

SPRING 2020

# ***Transformations***

IN NURSING AND HEALTH



**p. 12**

## **The Coronavirus Pandemic Hits Home**

The College of Nursing responds with action and service



THE OHIO STATE UNIVERSITY  
COLLEGE OF NURSING





# Dean's Message

## Bernadette Mazurek Melnyk

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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

Dear alumni, colleagues and friends,

Warmest of greetings from the College of Nursing! This spring, the COVID-19 pandemic brought new challenges and character builders to our community and to communities across the world, and our Buckeye nurses and healthcare providers swiftly moved into action. On page 12 you can read about what we have done and continue to do to help, from donating thousands of supplies to The Ohio State University Wexner Medical Center to serving on the frontlines of this healthcare emergency. I am so proud of each and every one of you for all you are doing to keep your families safe, and have overwhelming gratitude for our alumni risking their lives to serve others. You are our heroes.

The World Health Organization has designated 2020 as the Year of the Nurse and Midwife, in honor of Florence Nightingale's 200th birthday and in recognition of the ability these healthcare providers have to address world health issues. We are so proud of the many nurses, nurse-midwives and other healthcare providers who set forth from our college to help the world. You can read about some of them here: On page 18, read about the first nursing technical school established in Honduras, created by our alumni. On page 26, you'll find stories about two of our graduates who are now nurse-midwives in Toledo and on page 42, another who is also a preceptor and director at ProMedica. Our faculty continue to accomplish great things, too, including publishing: read about their new books on page 44. You can read about how our PhD students are already transforming the world with their research on page 48.

We continued to champion evidence-based practice at the second biennial EBP summit – see page 34. The heart health football game last November (page 32) gave us a chance to spread the word about heart disease. We were thrilled that some of our own undergraduates were in the marching band, and we'd like you to meet them! See page 28.

Please continue to do everything you can to prevent the spread of coronavirus. Part of that is taking great self-care and building your resilience. We are in the midst of a storm, but there are many silver linings ahead of us in the future.

Be well, and Go Bucks!

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# College News

## Midwestern Nursing Research Society (MNRS)

Several College of Nursing faculty were honored at the 2020 MNRS 44th Annual Research Conference in April. Rather than cancel, MNRS held a virtual conference with the theme of “Advancing Nursing Research with Diverse Populations.”

“The science needs to be shared, student work needs to be fostered, and nursing researchers need a place to share ideas, innovations and methodologies. We must be flexible while acknowledging this global health issue,” the MNRS website said of their decision to host a virtual conference.

“The science needs to be shared, student work needs to be fostered, and nursing researchers need a place to share ideas, innovations and methodologies. We must be flexible while acknowledging this global health issue.”



### Pickler receives Lifetime Achievement Award

Rita Pickler, PhD, RN, FAAN, received the Lifetime Achievement Award. “I am grateful and deeply honored to receive the Lifetime Achievement Award from MNRS; I am particularly honored that I was nominated by colleagues whom I have mentored. I have been privileged in my own career to have received excellent mentoring and collegial support, making this award possible,” Pickler stated. Pickler is the FloAnn Sours Easton Professor of Child and Adolescent Health in the Martha S. Pitzer Center for Women, Children and Youth and director of the PhD and Master of Science programs at the College of Nursing.



MNRS President Cindy Anderson, PhD, APRN-CNP, ANEF, FAHA, FNAP, FAAN, senior associate dean of academic affairs and educational innovation and professor in the College of Nursing commented, “The science was exceptional, presented by researchers and scholars at all levels – students, junior investigators, mid-career and senior scientists. It was a fitting celebration of the World Health Organization’s Year of the Nurse and Midwife, highlighting the significance of nursing research to the health of our nation and our world.”



### Research Legacy Award

Dianne Morrison-Beedy, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN, received the 2020 Adolescent Research Interest Group (RIG) Research Legacy Award for her project, “HIPTeens intervention (The Health Improvement Project for Teens).” Morrison-Beedy is the Centennial Professor of Nursing and chief talent and global strategy officer for the College of Nursing.



### New Investigator Awards

Assistant Professor Kayla Herbell, PhD, RN, (left) received the Early Career Investigator Award from the MNRS Family Section RIG. Assistant Professor Timiya Nolan, PhD, APRN-CNP, ANP-BC, (right) received the Self-care New Investigator Award and the Health of Diverse Populations New Investigator Award.✳

### EBP in Primary Care

As part of our HRSA-funded Registered Nurses in Primary Care program, the college hosted a two-hour workshop to introduce basic evidence-based practice skills to RNs working in primary care. Cindy Zellefrow, DNP, RN, LSN, PHNA-BC, spoke, providing an overview of the EBP process and honing in on the first two steps of the process: how to cultivate a spirit of inquiry and EBP culture in the workplace, and how to frame questions using the PICOT model. Nurses attended from around the region, representing many different health systems and positions. The event was interactive and allowed for collaboration and critique to help attendees formulate PICOT questions applicable to their real-world scenarios. ✳



Attendees formulating PICOT questions





# College of Nursing receives HEED Award

The College of Nursing received the 2019 Higher Education Excellence in Diversity (HEED) Award, which recognizes colleges and universities that demonstrate an outstanding commitment to diversity and inclusion, for the fourth year in a row.

The HEED award, which is issued by INSIGHT Into Diversity and open to all colleges and universities across the United States and Canada, measures an institution’s level of achievement and intensity of commitment in regard to broadening diversity and inclusion on campus through initiatives, programs and outreach; student recruitment, retention and completion and hiring practices for faculty and staff. The HEED Award is the only national award that honors individual institutions for being outstanding examples of making diversity and inclusion a top priority.

# Barbara Jones Warren and Audra Hanners receive Rita & Alex Hillman foundation grant

The Rita & Alex Hillman Foundation awarded a one-year, \$50,000 Hillman Emergent Innovation Program grant to (PI) Barbara Jones Warren, PhD, RN, APPN-CNS, FNAP, FAAN, professor of clinical nursing at the College of Nursing, and (Co-I) Audra Hanners, MSN, RN, APRN-CNP, instructor of clinical practice at the College of Nursing.

Their program, “Keto Prescribed: Translating Ketogenic Research into Clinical Practice,” incorporates ketogenic eating and culturally competent mental/physical health interventions to reduce cardiovascular disease risk and increase the quality of life for adult African American women.



Barbara Jones Warren



Audra Hanners

# Hanners awarded Sigma EBP implementation grant

Audra Hanners was awarded the Sigma Theta Tau International (STTI)/ American Nurses Credentialing Center (ANCC) 2019 Evidence-based Implementation grant at the STTI Biennial Convention in November in Washington, DC for her project, “Keto Prescribed: Implementing ketogenic diet research evidence into clinical practice as a holistic approach to wellness.” Bernadette Melnyk and Jeff Volek are co-investigators.



