

FALL 2019

# Transformations

IN NURSING AND HEALTH

p. 2

## Transforming the Future of Health

Landmark expansion and renovation project



THE OHIO STATE UNIVERSITY  
COLLEGE OF NURSING

p. 28

**Primary Possibilities:**  
Preparing RNs for primary care

p. 32

**ICU Aftershocks:**  
Combatting adverse effects of the ICU  
with NIH-funded research





# Dean's Message

## Bernadette Mazurek Melnyk

PhD, RN, APRN-CNP, FAANP, FNAP, FAAN

Vice President for Health Promotion

University Chief Wellness Officer

Dean and Professor, College of Nursing

Professor of Pediatrics & Psychiatry,  
College of Medicine

Executive Director, the Helene Fuld Health  
Trust National Institute for EBP in Nursing  
and Healthcare

**D**ream, Discover and Deliver!  
These are the three keys to the huge success and impact we have had over the past eight years. Another one of our big dreams is about ready to come to fruition: We are building a 40,000 square foot addition onto Newton Hall, our college's wonderful home since 1968. The addition and renovation will give us much-needed space for all of the phenomenal growth and progress we have made over recent years, and will position us to be able to do far more to transform health and improve lives across the nation and globe into the future. You can read all about this exciting project that will break ground in 2020 on page 2.

As we grow, we continue to seek solutions to real-world healthcare issues in real time. The college is combating Ohio's healthcare crisis by equipping more nurses with the skills they need to serve in primary care roles, through several HRSA grant-funded educational initiatives (page 28). Our researchers are seeking evidence-based solutions to improve ICU outcomes (page 32), and conditions for patients with Alzheimer's disease (page 14). Because we are national leaders in championing the role of the DNP as evidence-based practice expert, we have positioned Sharon Tucker, PhD, RN, APRN-CNS, FNAP, FAAN, director of the translational/implementation science core at the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare, in a dual role to also direct the nurse executive track of our highly ranked DNP program (page 48). Through research, education and evidence-based practice, we are setting the stage for better healthcare tomorrow in Ohio, our country and the world.

In other groundbreaking news: the National Academy of Medicine selected Ohio State as a model case study in wellness and reducing clinician burnout (page 15), and we received a J. Everett Koop National Award, which recognizes outstanding worksite health promotion programs. Our OSU Total Health and Wellness clinic at The Ohio State University Wexner Medical Center East Hospital was awarded Federally Qualified Health Center (FQHC) status, a phenomenal achievement. The Ohio State University also honored Sinead Yarberry with the Provost's Award for Distinguished Teaching by a Lecturer (page 25) and student Sabrina Jamal-Eddine with the Undergraduate Student Award for Excellence in Community Service (page 46).

Our online magazine survey (see page 27 for how to participate) revealed that you would like more stories about what other alumni are doing. Thank you for the feedback! You can read about two Buckeye ICU nurses (page 36), a travel nurse in Alaska (page 68) and a retired U.S. Army Lieutenant Colonel (page 66).

We so appreciate your outstanding and unwavering heartfelt support!

Warm and well regards,  
Bern

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*Transformations in Nursing and Health* is a publication of  
The Ohio State University College of Nursing ©2019.

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COLLEGE OF NURSING

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# Transforming the Future of Health



by Susan Neale

**“This landmark addition and renovation project, the biggest expansion in our college's history, will emulate our vision to be the world's leader in thinking and doing the impossible to transform health and improve lives. It will embody wellness and innovation.”**

— Bernadette Melnyk, Vice President for Health Promotion, University Chief Wellness Officer and Dean of the College of Nursing

Our tremendous growth during the past eight years has also brought a great challenge: We need to create a thriving new space for classrooms, meetings, faculty and staff offices, research, evidence-based practice, wellness and healthcare innovation programs. The

dream of a bigger, better, updated Newton Hall began several years ago. Now, that dream is about to come true.

**Buckeye architects meet signature New York firm and make magic together**

P'Elizabeth Koelker, NCARB, LEED AP, and Ken Cleaver, LEED AP, know The Ohio State University's architecture. The two met on the first day of architecture school at Ohio State, and later worked together on Newton Hall's lobby redesign, transforming the dark, wood-paneled space into the light-filled living room it is today. Now part of M+A Architects in Columbus, Koelker (firm principal and





P'Elizabeth Koehlker, Joseph Tattoni, Lynn Halling, and Arvind Tikku. Not pictured: Ken Cleaver

studio director for healthcare and higher education) and Cleaver (team lead) have worked together on nearly 100 projects for Ohio State.

College of Nursing leadership asked University Architect Bernard Constantino, FAIA, to pair M+A, which had consulted on several design studies for the new addition, with signature New York design firm ikon.5 architects, ranked as the sixth-best design firm in the United States by *Architect* magazine and winner of more than 75 national and international awards.

The two firms quickly developed a great working relationship. “ikon.5’s role is to create the design, with a little bit of our input from our background working with the dean and the university; we’ll finalize the construction documents and get the project

delivered,” Cleaver said. Koelker added, “They’re very good listeners, as well as being very creative, collaborative and responsive – we’ve really enjoyed working with them.”

As consultants to M+A, ikon.5 is carrying the project through the design development phase, from conceptual planning and schematic design of floorplans down to specifics of building and interior finish materials. Meanwhile, as Architect of Record (legally, the firm responsible for contracting for and completing the construction), M+A has been coordinating a team of approximately a dozen local consultant designers and engineers for landscaping, geotechnical engineering, lighting, acoustics and more. M+A will finish the drawings and specifications that describe the building to the construction team, and guide its construction.

M+A’s experience with Ohio State was invaluable when it came to shepherding the project through the intense scrutiny of the university’s design review process. “The design approval process at Ohio State requires a great deal of involvement at the university level, to ensure that new buildings will seamlessly fit into the campus overall and will serve the university for decades to come,” Koelker explained. To deliver this sort of timeless design, the architecture team presented several design concepts to the university’s office of Planning, Architecture and Real Estate (PARE) and Design Review Board (DRB), refining and improving the concept. While brick is the predominant building material on campus, College of Nursing leadership, especially Dean Melnyk, pushed for and won the kind of innovative, glass-centered building for which ikon.5 is famous.

The result? Magic. And now that PARE and the DRB have given their approval, it’s moving fast: “It’s going to start in 2020, we’re hoping late spring or early summer; the earlier the better,” Cleaver said.

### Dreaming big: a winter garden of wellness

In designing the new 40,000-square-foot addition to Newton Hall, ikon.5 Design Architect Joseph G. Tattoni, FAIA, and colleagues drew inspiration from a concept from medieval art: the winter garden.

“A winter garden is a microcosm of nature, a recreation of the natural world inside,” Tattoni explained. “We’re using that as the inspiration for this building because the mission of the College of Nursing is that the holistic mind, body and spirit has to be taken into consideration in order to be healthy.”

The College of Nursing’s vision of wellness, he said, is more than just healthcare. “It’s about what you eat. It’s about what you think. It’s about how you feel about yourself. And the physical environment has a huge impact on that.”

### How do we transform the environment?

While the existing Newton Hall is, as Tattoni described, “a double-loaded corridor, your basic school design,” the challenge was to make this functional, boxy building into something that would



Corner of 9th and Neil Ave.

inspire people to be conscious about wellness. “How do we transform the environment?” Tattoni’s team asked.

One key was to connect the building to nature using biophilic design – curving shapes that feel natural and organic. In the sky-like ceiling with lights that will mimic stars, round “oculus” skylights are designed to let in natural sunlight. The glazed pattern in the glass will filter and soften light entering the windows much like tree trunks do. Living plants and trees indoors will also help connect back to nature.

Outside, the landscape is as carefully planned as the interior. “There are layers to this landscape experience,” Tattoni explained, pointing to an architect’s drawing of the grounds and the trees, some existing, some to be newly planted. Outside of the multipurpose classroom/large event space to the south will be a white spire birch grove. “These birch trees will be all lit up at nighttime, so when you have events here at night, you look through the glass and





you’re looking at the white, illuminated trunks of the birch trees. It will be beautiful.” The landscape design, from bluestone pavers and benches to plantings and trees, continues from the new entry plaza outside through the indoor atrium, and out again to the west garden terrace, blending outside and indoors.

The clear glass walls of the addition’s ground level and the renovated front façade of Newton Hall will let passersby see in to the college in a new way. “It says welcome, openness, innovation, transparency – everything the College of Nursing wants to be,” Tattoni said.

### All is WELL

While every building on Ohio State’s campus must be LEED certified to be energy efficient, College of Nursing leadership wanted the new addition to be WELL certified also, to ensure its capacity to promote wellness. (See page 70 for a more detailed description). The plans have met with approval for WELLv2 Silver certification—no small feat—with measured standards for air, water, nourishment, light, movement, thermal comfort, sound, materials, mind, community and innovation.

“In order to get these certifications, both WELL and LEED, there’s specific, definable metrics that have to be met,” Tattoni explained. For instance, the percentage of floor area that is covered by sunlight through the course of the day, throughout the year, has to be measured for part of the submission to the U.S. Green Building Council.

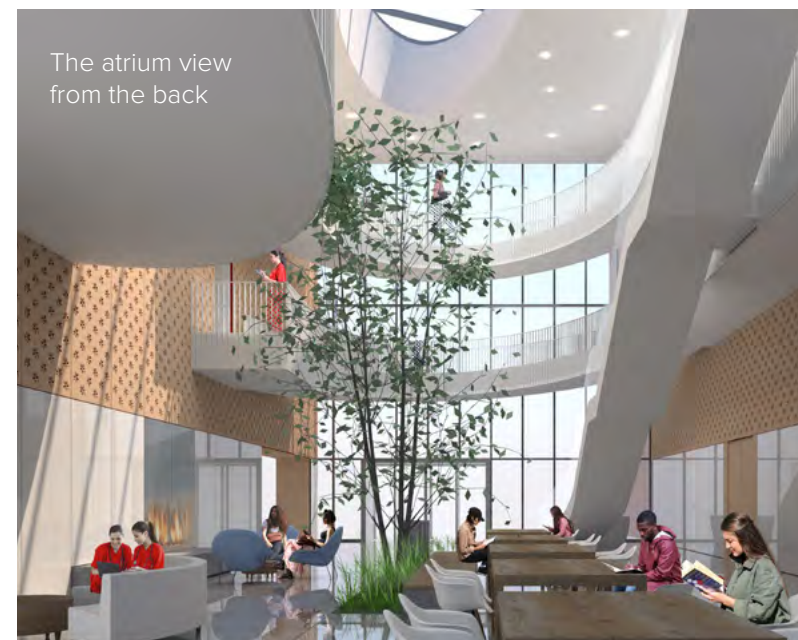
The two certifications are not always in sync, Tattoni said. “WELL says get as much natural daylight as possible; LEED wants you to keep the heat out of the building to reduce fossil fuel consumption.” The design team, including WELL-certified architect Johnna Keller and Koelker from M+A, worked with these challenges to define and then design the addition so that it will be the first WELL-certified building on Ohio State’s campus.

## The plan

The new addition includes a new entrance to the College of Nursing on Neil Avenue. Pathways lead to the entry plaza, with bike racks, stone benches, trees and planters. You can see into the atrium, and beyond to the west patio terrace, where students might be sitting on benches under the trees. Once inside the high glass walls of the atrium, you can choose to go left, into the new three-story addition; to the right, into the existing Newton Hall, or all the way back and to the right, to an additional three-story block added on to the back of the existing building.

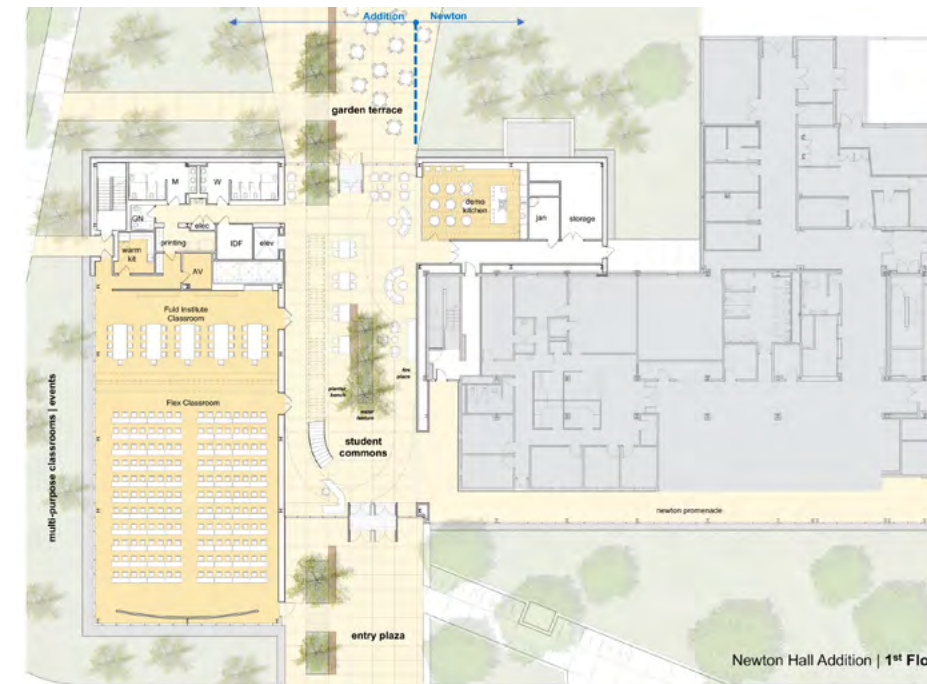
### Behind Newton Hall

The space added to the back of the existing building houses a state-of-the-art demonstration kitchen on the first floor to promote healthy eating, an important part of well-being. The kitchen area will offer nutritional programming for the university by the Buckeye Wellness team, which Dean Melnyk leads as the University Chief Wellness Officer. The second floor holds offices for the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare. On the third floor, two large seminar rooms can be used as classrooms or meeting areas. The relaxation loft overlooks the atrium, and a walkway extends across the atrium to the main body of the addition.



### The atrium

Here is where we come together, to study, to talk, to enjoy community. Moveable desks and chairs allow students, faculty and staff to log in, recharge and collaborate together while soft light filters down through the trees from the skylights overhead. Water splashes on rocks, and a crackling fireplace glows with warmth and light.

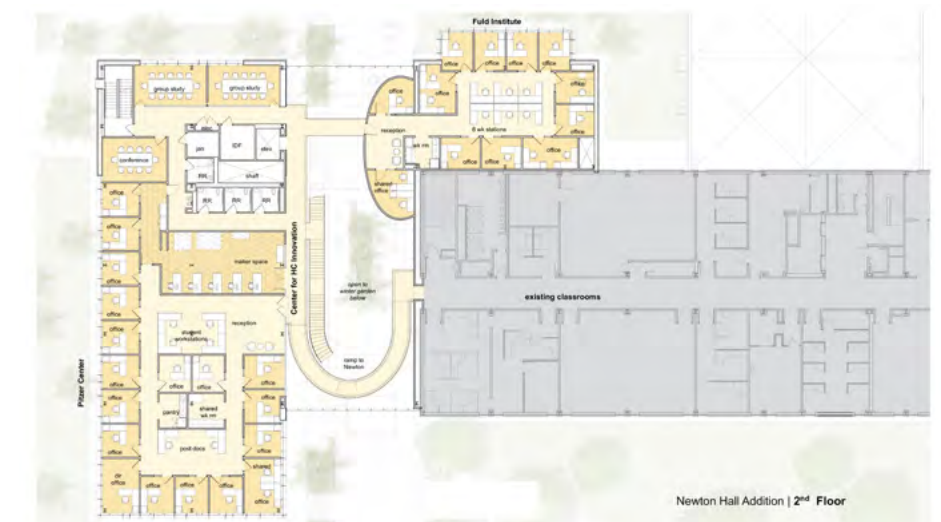


### Across the atrium

The first floor of this part of the addition houses multi-purpose classrooms, including a 176-seat “flexible classroom” suitable for large lecture classes, faculty and staff meetings, all-college events and conferences. Two of the flex classroom’s walls are floor-to-ceiling glass looking out to 9th Avenue and Neil Avenue. A retractable wall, which lowers from the ceiling, separates the large lecture space from the Fuld Institute for EBP’s 40-seat classroom and presentation area, with a warming kitchen and printing room behind the scenes.

