the residents to meet one another, as well as the hall staff and academic contacts. The following week, five former members of the LC visited the community and served on a panel where current students were able to ask questions about life as a pre-nursing student. A number of events are planned for this year, including a nursing application workshop, 5 under 25 young alumni panel, pumpkin painting and cookie baking. Additionally, students from the LC will have the opportunity to travel to the Cleveland Clinic for a tour. The trip includes a visit to the Rock and Roll Hall of Fame and dinner in downtown Cleveland.

One of the most notable and longest running programs at the Nursing Learning Community is the annual Dinner with the Dean which takes place each November. Faculty and staff are also invited to the LC to share a Thanksgiving-themed meal with the residents and to discuss the nursing profession. Last November, Dr. Bernadette Melnyk shared remarks about health and wellness and focusing on one’s passion for nursing and finding future success. The students who attended the dinner enjoyed the chance to get to know faculty from the college and the event concluded with student-led tours of the building. The LC staff is already planning for this year’s event and it once again promises to be one of the most popular events of the semester. Other popular programs last year included yoga with former president E. Gordon Gee, a visit from head football coach Urban Meyer and a tour of the college’s Techno-

Meet the Nursing Learning Community staff

Meghan Zapiec, assistant hall director, Park-Stradley Hall
Meghan is a graduate student studying higher education and student affairs. She completed her undergraduate degree at Elon University in North Carolina. Her favorite thing about working with the Nursing LC is being able to work with a community of students who share common interests and goals.

Lisa Mowery, academic contact
Lisa is the Pre-Nursing advisor in the College of Nursing and this is her third year working with the Nursing LC. She enjoys getting to know her advisees on a more personal level through hall programming and events.

Chelsea Cochrane, resident advisor
Chelsea is a junior BSN student and this is her second year working as an RA in Park-Stradley Hall. Working with Pre-Nursing students, she hopes to bring advice, stress relief and fun events to her residents. She loves being able to answer questions about the program and help students succeed in classes.

Dominic Julian, resident advisor
Dominic is a sophomore neuroscience and psychology major. He believes the most rewarding part of working with the LC is putting a specific focus on helping these students as they apply to a prestigious and rigorous program.

Ashley Rambacher, resident advisor
Ashley is a junior with a major in teaching English to speakers of other languages and a minor in Spanish. She started her career at Ohio State as a Pre-Nursing major. She loves working with the LC since she also lived in the Nursing LC as a first-year student.

Nate Steinglass, resident advisor
Nate is a second-year student majoring in math, and is in his first year as an RA at Park-Stradley. He enjoys the friendly environment and feels the students are driven to do their very best in all they do. Nate says it’s humbling to assist these students in day-to-day affairs because they are all so motivated and willing to help one other.

Lisa Mowery is coordinator of career services and academic advisor for the College of Nursing.

Nate Steinglass is a second-year student living in the Nursing Learning Community. He is in his first year as a resident advisor and serves on the Resident Advisor Council. He enjoys meeting new people and being a part of the community.

Chelsea Cochrane, resident advisor for the Nursing Learning Community, enjoys getting to know her advisees on a more personal level through hall programming and events. She is a junior BSN student and this is her second year working as an RA in Park-Stradley Hall. Working with Pre-Nursing students, she hopes to bring advice, stress relief and fun events to her residents. She loves being able to answer questions about the program and help students succeed in classes.

Meghan Zapiec, assistant hall director of Park-Stradley Hall, Dem Julian, resident advisor, and Nate Steinglass, resident advisor.
Take the next step to advance your nursing career!

Graduate nursing programs at Ohio State

At The Ohio State University College of Nursing, our world-renowned faculty prepares students to assume leadership roles in healthcare innovation, conduct innovative research, and engage in evidence-based practice.

In addition to equipping students with the skills needed to revolutionize healthcare, all of our programs place an emphasis on personal health and wellness.