STTI CEO Elizabeth Madigan, President Beth Baldwin Tigges, Audra Hanners and Christine G. Pabico of ANCC

# Cardiovascular Research publishes study on heart health and vaping

A new study published in the journal *Cardiovascular Research* reviewed research so far and found evidence that vaping could harm the heart and blood vessels.

“Many people think these products are safe, but there is more and more reason to worry about their effects on heart health,” said Loren Wold, senior author of the study.

In addition to nicotine, e-cigarettes contain particulate matter, metals and flavorings – all of which could contribute to cardiovascular problems, said Wold, assistant dean for biological health research at the College of Nursing. This research was supported by the National Institutes of Health.



Loren Wold

# Marliese Nist wins AACN award

The American Association of Colleges of Nursing (AACN) awarded Marliese Nist, PhD, RNC, with its 2019-2020 Excellence in Advancing Nursing Science Award. The award recognizes an outstanding dissertation from a student in a PhD in nursing or DNS program.

Nist, who is a post-doctoral researcher at The Ohio State University College of Nursing, received the award at AACN’s 2020 doctoral education conference, “Breaking Barriers, Building Bridges: Engineering Pathways for the Future,” in Naples, Florida. She also presented the abstract of her dissertation, *Inflammatory Mediators of Stress Exposure and Neurodevelopment in Very Preterm Infants*.

“This award motivates me to continue pursuing this important work,” Nist said. “Preterm infants are among the most vulnerable people in our population, and understanding both the barriers and enablers of their development is critical to their health and well-being.”



Marliese Nist



# New policy brief urges action to address burnout in healthcare professionals

The epidemic of clinician burnout can cost lives, adversely impact the quality of patient care, precipitate medical errors and cost millions in turnover. The College of Nursing is helping to advocate for culture and policy change to battle the epidemic of healthcare clinician burnout with solid evidence.

The Helene Fuld Health Trust National Institute for EBP and the Health Policy Institute of Ohio (HPIO) unveiled a new evidence-based policy brief in February that urges state policymakers and healthcare leaders to address clinician burnout and its impact on the quality and safety of patient care. The brief was informed by 18 months of research, partnership and expert analysis of the problem, the costs and the potential solutions. A consortium of leaders from across the state met at the Fawcett Center at Ohio State in February for the unveiling to support the brief and consider next steps for advocacy. The brief was cited to bolster sponsor testimony presented by the late State Representative Don Manning (R-59th District) to support HB 144, which would prohibit hospitals from requiring nurses to work mandatory, unscheduled overtime.

“Healthcare organizations must be proactive in supporting clinicians and addressing burnout and depression from a holistic perspective, including reducing shift length, providing evidence-based programs and resources for clinicians, and building a culture that promotes well-being,” said Bernadette Melnyk, PhD, APRN-CNP, EBP-C, FAANP, FNAP, FAAN, vice president for health promotion, university chief wellness officer and dean of the College of Nursing.

“Understanding the relationship between clinician well-being and patient care and safety enables state policymakers and healthcare leaders to implement evidence-informed policies and programs that improve outcomes for clinicians and their patients,” said Reem Aly, vice president of HPIO and co-author of the report.

The brief outlines action steps that policymakers and healthcare leaders can take to reduce clinician burnout and ensure safe and high-quality care. The full report and resource page are online at [hpio.net/a-call-to-action](https://hpio.net/a-call-to-action).



## Ohio March of Dimes NOTY Awards

The College of Nursing had five honorees at the Ohio March of Dimes Nurse of the Year Awards luncheon in November. Pictured left to right: Esther Chipps, Research Nurse of the Year; Eileen Faulds, Nursing Student of the Year – Graduate Level; Susie Breitenstein, Public Health Nurse of the Year; Timiya Nolan, Diversity Nurse of the Year and Susan Thrane, Hospice and Palliative Care Nurse of the Year. The March of Dimes Nurse of the Year awards honor extraordinary nurses who go above and beyond to deliver compassionate care.

## New faculty

### Joni Tornwall

Joni Tornwall, PhD, RN, joined the college as associate professor of clinical nursing, manager of instructional services and co-director of the Academy for Teaching Innovation, Excellence and Scholarship. Tornwall began her career as an operating room nurse and now assists nursing faculty with instructional design and integration of technology into learning environments. She came to Ohio State as the education lead in the Digital Union where she created and coordinated professional development opportunities focused on integrating technology into teaching and learning.

Tornwall is a Quality Matters Master Reviewer and trainer. She has taught in the online and face-to-face environments for over 10 years, including undergraduate courses in human biology, interprofessional healthcare practice and academic learning strategies, as well as a graduate-level course that leads students through the process of designing a high-quality online course using evidence-based quality standards. She holds a Bachelor of Science in Nursing and a master's degree in higher education administration. She earned her PhD in learning technologies at The Ohio State University in December 2019.



### Ethan Morgan

Ethan Morgan, PhD, joined the college as assistant professor in the Center for Healthy Aging, Self-Management and Complex Care. He has a joint appointment with the Infectious Disease Institute. Morgan received his PhD in epidemiology from the University of Chicago and completed his post-doctoral appointment at Northwestern University. Morgan’s program of research focuses on the interplay of substance abuse, stress and HIV.





## Faculty and Staff Dodgeball

In December, Buckeye Wellness hosted 36 teams for our semi-annual Faculty and Staff Dodgeball Classic at the RPAC. The teams faced off against each other in matches and a single elimination bracket until one team emerged victorious. The event is designed to promote active breaks in the work day, team comradery and physical activity. Team Segal's Seagulls from the Neurology Department was crowned the Winter Faculty and Staff Dodgeball class champion.



## Breakfast with Sesquicentennial Scholars

In honor of The Ohio State University's 150th anniversary, four College of Nursing students were selected as part of a group of 150 students university wide to receive scholarships as members of the Sesquicentennial Student Scholar Leadership Program. They were honored at a breakfast at Newton Hall in February. Each spoke about their service as ambassadors for the college, the university and the sesquicentennial. Pictured are Cindy Anderson with scholars Kayla Cape, Yang Du and Audra Hanners and Bernadette Melnyk. Not pictured: Anna Martin.

## Innovation Studio wins BizTech Award

The College of Nursing's Innovation Studio won the 2019 BizTech Nonprofit of the Year Award from *Columbus Business First*. This was the second year in a row that the Innovation Studio received a BizTech award. *Columbus Business First* created the annual BizTech Awards to recognize promising startups, entrepreneurs and innovations in Columbus. The Innovation Studio, a movable maker space that travels from college to college across campus, was among 18 other businesses and individual entrepreneurs to win an award in one of eight different categories.