### Second floor

The second floor will be the new home of the Martha S. Pitzer Center for Women, Children and Youth. It also houses the Office of Healthcare Innovation & Entrepreneurship, including a large maker space. Three small conference rooms will provide much-needed meeting space for the college and break-out rooms for immersion sessions held by the Fuld Institute for EBP.







If you are interested in joining us as we transform the future of health, please see the enclosed envelope or visit us at [nursing.osu.edu/building](https://nursing.osu.edu/building).

### Third floor

A suite of offices and work stations for the dean's team and key administrative units for the college, an executive conference room, pantry and reception area are housed here. Group study and conference rooms and a large seminar room on this floor serve several purposes for the college.



## Innovation:

### How do you make glass energy efficient?

Translucent ceramic lines in varying widths added to the glass in the glazing process will create a pattern of filtered light, responsive to different angles of the sun. ✨





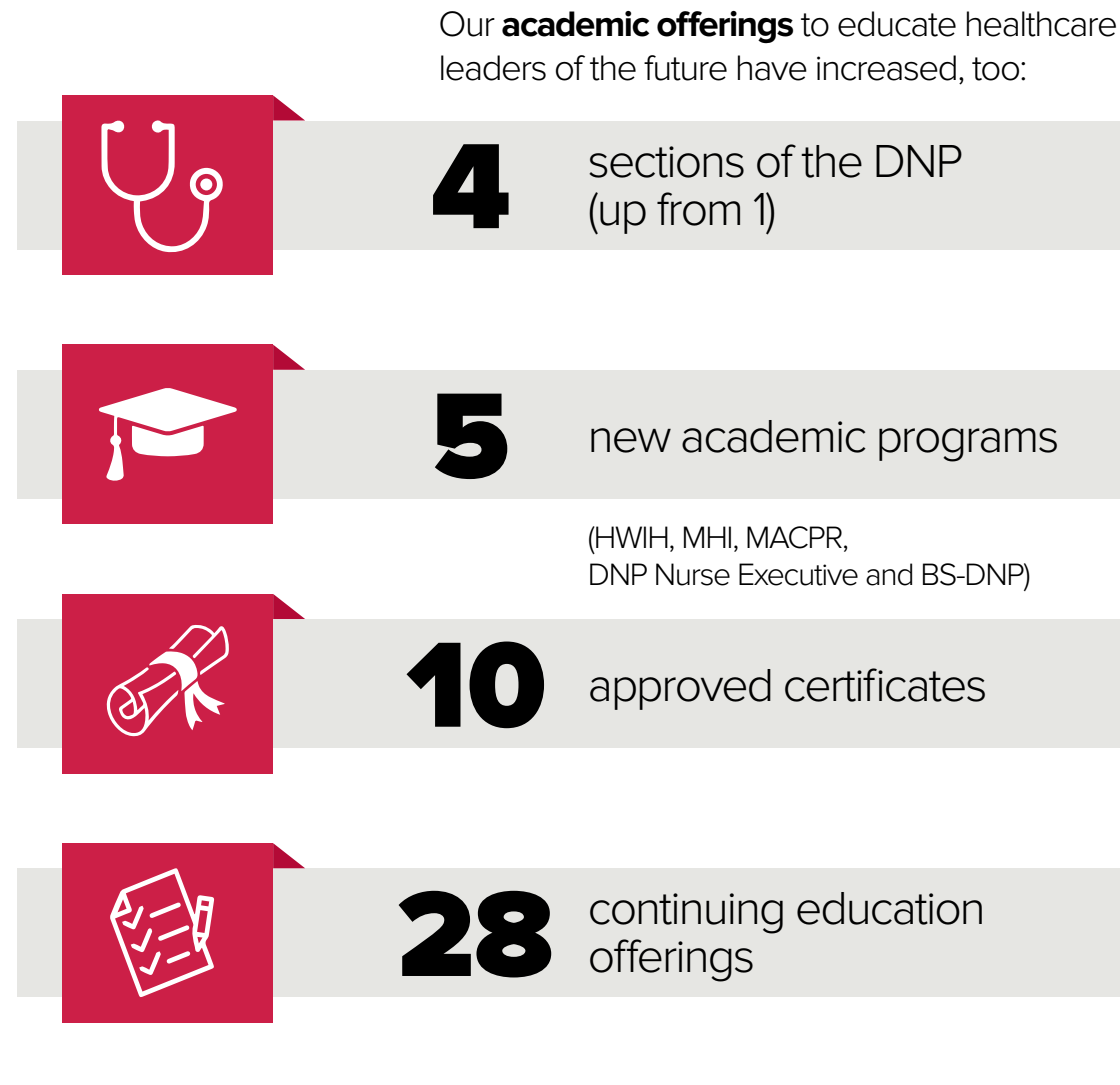
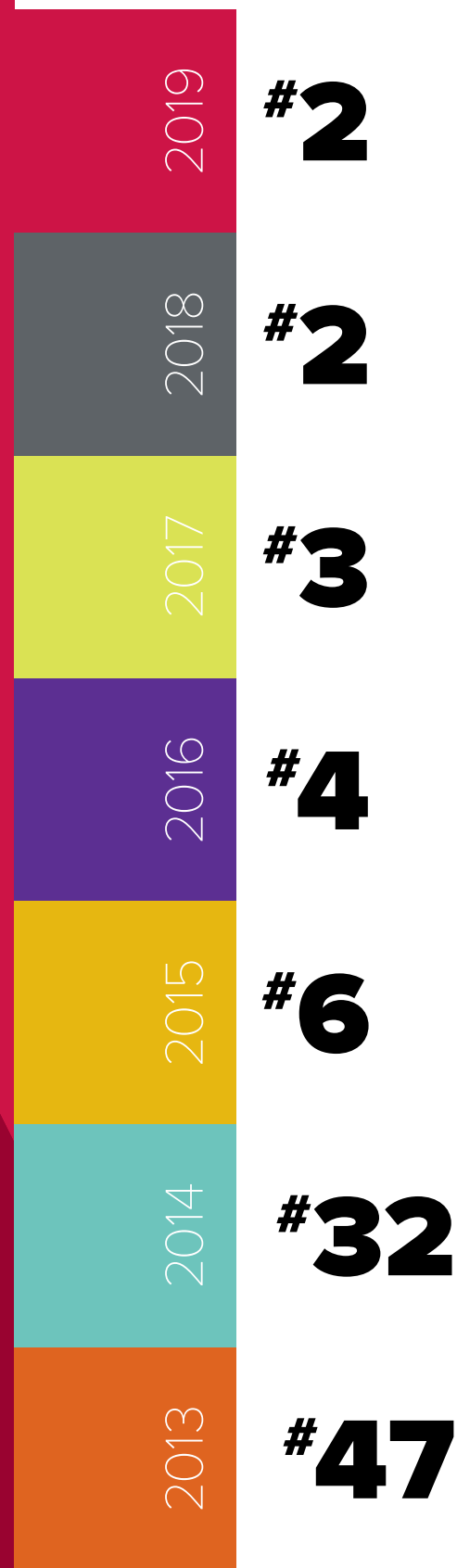
# Our growth by the numbers

Our student body has grown by leaps and bounds:

2010:  
1,382 students

'19  
2,300+ students

The national reputation of our **academic programs** has risen because of our incredible students, faculty and staff. *U.S. News & World Report* ranks our online master's degree:



We are supporting our students with more scholarships thanks to our **generous donors**:

2012 academic year:  
\$270,135

2019 academic year:  
\$514,945

With more students and more initiatives comes the need for more exceptional **faculty and staff** to support them:

2011: 121 | today: 310+

As we graduate more students, we add to our engaged and dynamic **alumni base**:

2011: 11,340 | as of July 2019: 13,853

## Research/evidence-based practice centers:

- Martha S. Pitzer Center for Women, Children and Youth
- Center for Healthy Aging, Self-Management and Complex Care
- Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare



# For the love of Newton

A nostalgic look back at our college's home since 1968



## Anne Geyer ('67)

"It's been 50 years since I had the honor of turning over a shovel of dirt for the "new" Newton hall alongside one of the alumnae from the 1917 nursing program. It was a lovely day full of ceremony, reflection and excitement at the prospect of having a building of our own, a dedicated space that future nursing students could call 'home.' The feelings associated with three wonderful years in the School of Nursing are as fresh and refreshing as they were in 1967."

## Jane Kaufman ('70, '71)

"I was in the transition of moving from the Hamilton Hall area where the School of Nursing was housed to modern, brand-new Newton Hall. It was exhilarating. Dr. Newton was the dean when I entered the School of Nursing as a rising sophomore in 1967. So, to have classes in a building bearing her name was exciting. What I recall were the large classrooms on the first floor with fixed seats... no moving of wooden chairs, a TV in the commons room on the ground floor, a skills lab equipped with an exhaustive amount of hospital equipment, individual closed mailboxes on the first floor and the feeling that we must matter a great deal to the university to have such a great new building."



## Catherine Kassouf ('79)

"I was at Newton Hall from 1975 to 1979. Those were the best years of my life. All my wonderful professors educated me in such a great way that I have been able to apply the method of looking at a problem: developing a clear understanding of what the problem is first of all and then implementing a detailed plan for remediation. Today, I utilize this 'nursing process' to manage over 1.2 million square feet of commercial real estate property personally owned by my family. I am eternally grateful for my education received at Ohio State."



## Lynda Waugh ('87)

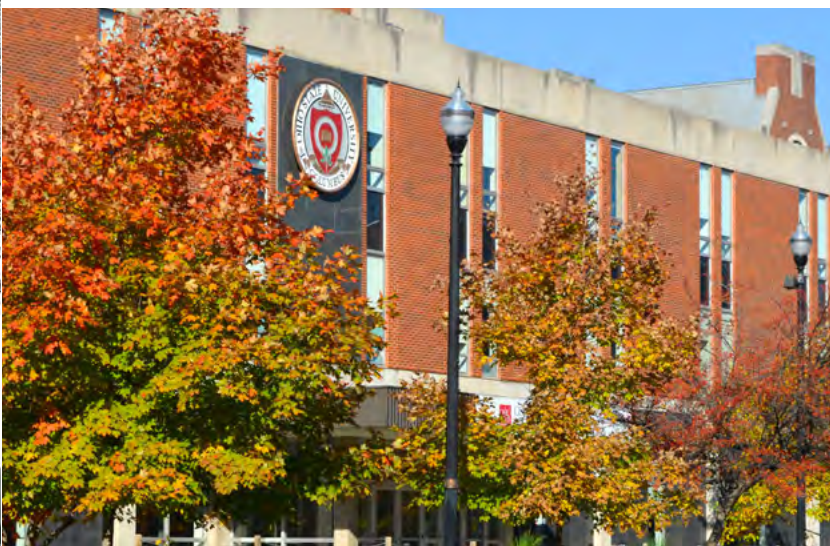
"I remember when it was the School of Nursing and was finally recognized as a College of Nursing. What a milestone!"

## Sean Dille ('17)

"I came to Ohio State for my nursing orientation for my RN-BSN program and got to walk around campus and saw the nursing Brutus in the building and [remember] how excited I was to finally become a Buckeye!"

## Patty Ward (Clark) Buttram ('85)

"I don't remember the woman's name, but in 1985 I was a pregnant senior nursing student, and she was the receptionist. I would lie in the lobby before a certain class and she would wake me up in time for class. She was very sweet to this young, first-time mom! ✨"





# College News

## Monroe and Cowan awarded \$5 million NIH grant to advance Alzheimer’s disease research

Todd Monroe, PhD, RN-BC, FNAP, FGSA, FAAN, associate professor in the College of Nursing, will help lead a multi-site five-year, \$5 million grant project awarded by the National Institutes of Health/National Institute on Aging (NIH/NIA) to advance research focused on sensitivity to pain in patients with Alzheimer's disease and cancer.

“This grant will study the response to experimentally evoked thermal and pressure pain to determine if people with chronic cancer pain and Alzheimer’s disease may be at greater risk of suffering from poorly treated pain at the end of life,” Monroe said. “This is especially important for patients with Alzheimer’s disease who also have cancers, such as prostate and breast cancer, that generally lead to very painful bone metastasis.”

The multi-site, multiple PI R01, "Pain Sensitivity and Unpleasantness in People with Alzheimer’s Disease and Cancer," will be performed in close partnership with Ronald Cowan, MD, PhD, professor of psychiatry and behavioral health from Vanderbilt University. The



Todd Monroe

research builds on numerous studies that Monroe and his colleagues have conducted over the last decade, including research that concluded that patients living with severe dementia and cancer were more likely not to receive hospice services, and also to receive little or no pain medication during the end of life. Last year, Monroe and his team earned a five-year, \$3.3 million NIH/NIA grant to examine gender and Alzheimer’s-related differences in verbal pain-reporting patterns and how they are displayed in regional and network brain function, with an aim to lead to a better understanding of how Alzheimer’s and gender impact central pain mechanisms.

Monroe said this new project will also use experimental pain procedures to indirectly examine the integrity of the descending pain modulation system to determine how well the body reacts to pain.

“This is a critical point to study,” Monroe explained, “especially in people with cognitive impairment who are at risk for receiving very little pain medication in conditions known to be very painful.”

Monroe and his team hope to use the information from this research to further explore the neurobiology of pain in older adults with dementia and chronic pain, which can in turn help lead to the development and testing of interventions to better manage pain in this growing population. ✨

## Battling burnout: The National Academy of Medicine features Ohio State as a model case study in wellness

The National Academy of Medicine’s (NAM) Action Collaborative on Clinician Well-being and Resilience released a comprehensive case study in July that documents Ohio State’s approach to health and wellness. The NAM case studies are intended to serve as examples for other organizations in their efforts to combat clinician burn-out. Ohio State is the first university in the nation featured by NAM as a role model in wellness and prevention among clinicians, faculty, staff and students.

“The success of our university and our medical enterprise is driven by our people, and supporting their well-being is among our highest priorities,” said President Michael V. Drake. “In addition to happier and healthier Buckeyes, these efforts help create a more efficient, innovative and effective organization.”

Ohio State calculates a cumulative productivity net savings of more than \$15 million from wellness programming, as well as a \$3.65 return on investment for every dollar invested in wellness. Additional impacts include improvements in cardiovascular health; decreases in pre-diabetes, depression and anxiety; and increases in healthy lifestyle behaviors and academics among students, faculty and staff. Ohio State is in the third year of a negative healthcare spend for faculty and staff compared to an average four to six percent increase in most organizations.

“The initiatives detailed within this case study are transformational for our clinicians, faculty, staff and students,” said Harold L. Paz, MD, executive vice president and chancellor of health affairs and CEO of the Ohio State Wexner Medical Center. “This effort is a marathon, not a sprint, and it is incumbent upon all of us to keep building the momentum.”