- **Doctor of Philosophy in Nursing (PhD)** is a full- or part-time program to prepare nurse scientists and scholars who are skilled researchers and seek to advance the discipline. Visit [nursing.osu.edu/phd](http://nursing.osu.edu/phd)
- **Doctor of Nursing Practice (DNP)** is an online program offering doctoral preparation to nurses who want to tailor their careers toward leadership roles in healthcare, nursing administration or health policy. Visit [nursing.osu.edu/dnp](http://nursing.osu.edu/dnp)

**Traditional Master of Science** program for licensed RNs who hold a bachelor's degree.

Visit [nursing.osu.edu/ms](http://nursing.osu.edu/ms)

Graduate Entry option is an accelerated pathway to licensure for students who hold a degree in a non-nursing field. Visit [nursing.osu.edu/ge](http://nursing.osu.edu/ge)

Graduate specialties are available with an MS or post-master's certification, such as a family nurse practitioner (FNP) or a psychiatric mental health nurse practitioner (PMHNP), as well as in a variety of specialty tracks in advanced practice nursing, such as adult gerontology, women's health and pediatric NPs, with certification as either a nurse practitioner (NP) or clinical nurse specialist (CNS). Visit [nursing.osu.edu/specialties](http://nursing.osu.edu/specialties)

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Easton and Mourad gifts help students, faculty

Flo Ann and John Easton made an investment at The Ohio State University College of Nursing to pursue a Doctor of Nursing Practice degree, either at The Ohio State University or the university of his or her choice.

Flo Ann Easton realizes the impact that doctorally prepared nurses will have on society as patient care grows more complex and the healthcare system continues to become more and more complicated. She also recognizes the demand and opportunity for nurses to hold leadership positions in healthcare systems and to provide leadership in interprofessional collaborative teams.

To date, four College of Nursing faculty have been awarded a Flo Ann Sours Easton Faculty Scholarship, including Rander Masciiola, Rosie Zeno, Melody Thomas and Mary Kaminski.

“I would like to thank the world-renowned faculty, our students, faculty and Mary Kaminski. They have been in my sights, but as with everything, it takes time to get the pieces into place and to be in the right time and place in one’s life. I truly appreciate being selected for the scholarship.”

When asked what advice Flo Ann Easton would give to students pursuing a DNP degree, she indicated forthrightly, “Following your dreams takes gumption. Hard work is key. Keep your passion alive and your dreams in front of you.”

Flo Ann Easton is a 1962 graduate of The Ohio State University College of Nursing and she and her husband are members of the But For Ohio State capital campaign committee. In addition to their generous gift of the Flo Ann Sours Easton Faculty Scholarship, the Eastons have been loyal supporters of the College of Nursing for many years, including supporting the college’s Technology Learning Complex.

Leona Mourad

An unconventional statue of a nurse with a stethoscope around her neck and a syringe in her hand has maintained a place of honor in Leona Mourad’s home for the past 30 years. Mourad, an associate professor emerita in the College of Nursing, often taught courses to pharmacy technicians and dental hygiene students, and received the statue as a gift from a pharmacy technician class.

The students gave her the statue as a memento of gratitude for the invaluable lessons she provided in the class. “But for Ohio State, I would not have this meaningful symbol of the impact I was able to make on students and future health care providers,” she said. Mourad spent 20 years as a registered nurse before transitioning to teaching. She earned her bachelor’s and master’s degrees in education, with a major in nursing, from Ohio State and taught in the hospital’s clinical areas from 1956 to 1984. “I became a nurse educator because I wanted to spread the message of nursing, change lives and inspire future students—all while teaching what I love,” she said. The love went both ways, as indicated by a comment from Elaine Glass, a former student of Mourad’s. “She was one of the best nursing instructors that I ever had. She is fantastic!”

Following Ohio State, Mourad taught state board
Financial help for trying times

“I think one’s feelings waste themselves in words, they ought all to be distilled into actions and into actions which bring results.” —Florence Nightingale

We have all experienced times in our lives when action was the only appropriate response to financial uncertainty, disaster, loss, illness or accidents. Nursing students experiencing their own version of trying times have a new resource available to them. The college has established a fund for the sole purpose of providing financial support to students who have sudden, unexpected financial need that impacts their ability to continue in the program. This year, $100,000 was set aside and designated the Nightingale Fund.

In 2011, senior Alainna Ipjian’s north campus apartment was gutted by fire. Her books, laptop, scrubs and all of her personal belongings were destroyed. At the time, the college helped her in many ways to reestablish stability and continue in the program. One of the most important was a fast and easy way to get a scholarship to replace those items necessary for her to continue in the program. The speedy influx of cash was greatly appreciated and put to good use allowing her to graduate on time. Since then, the college has helped numerous other students experiencing job loss, illness, theft or unexpected family tragedy to get cash quickly and with few strings attached.