"The Innovation Studio is about people. People are our most valuable technology at Ohio State, and the Innovation Studio affords a new avenue for our students, faculty and staff to converge in solving the big problems that impact our community," said Tim Raderstorf, chief innovation officer of the College of Nursing. For more news from the Innovation Studio, see page 54.

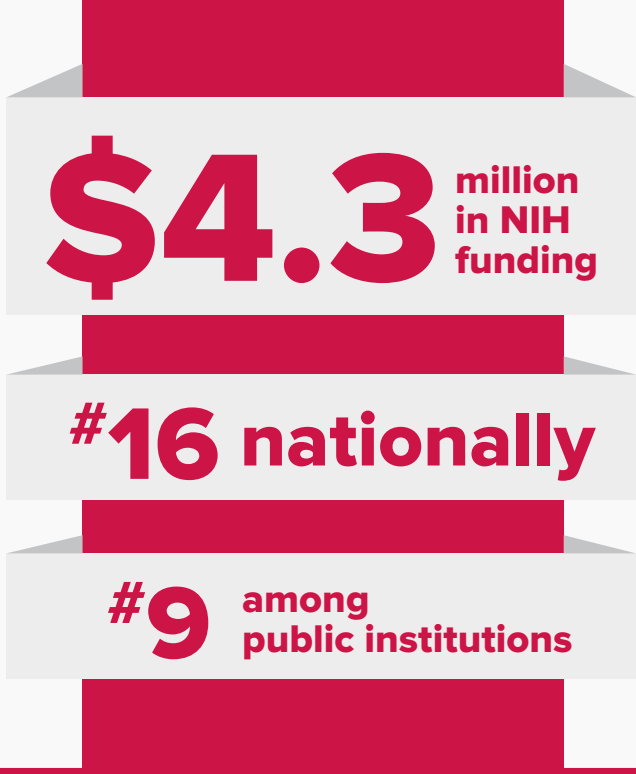


Innovation Studio student workers pause for a photo with team members Liz McClurg, Josh Wooten and Raderstorf. from left: McClurg, Wooten, Andrew Noonan, Raderstorf, Maddy McGee, Jake Harrington and Garrett Carder.

## New NIH ranking

The College of Nursing continues to rank high nationally for NIH grant funding. This is the third consecutive year that the College of Nursing has ranked in the nation's top 20.

Overall, the college received approximately \$10.7 million in research and development grants from external funders, including NIH, in fiscal year 2019.



## Consensus study from the National Academy of Medicine addresses clinician burnout

The dangerous rise in clinician burnout nationwide calls for a system-level approach to address this public health epidemic. That is the bottom line of a new national report by the National Academy of Medicine (NAM), informed by the NAM's Action Collaborative on Clinician Well-being. Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, vice president for health promotion and university chief wellness officer, serves as a member of the Action Collaborative.

Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being details the toll that chronic job stress and other symptoms of burnout can have on patient safety, quality of care and clinician turnover. The report outlines six goals that stakeholders must consider – especially with the added stress of the coronavirus pandemic – as they make changes to their systems for the good of the whole:

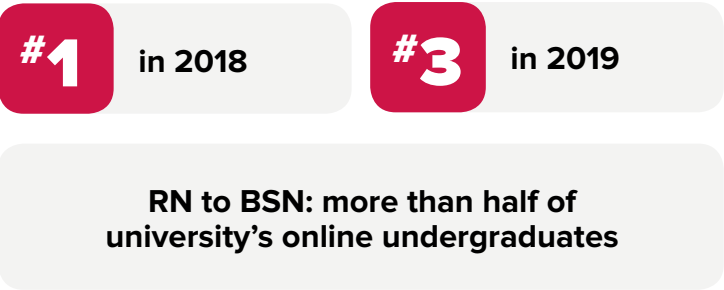
- create positive work environments that promote high-quality care, job satisfaction and social support
- address burnout in training and at the early career stage, including at schools of health professions, by monitoring workload, grading practices and financial support
- reduce tasks that do not improve patient care, examining areas including payment, health information technology, licensure and quality measurement and reporting
- improve usability and relevance of health IT, including electronic health records
- reduce stigma and improve burnout recovery services, including employee assistance and peer support programs
- create a national research agenda on clinician well-being by the end of 2020

The full report is online at [nam.edu/clinicianwellbeingstudy](https://nam.edu/clinicianwellbeingstudy).

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



Online bachelor's degree at Ohio State **#1**



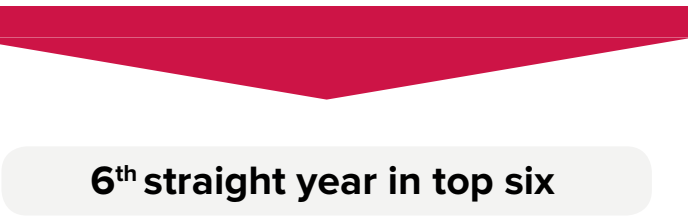
Master of Science in Nursing program: **#6**



Doctor of Nursing Practice: **#8**



Online Master of Science in Nursing Program: **#4**



ranked specialties:





# The Coronavirus Pandemic Hits Home

*The College of Nursing in action and service*

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by Susan Neale

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“As nurses, we’re helpers. It’s part of who we are, our core personality, not just our career.”  
— Laura Brubaker, BSN, RN

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## The coronavirus pandemic spread to

Ohio in March, and The Ohio State University quickly moved into action. Spring break was extended an extra week and students were moved out of the residence halls. President Michael V. Drake asked faculty to convert all classes to an online format. Ohio was one of the first states to ask all citizens not providing essential services to stay home. As students left campus and university buildings closed, many of our faculty and staff volunteered to help The Ohio State University Wexner Medical Center with patient intake and at the call center, and Buckeye Nurses at Ohio State, across the country and around the world answered the call for help.

## Buckeye Nurses head to New York City

On March 30, Laura Brubaker, RN, accepted a six-week travel nurse position in New York City, the part of the country most severely hit by the pandemic. She would start work a week later at Jacoby Hospital, part of a huge hospital system. From there, she might be floated to any hospital in the city to help COVID-19 patients. By April 3, the total number of cases in New York state already numbered 102,863; deaths numbered nearly 3,000.

“As nurses, we’re helpers. It’s part of who we are, our core personality, not just our career,” Brubaker said.

Brubaker had served two stints as a travel nurse in California. “Travel nursing is fly by the seat of your pants,” she said. “You get about one day of orientation and then you’re thrown into things. It’s fun, but hard because you don’t have the support of your friends and everything is up in the air,” including where you will live and how you will get there.