Harold Paz and Bernadette Melnyk

Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, who serves as university vice president of health promotion and dean of the College of Nursing at Ohio State, is also the first designated chief wellness officer at an institution of higher education in the United States. She said the initiatives highlighted in the case study point to the importance of building and sustaining a culture of wellness at every level. “It is critical to create an exciting vision and strategic plan for wellness that includes evidence-based interventions and diligent monitoring of outcomes over time,” said Melnyk. “It takes time to build a culture that promotes optimal well-being and makes healthy behaviors the norm. Leaders, faculty and managers must ‘walk the talk’ and provide needed wellness resources as well as support for grassroots initiatives.”

The case study details specific efforts across several sectors of the university – the College of Nursing, College of Medicine, Department of Emergency Medicine Residency Program and the Wexner Medical Center – to support well-being, including the Buckeye Wellness and Buckeye Wellness Innovator initiatives, the evidence-based cognitive-behavioral skills building MINDSTRONG program to decrease depression, anxiety and stress, and approaches to help clinicians after stressful or traumatic situations. You can find all of the details in the case study at [go.osu.edu/namcasestudy](https://go.osu.edu/namcasestudy). ✨



## Graham honored with national educator award

The National Organization of Nurse Practitioner Faculties (NONPF) honored Margaret Graham, PhD, APRN-CNP, FAANP, FNAP, FAAN, vice dean of the College of Nursing, with its 2019 Outstanding Nurse Practitioner Educator Award at its annual conference in Atlanta in April.

The award recognizes Graham's contributions to the advancement of nurse practitioner education in areas including innovative curriculum development, teaching ability, educational policy development and development of creative teaching techniques and strategies.

Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, university chief wellness officer, vice president for health promotion and dean of the college, nominated Graham for the award, highlighting Graham's "unparalleled commitment to producing top-quality RNs and APRNs" and legacy of creating innovative ways to provide primary care and influence policy. ✳



Margaret Graham

## McNett and Ackerman inducted as Fellows

Molly McNett, PhD, RN, CNRN, FNCS, and Michael Ackerman, DNS, RN, CENP, FCCM, FNAP, FAANP, have been inducted as Fellows in the American Academy of Nursing (FAANs). Both are professors of clinical nursing and serve as directors. McNett recently joined the college as assistant director of the implementation and translation science core in the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare, while Ackerman acts as director for the Master of Healthcare Innovation program.

McNett and Ackerman were inducted as AAN Fellows in October at the academy's annual conference in Washington, D.C., along with 229 other highly distinguished nurse leaders. The academy's mission is to transform health policy and practice through nursing knowledge, advance evidence-based innovations in healthcare delivery and address needs of diverse populations. ✳



Molly McNett and Michael Ackerman



Sharon Tucker

## Tucker inducted as Distinguished Fellow

Sharon Tucker, PhD, APRN-CNS, FNAP, FAAN, was inducted as a Distinguished Fellow of the National Academies of Practice (NAP) during a gala banquet in Pentagon City, Virginia, in April.

The fellowship recognizes leadership in practice, scholarship and policy to support interprofessional care. It is an honor extended to those who have excelled in their profession and are dedicated to supporting the purpose of NAP, which is to advise public policy makers on healthcare issues using the organization's perspective of expert practitioners and scholars joined in interprofessional dialogue and advocacy.

This year, Tucker assumed the role of program director of the nurse executive track of the Doctor of Nursing Practice (DNP) program in the College of Nursing. She is the director of the implementation science core in the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare. Read more about Tucker's dual role on page 48. ✳

## C. Everett Koop Award honors wellness at Ohio State

University Chief Wellness Officer Bernadette Melnyk and Director of Health Promotion Megan Amaya, PhD, attended The Health Project's Hero Forum in Portland, Oregon, in September to receive The C. Everett Koop National Health Award, honorable mention, on behalf of The Ohio State University. The award was given to the university in recognition of its health and wellness initiatives.

The mission of The Health Project is to seek out, evaluate, promote and disseminate the lessons learned from exemplary health promotion and disease prevention programs with demonstrated effectiveness in influencing personal health habits and cost-effective use of healthcare resources. ✳







Dianne Morrison-Beedy

## Morrison-Beedy selected for third Fulbright Award

Dianne Morrison-Beedy, PhD, RN, FAANP, FNAP, FAAN, has been awarded the third Fulbright Specialist Award of her career by the J. William Fulbright Foreign Scholarship Board.

The award took Morrison-Beedy to Norway this year, where she worked through August and September on nursing curriculum innovations that set the stage for developing a master's-level nurse practitioner program at the Lovisenberg Diaconal University College in Oslo.

"Fulbright experiences are opportunities not only to learn about other countries and cultures, but also to engage with them about aspirations that we can help them fulfill," Morrison-Beedy said. "I am very excited about working with partners and nursing leaders in Norway to advance the quality of healthcare and prepare generations of nurses there for success." \*

## Melnyk awarded Academy Edge Runner honor

Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, was honored as an Academy Edge Runner designee by the American Academy of Nursing (AAN), a recognition earned for her impactful and successful cognitive-behavioral skills building intervention programs. This is the third Edge Runner honor for Melnyk.

Melnyk, as vice president for health promotion, university chief wellness officer and dean of the college, creates evidence-based programs to improve both mental and physical health outcomes in children, adolescents and college students through cognitive-behavioral skills building intervention strategies.

"Although numerous studies that I have conducted across more than two decades have shown that my cognitive-behavioral skills building programs are effective in treating depression and anxiety, my dream is that these programs will be heavily used in schools, community settings and universities across the United States and the globe as a preventive intervention strategy to curb the rapidly-escalating and high prevalence of mental health problems and suicide in children and youth," Melnyk said. \*



Bernadette Melnyk

## 2019 U.S. News & World Report rankings



#2

online Master of Science in Nursing

#3

Ohio State's online bachelor's programs, including RN to BSN



## NIH research funding ranking

#13

nationally overall

#6

nationally among public institutions

## Best Graduate Schools 2020 rankings

#8

overall Master of Science in Nursing

#19

Doctor of Nursing Practice

\$10.7M

in external awards for research and development (includes foundations and training grants for fiscal year 2019)

## NIH rankings and research funding for 2019 highest ever

During fiscal year 2019, the College of Nursing received approximately \$10.7 million in grant funding for research, its highest grant yield so far. Last year, the college's research funding totaled \$6.9 million. This funding supports research in several critical areas of healthcare, including aging and dementia care, understanding and preventing preterm birth, health and wellness interventions for vulnerable populations, symptom science and improving critical and chronic care outcomes across the lifespan. The college now ranks 13th overall and 6th among public institutions nationally in National Institutes of Health (NIH) grant funding, its highest ranking to date. \*





## PhD Program 30-Year Reunion

For 30 years, our PhD program has been educating future nurse scientists, our graduates have been at the forefront of finding solutions that improve patient and population health, and the discoveries made by our community have impacted countless lives.

The PhD program celebrated its 30th anniversary in May, bringing together past and present PhD students and professors for a day of memories and looking toward the future. The crowd gathered in Newton Hall for student presentations, a healthy lunch featuring a State of the College address from Dean Bernadette Melnyk, and a sneak peek at plans for the new building construction. Rita H. Pickler, PhD, RN, FAAN, FloAnn Sours Easton Professor of Child and Adolescent Health, director of PhD in nursing science programs, presented the Edna Lillian Fritz memorial lecture, “PhD Program History and Update,”

and alumni enjoyed reconnecting and revisiting their PhD years.

Some grads counted the PhD not only as an academic credential, but also as a great personal accomplishment. “Finishing a PhD is a big deal,” said Linda Hunt, PhD, RN, (PhD ‘95) associate professor of nursing at Chamberlain College of Nursing in Columbus. Hunt, who was a member of the second cohort of PhD students at Ohio State, said that it took her 10 years to complete her degree (from ‘85 to ‘95), and that the program was “very competitive.”

“My advisor was one of the top researchers in the world,” for her area of study, Hunt said, and she felt lucky to have previous Dean Grace Sills as a mentor. She was also grateful that the PhD program prepared her for her teaching career.

Current PhD students and alumni enjoyed celebrating the growth of the program over the years and the many accomplishments and contributions of our PhDs to the community and the world. ✨

## 2019 ROTC Wellness Boot Camp

The 2019 ROTC Wellness Boot Camp, hosted by Ohio State ROTC, the Office of the Chief Wellness Officer and Buckeye Wellness, took place in April in Ohio Stadium. The fun fitness event demonstrated support of the military through friendly competition.

The ROTC designed six fitness events, each timed and graded. Participants were placed in different ranks based on preferred activity level, with modifications provided at each station. First place winners included teams IV Leaguers, Four Kegs and Crossfit Scioto in Rank I, Rank II and Rank III respectively.

This year’s boot camp was made possible by sponsorships from Ohio State Athletics, the College of Nursing Alumni Society, Office of Student Life and KIND Snacks. ✨



## 2019 Family Wellness Expo

Buckeye Wellness provided the annual back-to-school event in August at the RPAC. The Family Wellness Expo is a school year kick-off celebration with wellness activities including carnival games, inflatables, healthy food demonstrations, health screenings and wellness trivia for families in our community to participate in.

Buckeye Wellness is a program that has given over 600 innovators who share a passion for health and wellness the opportunity to promote university-wide wellness initiatives. ✨



## The Amazing Race to Wellness

Entertainment and wellness were top priorities for all who participated in the 2019 Amazing Race to Wellness. On May 15, Buckeye Wellness brought 34 teams (135 faculty and staff) together to compete in the event. Based on the reality show, “The Amazing Race,” this event sent teams through Lincoln Tower Park to complete a variety of challenges that embrace the nine dimensions of wellness – emotional, career, social, spiritual, physical, financial, intellectual, creative and environmental.

“It’s a really unique wellness opportunity,” said Lauren Battista, wellness program manager. “It gives people the opportunity to build trust and comradery between a diverse range of participants.” ✨





## Wellness checklist for first-time college students gains national attention

University Chief Wellness Officer Bernadette Melnyk partnered with The Ohio State University Wexner Medical Center to create the “Wellness Checklist for Incoming College Students” to help students and their parents navigate a road less traveled for many incoming freshmen: how to independently monitor and prioritize their personal wellness needs. The checklist urges new students to establish healthy habits, find local healthcare,

make mental health a priority and find a system that works for them to stay organized and proactive about their health and well-being.

“Building a plan that is achievable and practical before they come to campus can really help with the transition to this new stage in their lives,” Melnyk said. “Taking these steps early will really place students in a positive position as they begin their college experience and help support the growth and potential of every student from day one.”

Major media outlets across the country – including *The Wall Street Journal*, NBC News, and *U.S. News & World Report* – have promoted this checklist that covers exercise, healthy eating, stress management, organization and mental and physical health. ✨

## Transformations online

*Transformations in Nursing and Health* has a new web presence on the college’s website. Check out our new look at [nursing.osu.edu/transformations](https://nursing.osu.edu/transformations) ✨

## Nearly 40 students participate in Summer Institute for Future Nurses

Nearly 40 high school students participated in the three-day College of Nursing Summer Institute for Future Nurses in June. The summer program brings students from a variety of backgrounds together to engage with nurses, current students and nursing faculty and staff, and gives participants hands-on experience at the college, allowing them to explore their interest in nursing. ✨

Summer Institute for Future Nurses



# Wellness Checklist for Incoming College Students

## ■ Establish healthy habits

- Schedule physical activity, healthy eating and stress reduction like you schedule your classes
- Learn the location of fitness centers, dining halls with healthy options and the student health center

## ■ Find local health care

- Get connected to a primary care provider and a pharmacy

## ■ Make your mental health a priority

- Start making friends
- Get involved in campus organizations that interest you
- Seek professional help immediately if you feel overwhelmed

## ■ Find a system that works for you

- Use a planner or an app to stay organized and proactive about your health and well-being



**THE OHIO STATE UNIVERSITY**

Office of the Chief Wellness Officer  
Bernadette Melnyk, PhD, APRN-CNP



# New Faculty



## Karen Rose

Karen Rose, PhD, RN, FGSA, FAAN, joined the college as a professor and became the new director of the Center for Healthy Aging, Self-Management and Complex Care in June. Rose is a highly respected researcher in the area of Alzheimer's disease and related dementias, family caregiving and the use of technology to support vulnerable older adults.

She serves on the editorial boards of the *Journal of Gerontological Nursing* and *Research in Gerontological Nursing*. Rose was inducted as a Fellow in the American Academy of Nursing in 2013, where she served as the co-convenor for the Expert Panel on Aging from 2015 to 2018 and as a Fellow in the Gerontological Society of America in 2014, where she currently serves as the representative from the Health Sciences section on the Committee for Health Policy. \*

## Molly McNett

Molly McNett, PhD, RN, CNRN, FNCS, joined the College of Nursing as assistant director for the implementation and translation science core in the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare and professor in the clinical track.

McNett is an expert in neurocritical care who has contributed to the science and practice of critical care nursing in a variety of ways, including developing evidence-based guidelines for care of critically ill patients with neurological injury, researching ways to identify optimal nursing interventions for hospitalized patients with acute neurological injuries and designing and implementing national training programs for nursing to enhance and improve management of patients in the clinical setting with neurological injuries. \*



## Kayla Herbell

Kayla Herbell, PhD, RN, joined us as an assistant professor on the tenure track in the Martha S. Pitzer Center for Women, Children and Youth. Herbell recently completed a postdoctoral fellowship at the University of Missouri Sinclair School of Nursing. She completed her BSN at Capital University and her PhD at Case Western Reserve University. Herbell's research focus is improving the mental health of women and children. \*

## Stephanie Sykes

Assistant Professor and Neonatal Nurse Practitioner Stephanie Sykes, DNP, APRN-CNP, NNP-BC, joined us from Akron Children's Hospital Neonatal Intensive Care Unit, where she continues to practice. Sykes received her MS in neonatal nurse practitioner in 2008 from Ohio State and her DNP in 2016 from the University of Akron. \*



# Inspired Teaching

## Sinead Yarberry, Provost's Award winner

by Phil Saken

Instructor of Clinical Practice Sinead Yarberry, MS, RN, APRN-CNP, APRN-CNS, is passionate about creating a learning environment that helps her students thrive. Yarberry received the 2019 Provost's Award for Distinguished Teaching by a Lecturer.

### What did you want to be when you grew up?

I remember being four years old and wanting to be a nurse. My mom went to nursing school at that time and I would sit in the library with my own anatomy coloring book, diligently coloring in bones, the vascular system and cranial nerves. I was also the kid that taped a piece of string from my grandfather's arm to a piece of paper on the lamp shade colored in for his "TV fluid."

### How did your career path change?

I had every intention of being a staff RN for many years, but a few fateful conversations with graduate school recruiter Jackie Min piqued my interest in becoming a Clinical Nurse Specialist (CNS). While I was pursuing my CNS, I became a Graduate Teaching Associate and fell in love with nursing education. I have been with the college full-time as clinical faculty since completing my MS in 2011.

### Describe your teaching style in 10 words or fewer.

Dedicated, organized, caring, encouraging and clear with expectations.

### This award is a big deal. What were you thinking when you learned you received it?

I was honestly very confused and assumed they were there for someone else.



Bernadette Melnyk, Kay Wolf, Sinead Yarberry, Wendy Bowles, Cindy Anderson and Margaret Graham.

### What's your ultimate goal?

I just completed a post-master's certificate as a Family Nurse Practitioner, and I anticipate graduation from Ohio State's Doctor of Nursing Practice program in 2021. My ultimate goal is to continue teaching while adding practice time as an FNP. Having a balance between providing evidence-based primary care to patients and influencing the future of nursing as an educator would be a dream come true.