The Nightingale Fund is available to any nursing student who requires fast action due to unexpected need. “I never like to see a student leave the program due to a shortage of funds,” states Nicole Fette, academic advising coordinator, “but all too often they cannot get back on their feet quickly enough to meet academic deadlines and requirements.”

The purpose of the Nightingale Fund is to allow good students who are experiencing bad circumstances to make it through the program and be successful.

If you would like to designate your gift to a fund that has the potential to make an immediate and meaningful difference in the life of a nursing student, please consider the Nightingale Fund.

$1 million raised for scholarships

Alumni efforts to benefit nursing students with new scholarship dollars

I n 2008, Carol Kennedy-Jones, PhD (BSN ‘67, MS ‘70) and Katherine (Kitty) Kisker (BSN ’56, MS ’67) came together and set a goal to raise funds in support of nursing scholarships. By 2001, the College of Nursing Scholarship account became endowed and the two alumnae set the goal to raise $1,000,000 by the college’s centennial in 2014. Kennedy-Jones and Kisker recruited other alumni volunteers and organized a scholarship committee in 2003 that was composed of former Nursing Alumni Society presidents. Over the years, the scholarship committee has organized a variety of fundraising events ranging from golf outings, chocolate tastings, a high tea and the ever-popular wine tasting at the Ohio State Faculty Club. They also initiated an annual mailing appeal to encourage alumni and past donors to give in support of student scholarships.

The College of Nursing Alumni Society Scholarship Committee, with these three student scholarship recipients, from left: Linda Johnson, ’77, ’81; Sandy Cornett, ’65, ’70; student John Hogarty; Terry Smith, ’66; student Dacia Crisper, Carol Prince, ’63, ’62; student Lesley Schneider; Karen Lane, ’58; Marcia Delehant, ’77; Kathy Prupper, ’69, ’78; and committee co-chair Kitty Kisker, ’66, ’67. Committee members not shown are committee co-chair Carol Kennedy-Jones, ’67, ’70; Carol Baker, ’58, ’72; Sally Bots, ’77, ’80; Deanne Birkhimer, ’64, ’80; Gretchen Curtis, ’68, ’71; Eileen Peterson, ’65, ’70; Laurenn Smith, ’66; Barbara Warren, ’56, ’55; and Eric Yap, ’75, ’76.

We are thrilled to announce that as of September 2013, this steadfast alumni volunteer group has met and surpassed their goal and raised more than $1,000,000 for the College of Nursing Scholarship Fund! Thanks to their continued effort, the interest generated from the endowed fund has been distributed to more than 100 undergraduate and graduate students who demonstrated merit or need.

Without the determination and energy of our alumni volunteer leaders and their dedication to the scholarship committee, the College of Nursing could not award as many scholarships to its students. Thank you for your commitment to our students. Although the committee has reached its fundraising goal, the need for student scholarships has not diminished. Please consider making a gift to support our students. To learn more about how to make your gift, visit nursing.osu.edu and give. If you are interested in volunteering your time to continue the fundraising efforts of the scholarship committee, please e-mail nursingalumni@osu.edu.

The college is coming to you!

In an effort to strengthen alumni engagement, Dean Bernadette Melnyk and college leadership have hit the road to meet with out-of-town alumni. Over the summer, the Colleges of Nursing and Public Health co-hosted regional alumni events in Cincinnati and Cleveland. Alumni living in those areas had the opportunity to meet Dean Melnyk and other Buckeye Nurses living near them, as well as learn about the exciting new developments at the College of Nursing.

This fall, Dean Melnyk also had the opportunity to meet with College of Nursing alumni living in Atlanta;
2013 Reunion Homecoming Weekend—Wow!

College of Nursing alumni returned to campus in record numbers to celebrate Reunion Homecoming Weekend, October 18-20. All alumni were welcome to attend, and many milestone-year classes were featured, including the Class of 1963, which celebrated its 50-year reunion.

Some of the weekend’s highlights included:

The Class of 1963 celebrated its 50-year reunion with lunch in the Ohio Union. Members were presented special medallions by Dean Bernadette Melynky. Other alumni participated in a continuing education class in Newton Hall, named “Wellness 101: Exercise and movement, nutrition for health and managing stress.”