A student in the Master of Science in Nursing, Family Nurse Practitioner program and contingent nurse at OhioHealth Riverside Methodist Hospital, Brubaker has had experience with situations requiring personal protective equipment (PPE) before. She has also worked on Riverside’s COVID-19 floor. To reassure her mother about her new assignment, she said, “I told her we deal with the big bad bugs every day, like C. diff

[Clostridium difficile]...to me it’s not as scary as long as we can be protected and wear our PPE.” Brubaker worried, though, about reports that supplies of PPEs were running out.

“As nurses,” she added, “we work with stuff that makes the public cringe.”

On target to graduate in May, Brubaker said that while it was sad that the graduation ceremony has been indefinitely postponed, “It’s hard to feel bad for myself, because people are dying.” She sees her service in New York as a way of helping others, and also gaining experience and clinical hours. “It’s nerve wracking just to sit at home and watch everything happening and not be doing anything about it,” Brubaker said. “I like to be doing things, helping out.”

Undergraduate student Jill Jones was also heading to New York. “I’ve just accepted a crisis position in NYC to help out,” she texted in March. “I know it’s not going to be easy, but I look forward to helping and being an asset to the area.”

## Caring for COVID-19 patients in Ohio

In Ohio, Buckeye nurses and healthcare providers prepared for the influx of more COVID-19 patients. Many volunteered to help at hospitals. Others already at work in hospitals and other healthcare facilities faced new challenges and witnessed acts of heroism every day.

“Although this is such a hard time for all of us, it is amazing how we all can keep somewhat sane and keep showing up to battle this head on,” said Earnest Hardiman, MSN, APRN, NP-C (16), a nurse practitioner in cardiac surgery. “This will make us stronger in every way and we will be proud of what we see at the end of this. It is a blessing we are able to still make a living during this and more of a blessing to become the only family some of our patients get to see during this time. I’ve bonded with many of my patients as I make time to sit with them and talk through many of their frustrations. Spread positivity and hope, we all will get through this and be better for it.”



Laura Brubaker with Brutus.

Nursing Administrator Tammy Moore, PhD, (15 PhD) of The Ohio State University Brain and Spine Hospital reported, “I have the opportunity every day to observe the great work of our nurses, PCAs, UCAs, NPs, therapy and physician colleagues tackle COVID-19. You have stepped up, you are leading, you are healing and you are saving lives!”

## At the College of Nursing: virtual town halls and online teaching resources

The College of Nursing was ready with technological resources to address new communication needs. The college’s executive team held virtual town hall meetings for faculty, staff and students from every academic program to answer questions and share information. Our online teaching team quickly assembled resources to help all of our classes go online, and faculty created virtual clinical materials so that students could complete their clinical hours.

The college created a resource page on their website for students, faculty and staff to help them navigate this confusing and challenging situation: [nursing.osu.edu/covid-19](https://nursing.osu.edu/covid-19). (See page 51 for "Wellness tips for working from home.")

In April, Ohio State President Michael V. Drake announced that the university would hold a historic virtual commencement on May 3 with Apple CEO Tim Cook delivering the commencement address. The class of 2020 would be able to graduate and join the workforce of healthcare professionals so needed today.

## Wellness and anxiety resources

University Chief Wellness Officer and College of Nursing Dean Bernadette Melnyk created wellness resources for faculty and staff, students, parents and people newly working from home to help them deal with anxiety about COVID-19 and maintain their wellness. These tips and a video of her webinar, “Key Strategies for Staying Calm and Allaying Anxiety in Yourself and Your Children During the COVID-19 Pandemic,” can be found at The Ohio State University Health and Wellness website: [go.osu.edu/copingwithcovid19](https://go.osu.edu/copingwithcovid19).



Wellness classes online

Chief Wellness Officer Bern Melnyk called in several wellness partners to create an eight-week program, “Staying well and calm in the midst of the COVID-19 storm: Evidence-based tactics that work!” This series of free webinars addressed issues such as how to get good sleep, practice mindfulness, eat healthy, stay positive, maintain social wellness and use cognitive behavioral skills to allay depression and anxiety about the pandemic. Video recordings of these lectures are available at [u.osu.edu/keepcalmcovid19](https://u.osu.edu/keepcalmcovid19).

Innovation

Challenging times call for innovative answers. In response to the current worldwide outbreak, the Innovation Studio launched a “Coronavirus Challenge” for students, faculty and staff to innovate services, solutions or products that could impact how COVID-19 is changing our world.

College of Nursing delivers equipment and supplies to Wexner Medical Center

The college donated thousands of critical care supplies to The Ohio State University Wexner Medical Center, including hand sanitizer, gloves, gowns, coveralls, caps, masks and other safety gear, and lent the Medical Center equipment including three ventilators, 19 hospital beds and three gurneys. Many of these items came from the Technology Learning Complex (TLC).

ANA launches effort to prevent nurse suicide

In January, The American Nurses Association (ANA) convened the Healthy Nurse Healthy Nation Strength Through Resiliency Committee to prevent nurse suicide. College of Nursing faculty active on the committee include Bern Melnyk, (co-chair), Sharon Tucker, PhD, APRN-CNS, NC-BC, EBP-C, FNAP, FAAN, and Jacqueline Hoying, PhD, RN, NEA-BC. Nurses are an at-risk population for work-related stress, burnout and suicide, especially under the strain of the new coronavirus pandemic. This committee is developing and collecting mental health resources for nurses, including those for suicide prevention. Find the committee’s mental health resources for nurses at: [go.osu.edu/HNHNmentalhealth](https://go.osu.edu/HNHNmentalhealth)

Worldviews themed issue focuses on nurse/clinician mental health and well-being

Sigma Theta Tau International’s journal WORLDviews on Evidence-Based Nursing produced a special January/February issue focused on nurse/clinician and learner burnout, depression and suicide, including interventions to enhance well-being. Featured reports included the first longitudinal analysis of nurse suicide in the country and results from a six-month MINDBODYSTRONG cognitive-behavioral therapy intervention for nursing residents. See: [go.osu.edu/worldviews\\_burnout](https://go.osu.edu/worldviews_burnout).

College Launches National Health and Well-being Hub for Nurses

The College of Nursing and Trusted Health are partnering to promote mental/emotional health and well-being support for travel nurses on the front lines of the COVID-19 crisis. The National Health and Well-being Hub includes an emotional support line and a wellness support partnership program staffed by nurse practitioner faculty and advanced practice (APN) students. Launched in April, the program piloted with nurses in New York City and southeast Michigan. This innovation was made possible through a grant from Trusted Health to the College of Nursing, and is being led by Alice Teall, DNP, APRN-CNP, FAANP, NC-BC and Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN.

“Our healthcare professionals on the front lines of this pandemic deserve not only our highest regards for their selfless service, but also our support to handle what they are feeling and experiencing because of this crisis,” Melnyk said. “Our college’s faculty, staff and students participating in this effort are well-versed in evidence-based interventions that will not only help these nurses survive, but thrive and build the resilience needed to continue to provide high-quality care and save lives.”