### Who inspires you?

My mother, who was able to begin nursing school with two small children, made me realize that I can be in school with kids. Many educators (Drs. Linda Daley, Bonnie Kirkpatrick, Carolyn Schubert, Melissa Baker, Wendy Bowles) have inspired and influenced me, challenged me, cared for me and made me the nurse and educator that I am. Lastly, my four children and husband: I want to show them that if you can dream it, you can accomplish it with the right support.

### What's a hidden talent that people might not know about?

I did Irish step dancing with the O'Hare School of Irish Dance (before Riverdance made it popular) and competed nationally.

### What's your best advice for students?

Take things one day at a time, talk with your professors and make time for yourself and family. It is amazing how much you can learn in three years and it will fly by. \*



# Faculty Focus

**Ackerman, Michael.** Appointed reviewer and judge of the Quickfire Challenge Review Panel and Judge task force for Johnson & Johnson. Inducted as a Fellow of the American Academy of Nursing.

**Anderson, Cindy.** Serves as president of the Midwest Nursing Research Society. Appointed associate editor of the *Journal of the Developmental Origins of Health and Disease*. Promoted to professor and senior associate dean of Academic Affairs and Educational Innovation for The Ohio State University College of Nursing. Selected to serve as a member of the Ethical and Scientific Review Committee for the Preeclampsia Foundation.

**Bauldoff, Gerene.** Selected to receive the 2019 L. Kent Smith Award of Excellence from the American Association of Cardiovascular and Pulmonary Rehabilitation.

**Blake, Patricia.** Represented The Ohio State University Wexner Medical Center at the American College of Cardiology National Cardiovascular Data Registry conference.

**Breitenstein, Susan.** Elected to serve on the board of directors of the Global Implementation Initiative. Selected to serve as program planning chair for the 2020 conference of the Midwest Nursing Research Society. Appointed to member of Editorial Consultant Board committee of the *Journal of School Nursing*.

**Buck, Jackie.** Received the first place award from the Quality and Safety Education for Nurses (QSEN) for the Poster Award.

**Chipps, Esther.** Received the first place award from the Quality and Safety Education for Nurses (QSEN) for the Poster Award.

**Fortney, Christine.** Received the 2019 New Investigator Award from the Palliative and End of Life Care Research Interest Group of Midwest Nursing Research Society. Received the 2019 New Investigator Award from the Symptom Science Research Interest Group of the Midwest Nursing Research Society. Selected to serve on the research committee of the National Association of Neonatal Nurses for two years.

**Gillespie, Shannon.** Elected to serve on the nominating committee of the Midwest Nursing Research Society for two years. Selected to serve on a Strategic Plan Tactical Task Group task force of the Midwest Nursing Research Society for one year. Received the Ruthmarie Mitsch Professional Development Award from The Ohio State University Association of Staff and Faculty Women. Received the 2018 Outstanding Researcher Award from The Ohio State University College of Nursing.

**Jenkusky, Lucia.** Appointed to the American College of Nurse-Midwives Perinatal Mental Health task force.

**King, Tara Spalla.** Received Honorable Mention Poster Award from the American Association of Colleges of Nursing 2018 Faculty Development Conference.

**Loversidge, Jacqueline.** Re-elected to serve on the board of directors of the Ohio League for Nursing for three more years. Received first place from the Quality and Safety Education for Nurses (QSEN) for the Poster Award.

**Masciola, Randee.** Inducted into the Hall of Fame of Anthony Wayne High School Alumni.

**McNett, Molly.** Elected to serve on the board of directors of the Neurocritical Care Society for four years. Selected as editor of neuroscience nursing core curriculum for the American Association of Neuroscience Nurses. Inducted as a Fellow of the American Academy of Nursing. Appointed to chairperson of the Research Operations Committee for the Neurocritical Care Society for two years.

**Melnyk, Bernadette.** Elected to serve on the board of directors of the National Forum for Heart Disease & Stroke Prevention. Third time receiving the 2019

Edge Runner award from the American Academy of Nursing. Selected to serve as advisory board member on the board of directors of *Everyday Health*.

**Militello, Lisa K.** Received the Duck-Hee Kang Memorial Mentored Workshop's Early Career Nurse Scientists award from the Council for the Advancement of Nursing Science. Received the Council for the Advancement of Nursing Science award from the Healthcare Information and Management Systems Society for Innovation in Maternal Child Health.

**Momeyer, Mary Alice.** Selected as a distinguished educator of Gerontological Nursing Excellence by the National Hartford Center.

**Morrison-Beedy, Dianne.** Received Fulbright Specialist Award (Norway, 2019) from the J. William Fulbright Foreign Scholarship Board. Received the Audrey Hepburn Award for Outstanding Contributions to the Health and Wellbeing of Children support from Sigma Theta Tau International. Selected as visiting professor for Lovisenberg Diaconal University College. Received the Women of Impact award from Women of Impact: Leaders of Health and Healthcare.

**Moss, Karen.** Received the Loan Repayment Award from the National Institutes of Health, National Center for Advancing Translational Sciences. Invited affiliate for the Broadening the Representation of Academic Investigators in NeuroScience (BRAINS) program from the University of Washington and National Institutes of Health. Invited participant for the Huffman Splane Emerging Nurse Scholars Forum from the Lawrence S. Bloomberg Faculty of Nursing, University of Toronto.

**Nolan, Timiya.** Selected as co-director of research for the National African American Male Wellness Initiative. Appointed co-chair of the Community Outreach and Engagement committee for the Columbus chapter of the Oncology Nursing Society for one year. Received the Go the Extra Mile Award from the National African American Male Wellness Initiative for service to the organization in efforts to enrich the implementation of research strategies in the community-based organization.

Received the Health Disparities Research Intensive Scholar award from the National Institute for Minority Health and Health Disparities.

**O'Brien, Tara.** Received the Southern Nursing Research Society, Aging Research Interest Group, Rising Investigator Award from the Southern Nursing Research Society. Received the Faculty Mentor Award for Making a Difference in Student College Careers from The Ohio State University Sphinx honorary. Received the 2019 National Hartford Center of Gerontological Nursing Excellence Distinguished Educator Award.

**Overcash, Janine.** Elected to serve as a board member for the National Hartford Center of Gerontological Nursing Excellence for two years.

**Pickler, Rita.** Appointed to the University Research Committee of The Ohio State University Faculty Senate.

**Raderstorff, Tim.** Received the Early Career Innovator of the Year award from The Ohio State University for research creativity and entrepreneurship.

**Smith, Laureen.** Appointed to the *Journal of School Nursing* editorial advisory panel. Received the Wexner Medical Center Community Engagement Award from The Ohio State University Wexner Medical Center and Ohio State's Community Engagement Office for mentoring school-based research in 20 Appalachian schools.

**Tubbs Cooley, Heather.** Inducted as a Fellow of the American Academy of Nursing. Selected to serve on the planning committee of the National Research Agenda for Nursing Health Services Research 2030.

**Yarberry, Sinead.** Received the Provost's Award for Distinguished Teaching by a Lecturer from The Ohio State University.

**Zadvinskis, Inga.** Elected to serve as chairperson of the Research Through Academic-Clinical Partnerships Research Interest Group committee for the Midwest Nursing Research Society (MNRS) for one year.

**Zaire, Portia J.** Selected to serve as board director of Medical-Surgical Nursing Certification Board for three years. Selected to serve on the Academic-Practice Guidelines task force of the American Academy of Ambulatory Care Nursing.



## Transformations survey

You can help us by letting us know what you like, what you don't, and what you would like to see next to see in your magazine! Take the survey at [go.osu.edu/transformations-survey](https://go.osu.edu/transformations-survey).

Thank you!





Portia Zaire (left) with Kieonna Stewart (right) at PrimaryOne Health, East Main.

# Primary Possibilities

HRSA grant-supported programs prepare RNs for primary care roles

by Victoria Ellwood

Ohio ranks low in health value – 46th among U.S. states, according to the Health Policy Institute of Ohio – a dismal figure brought on in part by high rates of smoking, drug addiction, overdoses and socio-economic barriers to wellness. Motivated by this healthcare crisis, the College of Nursing is implementing a wide-reaching plan, supported by a major federal grant, to help boost Ohioans’ health. The college is developing innovative ways to expand the role of current and future registered nurses in primary care settings, where they can assume enhanced roles in patient-centered care. The goal is to improve patient health, ultimately improving population health and helping curb healthcare costs.

“Nurses are in the perfect position to make a huge difference in the delivery of healthcare in Ohio. There are 220,000 registered nurses in Ohio ... yet nationally only 10 percent of RNs work in primary care,” said Margaret Graham, PhD, APRN-CNP, FAANP, FNAP, FAAN, associate professor and vice dean in the College of Nursing. “By moving into leadership roles in primary care, nurses can be a part of the healthcare team that will help improve the health of people in our state. To do this, they need a strong educational foundation in areas that have not traditionally been part of the nursing curriculum. Now we can start to change that.”

Last summer, the Health Resources and Services Administration (HRSA) awarded a \$2.76 million, four-year grant to the College of Nursing and several academic and community collaborators\* – with Graham serving as project director. The funding supports programs aimed at partnering with community healthcare centers, and educating current and future registered nurses to practice to the full scope of their license in primary care.

“Keeping people healthier keeps them out of the hospital and ultimately reduces healthcare expenditures in the state,” Graham said.

Kieonna Stewart, care coordinator for the federally qualified healthcare center, PrimaryOne Health in Columbus, was pleased to hear about the new program and was one of the first to earn a primary care certificate from Ohio State. “When you’re in

nursing school, you don’t always hear about RNs being in primary care. You think you’ll be working in a hospital or long-term care facility,” she said. “Nursing programs currently are geared more to acute care. I hope that changes.”



Kieonna Stewart at work

The college’s four-year endeavor aims to kick-start that change. It’s designed to provide opportunities to 100 current and future nurses to enhance their role in primary care through several programs:

- Registered Nurses in Primary Care Certificate (RNPCC): An 11-credit hour online certificate program that prepares nurses to practice as community-based registered nurses, designed to be completed in one year. Current Ohio licensed registered nurses are eligible. Tuition assistance may be available.
- Registered Nurse Primary Care Residency Program: A companion to the certificate, this 12-month intensive mentorship and residency program provides workforce development and education to registered nurses in community health settings.
- Primary Care Academic Certificate: Available to currently enrolled BS in Nursing and RN to BSN students in the College of Nursing, this academic certificate prepares students for practice as RNs in community-based primary care, especially in rural and underserved areas.



“We’re one of few colleges in this region that’s changing the nursing curriculum and offering targeted training to prepare nurses to work in primary care,” says Portia Zaire, MSNEd, BSN, RN-CCCTM, partner liaison and residency director for the new program. “If we can manage that care better – by working closely with patients – we can improve their health and improve their quality of life.”

With the program, College of Nursing faculty teach nurses about preventive care, chronic disease management, evidence-based care, hospital transition care, health coaching and interdisciplinary team approaches – material not broadly covered in current general nursing education.

“It’s designed to elevate and enhance their practice and their skills,” said Wendy Bowles, PhD, RN, APRN-CNP, CNE, assistant professor of clinical nursing and assistant dean for baccalaureate programs. “Coordinating care in a community setting is different than in a hospital setting. While acute care treats the immediate problem, primary care looks at the whole person, including the social determinants of health. Nurses are in a pivotal role for helping patients maintain wellness and more effectively address chronic disease issues.”

These skills are especially pertinent as, nationwide, more than 50 percent of people are dealing with a chronic illnesses such as diabetes, hypertension and COPD.

“Nurses have the education and understanding of what the patient needs and how to find the right resources – whether it’s making sure the patient can get to their doctor’s appointment or managing chronic illness and medication,” Bowles said. “This nurse-led, centralized coordination of care can help a patient stay well ... and stay out of the hospital.”

Melissa Driscoll, RN, is learning the importance of that centralized system first-hand. A registered nurse working at Ohio State family medicine centers in Columbus and Gahanna, she is one of the first nurses to earn the RNPCC certificate and will complete

the residency in December. Before moving back to Ohio, she had worked in a hospital setting in the Washington, D.C. area.

“When the public thinks about what a nurse does in primary care, they think of giving shots and taking patients’ blood pressure,” she said, “but it’s so much more! At first it was very foreign to me, since I was used to working at the bedside in an acute care setting. Now, I focus on care coordination – we work behind the scenes and fill in the gaps in care. We work closely with each patient to formulate a long-range plan.”

For instance, when a patient with a chronic illness comes to the primary care center, “first I need to understand what they were in the hospital for, what they need to do as follow-up, what medications they need to take,” she said. “Then we work together to make a more complex care plan. I need to meet them where they are in their health situation, then work with them. I can’t just tell them what to do – they need to be involved in setting and meeting their own goals.”

The College of Nursing’s new initiative is “very empowering,” Zaire emphasized. “A lot of RNs in primary care are unsure of their role, but this program really outlines the scope of their practice and how they can lead with knowledge and skill.” The certificate from Ohio State demonstrates to employers that these nurses are well-educated and prepared to work – and to be leaders – in a primary care setting.

For Kieonna Stewart, it has also provided a new-found confidence. “I have gained so many new skills and resources,” she said. “But most of all it’s given me a voice I wouldn’t otherwise have. It’s shown me how to make my ideas heard. It positions me as a central part of a broader healthcare team.” ✨

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) Nurse, Education, Practice, Quality and Retention Grant UK1HP31699 entitled Registered Nurses in Primary Care as part of an award totaling \$2,763,494. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

## As seen nationally on *Johnson & Johnson Nursing*:

# Mastering Innovation: A program empowering today’s healthcare leaders

Justin Kelly, BSN, RN, CCRN, RHIA, a student in the College of Nursing’s Master of Healthcare Innovation program, saw an opportunity to help reduce delirium in ICU patients. Strategically positioning a mirror above the patient’s bed and moving the bed toward windows has increased exposure to natural daylight, ensured patient safety and allowed clinicians to have a clear view of the patient and any medical equipment in use. As a result of this innovative idea, delirium in the ICU has decreased.

Read how MHI students like Justin are transforming patient care at [go.osu.edu/jnjnursingstoryonmhi](https://go.osu.edu/jnjnursingstoryonmhi)

Apply to join the Master of Healthcare Innovation program at [nursing.osu.edu/mhi](https://nursing.osu.edu/mhi)



MHI students (l to r) Jordan Bope, Anne Bledsoe, Kori Fenner and Justin Kelly



Patient is exposed to natural light to regulate circadian rhythms and help reduce delirium. Mirror attached to boom allows clear view of patient’s airway and medical devices.







# ICU Aftershocks

Combatting adverse effects of the ICU with  
NIH-funded research

by Victoria Ellwood

"Patients come into the ICU very, very sick. The primary goal of course is to save their lives ... which we often do," says Michele Balas, PhD, RN, CCRN-K, FCCM, FAAN. "But when they're released from the hospital, some may suffer from profound physical, mental and cognitive impairment. Mentally, they may never be quite the same afterwards."

Judith Tate, RN, PhD, concurs. "We know that anybody who's admitted to the ICU and survives is at risk for a number of long-term consequences that frankly are not particularly good," she said. "They may have physical problems, but they're also at risk of psychological problems and difficulties with cognitive skills. Their brain is affected."

Nationally, these problems plague a staggering 30 to 80 percent of adult patients treated in the ICU. At Ohio State, researchers Balas and Tate have been awarded major funding from the National Institutes of Health to help find – and implement – ways to sidestep the devastating and lingering after-effects of ICU care. As nurse researchers, they are particularly positioned to make a difference.