Alumni took tours of Newton Hall and explored the Technology Learning Complex. Beamt from students about what it is like to be a nursing student today, witnessed the unveiling of Mission Impossible Brutus (see College News, page 56) and listened to Dean Melynky’s State of the College Address.

Friday evening, the All-Class Reunion Dinner and Award Ceremony was held at the Renaissance Columbus Downtown Hotel. The group congratulated alumnon achievement awardees, reminiscend and reconnected.

Despite the rain, alumni and guests gathered Saturday afternoon to show their Buckeye spirit at the college tailgate lunch before the football game. The event featured a student jazz trio, an appearance from Brutus and the Ohio State cheerleaders, prize drawings and even a photo booth!

Thanks to all of our alumni and guests who attended this year’s celebrations. All alumni are encouraged to come back for our Centennial Reunion Homecoming October 17-19, 2014! To view pictures from this year’s celebrations, visit facebook.osu.edu/ommursingalumni.

With more than 12,000 College of Nursing living alumni, there are many graduates who are deserving of recognition. After a thorough selection process, the College of Nursing Alumni Society honored three outstanding alumni with the following awards. For each award’s criteria and complete description of the winners, go to nursing.osu.edu/alumni awards.

Carrie Keib, 2005 MS, 2007 PhD
Keib is currently an assistant dean and assistant professor at Cedarville University School of Nursing. Keib’s specific areas of interest include: research, older adults and coronary heart disease; illness perceptions and coronary heart disease; cardiac rehabilitation; clinical gerontology and cardiology.

2013 College of Nursing Alumni Society Award winners

2013 College of Nursing Alumni Society Award winners

2013 College of Nursing Alumni Society Award winners

2013 College of Nursing Alumni Society Award winners

2013 College of Nursing Alumni Society Award winners

Distinguished Recent Alumna/Alumnus Award

Carrie Keib, 2005 MS, 2007 PhD
Keib is currently an assistant dean and assistant professor at Cedarville University School of Nursing. Keib’s specific areas of interest include: research, older adults and coronary heart disease; illness perceptions and coronary heart disease; cardiac rehabilitation; clinical gerontology and cardiology.

Distinguished Alumna/Alumnus Award

Kathleen Lux, 1975
Lux has had successful careers in both the military and civilian worlds. She began her career assigned to the Air Force Academy Hospital and rose through the ranks to make colonel. She is currently a tenured faculty member in the Department of Nursing at Capital University in Columbus, where she teaches in the traditional undergraduate, accelerated and graduate programs. Her undergraduate/accelerated focus has been community health.

Community Service Award

Paula D’Auteuil 1994 MS
Since 1999, D’Auteuil has been actively involved with the residents at Bryden House in downtown Columbus, which serves as a low-income housing facility for previously homeless individuals who either have physical or mental disabilities. In addition to having provided basic healthcare, D’Auteuil also coordinated the establishment of a computer lab for the facility and organizes holiday celebrations.

Mildred E. Newton Distinguished Educator Award

Barbara Warren 1990 MS ’90, 1995 PhD
Warren currently serves as a clinical professor in the college and is the interim director of the Doctor of Nursing Practice program. Warren’s research focuses on the interrelation of mental health in the context of systems and organizational structures.
A message from the College of Nursing Alumni Society president

Linda Burnworth Johnson, 1977, MS 1981

Since 1914, The Ohio State University College of Nursing has touched the lives of thousands of nursing students. Each received an education of the highest quality, which is indeed a priceless gift. Though each student has pursued distinct career trajectories, our collective impact on the health of the individuals and communities we are so privileged to serve is also an extraordinary gift beyond measure.

I recently heard Dean Melnyk quote Carl Sandburg, "Nothing happens without first a dream." While my dream back in 1977 was to become an oncology nurse, I could not have imagined how much cancer care would change in the next thirty-six years or how much I would cherish my richly rewarding career as it blossomed over the decades. It is hard to believe that in just a couple of months we will begin a year-long celebration and gather together on March 29th for the College of Nursing Centennial Gala! Before then, we have some other significant milestones to celebrate. Our College of Nursing Scholarship Committee had a dream to raise one million dollars to support students through scholarships. That dream has become a reality thanks to visionary leaders, generous donors and many well-attended College of Nursing Alumni Society wine-tasting events. In addition to that impressive achievement, the College of Nursing Alumni Society recently received the 2013 Outstanding Alumni Society Award from the Ohio State Alumni Association. Please join me in thanking outgoing President Marci Delson, along with the college’s alumni and donor relations coordinator, Megan Denison, and the entire board for successfully meeting all the criteria for engagement, communication and student support.