Nurses employed by Trusted Health can access the emotional support line staffed by nurse practitioner faculty and supervised APN graduate students, who will review stressors with callers and offer coping strategies and stress-reduction techniques. Nurses who call the emotional support line may opt to participate in a wellness support partnership program supported by the College of Nursing for a period of four or eight weeks. This will include cognitive-behavioral skills building, motivation, mindfulness and therapeutic communication aimed at finding sustainable solutions to enhance the nurses’ health and well-being, both during the pandemic and for life.

The students and faculty providing this support to nurses on the front lines are working on a volunteer basis as part of their commitment to give back to their profession.

Learn more at [go.osu.edu/healthhub](https://go.osu.edu/healthhub)



Help students affected by the pandemic at: [buckeyefunder.osu.edu/project/20553](https://buckeyefunder.osu.edu/project/20553)

New tools help healthcare professionals communicate with COVID-19 patients unable to speak

Speech-language experts from The Ohio State University and across the country have teamed up to produce a free online suite of tools and resources for healthcare professionals to utilize in the treatment and care of patients battling COVID-19 who are unable to speak.

Mary Beth Happ, PhD, RN, FGSA, FAAN, associate dean of research and innovation at the College of Nursing, is a member of the Patient Provider Communication Forum and a co-creator

of the *Study of Patient-Nurse Effectiveness with Assisted Communication Strategies* online communication training and demonstrations. “We designed these tools to be low-tech, easy-to-use and, above all, helpful to clinicians on the front lines of the fight against this pandemic,” said Happ. “The faster clinicians can understand what their patients are experiencing – especially those patients who cannot speak – the better they can respond to their patients’ needs during treatment and recovery.”

The tools, including signs, charts, videos and tips are available online at: [patientprovidercommunication.org](https://patientprovidercommunication.org)





# Big Dreams are Changing Healthcare in Honduras

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by Melissa L. Weber

In December 2019, the first class of 14 students graduated from the only technical high school nursing program in Honduras. The Instituto Educativo de Transformación Integral program was founded by Ohio State College of Nursing alumna Angie Overholt, her husband Larry Overholt, PhD, and former faculty members Kathy Stone, PhD, RN, and Lissa Barker, PhD, CNP, FAANP, FACHE, FNAP, FAAN.

“At commencement, the assistant secretary of education told the students they were changing the face of healthcare in their country,” said Barker, who attended the ceremony. “Seeing these young people well-educated and ready to change the healthcare of the people of Honduras is about the best thing that can happen after all those years of mission work.”

The mission work began after Hurricane Mitch devastated Honduras in October 1998. As a senior nursing student, Angie Overholt wanted to do something to help. Before completing her BSN, she and her husband had served as missionaries in Catacamas, Honduras, for the World Gospel Mission. Overholt planned an ambitious community health project: assessing the healthcare needs of Choluteca, Honduras. There was just one hitch: she needed a faculty member to accompany her.

“She knocked on my door and asked for help,” said Stone. “Going to a rural third-world nation was not anything I had planned. I’m a critical care specialist. Community work made me feel a bit like a duck out of water, but I fell in love with the people and the country. Honduras has beautiful natural resources and people that few know about.”

When they returned to Ohio State from that trip, “The community practice faculty were blown away by what Angie reported,” said Stone. “She visited hospitals, healthcare clinics, private practitioners, and had spoken with representatives from USAID. She identified three areas that stood out for great need for the community: hypertension, diabetes and asthma.”

*Continued on page 20.*





“We went to Dean Melnyk and said,  
'We have a big dream: We want to  
start a nursing school in Choluteca.'  
— Kathleen Stone



Top left: Larry and Angie Overholt  
Bottom: the school's first graduates

Top right: Kathy Stone supervising visiting Ohio State students

After graduation, the Overholts returned to Honduras. They have now lived there for nearly 40 years and raised their children there. Larry, who has a PhD in agriculture, provided agricultural education while Angie continued to deliver healthcare. She and Stone developed a spring break trip for students to gain clinical experience, and Barker also helped support the program. Over the past 20 years, more than 600 Ohio State students have participated.

“Angie would organize visits to different villages every time we went,” said Stone. “In addition to seniors and graduate students in nursing, we’ve taken engineering majors, along with pharmacy, medicine, dietetics, speech and hearing therapy, public health and physical therapy students. The program became the model in International Studies of how to get a team involved.

“Also, the feedback from the Hondurans has always been positive. They reported excellent care, and most important, they always felt that The Ohio State University respected them.”

The dream of running a nursing school began about 10 years ago, when conversations with the Overholts and faculty involved in the program turned to making a bigger impact for the people of Honduras. “The most important ways to improve people’s lives are through healthcare and education,” said Angie. The idea of improving nursing education for Hondurans began to take shape.

“We went to Dean Melnyk and said, ‘We have a big dream: We want to start a nursing school in Choluteca,’” said Stone. “She responded, ‘Well, we’d better get started!’”

They interviewed Ohio State faculty and staff across campus who had undertaken similar projects in other countries and consulted with people in Honduras, from the mayor of Choluteca and other government officials to healthcare providers and education administrators.

With Larry Overholt’s decades of experience running high school technical education programs, they realized that a technical nursing program would benefit students and patient outcomes. Honduras currently has only about 2,700 nurses with university educations and another 5,400 nurses’ aides, who typically have a sixth-grade education and nine months of training. Graduates of the new technical high school nursing education program would have four years of education, including pharmacology, organic chemistry and understanding surgery; a long list of competencies and clinicals in their senior year. They would also be well-prepared with the prerequisites to go on for bachelor’s degrees.

The biggest challenge was also a great advantage: No program like this had ever been created before. The Ministry of Education embraced the concept and assisted with developing the science curriculum. Rosa Margarita Rodriguez from the Ministry of Education is now the nursing coordinator in the school.

Student achievement has exceeded their expectations. For the recent graduates and other students in the program, attaining a high school diploma and entering the medical field is a dream come true. ✨





# Scholarship recipient proud to pay forward

by Melissa L. Weber

Kaitlyn Kolcun, ('14, '18 MS, '20 DNP) instructor of clinical practice in the College of Nursing, is finishing her DNP and completing a project on educating nurses regarding delirium in hospitalized oncology patients. A native of West Virginia, her dream to attend Ohio State was fueled by her uncle, an alumnus and clinical psychologist.

“I loved Ohio State from the first time I visited as a high school freshman,” she said.

Her hard work in high school paid off in the form of a National Buckeye Scholar Scholarship, geared towards high-achieving out-of-state students.