"Nurses are quite uniquely poised to partner with scientists, scholars and fellow clinicians to take a leading role in advancing research," said Karen Rose, PhD, RN, FGSA, FAAN, director of the Center for Healthy Aging, Self-Management and Complex Care within the College of Nursing. "No other researchers contribute this distinct perspective. They observe first-hand what the patient experiences, their family's concerns and what's going on in the patient's surroundings. All of these things contribute to the patient's well-being ... and bring relevance and impact to the research."





## Michele Balas: Learning our ABCs and DEFs

Balas heads a collaborative research team\* that recently was awarded a three-year \$1.2 million grant from the National Institutes of Health/National Heart, Lung and Blood Institute (NIH/NHLBI) to conduct a study addressing the disturbing after-effects of ICU care and how best to implement solutions to it. The study, “Determinants of Implementation Success: Coordinating Ventilator, Early Ambulation and Rehabilitation Efforts in the ICU (DISCOVER – ICU),” seeks to improve the outcomes of patients admitted to ICUs in the United States.

“Each year, millions of patients treated in the ICU are at risk of experiencing delirium, often referred to as acute confusion, sometime during their hospital stay,” she explained. “In addition to delirium, they also may be plagued with a variety of other problems, such as pain, anxiety, decreased mobility, sleeplessness and social isolation.”

Causes for the profound impairments, while not completely understood, are thought to stem from extended use of ventilators, along with the use of heavy sedatives – particularly benzodiazepines – immobility, lack of sleep and a chaotic, fast-paced hospital environment.

Balas’ research stems from her observations and experience in clinical settings, and indicates that delirium is a psychiatric syndrome with direct cause. “The sicker you are in the ICU, the more likely you are to experience it,” she said.

Thankfully, recent research points to some relatively straightforward steps, which when bundled together can help ward off this massive problem. A recent study involving 68 hospitals in the U.S. and Puerto Rico found evidence that a protocol recommended by the Society of Critical Care Medicine, labeled the “ABCDEF” bundle, can significantly curtail the odds of delirium.

This bundle, in a nutshell, combines several distinct and interconnected components, including awakening and breathing trials, choice of pain and sedative medications, delirium monitoring and management, early mobility and family engagement.

“Traditionally, people in the ICU are kept under pretty heavy sedation to help ease their pain; after all, who wants to remember all the things in the ICU? But they’re so heavily sedated, their brains almost shut off,” says Balas. “One of the steps in the bundle is to stop the sedation once a day and let their brain wake up. Another is to conduct breathing trials – turn off the ventilator and let the patient breathe on their own, and see how they do.”

Results from the trials using the ABCDEF bundle were impressive. “Outcomes improved in all areas tracked, and in one study the odds of a patient developing delirium were almost halved,” Balas says. Despite the solid evidence supporting the effectiveness of the bundle, though, only a fraction of hospitals involved in the study are using it as often as they should be.

“Even though we know this is the best thing you can do for patients, it’s still not often getting done. There is a great opportunity for improvement.”

Balas’ current study aims to find out why. “The whole purpose of the grant and our teams’ research is to ‘discover’ how to get that evidence into everyday care,” she said. “What are the factors that make the bundle more – or less – likely to be used?”

She’s setting out to delve into the attributes that make the bundle work, including patient factors, provider factors and communication among professionals. “We want to gain insight on what makes it work, and find strategies to put it into place. I hope to uncover the most efficient way to get it implemented, and test the effectiveness of implementation in a new group of hospitals.”

## Judith Tate: Step-by-step return to normal

Judith Tate is another researcher investigating ways to improve ICU care. According to Tate, “Any adult admitted to the ICU in critical condition and put on mechanical ventilation is at risk for cognitive impairment, no matter what their condition was when they came in. These issues are more prevalent with age.”

Tate and co-investigators\*\* received a \$312,000 grant from the National Institutes of Health/National Institute on Aging (NIH/NIA) to look at an intervention called PIC-UPS – Post Intensive Care Unit Problem Solving – for older adults with cognition problems following an ICU stay.

Tate says most rehabilitation services center on a “drill and practice” type of model where the patient is prescribed pre-determined exercises to help with

memory. PIC-UPS, on the other hand, uses real-world tasks of the patient’s choosing, and breaks them down into smaller, achievable goals.

“As an interventionist, I can’t say what’s best for you,” she said. “But by working together, let’s find ways to solve problems, achieve stepping-stone goals, and help you overcome cognitive issues.”

Her 12-week pilot evaluates the possibility of conducting a two-year trial of the PIC-UPS intervention at Ohio State.

The interventions being studied – and touted – by both Tate and Balas signify a new way of approaching care in the ICU, a way to help patients not simply survive a critical situation, but to also come away as good, or better, than they were before.

“In the past we were always taught to just keep patients comfortable,” said Balas. “We were wrong.” ✳



\*Collaborators include Alai Tan, PhD, (Co-I) and Lorraine Mion, PhD, RN, FAAN, (Co-I) of the College of Nursing; Brenda T. Pun, DNP, RN (Co-I), Eduard E. Vasilevskis, MD, MPH, FHM (Co-I), and E. Wesley Ely, MD, MPH (consultant), of Vanderbilt University; and Lori A. Harmon, RRT, MBA (Co-I), of the Society of Critical Care Medicine.

\*\*Co-investigators include Lorraine C. Mion, PhD, RN, FAAN, and Alai Tan, PhD, of the College of Nursing, and Jennifer Bogner, PhD, ABPP, FACRM, of the Department of Physical Medicine and Rehabilitation in the College of Medicine.



## Alumni in action:

### two Buckeye nurses tell us what it's like to work in the ICU

#### Maddie Bruce, CCRN, learns every day

I work in the Surgical ICU at The James Cancer Hospital. I would describe my job as challenging, heart-wrenching, and SO rewarding. As in any ICU, our patients are very complex, so we are dealing with ventilators, vasoactive drips, multisystem organ failure, post-op complications, etc... and on top of all of the acute issues, their underlying cancer. The complexity is what really drew my interest to this type of nursing. Whether it be in multidisciplinary rounds, doing bedside procedures, participating in emergent situations, or asking other nurses and doing my own research, I know that I will never go a shift without learning something new and I LOVE that.

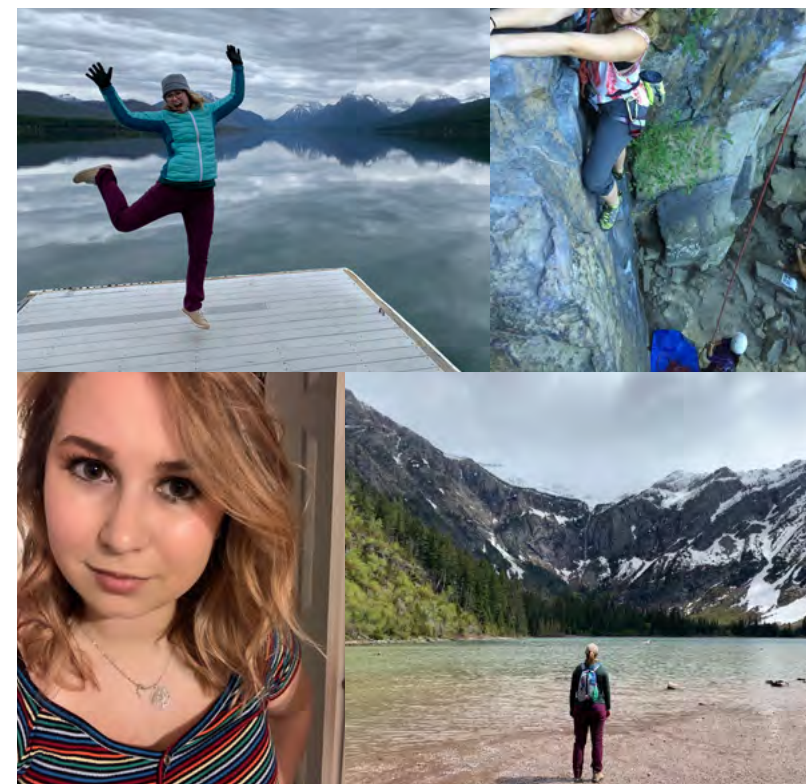
As numerous providers and allied health professionals shuffle in and out, we as nurses are there throughout the whole day helping to translate, reassure, and re-explain to the patient and/or family everything that is going on. These are some of the scariest, most stressful days of their lives, and it is an ongoing, rewarding challenge to do whatever I can to ease the strain even just a little.



Working in an Oncology ICU has taught me to celebrate small victories and see the silver linings in life. For example, sometimes cancer has taken over and we have no other options for treatment, but if we are able to get a patient stable enough to spend their last days in the comfort of their home surrounded by loved ones, instead of a hospital room, then that is a win. Being a part of these families' most intimate moments through life and death is truly an honor. I can't imagine doing anything else with my life. ✨

#### Kate Best, CCRN, climbs high

I'm an ICU Float Pool Nurse at The Ohio State University Wexner Medical Center. I float to all of the ICUs (MICU, SICU, CVICU, NCCU) and the ED! ICU nursing can be hectic and stressful, so it's so important to have support systems, hobbies, and practice mindfulness and wellness. I go on lots of scenic hiking, camping, and climbing trips to balance it out! The stress of ICU nursing is greatly overshadowed by the rewarding nature of the job. The ability to help people on their worst days – not only through medical treatment, but also compassion – is so rewarding. In addition, there are infinite possibilities for professional growth and development within ICU nursing. I've gotten my CCRN certification, Clinical Ladder, serve on multiple shared governance councils, and I help teach staff. While I only graduated in 2015, I feel like I've gotten so many great experiences and accomplished so much. I'm excited to see where the coming years take me! ✨



## Dream, discover and deliver on your potential!

#### PhD research to transform healthcare: Liz Hutson

In her doctoral research, Liz Hutson is adapting and testing an evidence-based cognitive behavioral skills-building program, MINDSTRONG, for adolescents who are victims of bullying and suffer from adverse mental health outcomes. The goal is to reduce rates of depression, anxiety and bullying victimization. [nursing.osu.edu/phd](https://nursing.osu.edu/phd)



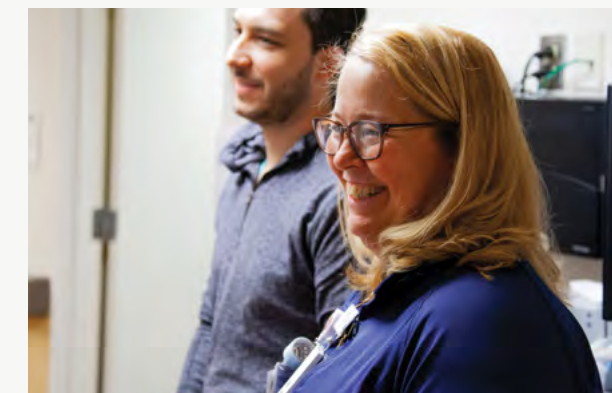
#### DNPs using EBP to improve outcomes: Stephanie Hosley

Stephanie Hosley's passion for helping children with neurodevelopmental disorders includes using evidence-based practice to improve their sleep. Her DNP project reinforced evidence that sleep hygiene education should be the first treatment for sleep disturbance after medically-treatable causes have been excluded. [nursing.osu.edu/dnp](https://nursing.osu.edu/dnp)



#### Educating "masters" of their craft: Joann North

Joann North recently completed her Master of Science degree in the clinical nurse leader specialty track, one of 11 specializations through the College of Nursing's highly-ranked master's program. Joann's new degree will help her stay engaged with bedside nursing, pursue leadership opportunities and improve patient outcomes. [nursing.osu.edu/masters](https://nursing.osu.edu/masters)





# Don't Forget to Write!

Students blog about their service-learning trips to Norway and Honduras

Travel to another country can open your mind to new ideas. Mix in service and education, and it might just change your life. Our students are transforming health around the globe through our travel abroad programs and writing blogs about their experiences, illustrated with photos, videos and essays. Here, you can read a sampling from students on the Honduras Study Abroad trip (March 7-16, 2019) and the Norway Global Experience trip (May 25-June 8). Look online for more at [u.osu.edu/honduras2019](http://u.osu.edu/honduras2019) and [u.osu.edu/nursinginnorway](http://u.osu.edu/nursinginnorway).



## Norway

**From Kiara Wagner, Day 12.**

Today we met with our Norwegian nursing students for their new “Oslo By Night” project ... This is a project that the Oslo students are spearheading with some collaboration from us Ohio State students to reach people. We have spent time reviewing the populations that need help, such as those that have, or are at an increased risk for HIV, learning about what increases a person’s risk, how their risks can be decreased, and how we as care providers can help them without putting blame on and judging these patients.

... The things I’ve experienced in Norway have really shown me something different than what I know from our healthcare system in [the U.S.A.] In America we are used to trying to fix your health issues or letting them always be a constant reminder of what you can and cannot do. In Oslo, their philosophy is really meeting people where they are.

... Seeing how Oslo healthcare workers treat their patients, or partners in health as they like to call them, directly relates to my role as a future Pediatric Nurse Practitioner ... As future practitioners we need

Kiara Wagner, Emma Zack, Berbe Bosmans (a student from Belgium) and Kashmere Cooper-Pearson

to remember that the more compassion we show, the more we will prove ourselves authentic and patients will want to keep seeing us and allow us to be their partner in health.

**From Kashmere Cooper-Pearson (Day 10)**

We visited and spoke with key informants from an organization known as Nursing on Wheels, which practices harm reduction for individuals addicted to drugs. Their goal is to reduce the incidences of overdose, HIV, and hepatitis. We were able to speak to some of the nurses and view the set up of the typical Nursing on Wheels van ... This organization is promoting health and well-being for those who are often overlooked by the system and society. These nurses also provide wound care, deliver medications, screen for Hep C, and provide resources to those who are hoping to get clean.

... This clinical experience really challenged my thinking about those addicted to drugs in my own city and country. Often when things don’t apply to us, we forget that they are there.

## Honduras

**From Kelsey Hershberger, Day 7, March 14, 2019**

Today, we started our day with breakfast and lots of coffee. After yesterday’s early morning, getting up at 5:30 a.m. felt like sleeping in! We took our bus to El Eden, an elementary school we used to set up our clinic for the village people. Each time we set up a clinic in the village we have to pack our bus with several wooden boards that have posters on them that we use to teach the people, several suitcases full of supplies and medications, jugs of water because the tap water here is not safe to drink, coolers with packed lunches, and any other supplies we may need.



Elaine Miller, Teri Davis, Kelsey Hershberger and Katie Jones

We divided into groups: pediatrics, adults, and women’s health. By the time we arrived, people were already lined up to see us. Today, pedes was probably the busiest with kids everywhere. They loved the toys we brought!! I was in women’s health most of the day and learned a lot!

... Here, we have to work with just what we have, but also, think about what they will have to continue treatment when we go home. A few of our students are fluent in Spanish, and we have Lauren, our interpreter, but for the rest of us, we do our best to communicate with the Spanish we do know. Our Spanish is improving a lot, and the villagers are very tolerant of our attempts to communicate.

**From Lucia Jenkusky, MS, RN, APRN-CNM, C-EFM**

On our final night our students had the opportunity to debrief and share their favorite photo with the group. Hearing words like “life-changing, meaningful difference, educating the future of nursing, lasting impact” from this group filled me with emotions I can’t explain. I am honored to be a part of this study abroad experience and thankful for the opportunity to share just a little piece with you. GO BUCKS! STUDY ABROAD! ✨





# Student Life

Compiled by Anna Ripken



While Brutus was making visits to patients and nursing staff, he ran into this group of nursing students during their medical surgery 2 clinical rotation on 8PCU Rhodes Hall.