Looking ahead, your College of Nursing Alumni Board is committed to supporting the university’s strategic direction to move from excellence to eminence and the College of Nursing’s vision for the future. Our priority will be revising the membership model and board structure to better align with the College of Nursing Strategic Plan. That plan identifies several focus areas, including teaching and learning, research and innovation, outreach and engagement and resource stewardship.

I am confident that given our shared values and common goals, we can partner to shape a preferred future while accomplishing what others think is impossible! Whether you were on campus back when our nursing credo was “Love, knowledge and service” or work tirelessly now “Transforming health, Transforming lives,” please know that I am so very grateful for your sustained contributions!

I hope to meet you in person sometime in 2014 so we can share stories and make a toast to our past, present and future as Buckeye Nurses—connected across the global community of caring!

Alumni Society receives award from OSU Alumni Association

For the first time since 1995, the Nursing Alumni Society has been recognized as an Outstanding Alumni Society by the OSU Alumni Association.

Out of 49 active alumni societies, the Nursing Alumni Society was one of 13 to be honored. In order to receive this prestigious award, the organization had to meet several criteria that focus on alumni and student engagement and communications and marketing. Examples of the criteria include being a community service project, raising more than $600 a year for scholarships or having a presence on social media websites. Congratulations to the Nursing Alumni Society Board for their endless energy and dedication to alumni and nursing students!

Looking towards the future

We have an exciting year ahead for our alumni and I hope that you will be able to join us for some of our events. In November, we hope to host a speed networking event with our students to enhance their professional communication skills and prepare them for their job search process. On February 1, 2014, the Nursing Alumni Society will participate in Alumni Society Day at the Longaberger Alumni House. Please bring anyone who would enjoy a Buckeye sporting event! Lastly, don’t forget to mark your calendars for the Centennial Gala on March 29, 2014. You don’t want to miss our special guests Gabrielle Giffords and Mark Kelly. Please visit go.osu.edu/NursingAlumni to stay up to date on our alumni event calendar.

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

Buckeye Nurses you should know

Angie Overholt, BSN ’00, MS ’05

“Nursing has meant more to me than a career or a job—it has been a calling. Being a part of the nursing profession has given me the opportunity to fulfill a desire to help others utilizing the talents that I have,” said Angie Overholt (BSN ’00, MS ’05).

Overholt started out as a registered nurse with a diploma from Grant Hospital School of Nursing. For 28 years, she was the school nurse for a boarding school for underprivileged youth in eastern Honduras where she set up a charting system for all of the students and community patients, and spearheaded the vaccination program for the students. At the time, only women were being vaccinated because of their pregnancies.

After moving to southern Honduras, she realized that she needed to go back to school to get a BSN and then an FNP, in order to be able to work more independently out in the villages. When Overholt was finishing her BSN at Ohio State in 2000, she became interested in finding a way for fellow classmates to broaden their educational experience by participating in a study abroad program to Choluteca, Honduras. Kathleen Stone, PhD, RN, FAAN was Overholt’s faculty advisor and offered to go with her to complete Overholt’s community investigation for Community Health.

Both Stone and Overholt saw a benefit for students to engage in an international cultural experience, with a health component. “The world is becoming a smaller place every day, and nursing students can have an educational experience that is applicable in whatever area of nursing in which they work. The study abroad program gives nursing students an opportunity for diverse experience under different conditions than they have previously experienced,” said Overholt. “The study abroad program is also beneficial for me in my work in the villages. We host an annual medical team to Choluteca made up of students, faculty and physicians. From a curative perspective, we are convinced that numerous patients’ lives have actually been saved because of the medical brigades. Looking to the future, Overholt is investigating the possibility of starting a vocational-technical nursing program that would be a step program, preparing high school students in the nursing field and enabling them to continue in the university to work towards a BSN degree. “There is no emphasis in the high school program on an increased education in the sciences, such as anatomy, physiology and microbiology, to prepare them for a healthcare university education. We have been in conversations here trying to set up a curriculum that would be appropriate for this new educational opportunity,” Overholt explains. Stone and others from Ohio State are collaborating with her on this possible project.