Kaitlyn was undecided when she arrived on campus as an undergraduate. “I thought physical therapy might be right,” she said. But her participation as an Ohio State cheerleader resulted in an injury that required PT.

“I hated doing the exercises!” she said, laughing. “I thought, ‘how can I convince anyone else to do these when I don’t want to?’”

Instead, she was attracted to nursing through the caring and compassion of the bedside nurses she met through her own injury, as well as her grandfather’s battle with sarcoma.

She pursued specialties in oncology and gerontology and worked as a patient care assistant at the Wexner Medical Center. She appreciated the academic scholarships that she received, which allowed her to work for experience more than financial need.

When she completed her BSN, she began fulltime work on the progressive care unit at The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute, transitioning to the new building in 2014. Within her first year, she discovered another passion: teaching.

“They were hiring so many nurses so quickly that I had the opportunity to train new nurses after just a year,” she said. “I loved training new nurses and working with clinical nursing students. It made my day feel so much more worthwhile.”

She brings that passion to the College of Nursing. “My favorite part of teaching is watching students grow,” she said. “Seeing them learn what being a nurse means is so rewarding.”

She is also making sure future students have the same opportunities that she had by giving to student scholarship funds.

“The scholarships meant so much to me,” she said. “As a hard-working student and something of a perfectionist, they made me feel like my hard work was rewarded. They helped me continue to work hard. I want to support that for other students.”

## Ways to give

There are so many ways to give back to the College of Nursing! Every gift, large or small, helps our students and our college grow.

For more information, visit [go.osu.edu/givetonursing](https://go.osu.edu/givetonursing).

Thank you for your generous support.



# Debbie Freece

*A lifetime of friendship and support*

by Melissa L. Weber

“Nursing is always evolving, moving forward,” said Debbie Freece, MS, (’79 MS). “I want to support students in the profession. Especially this year – 2020 is the Year of the Nurse.”

Encouraged to become a nurse by her sister and her aunt, Freece attended (what was then) The Ohio State University School of Nursing at a time when the nursing educational experience was also evolving. “The school was trying a new way of teaching and learning,” said Freece. “We didn’t have grades; they focused on mastery of subject matter.”

Dean Grayce Sills, PhD, RN, FAAN, was one of her professors. “She emphasized group projects and I hated them,” she said with a smile. “I just wanted to get the work done. But in the real world, we must work together to give good patient care.”

Other advice from faculty stuck with her as well. “Dr. Pat Donahue\* wrote the book on nursing history. She told us, ‘You will join your professional organization and you will volunteer.’”

Freece, who specialized in geriatric nursing, had only been working at Arlington Court, a skilled nursing and rehabilitation facility,

for a year when she was asked to become the nursing director. “Fortunately, OSU had my back,” she said. “I took nearly every continuing education course they offered.” A few years later, she completed her master’s degree. “I was blessed to participate in a sponsored traineeship that covered tuition,” she said.

Freece spent 22 years working with the Mid-Ohio District Nurses Association. Now, she is chair of the Nursing History Committee in the Medical Heritage Center at Ohio State. A pet project: collecting oral histories from nurses. “I love being part of this. The interviews are archived so researchers can hear firsthand accounts of a day in the life of a staff nurse, a school nurse, a public health nurse,” and others.

She enjoys networking and reconnecting with old friends at College of Nursing alumni activities such as the annual tailgate and hockey night. The events are fun, and many have a scholarship component, she pointed out. “I appreciate these events and want to make sure they keep happening,” she said.

\*Mary Patricia (Pat) Donahue, PhD, RN, FAAN, wrote the book *Nursing: The Finest Art: An Illustrated History*.







# Buckeye nurse-midwives

*Empowering women in their health and well-being*

by Victoria Ellwood

Alexandra (Lexa) Munson, CNM, vividly remembers a patient of hers who was alone, afraid – and ready to give birth.

“She was young and in the hospital with no family support. The father of the baby wasn’t there. She was scared,” Munson said. “As her nurse-midwife, I had already built a relationship with her. She told me how scared she was, but I was able to help empower her and help her realize she could do this! She had a healthy baby girl, and was so happy. Being there for her was such an honor.”

Offering that support and empowerment to women is the cornerstone of nurse-midwifery, according to Munson and fellow certified nurse-midwife Antoinae Lockett, CNM. Both graduated from Ohio State’s nurse-midwifery specialty track of the Master of Science in Nursing program, and both now work in Toledo’s ProMedica healthcare system – Munson at ProMedica Toledo Hospital and Lockett at ProMedica Bay Park Hospital.

Nurse-midwifery is in the spotlight this year, according to Penny Marzalik, PhD, APRN-CNM, IBCLC, because the World Health Organization has declared 2020 the Year of the Nurse and the Midwife. That recognition comes as no surprise to Marzalik, who is the director of the College of Nursing’s nurse-midwifery track. “Nurse-midwives take care of women throughout their lifespans,” she said. “Our focus is on promoting women’s health. Patients seek us out to stay healthy.”

Munson explained, “We take care of the patient, from their first office checkup all the way through labor and delivery. The priority is for us to be with the patient for the long term and offer them choices. Do they want to try a different birthing position? What do they want to try for pain relief? We help them have a voice in their birthing experience.”

Lockett added, “We help women have more of a role in their own care. I love the relationship I establish with my patients.”

Because nurse-midwives also provide care for patients who are not pregnant, that relationship can stretch from the teens all the way to post-menopause. Nurse-midwives see patients in clinic or hospital settings for care that includes office visits, annual health check-ups and preventive care.

“I love the teen years,” said Lockett. “They’re young, they’re impressionable and they’re apt to be getting their health info from friends, TV, Google, social media. I love being able to give them accurate information. Since I’m younger and I’m a woman, they’re willing to talk. They listen, too – about sex, birth control, STDs. And I do pry. I’m all in their business: ‘You got a boyfriend? Talk to me.’ They do. They open up.”

The nurse-midwives reach their patients in other ways, too. At ProMedica Toledo Hospital, Munson leads a “centering group” that offers prenatal care for small groups of women who are in similar stages of pregnancy. “It’s an opportunity to spend a little more time with them, answer more questions, and provide a lot of information,” she said. “Plus, they get to know one another, spend time together and support each other.”

For Munson and Lockett, being a nurse-midwife is a good fit personally. “I always knew I wanted to be involved with delivering babies, but I also wanted to have a balance in my own family life,” said Munson, who is pregnant with her first baby. “Being a nurse-midwife offers the best of both worlds. I can work closely with my patients, deliver their babies ... and also have my own separate family days. It gives me a nice balance.”

Lockett agreed. “I always thought I wanted to go to medical school, but when I was a senior in college, a friend of mine had a baby and used a midwife. I had never been around a midwife, and absolutely fell in love with the way she cared for my friend.