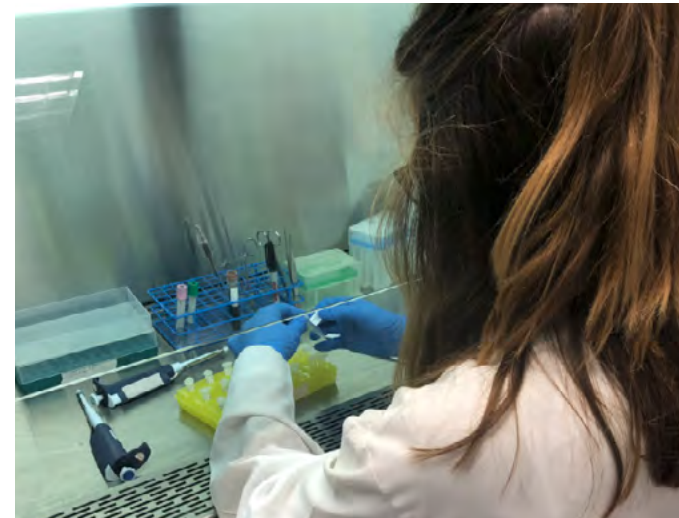
Photo courtesy: Andrea Jones



Dani Manriquez

## Incoming freshman awarded scholarship

Incoming freshman Dani Manriquez was awarded the Morrill Scholarship Distinction Award from the Office of Diversity and Inclusion. The Distinction Award equals the value of the cost of attendance. Manriquez is studying nursing and Latino studies. ✨



Biochemistry student Margo Bush



Sky Rockey

## Rockey competes in powerlifting

Nursing student Sky Rockey, a member of the Ohio State powerlifting club, competed in the 2019 USA Powerlifting Collegiate Nationals, hosted in Columbus in April. The Collegiate Nationals, put on by the powerlifting club, is the largest event of its kind in the Midwest. Over 1,000 powerlifters registered for the meet. “My coach deserves endless thanks for all of the hard work he has put into planning it,” Rockey said. “I don’t know anyone that loves this sport more than him.” ✨



Daniel Garcia

## Garcia participates in France trip

Nursing major Daniel Garcia, along with 24 other Ohio State students, flew to France for Between France and Morocco: Diversity in the Francophone World Education Abroad Program. The program explores how the experience of modern colonialism helped shape the cultures of France and Morocco. Find out more about Between France and Morocco here: ✨

[odi.osu.edu/between-france-and-morocco](https://odi.osu.edu/between-france-and-morocco)

## Precision Pregnancy Research Program

Biochemistry student Margo Bush spent her summer participating in the Precision Pregnancy Research Program. The program, developed by Shannon Gillespie, PhD, RN, assistant professor, helps clinicians select the right preventive intervention for the right obstetric patient at the right time through the development of pregnancy screening tools. Led by Gillespie, Bush participated in research to find new ways to prevent preterm birth. ✨





# University chooses four nursing students as sesquicentennial scholars

This year, Ohio State University is celebrating its sesquicentennial, or 150th year, in many special ways, including recognizing some outstanding students with scholarships. Through the Sesquicentennial Student Scholar Leadership program, 150 students will be awarded \$2,500 scholarships while they build the skills and fortitude essential to becoming engaged citizens through leadership development and ambassador opportunities. Four of the students chosen to receive these scholarships are from the College of Nursing. They are Audra Hanners, a graduate student in the DNP

program; Anna Martin, a graduate student in the MS program and Kayla Cape and Yang Du, undergraduate nursing majors.

Scholars across the university represent five continents, 9 countries, 22 states in the U.S., 42 Ohio counties and every campus and college in the university. The College of Nursing awardees pursue both graduate and undergraduate degrees, and represent their hometowns in China, Washington and Ohio.

Over the course of the 2019-2020 academic year, Ohio State will celebrate its 150th year through a variety of celebrations, which launched September 7 with the sesquicentennial football game against the Cincinnati Bearcats and will conclude at the year-end Sesquicentennial Community Open House & Celebration on March 21, 2020. ✳

## With gratitude to our donors:

What starts here changes healthcare, and it started with you.  
Your generous donation to our college enables us to continue inspiring the next generation of great healthcare leaders.  
Thank you for your support in helping us dream, discover and deliver a healthier world.

# National Summit on Promoting Well-being and Resilience in Healthcare Providers

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# Students on Social Media:

## College of Nursing acceptances

Our students celebrate milestone moments on Instagram, Facebook and Twitter.



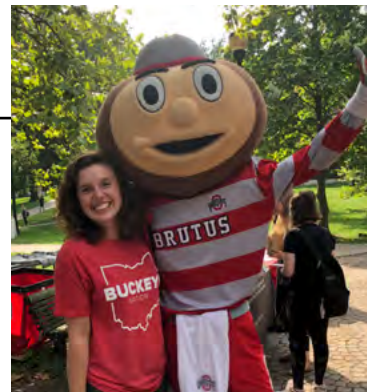
### Laurel Myers Hurst

"I'm 50, and I'm starting the three-year Ohio State graduate-entry psychiatric mental health nurse practitioner program. I am not currently a nurse. Why am I doing this? Because countless children, teens, adults and older people are broken in spirit. I have been broken, and I came out fighting. The rules of engagement against mental illness are changing before our eyes, and I'm living proof of hope restored."



### Morgan McCutcheon

"I have always dreamed of being a pediatric nurse, and now I get to make that dream a reality. I have officially been accepted into The Ohio State University nursing program, and I cannot wait for the future! I am so excited."



### Faith Metlock

"I'm so happy to say that this year I was accepted into The Ohio State University nursing program! I can't wait to start and see where the next three years take me."

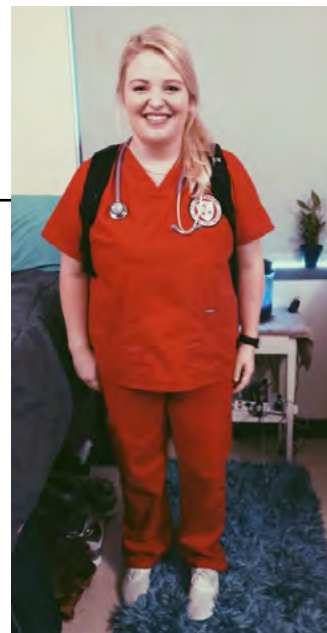


### Abbey Skaggs

"One year ago, I found out I was accepted into Ohio State's nursing program. I have never been happier, and I'm so thankful to be given this opportunity."

### Taylor Thompson

"I'm so happy to say that this year I was accepted into The Ohio State University nursing program! I can't wait to start and see where the next three years take me."



# Convocation and Graduation



### Mia Nujic

"I achieved my lifelong dream of graduating from The Ohio State University with a Bachelor of Science in nursing! I couldn't have done it without all of the incredible people in my life, and I'm so excited to continue my nursing journey as a pediatric nurse at Rainbow Babies and Children's Hospital."

### Jordi Dye

"I'm officially graduated summa cum laude from The Ohio State University with my Bachelor of Science in Nursing! I have also accepted a nursing job at The Ohio State University Wexner Medical Center on 9 East Rhodes Medical-Surgical/Hepatology unit. Super excited to see what the future holds for me. Next step: passing the NCLEX and getting that RN behind my name!"

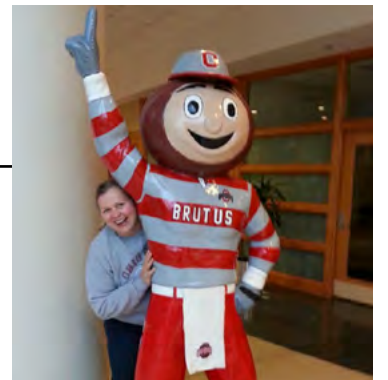


### Erin Ackerman

"Four kids and a 4.0! Master's degree complete."

### Alicia Amerine-Cardosi

"Thanks to my family and friends for the support and constant encouragement as I pursued my BSN."



### Melissa Gramajo

"Been dreaming about this white coat since I was a little girl."

### Cheyenne Nikeamp

"Hi, my name is Cheyenne. I'll be your nurse today! The Ohio State University class of 2019. It's been a trip, but we made it! I am so grateful for the team of people it took to help me make it to this day. Next up ... NCLEX."



### Adam Krantz

"Next stop ... graduation!"



# Buckeye Inspiration

Sabrina Jamal-Eddine

by Susan Neale

Last May, The Ohio State University gave the Undergraduate Student Award for Excellence in Community Service to nursing student Sabrina Jamal-Eddine. At the University Engagement Recognition Award ceremony, her passion for community was described this way: “Volunteering has been integral to Sabrina’s experience at Ohio State since her first year, when she volunteered weekly at a nursing home and devoted her spring break to an immersive Buck-I-Serve volunteer trip. Since then she has volunteered abroad in India with a public health student organization and spent a summer teaching English through music to roughly 300 students in India ... additionally, she founded

and leads Encore, a hip-hop literacy-spoken word poetry program for incarcerated male youth ages 16-21 at Circleville Juvenile Correctional Facility as well as Music Explorers, a music program at an affirmative action preschool.” Jamal-Eddine’s long list of accomplishments also includes being chosen to speak last year at TEDxOhioStateUniversity: FUSE, where she delivered a spoken-word poetry monologue (see [go.osu.edu/tedxsabrina](http://go.osu.edu/tedxsabrina)) that earned her a standing ovation. She graduated in May with a double major in nursing and women’s gender and sexuality studies and is now attending the University of Illinois at Chicago on a full University Fellowship award, in its BSN to PhD program.

While she radiates strength and energy onstage, Jamal-Eddine has a physical disability that doesn’t show. A surgery for kyphosis (similar to scoliosis) when she was in high school left her back permanently impaired as she became a victim of medical malpractice. Now she is setting out to make a difference for disabled people, especially disabled nurses. She candidly answered some of our questions.

## On being disabled:

I have two rods and 18 screws in my back from multiple posterior spinal fusions [as a result of] medical malpractice. That’s actually why I’m going into my PhD instead of bedside nursing: I want to study institutionalized ableism in healthcare. I used to play soccer ... I can’t run anymore. It’s invisible, so no one knows; if you looked at me you wouldn’t know that I experience discomfort every day. That experience changed my life and my perspective on things. I don’t care about superficial things anymore, and I have a deeply rooted value for health and access to healthcare.

## What is ableism?

Ableism is prejudice against people with disabilities. If you ask doctors what racism is, they’d be able to tell you. If you ask them what ableism is, they’re like, “What does ableism mean?” That’s an issue when we’re dealing directly with disability. A lot of patients have either medically induced disabilities from procedures, or biologically induced disabilities from being born with them. Nurses sometimes acquire disabilities on the job.

## What is disability theory?

Disability theory talks about how we view people on the margins, like minorities and other people, as automatically devalued if they don’t fit in with the majority. That’s something we need to reverse the teaching of, and that’s the basic concept of diversity, that there’s value in difference.

## About accessibility in the design for the new addition to Newton Hall:

This is part of what I want to study – if you

accommodate for disability, you accommodate for everybody. For instance, [shelves and extra space in] handicapped bathrooms don’t just benefit disabled people, they benefit everybody – if you have a mother with multiple children, if you’re at the airport and you have suitcases, if you have backpack that you can’t lift up to hang in a stall. They accommodate for everybody.

## About Encore (the literacy project she created for incarcerated youth):

I loved it. The guys are at a fifth-grade reading level on average on account of structures in society that have both deterred and abandoned them in their educational journeys ... It’s very easy to teach through [song] lyrics because it doesn’t seem like you’re quizzing someone on vocabulary. Hip hop is poetry with rhythm. We listen to songs, talk about lyrics, sitting in a big circle. Then the guys write their own poetry and talk about it ... I’ve had such positive feedback. One guy came up and said, “You don’t know how much this has helped me.” It’s going to keep going – I am so confident in the leadership for next year.

## About the College of Nursing:

I’m really glad I came to Ohio State. I had so many opportunities I wouldn’t have had anywhere else because of the way the school supports academic enrichment.

## What’s your goal for the future?

I eventually hope to pursue state-level Senate to advocate for access to quality healthcare and represent the unrepresented voices of Arab women and healthcare providers alike. ✨

“If you accommodate for disability, you accommodate for everybody.”

— Sabrina Jamal-Eddine



A portrait of Sharon Tucker, a woman with blonde hair, wearing a black blazer over a red top and a pearl necklace. She is smiling and has her arms crossed.

# Two Roles for Sharon Tucker

by Victoria Ellwood

"The opportunity to blend my passion for EBP, leadership and mental health is a dream come true for me," said Grayce Sills Endowed Professor Sharon Tucker, PhD, RN, APRN-CNS, FNAP, FAAN. "With my background as a clinical and behavioral nurse scientist, I believe it's vital to promote and sustain the timely uptake of scientific findings into clinical settings, and the nurse executive is key to achieving that."

Tucker, director of the translational/implementation science core at the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare, has recently been named director of the nurse executive track of the Doctor of Nursing Practice (DNP) program.

Combining these two roles makes a great deal of sense. "The mission of the Fuld Institute for EBP is to bring evidence-based practice (EBP) to the broader community to improve healthcare. The mission of the DNP program is to prepare nurse executives to be experts at translating evidence into practice to improve healthcare," explained Cindy Zellefrow, DNP, MEd, RN, LSN, PHNA-BC, assistant professor of clinical practice and director of the academic core at the Fuld Institute for EBP. "So the missions of the two really go hand in hand. The nurse executive needs to serve as a systems-level leader positioned to navigate change, and to translate evidence into practice."

Zellefrow added, "At the Fuld Institute for EBP, we are teaching organizations EBP. But where organizations get stuck is navigating implementation and sustainability of practice changes, most often because organizational leaders don't understand what EBP is, how to resource for it, and how to lead it. The nurse executive track of our DNP program aims to prepare nurse executives who can do just that."

Zellefrow said Tucker is a perfect fit for the role because she brings with her expertise in many areas – evidence-based practice implementation science, implementation strategies and clinical nursing leadership – from serving in nurse executive roles at the Mayo Clinic and University of Iowa Hospitals before coming to Ohio State.

Lynn Gallagher-Ford, PhD, RN, NE-BC, DPFNAP, FAAN, senior director of the Fuld Institute for EBP, agrees. "The true beauty of Sharon in this role is having a highly experienced nurse leader designing the program to create the best doctorally prepared nurse leaders for the future," she said. "It really does enhance the Fuld/College of Nursing relationship."

While at the Mayo Clinic from 2002 to 2011, Tucker led nursing research and EBP and developed the Evidence-based Practice Self-Efficacy Scale, a tool that she says has been pivotal for clinical organizations in evaluating nurses' confidence in essential knowledge and skills needed to implement EBP, or where to target information if additional education or resources are needed.

"It's a really useful tool that's been requested by a lot of organizations around the world," she said. "It helps the organization get a pulse on the staff and how improvements can be made to boost their confidence and effective use of evidence." Since tracking began in 2013, the self-efficacy scale has been requested 2,743 times from organizations in 40 countries. Tucker is also author of two books about EBP, including one on evidence-based practice in action and one on evidence-based nursing care guidelines.

Tucker said Ohio State is unique in combining a focus on scientific evidence with an executive leadership DNP track. "For us to really embrace this focus and have our DNP students weave EBP into their studies is unique. We want them to thread EBP into all the decisions they make as a nurse leader, and be top champions of EBP."

"Currently, there's a big gap that exists between scientific discovery and actually getting those findings into clinical practice," Tucker said. "By bridging that gap, we can ensure that we accelerate providing the best patient care we can with the evidence that's available."