Overholt’s advice to students: “Seek out opportunities to give you experiences outside of your normal comfort zone. All experiences are helpful in your future as a nurse. A trip to Honduras will permanently impact your life.”

Angie Overholt, teaching oral hygiene to Honduran children

Transformations in Nursing & Health Autumn 2013 53
University Chief Wellness Officer and Dean of the College of Nursing Bernadette M. Melnyk delivered the second "State of Health and Wellness in Buckeye Nation" address before a packed Great Hall Meeting Room at the Ohio Union on October 14.

To reach the goal of becoming the healthiest university on the planet, Melnyk underscored the need for a grass-roots approach where university students, faculty and staff take responsibility for improving their own health and wellness. She cited Buckeye Wellness Innovators, a group of faculty and staff university volunteers who provide wellness activities and information to their colleges and units as a successful model.

"You have to work in a social context, the organizational culture needs to support wellness, and the environment needs to be changed to make it easy and fun for people to engage in healthy behaviors," Melnyk said. Also speaking were Larry Lewellen, vice president of care coordination and health promotion, and A.J. Douglass, senior vice president for talent, culture and human resources. Lewellen said, "Our challenge is to be healthier next year than we are this year, and that's a huge challenge."

Linda Daley, PhD, RN, assistant dean for prelicensure programs, was inducted as a National League for Nursing Academy of Nursing Education Fellow in September at the NLN Education Summit in Washington DC.

Linda Daley (center) with NLN President Marsha Adams (left) and NLN CEO Beverly Malone.
Carole Anderson receives university’s Distinguished Service Award

Carole Anderson, PhD, RN, FAAN, professor emeritus and former dean of the College of Nursing, has been named a 2013 winner of the university Distinguished Service Award. The awards were established in 1952 by the Board of Trustees to recognize outstanding service by those who have “forged connections with the university.”

Anderson was dean of the college from 1986-2001. Afterwards, she served as interim dean of the Graduate School, executive dean of Health Sciences, vice provost for academic administration and dean of the College of Dentistry. She has been considered an exceptional leader and university citizen.

Anderson is a past president of the American Association of Nurse Practitioners and a past editor of the academy’s journal, Nursing Outlook. She is a charter member and two-term advisory council member of the National Academy of Nurse Practitioner Faculty. She is also a fellow of the American Academy of Nursing.

Gallagher-Ford named NAP Fellow

Lynn Gallagher-Ford, PhD, RN, DPNAP, NE-BC, director of the Center for Transdisciplinary Evidence-based Practice (CTEP), in May presented at the 2013 International Forum on Quality Management and Discipline Development of Nursing Science at the Shanghai Ninth People’s Hospital of Tongji University. She also continued discussions with leaders of the Shanghai Sipo Polytechnic School of Health Science & Nursing toward the establishment of CTEP Shanghai.

Gallagher-Ford is planning to conduct the first EBP immersion there next summer.

Students create first Homecoming float

College of Nursing students, with the help and coordination of Student Affairs staffers Nicole Fette and Kristin Gebhart, designed and built what is believed to be the first Homecoming float representing the college. The float design was based on the Centennial celebration and incorporated a health and wellness theme. Cur- rent students dressed in nurses’ uniforms from past generations.

Recognition for Melnyk

It’s been a rewarding several months for Dean Bernadette Melnyk. In addition to her induction to the Institute of Medicine (see page 7), she has received the National Organization of Nurse Practitioner Faculties (NONPF) Lifetime Achievement Award. NONPF is the national organization that is devoted to quality nurse practitioner education.

In addition, Melnyk was named Editor of Worldviews on Evidence-based Nursing by Sigma Theta Tau International, was appointed NIH/NINR advisory counsel and was inducted as a fellow into the American Association of Nurse Practitioners.

Faculty take evidence-based practice to China

Three different faculty members from the College of Nursing visited China this year to establish an evidence-based practice center and deliver conference keynote addresses.