“I always knew I’d be making a difference in women’s lives,” she added. “Being a nurse-midwife gives me the opportunity to do just that.” ✨

Alexandra Hecklinger Munson ('18 MS), left and Antoinae Adams Lockett ('17 MS), right



# Heartbeat

*Three students in our Bachelor of Science in Nursing program tell what it's like to balance school work, social life and membership in The Ohio State University Marching Band.*

by Mary McKinney



## Sarah Parise, '21

**third-year nursing student**

**third-year trombone marching band member**

**Hometown: Ashtabula, Ohio**

### **Musical background:**

Played piano since the third grade, trombone since the fifth grade and was a music major her freshman year at Ohio State

### **Tell us about the heart health halftime performance:**

"I was really ecstatic when I learned that it was honoring nurses and heart health because that is something I'm very passionate about. I really want to go into cardiac nursing. A lot of my family struggles with it, so it hit close to home."

### **One of your favorite Ohio State memories:**

"I've marched at Michigan twice now, and them booing us kind of feeds my energy."

### **What is it like being a member of TBDBITL?:**

"It's honestly the best feeling in the world. I didn't realize this was my dream coming into Ohio State because I didn't try out for the band my first year, but after learning about it and seeing the band, it's just kind of incredible what we do and how much it means to everyone here."

“It's just kind of incredible what we do and how much it means to everyone here.”

— Sarah Parise





## Taylor Thompson, '22

**second-year nursing student**  
**third-year trombone marching band member**  
**Hometown: Springfield, Ohio**

### Why Ohio State?

“My dad grew up in Florida and he was a huge Seminoles fan, so he hated the Buckeyes. When I decided to come here my dad said, ‘the only way you’ll get me in OSU gear is if you make the band.’”

### Nursing journey:

Getting waitlisted to the Bachelor of Science in Nursing (BSN) program her first year only provided Taylor with motivation to prioritize taking harder classes and managing her time with marching band and studying. She was accepted to the BSN program last fall.

### What is it like being a member of TBDBITL?

“You know those moments where you’re walking around and parents ask, ‘Oh my gosh, can I take a picture with you?’ I’m like, ‘Yeah! I don’t know you, but I’d love to be on your camera roll!’ It’s great.”

### Family ties:

Taylor is excited to spend her two final years at Ohio State with her younger brother who will be attending next fall. He will also be trying out for the band, following in his sister’s footsteps.

## Bryan Hare, '20

**fourth-year nursing student**  
**fifth-year tenor drums marching band member**  
**Hometown: Delaware, Ohio**

### Why Ohio State?

“My parents met at OSU. My mom was in the College of Music and my dad was in Pharmacy, so I guess you can see the combination of the two of them in a nursing major in the band!”

### Reason for nursing:

“Fall semester of sophomore year, my grandpa died of a stroke. I didn’t at the time connect the dots, but right after that I decided I wanted to do nursing.”

### Other involvement:

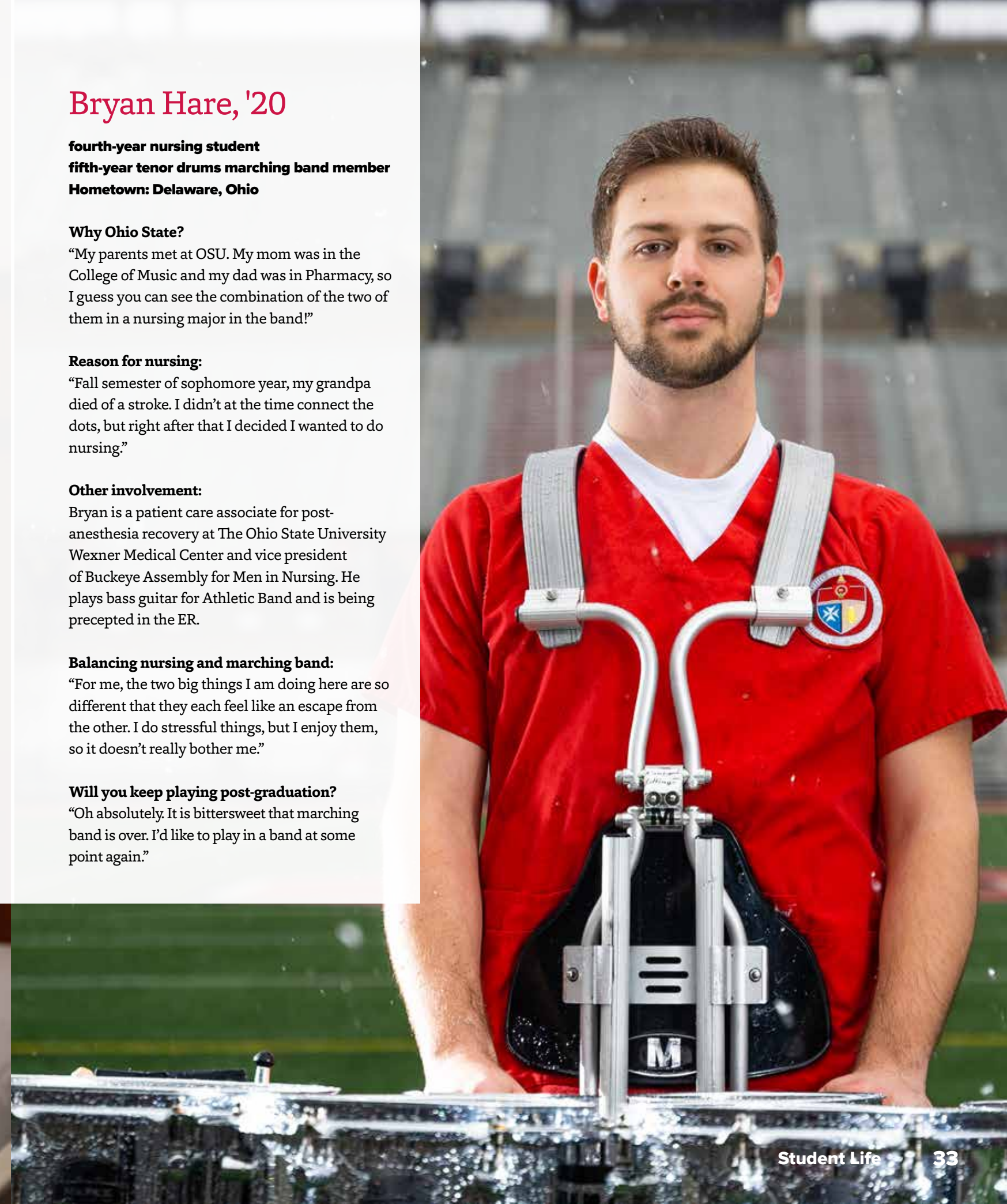
Bryan is a patient care associate for post-anesthesia recovery at The Ohio State University Wexner Medical Center and vice president of Buckeye Assembly for Men in Nursing. He plays bass guitar for Athletic Band and is being precepted in the ER.