She believes Ohio State can become the best in the country at educating nurse executives in EBP implementation and evidence-based decision-making in all of the things they do. The end results



will be long-term benefits to the hospitals where they work, in terms of providing the best care for patients, achieving the best return on investment and having a healthy, high-performing and satisfied staff.

Once construction is complete on the College of Nursing's new addition to Newton Hall, the Fuld Institute for EBP is slated to relocate there from its current location off campus, a move Tucker highly anticipates.

"There are incredible benefits to having us physically located back on campus," she said. "Since we are partnering with strong academic programs at Ohio State, it's essential that we're part of the academic community. The visibility and presence of the institute is a must – it builds cohesiveness and fosters shared ideas and collaborations. Being in the same space opens up possibilities for alliances, too: you never know what will come from a conversation while walking together in the hallway or through the garden!" ✳

Sharon Tucker (center) with new DNPs Amy Jauch (left) and Brenda Kendall (right).



# DNP projects with an eye for EBP

The doctor of nursing practice (DNP) program positions DNPs as evidence-based practice experts. As part of their educational journey, each DNP student demonstrates that expertise by completing a DNP project. These projects need to address healthcare issues that are as important to healthcare organizations as they are to the student. The projects aim to help organizations and clinicians identify and implement best practices with the goal of improving outcomes for all.

Here are two of impactful DNP projects recently completed by brand-new graduates of the DNP program's nurse executive track:

## Brenda Kendall "Surgical Optimization"

Brenda Kendall, DNP, RN, CNOR, who graduated in August 2019, is the associate executive director of clinical operations at The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute. "Being the biggest cancer hospital in the Midwest, this is a busy place," she said, "and one of the areas I oversee is surgery."

Her DNP project, "Surgical Optimization," centered on the huge impacts that result from day-of-surgery-cancellations (DOSC), not only in major costs to the hospital but also in increased stress, chaos and anxiety to the patient due to postponement of surgery.

Kendall performed an exhaustive search and critical appraisal of existing literature and research studies, which showed that preventable DOSCs could be reduced by implementing a tool known as CPAQ – the Comprehensive Preoperative Assessment Questionnaire (CPAQ). Findings showed that detailed patient assessment decreased the risk of DOSC.

Kendall evaluated the tool in a clinical setting, examining the effectiveness of the standardized patient assessment before surgery dates in the busy Head and Neck Surgical Unit (HNSU). She compared a six-week period in 2019 to the same time period a year earlier.

"By using the assessment, patients were fully optimized by the day of surgery," she said. The use of CPAQ produced significant results. The HNSU experienced a 100 percent reduction in the incidence of preventable DOSCs, resulting in nearly \$187,000 in savings over six weeks.

"I'm absolutely proud of that," Kendall said. "When I look at my project from a return-on-investment point of view, it's a no-brainer." The savings demonstrated – representing a potential \$1.6 million annually – would be of value to any healthcare organization. "As a nurse, I especially appreciate the enormous difference to the patient, and specifically to the cancer patient. Fewer procedures canceled means less time they have to wait and continue living 'on the edge' with anxiety and stress about their health."

Kendall praises the DNP program and its DNP project. "I'm very operational-minded and see the impact a nurse can make," she said, and points to



the importance of EBP. “It means looking at the gold standard of what’s been done, the best practices, then adding in our own experience and parlaying that into something unique. Projects like this illustrate the value a nurse brings to the organization.”

Kendall – who juggles her enormous responsibilities at the hospital with being a mom to four children – says she also appreciates that the DNP program is 100 percent online. “That made this program possible for me,” she said. “It’s great our college is committed to meeting people where they are in life and finding a program that works for them ... I enjoyed every moment of it ... even when I was overwhelmed, even when I was having my dinner in front of my computer. It exceeded all of my expectations.”

## Amy Jauch “Development and Evaluation of an Evidence-based Statute and Regulations for Medical Marijuana Use Program for Ohio Nurses”

Amy Jauch, DNP, RN, CNE, instructor of clinical practice, graduated in August. She is lead faculty for the RN to BSN program at the College of Nursing, and personally is most interested in healthcare policy.

“I started a PhD program years ago, but couldn’t see myself as a researcher,” she said. “The DNP program is a better fit [for what I wanted to do in my career]. With its focus on EBP, I can look at evidence and existing research to affect and steer health policy change.”

Her DNP project, an evidence-informed health policy project, centers on the use of medical marijuana by nurses for a state-authorized medical condition, compared to other treatments, and how it affects judgment, care delivery, patient safety and licensure status.

“This is a very hot subject,” she said, “because nurses in Ohio [by law] cannot use medical marijuana. I want to develop a policy for them to be able to use it temporarily, while still keeping the public safe.”

Based on her analysis of existing evidence, Jauch set out to develop recommendations that provide a program for nurses to temporarily use medical marijuana without facing disciplinary action, while protecting the public by restricting use to qualified medical treatment.

She reviewed evidence, drafted a proposed statute and regulations, conducted a stakeholder survey, reviewed ethical considerations and collected data.

Jauch said the EBP process was valuable. “It would be really hard to make a recommendation on an issue like this without having the evidence that tells us what works,” she said. “With EBP, I can bring a proposal to the table more effectively based on real evidence. The process makes it very clear about what needs to happen.”

“With EBP, it’s not just what you think or what you suppose. It’s what the evidence says. And that’s hard to argue with.” ✱

“With EBP, it’s not just  
what you think or what  
you suppose. It’s what  
the evidence says.”

— Amy Jauch, DNP



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The first 50 EBP-C recipients will be recognized at this year’s EBP National Summit on November 20-22 in Columbus, Ohio.

Find more information at [go.osu.edu/fuldsummit](https://go.osu.edu/fuldsummit).



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For contact information or to learn more, visit:  
[fuld.nursing.osu.edu/ebp-certificate](https://fuld.nursing.osu.edu/ebp-certificate)



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COLLEGE OF NURSING

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IN NURSING AND HEALTHCARE





**Buck-I-SERV**

From May 4-11, a group of 11 students and one staff advisor traveled to Antigua, Guatemala for a Buck-I-SERV trip. They built homes in a local town with the non-profit organization Constru Casa. In addition to making a difference, the group hiked the Pacaya Volcano, visited towns around Lake Atitlan and were hosted for dinner by alumna Rae Leeth ('61).



**Family Fun Day**

Alumni from the Colleges of Dentistry, Medicine, Nursing, Optometry, Pharmacy and the School of Health and Rehabilitation Sciences gathered for a family day at the zoo.



**Alumni**



**Buckeyes in the Kitchen**

Nursing alumni came together for the first Buckeyes in the Kitchen for a participatory dining experience.

**Graduation Reception**

Recent graduates and their families celebrated at a reception hosted by the College of Nursing Alumni Society.

**Nursing Alumni Society Board Dinner**

Dean Bernadette Melnyk hosted all members of the Nursing Alumni Society Board of Governors for an appreciation dinner at Trattoria Roma.



**Cincinnati Alumni Reception**

Nursing alumni gathered at the Newport Aquarium for the Cincinnati Alumni Social to hear College of Nursing updates and connect with local alumni.



**In Memoriam**

- |   |  |
|---|--|
| Judith Bancroft, 1963 MS                  | Judy (Stephens), Miller, 1960          |
| Valerie (Morris) Cardona, 1975            | Martha (Hyre) Morgan, 1960, 1962 MS    |
| Judith Dorney, 1998 MS                    | Barbara (Griffith) Ohlinger, 1947      |
| Marlene Drake, 1962                       | Sylvia (Anderson) Price, 1955          |
| Dawn Hughes, 1984 MS                      | Sharon (Brubaker) Ruhl, 1965           |
| Sharon (Haughey) Imbus, 1969, 1971 MS     | Carole (Fuller) Shaeffer, 1954         |
| Rachel Jones, 2011                        | Linda (Brown) Stephenson, 1958         |
| Suzanne (Wilgus) Keener, 1959             | Beth Stevenson, 1976, 1984 MS          |
| Saundra Keith, 1990                       | Marilyn (Tobin) Stoia, 1954            |
| Iona Ladson, 1976, 1977 MS                | Vera (Reynolds) Tedrick, 1961, 1990 MS |
| Martha Lyon, 1973                         | Monica Terez, 1979                     |
| Timothy Maines, 1996                      | Michael Tighe, 2014                    |
| Drusilla (Krites) Martin, 1987            | Johanna Van Teslaar, 1964              |
| Dorothy (Kuhlwein) McGrath, 1952, 1968 MS | Linda (Martin) Wolfe, 1970             |

**Wine Tasting**

Over 150 alumni and friends gathered for the 12th annual Wine Tasting, hosted by the College of Nursing Alumni Society. Guests enjoyed an evening of great wine and entertainment, and raised more than \$9,400 to support the college's Scholarship Fund.





# Homecoming

Over 200 alumni and friends returned to Newton Hall on October 4 and 5 to celebrate Homecoming Weekend 2019. On Friday, alumni and guests enjoyed breakfast in Newton Hall, tours of the college's wet lab and the Technology Learning Complex (TLC) and Dean Melnyk's annual State of the College Address. In between, it was a day of wellness with a resistance band exercise, guided meditation, and a cooking demonstration from Local Matters about the benefits of eating nutritious meals.



Classmates and spouses from 1969 reunited for their 50-year reunion luncheon hosted by Dean Melnyk on the top floor of Thompson Library. John Welch (2003, 2019 DNP), a senior nurse anesthetist and director of the Pediatric Nurse Anesthesia Fellowship at Boston Children's Hospital, also hosted a lunch-and-learn lecture on social justice and global health equity.



Saturday, alumni and their families enjoyed a tailgate on the front lawn of Newton Hall before cheering the Buckeyes on to a resounding victory (34-10) over the Michigan State Spartans.



Save the date for next year's celebration:  
Homecoming September 25 and 26, 2020. ✳



College of Nursing Dean, Bernadette Melnyk and awardees: Tim Raderstorf, Eric Yap, Charold Lee Baer, Erin and Glenn McGillivray accepting for Amy Provenzano, College of Nursing Alumni Society Board President Anastasia Christopher, College of Nursing Alumni Society Awards Committee Chair John Welch.

[nursing.osu.edu/alumni-society-awards](https://nursing.osu.edu/alumni-society-awards)





# Giving

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## Bergers establish endowed scholarship

by Joe Ashley

Next spring, a College of Nursing student will benefit from a new endowed scholarship recently established in the name of Barbara Berger, who graduated from what was then the School of Nursing in 1969. Barbara and her husband Larry, a 1968 Ohio State graduate with a degree in sociology, said they created the scholarship “because we’ve been very blessed and wanted to be able to help someone who may be struggling to get where they need to go.” The scholarship will be awarded based on financial need to an incoming or current student who meets the GPA requirement.

After graduation, Barbara joined the nursing staff of Columbus Children’s Hospital, now Nationwide Children’s Hospital. She later held pediatric nursing positions in Cleveland and Boston. She also taught nursing in those cities, as well as in Connecticut, where the couple lived in West Simsbury, near Hartford. Barbara said Larry’s career in the insurance and reinsurance industry was what took them to their different homes, “but it was my nursing profession that allowed me to find a position everywhere we went.”

Larry said that establishing the scholarship is a way of honoring his wife. “Over the years, I saw how important nursing was to her, how dedicated she was to the profession and how much she wanted

to help other people. I wanted to be part of helping someone else who may have that same kind of dedication and passion.”

For Barbara, the scholarship reflects her own love of nursing. “It is such a wonderful profession. I had always wanted to be a nurse, and I think there are still other people, both male and female, who feel that way. This is a way of giving someone else the opportunity to share in all that.” Barbara said the scholarship also reflects her belief in the value of a four-year nursing program. “I’ve taught in two-year programs and they can be very good,” she said. “But there’s something about the experience of attending a four-year institution that is so much more broadening for the individual. I always encourage nursing students to obtain their BSN, and then to go on if they want.”

Although the Bergers, who met when they were students at Ohio State, haven’t lived in Ohio in 42 years, they are still proud of their Buckeye roots. Barbara is from Mount Vernon, Ohio, and Larry is a native of Kirtland. They retired to South Carolina four years ago and have connected with other transplanted Ohioans. “It’s amazing how many Buckeyes we’ve met,” said Barbara, “and we gravitate to each other. We may be from many different places, but we sort of find each other.” ✨





# Sharpes set example for generosity with a purpose

by Joe Ashley

You can call it “giving back” or “paying forward,” but for Connie Hahn Sharpe ('69) philanthropy is about doing the right thing. As she explained it, “The college has given opportunity to so many people, why not be appreciative and help the college that has helped you?” She and her husband Gary, also an Ohio State alumnus, have been supporting the College of Nursing since the 1990s when they made contributions to help students in need.

“When we started being able to do some significant giving, we decided that we would always look to the people who were trying on their own but needed a ‘hand up’,” Connie said. Their annual scholarships, which covered half of a student’s tuition, were awarded based on need rather than academic performance. “We don’t all have to be A+, 4.0 people to make a contribution,” Connie explained, “but to get there, sometimes someone needs help.”

More recently the Sharpes have been major contributors to the promotion of innovation at the College of Nursing. They provided the funds to establish the college’s mobile Innovation Studio in 2017 and support innovation-driven research projects. Their latest gift is a significant contribution to establish a permanent space for the Innovation Studio in the college’s new addition where students, faculty and staff can develop new ideas for healthcare products, services or software, using a wide range of resources and tools to take their ideas from concept to commercial reality.

The focus on innovation is a natural for the Sharpes. They are the founders of Health Care Logistics (HCL), a highly successful company specializing in manufacturing, packaging and distributing unique and hard-to-find products for the healthcare industry. From its launch in 1978, when it primarily served pharmacies, HCL has grown into an international organization that touches nearly every aspect of healthcare. “As an entrepreneur, Gary has always had an interest in innovation,” Connie said, and she sees strong ties between innovation and nursing, too. “Nurses have always had to be innovative, finding ways to adapt things ... to make them work for the individual patient,” she said, adding that the Innovation Studio makes it “apparent that nursing is still that way.”

Connie's nursing experience includes work at what was then University Hospital for several years after graduation and service later at Berger Hospital in Circleville. Although she and Gary met in their freshman year at Ohio State, she said they “didn’t really connect until after graduation.” She attributes part of their commitment to philanthropy to their religious faith. “We were brought up in the church and know how important tithing is, so we have tried to hold to that value.” The couple’s generosity isn’t limited to Ohio State: They also support a youth and family treatment center in Richmond, Indiana, and Connie generously gives her time to service activities in Naples, Florida, where the Sharpes now reside. ✳





# The Innovation Studio – Mirror Lake and beyond!

by Ali Miller

The partnership between Ohio State’s Translational Data Analytics Institute (TDAI) and the College of Nursing’s Innovation Studio began in spring of 2018. Faculty and staff from TDAI, History of Art, and Data Analytics in the newly renovated Pomerene Hall began talking about how to host the Innovation Studio, our moveable maker space, in the building’s three-story atrium. What resulted was even better: a permanent Innovation Studio in Pomerene Hall named the Innovation Studio – Mirror Lake.

With five new classrooms and open team spaces for research, Pomerene Hall was quickly becoming a hub for learning and discovery, and the addition of the Innovation Studio – Mirror Lake was a perfect fit.

“Partnering with the Innovation Studio has enabled TDAI to support student and faculty projects that advance human safety, map glacier loss in the mountains in Peru, and enhance care for the aging population. They are projects that fully embrace the ideal of utilizing data for social good – which is what translational data analytics is all about,” said Jenna McGuire, associate director of TDAI.