Lynn Gallagher-Ford, PhD, RN, DPNAP, NE-BC, director of the Center for Transdisciplinary Evidence-based Practice (CTEP), in May presented at the 2013 International Forum on Quality Management and Discipline Development of Nursing Science at the Shanghai Ninth People’s Hospital of Tongji University. She also continued discussions with leaders of the Shanghai Sipo Polytechnic School of Health Science & Nursing toward the establishment of CTEP Shanghai. Gallagher-Ford is planning to conduct the first EBP immersion there next summer.

Elizabeth Barker, PhD, CNP, FAANP, FACHE, FNAP, FAAN, associate professor of clinical nursing and director of the Office of World Health Outreach, was the keynote speaker at the first Sipo Polytechnic School of Nursing/Ohio State University College of Nursing Evidence-based Practice Symposium in June.

Gerene Bauldoff, PhD, RN, FCNP, FAACNP, FAAN, professor of clinical nursing, delivered the keynote address, “Evidence-Based Practice: What is it? How to teach it to our students?” at the 2013 Narvin Nursing Education Forum in Nanning, Guangxi Autonomous Region, China in July. The nursing education conference had more than 100 nursing schools from China represented.
Students take inaugural study abroad trip to Nicaragua

In May, 15 nursing students and resident director and PhD student Maryanne Tranter became the first from the College of Nursing to participate in a study abroad program in Nicaragua. Here are a few excerpts from Tranter’s reports:

We visited NicaKDFE, a project that supports school lunches and educational programs to the communities around the city dump…Our students helped prepare and serve over 300 children lunch…We met with the human rights organization CENSOH. [It] works for economic and social rights, prisoner rights, freedom of speech, to expose governmental and police abuse, human trafficking. Domestic violence and highlights what is [being] done [there] for healthcare. Thursday we visited a women’s center. The nurse running [it] shared what they do for women’s reproductive and mental health: assess and treat cervical and uterine cancer and HIV/AIDS, provide self-esteem workshops and psychological services, as well as clinical training and educational programs and assess for family violence and prostitution. They run a preschool serving 100 children in this poor neighborhood…The nurse director spoke with us about Nicaragua’s healthcare system, nursing education and training and the role of the nurse in the hospital. We toured the overcrowded hospital; families are responsible for sheets, food, and direct care of their family members.

“Mission Impossible” Brutus Buckeye: a new addition to Newton Hall lobby

The lobby of Newton Hall received a new expression of Buckeye Nation culture this fall with the installation of Mission Impossible Brutus Buckeye. The 5’ tall sculpture stands on a 15’ base. It was unveiled during Reunions Homecoming Weekend by Dean Bernadette Melnyk. “Our college’s new vision conveys that we are known for accomplishing what is considered impossible, so we thought that this interpretation for Brutus would be perfect to stimulate our students, alumni, faculty and staff to dream big and fully engage in pursuing their missions,” Melnyk said. Greeting students, faculty, staff and visitors as they enter the building, the new Brutus is outfitted in black “spyware” and glasses. The base holds a box to receive the vision and missions of the College of Nursing family, which will be posted on a special Mission Impossible blog. “Evidence has supported that writing dreams and goals down with a date on them leads to a higher chance of success. We teach our students that the first step to success is dreaming and visualizing a big dream, believing in that dream and persisting through the character-builders until the dream…or mission is accomplished. Our entire lobby now conveys these important messages,” added Melnyk.

The sculpture joins several other themed Brutus Buckeyes installed around campus and in other Central Ohio locations. ▼

—Compiled by Sanford Meinert

Jodi Ford, PhD, RN, assistant professor, received an R21 grant from NIH entitled, “Linking biological and social pathways to adolescent health and wellbeing.” The $409,194 study explores a high-quality, feasible and cost-effective protocol for the collection of cortisol biomarkers in longitudinal studies examining the biological impact of social risk in adolescent health.

Co-investigators on the grant include Chris Browning, Donna McCarthy and Laura Szalacha.

The Leadership Academy for Peak Performance is offering powerful and exciting leadership workshops with an accompanying year of coaching!

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From nurse manager to healthcare executive, these workshops are for you

The Leadership Academy for Peak Performance offers residential immersions and on-site customized workshops. You will interact with healthcare colleagues and nationally known leadership experts. Residential workshops are held on the campus of The Ohio State University; customized workshops are designed to meet your organization’s needs at your location.