The Innovation Studios are maker spaces housing an array of prototyping tools, including 3D printers, laser cutters and an embroidery machine. The studios host workshops with topics such as product design, pitch development, interprofessional collaboration and

maker skills, and provide project mentors and daily technical support. The moveable Innovation Studio travels across campus to help foster interprofessional collaboration while the Innovation Studio – Mirror Lake is an extension of the moveable maker space, creating next-stage prototyping and interprofessional collaboration in a fun and engaging environment in Pomerene Hall.

The permanent location for the maker space allowed the College of Nursing to hire student workers to continue to ignite their passion for healthcare innovation. “As a computer science student, I often feel that there are not many opportunities to be in a workshop and physically build projects, and I find it especially hard to invest my time in hardware/mechanical builds since very often software projects don’t carry any extra cost. The Innovation Studio helps people get over barriers of entry like these and allows people to focus on their ideas, widen their frame of possibility, and build something amazing,” said Kelly Wu, student worker at the Innovation Studio – Mirror Lake.

The Innovation Studio continues to expand! With the renovation of Newton Hall, the new Innovation Studio HQ will be developed, allowing innovation to be at the forefront of how students, faculty and staff continue to dream, discover and deliver healthcare solutions. \*





# Preceptor Spotlight: Maria Winner

by Nicole Rasul

Amid a buzz of activity in The Ohio State University Wexner Medical Center East Hospital's Tower 3, Maria Winner ('17), RN, moved swiftly against a background of beeping technology and huddles of providers discussing care needs.

Winner stopped briefly to examine a monitor while a colleague launched a question in her direction over the hum of the nursing station. An obvious multitasker, Winner seemed unphased, successfully attending to her patient's chart and her colleague's inquiry at the same time.

It took Winner, a 2002 graduate of Ohio State with a bachelor's degree in psychology, a few years to find the profession that is now her career. After graduation, the Circleville native worked in a residential services position with Franklin County. However, finding the field unfulfilling and hard to progress in, she made the switch to her father's vocation: nursing. Now they both work at the Ohio State East Hospital.

Winner started at East Hospital in 2005 as a patient care associate. By 2008, she had accepted an RN position on Tower 3 after completing an associate degree in nursing at Columbus State Community College. In 2017, Winner finished the RN to BSN program at Ohio State.

These days, the nurse with a kind smile and peaceful demeanor can often be found with a student preceptee by her side, accompanying her through the daily patient-care routine. "They are with me for the full shift, every day," Winner said. "We work together as a team."

It is this teamwork that has made Winner happily commit to precepting. Having a partner to accompany her through the day is rewarding, she said. Winner thrives on the fast pace of Tower 3 – a progressive care unit where healthcare providers face a long list of ailments daily, including drug withdrawal, stroke, cancer or cardiac diagnosis or

complications – and she says that having a student to share her shift with makes the work "even more exciting."

"It's about helping students learn the whole nursing environment," Winner said about her role as a preceptor. "We are teaching not only technical skills as preceptors, but how to communicate with other healthcare professionals and how to talk to a patient's family. It's a safe space where students can gather real-world experience under the guidance of a seasoned colleague." In the early days of the arrangement, the student spends each shift shadowing Winner. By the semester's end, the student is assigned tasks to complete on his or her own while Winner observes carefully.

Winner said she learns a lot from the students she precepts. The students feel that way, too. "Maria was great!" one student said. "She was so helpful, and really had us look deeper into our patients and asked a lot of questions to really make sure we understood the big picture." ✱



Maria Winner, RN





# Witness to History

by Nicole Rasul

Lieutenant Colonel Karen Vinson-Van Houter ('67) (or Karen, as she asked to be called in this story) has always had a strong sense of adventure. During the early 1960s and the start of the Vietnam War Era, the Rossford, Ohio, native left her small town in the dark of night to join the U.S. military. She was 18 at a time when women had to be 21 to enlist without parental consent.

"It was June 1963," the 74-year-old recently said. "I had just graduated from high school and I boarded a bus on the corner at 4 a.m., headed to Fort McClellan in Alabama for Women's Army Corps training. I left a note on my bed for my family." Karen's father soon tracked her down and, after a stern conversation, agreed to sign the paperwork that would enable her to pursue military training.

In the Women's Army Corps, Karen followed a budding interest in nursing, a field she had discovered in her youth as a Red Cross volunteer at a hospital in Toledo. After a year in the military and having earned the title of certified nursing assistant, she phoned The Ohio State University to see if her earlier acceptance there was still valid. Fortunately, it was, and in the autumn of 1964, while still on active duty, she began her studies at Ohio State, graduating with a Bachelor of Science in Nursing several years later.

From there, a busy and celebrated climb through the ranks of the U.S. military ensued. In late 1967, she was sent to the Vietnam War as a nurse in the Army Nurse Corps. "It was horrible," she says. "I was used to seeing blood and death, but seeing 18-year old soldiers in such bad shape from war was very difficult." Witness to the Tet Offensive, she was stationed at a camp that was overrun by the Viet Cong.



By mid-1968 she was back on U.S. soil. Karen was stationed at Walter Reed Army Medical Center (now called Walter Reed National Military Medical Center) in Washington, D.C. when the Surgeon General of the United States Army, Leonard Heaton, stopped to visit one of her patients. Unaware of the guest's high rank, (he was dressed in civilian clothes and she didn't recognize him), she firmly said "no" to a visit — she had just delivered pain medication and the patient needed to rest.

The next morning, Karen was called into an office where she encountered the Surgeon General, this

time in full military regalia. Impressed with her actions the day before, he reassigned her to his floor at the medical center. She spent the next 10 and a half months caring for her most famous patient to date, General Dwight D. Eisenhower, five-star general and 34th president of the United States, before his death in 1969.

After her stint at Walter Reed, Karen was assigned to nurse recruiting duty in Chicago until 1972. During those volatile late war years, her military vehicles were firebombed and covered in paint by anti-war protestors. She was even once arrested while walking down the street in uniform, the police mistaking her for a protestor.

A four-year assignment in Hawaii at Tripler Army Medical Center followed. For the first time in her career, she was stationed in an emergency department, a medical specialty that would quickly become Karen's practice of choice. "It's an adrenaline rush," she said recently about the field where she still works more than 40 years later. While there, she completed her master's degree at the University of Hawai'i at Mānoa.

During the late 1970s, Karen took assignments in Kansas, Washington, Washington D.C. and Georgia. "I didn't even know if I was going to stay in the Army," she said with a chuckle. "I ended up having a career without even realizing it." By 1987, she had risen the ranks to Lieutenant Colonel.

She retired from the military only to take on a new career as a financial planner for 12 years, and then return to nursing. She has worked in EDs in Georgia, South Carolina, Florida and, most recently, Louisiana. Karen now shuttles between part-time work in Ochsner Medical Center in New Orleans and her home in Pensacola, Florida.

"My husband keeps asking me if I'll retire," the nurse of more than 50 years said. "I can still walk, talk, chew gum and run around most of them," she remarked jokingly about her younger colleagues. "Maybe in two or three years." ✳



# Amy Zink, Alaska Travel Nurse

by Susan Neale



The adventure began, according to Amy Zink, FNP, ('14 MS), when she and her husband, Corey, were enjoying a moment together after a doctor's visit for their baby. They were both RNs, and their schedules were so full with four children and nursing jobs on opposite shifts that they rarely saw each other. They talked about an idea they'd just heard in church that really resonated with them: living a generous life. They wanted that for themselves and their children, they decided, but their student loan and medical debts were a serious roadblock. Also, although they had a good life with a beautiful home in South Carolina, they felt a desire to get their family out of the consumerist mindset and give their children experiences rather than things. So they started dreaming big right there and imagined where they could go as travel nurses. Searching on her phone, Zink found a job posting from a hospital in Alaska.

She applied and soon had a video conference interview. The recruiter encouraged her to apply for a job in the electronic health record department, even though she had little experience with informatics. She didn't think she stood a chance, but the team liked her and offered to fly her out. After a day in Bethel, the Zinks agreed: This was the adventure they were looking for. Here they could earn enough in a few years to pay off their debts, and they could give their children the experience of a lifetime.

Amy Zink has always been industrious. She worked at The Ohio State University Wexner Medical Center's cardiac catheter lab full-time while also earning her master's degree in nursing online, and later she juggled working in retail healthcare with raising Charles, now 10; Evangeline (Evie), 8; Ruby, 4; and baby Hudson, now 2. Hudson was just 11 months old when they moved to Alaska.

Zink said it's a different world in rural Bethel (population 6,456). The area is tundra with no trees. The hospital, Yukon Kuskokwim Health Corporation (YKHC), serves the local townspeople and 52 villages spread out across a land area the size of Oregon. Bethel is "off the road system," so transportation to other

villages is usually by boat or airplane, and travelers can get stranded for days by weather conditions. Acute cases have to be flown by Medivac 400 miles to Anchorage, the nearest city. In winter, there are days of darkness and temperatures can go down below zero to the -30s. In midsummer, temperatures soar into the 80s and the sun shines 19 or more hours a day.

Her working world is new and different, too, from her previous role as a nurse in a retail clinic. Her job in clinical informatics includes a lot of computer work, meetings, analysis and responsibility. Zink organizes and facilitates changes in the workflow that can impact providers and charting, which means meeting with providers, implementing changes and troubleshooting when things don't work right. Once a week she has a clinical day, either providing care in the outpatient clinic or ED, or shadowing inpatient healthcare providers in all of the hospital's departments to get an understanding of the workflows.

The difference isn't just in work duties; it's also in work/life balance. Zink and her family have dinner together every night now. The children enjoy school, where they've learned some words in Yup'ik, the local Alaska native language, as well as tribal dances for the yearly dance festival. Boys and girls in Bethel wrestle and enjoy fishing, hunting and picking wild berries. "There are hundreds of miles of nothing but ground cover, and almost all of the ground cover is berry producing," with blueberries, cranberries, tundra berries, salmon berries and blackberries, Zink said. "We'll go out, just put our boots on, go out on the tundra and just pick berries for hours." And they have tried many interesting foods, like musk ox ("best steak ever"), smelts ("Yummy," says daughter Evie), and Akutaq, the local version of ice cream, made of berries, sugar, oils and fish.

"I really appreciate my education at Ohio State," Zink said. "It's one of the best." Now one year into her three-year contract, the Zinks are waiting a year to decide whether to stay in Alaska or choose a new adventure somewhere else. "I definitely don't regret that we've done this," Zink said. "It's fantastic!" ✨





# Fourth National Healthy Academics Summit

spreads wealth of wellness to collegiate leaders



by David Gerad

What exactly is wellness? It can be defined as a combination of physical, intellectual, emotional, social, spiritual, vocational, creative, financial and environmental dimensions that together form a whole. Nowhere was this philosophy better on display than last April, when more than 220 academic health and wellness leaders from across the nation converged at The Ohio State University for the fourth National Consortium for Building Healthy Academic Communities National Summit.

Launched in 2013 by BHAC Founder and Current President Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, the National Consortium for Building Healthy Academic Communities (BHAC) is the only organization in the United States dedicated to health and wellness programs for faculty, staff, students and the communities they serve. Its biennial summits offer a forum where academic wellness professionals can share successes, strategies and innovations in health and wellness practices. This year's summit, "Building Cultures of Well-being," brought together individuals from 67 institutions sharing evidence-based strategies and resources for better well-being and setting national standards for academic wellness.

The two-day summit featured dynamic speakers and workshops covering topics as diverse as workplace health and productivity, authentic happiness, leadership skills and evidence-based health initiatives. Field experts, including Ron Goetzel, PhD, senior scientist and director of the Institute for Health and Productivity Studies at John Hopkins University and Petra Kolber, an international fitness professional, focused on the specifics needed to build cultures of wellness: benefits, behavior, theoretical


frameworks, models, curriculums, benefits, tools and resources, resilience, and mental health programming.

Kolber engaged attendees by sharing her expertise on the "happiness approach" to building a culture of well-being. "Wellness is a word that is used often yet rarely executed on," she said. "To be able to be the thought leaders and change agents that the college students need us to be, and to be able to show up with energy, focus and purpose requires us to take care of our own emotional, physical and mental health."

"The National Consortium for Building Healthy Academic Communities exists to bring transformational change to higher education via best practices and standards in health and well-being," said Melnyk. "Our fourth summit further cements the importance of collaboration among our members who serve to elevate academic wellness." Melnyk presented research that backs up the value of a healthy campus.

The energy and enthusiasm was palpable among attendees, as they left with an abundance of tools and evidence-based implementation tactics. "I learned key evidence-based practice strategies from national leaders like Melnyk and Goetzel, while hearing cutting-edge best practices from colleagues. It was an exceptional conference, an exceptional experience," said Thad Mantaro, MS, director of the Wellbeing Quality Enhancement Plan in the University of North Texas Health Science Center. Said Petra Kolber: "The BHAC summit was the perfect prescription to give you the tools and strategies you need to refill your own wellness tank so that you can be the guiding light for those around you." ✨





"Environment matters.  
Buildings matter. You feel  
physically and mentally better  
when you have an environment  
that is conducive to well-being."

— Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN

# What is WELLv2?

## The 11 standards of Wellv2 certification

The International WELL Building Institute (IWBI), a public benefit corporation advancing buildings that put human health and wellness at the center of their design and operation, created WELL certification standards to measure ways that buildings can improve comfort, choices and health. WELL standards were developed by integrating scientific and medical research and literature on environmental health, behavioral factors, health outcomes and demographic risk factors that affect health with leading practices in building design, construction and management.

The new addition to Newton Hall will meet IWBI's rigorous WELLv2 standards at the silver certification level. WELL v2 standards are based on these 11 concepts:

- **Air** ensures high levels of indoor air quality across the building's lifetime.
- **Water** covers aspects of quality, distribution and control of water in a building, including availability of clean drinking water and management of water to avoid damage to the building.
- **Nourishment** requires availability of fruits and vegetables and nutritional transparency in the space, encouraging maintenance of food environments where healthy choices are accessible.
- **Light** promotes exposure to light and creates lighting environments that are optimal for visual, mental and biological health.
- **Movement** promotes physical activity and active living while discouraging sedentary behaviors through environmental design strategies, programs and policies.
- **Thermal comfort** promotes human productivity and ensures a maximum level of thermal comfort among all building users through improved HVAC system design and control, meeting individual thermal preferences.
- **Sound** bolsters occupant health and well-being through the identification and mitigation of acoustical comfort parameters that shape occupant experiences in the building environment, contributing to productivity.
- **Materials** reduce human exposure to hazardous building materials through restriction or elimination of compounds or products known to be toxic.
- **Mind** promotes mental health through policy, program and design strategies.
- **Community** supports access to essential healthcare, workplace health promotion and accommodations for new parents while establishing an inclusive, integrated community.
- **Innovation** paves the way for projects to develop unique strategies for creating healthy environments.





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Endnote on Clinician Burnout with:  
**Bernadette Mazurek Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN**  
*Expert on EBP and Health and Wellness*



General session on Influencing Policy with:  
**Gale Adcock, MSN, RN, FNP-BC, FAANP, FAAN**  
*Expert on Healthcare Policy*



General session on EBP/QI with:  
**Lynn Gallagher-Ford, PhD, RN, NE-BC, DPFNAP, FAAN**  
*Expert on EBP/QI and EBP Leadership*

#### Additional Sessions

- **Sharon Tucker, PhD, RN, APRN-CNS, F-NAP, FAAN**  
*Expert on EBP and Implementation Science*
- Pre-conference workshops
- An interdisciplinary team's successful response to the opioid crisis
- Special panel with internationally-renowned EBP trailblazers

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