For complete details, visit lapp.osu.edu

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In memoriam
Remembering our classmates, colleagues and friends

Doris H. Besoor 1959
Margaret R. Bollinger 1945
Robert E. Case 1957
Margaret K. Clay 1972
Phyllis L. Cowan 1951
Ruth A. Dunham 1962
Sharon S. Easley 1966
Jeanne M. Forte 1976
Kathy M. Freeman 1984
Esther L. Heer 1950

2000 MS, 2004 PhD Cathy Jaynes is working as the director of The Center for Medical Transport Research, an independent 501(c)(3) corporation.

2003, 2007 MS Erika Kimble received the William Ociey Thompson Award from The Ohio State University Alumni Association. The honor is awarded to young alumni who have demonstrated distinctive achievement in a career, civic involvement or both.

2001 Christopher Ted Brindley was awarded the 2013 ANCC Magnet Nurse of the Year Award for Exemplary Professional Practice at the American Nurses Credentialing Center’s National Magnet Conference in October 2013.

2004 Ashley Altman recently returned to Columbus and accepted a position as a nurse practitioner at Harding Hospital at The Ohio State University Wexner Medical Center.

2007 MS, 2011 DNP John Chovan was recognized as 2013 New Teacher of the Year by Otterbein University.

2010 MS Maghee Distch was a finalist in the Dayton Public Schools Teach of the Year Award in 2012 from the Dayton Public Schools.

2011 Thomas Flood, MSN, FNP-BC, N.P., was hired by AxessPointe Community Health Center in Kent, Ohio as a family nurse practitioner.

2012 Nichole Amicucci is working as an emergency department staff nurse at the The Ohio State University Wexner Medical Center.

2013 Susan Blackstone is working as an emergency department nurse at Mount Carmel West.

2013 DNP Jan Sirlin is serving as the director of nursing at The Ohio State University James Cancer Hospital.

—Compiled by Megan Danison

Please share your professional accomplishments with your fellow alumni. Send your updates to alumni.nursing@osu.edu.
Brion stated that he is looking forward to [the] opportunity of service to the college, the university and our global community,” Brion added. Outside of work, Brion said that his partner and he keep busy by raising their adopted sons, spending time watching football and cheering on the Buckeyes, and exploring everything that Columbus has to offer. —Compiled by Kathryn Kelley

Note: Faculty grants, publications and books are recognized in the spring issue of Transformations in Nursing & Health.

But for Ohio State, the nation’s best care wouldn’t be this close to home.

U.S. News ranks Ohio State among the nation’s best hospitals for Cancer; Cardiology & Heart Surgery; Diabetes & Endocrinology; Ear, Nose & Throat; Geriatrics; Nephrology; Neurology & Neurosurgery; Pulmonology; Rehabilitation and Urology.

For 21 years, U.S. News has recognized Ohio State as the area’s leader in quality outcomes and patient safety. Our reputation for excellence helps us recruit the world’s top medical experts to Columbus, and our team of more than 19,000 dedicated faculty and staff is creating the future of medicine to improve people’s lives.

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Announcing the National Consortium for Building Healthy Academic Communities
Webinar series

November 15, 2013, 12 pm EST
Building a sustainable wellness program with measurable impact: The basics and beyond
Patricia Benson, University of Louisville

December 13, 2013, 11 am EST
LIVEWell at WVU
Colleen Harshbarger, University of West Virginia

December 16, 2013, 12 pm EST
Key strategies for building a culture and environment of wellness in academic communities
Bernadette Melnyk, The Ohio State University

February 19, 2014, 12 pm EST
UCLA’s Healthy Campus Initiative: A social movement approach to building a healthy community
Michael Goldstein, UCLA

April 23, 2014, 1 pm EDST
An integrative approach to employee health management—The University of Iowa perspective
Joni Troester, University of Iowa

April 24, 2014, 1 pm EDST
Exercise—The right medicine—We should all prescribe it!
Tom Best, The Ohio State University

To register for a webinar, please visit go.osu.edu/bhacwebinars

For information about the Building Healthy Academic Communities Consortium, visit healthyacademics.org. For questions or comments about membership, please contact Megan Amaya at (614) 292-5509 or at healthyacademics@osu.edu.