### Balancing nursing and marching band:

“For me, the two big things I am doing here are so different that they each feel like an escape from the other. I do stressful things, but I enjoy them, so it doesn’t really bother me.”

### Will you keep playing post-graduation?

“Oh absolutely. It is bittersweet that marching band is over. I’d like to play in a band at some point again.”







## A football game with heart

by Phil Saken

“We’re happy to play a meaningful role in the heart health initiative sponsored by the Office of the Chief Wellness Officer,” said Director of Marching and Athletic Bands Christopher Hoch, PhD. “As our band forms a heart on the field, we hope it sends a clear message to Buckeye fans everywhere to make healthy choices to benefit their hearts.”

Last November, the Buckeyes’ match against the Maryland Terrapins was also a special heart health football game, themed “O-Heart-I-O.” Many partners teamed together to promote heart health, including the National Forum for Heart Disease & Stroke Prevention, The Ohio State University Office of the Chief Wellness Officer and Buckeye Wellness Innovators, and the Ohio Mayor’s Alliance. Their purpose: to highlight the risk associated with heart disease – the No. 1 cause of death in the country – and to share information to help people reduce that risk.

“One out of every two Americans has a chronic disease,” said Bernadette Melnyk, PhD, APRN-CNP, university chief wellness officer and dean of the College of Nursing at Ohio State, “but 80% of those cases is totally preventable with some lifestyle behavior changes.”

Fans were treated to heart health information in a variety of ways, including a pull-out “know your numbers” card in the game program to help people reduce their risk and customized public service announcements broadcast on the scoreboard about

how to walk off fan-favorite food (more than 10,000 steps for one soft pretzel!). Our nursing students in the marching band got a kick out of the event as well: “We thought it was so cool, seeing both parts of our world combining!” Taylor Thompson said. Sarah Parise added, “It was really cool seeing Dean Bern on the side. I was like, ‘Yeah, that’s our college!’”





# On the EBP Forefront

*The second biennial national EBP summit*

by Susan Neale



- A veteran's hospital at the epicenter of the opioid crisis implemented an evidence-based strategy that dramatically reduced overdoses among resident patients.
- Using an evidence-based strategy, a hospital reduced treatment time in its labor and delivery unit for mothers with hypertension.
- A nurse observed that inaccurate weight estimation of emergency room patients often resulted in overmedication, and resolved to do something about it using EBP.
- A researcher alarmed by the rate of nurse suicide found an evidence-based solution that reduced suicide rates at her facility to almost none.
- A nurse followed her passion for influencing evidence-based policy and became a politician and activist.

These are some of the many success stories from "Transforming Healthcare Through Evidence-based Practice," the second biennial national summit on evidence-based practice (EBP) presented by the

Helene Fuld Health Trust National Institute for EBP in Nursing and Healthcare. More than 350 speakers, presenters and attendees gathered at the Hilton Columbus at Easton in November to celebrate recent advances in EBP. They shared a passion for changing the world of healthcare through championing evidence-based strategies, creating policy change and making the best evidence-based care available to all.

Many attendees were nurses: some in military uniform, some hospital and primary care clinicians, others with careers as educators, legislators and administrators. Others in attendance included physicians and faculty from The Ohio State University Colleges of Dentistry and Pharmacy, both of which recently added EBP to their accreditation process. Several attendees presented their EBP initiatives at 60 breakout sessions and in poster presentations throughout the summit. The excitement and drive of this community dedicated to changing healthcare through evidence-based practice made for an energized, informative and inspiring summit.

The summit's highlights included a moving keynote address by Victor Montori, MD, professor of medicine at Mayo Clinic, calling for a return to compassionate care; a presentation by Judy Davidson, DNP, RN, FCCM, FAAN, nurse scientist from University of California, San Diego Health about the latest research findings on nurse suicide; and a reception honoring Distinguished EBP Trailblazers.

Montori made a deep impression and set the stage for a theme that wove throughout the conference: how to put caring back into healthcare. Caring is part of human nature, Montori said: "Only humans can care. Only humans can love." However, modern industrialized healthcare can be cruel and impersonal to patients and doctors. The way forward, he said, is to stand in solidarity against greed in medicine, and to be driven by integrity rather than regulations and incentives.

The plenary session on shared decision making continued this theme. "We have all had the experience of being a patient and being hurried

along," nursing instructor Paula Dunham, BSN, MS, ND, RN-BC, related. Michael Forbes, MD, FCCM, FAAP, of Akron Children's Hospital added, "Compassionate care is human touch. It's knowing that I don't want the short version. I want to hear the whole thing. We really have the ability to be there and be present. We have to slow it down." Forbes pointed out that for many patients, the healthcare provider may be the only person who cares for them.

“Compassionate care is human touch. It's knowing that I don't want the short version. I want to hear the whole thing. We really have the ability to be there and be present. We have to slow it down.”

— Michael Forbes, MD





The Fuld Institute for EBP honored exceptional pioneers and leaders of the EBP movement in the United States with the inaugural Distinguished EBP Trailblazers Award. Each EBP Distinguished Trailblazer awardee also received an honorary certificate of added qualification in EBP (EBP-C).

Trailblazers, from left to right:

**Deborah Dang, PhD, RN, NEA, BC**  
Senior Director of Nursing Inquiry and Research  
Johns Hopkins Health System; Chief Nursing Director for Well-being, Johns Hopkins Medicine

**Marita Titler, PhD, RN, FAAN**  
Founder and Director, National Nursing Practice Network

**Laura Cullen, DNP, RN, FAAN**  
Evidence-based Practice Lead  
University of Iowa Hospitals and Clinics

**Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN**  
Vice President for Health Promotion, University Chief Wellness Officer, Dean and Professor, College of Nursing; Founder and Executive Director, Fuld Institute for EBP  
The Ohio State University

**Sharon Tucker, PhD, APRN-CNS, NC-BC, EBP-C, FNAP, FAAN**  
Grayce Sills Endowed Professor in Psychiatric-Mental Health Nursing; Implementation Science Core Director, Fuld Institute for EBP, The Ohio State University

**Lynn Gallagher-Ford, PhD, RN, EBP-C, NE-BC, DPFNAP, FAAN**  
Senior Director and Clinical Core Director, Fuld Institute for EBP  
The Ohio State University

**Kathleen R. Stevens Hamilton, EdD, RN, ANEF, FAAN**  
Founding Director, Academic Center for EBP  
University of Texas at San Antonio College of Nursing

Not pictured:

**Robin P. Newhouse, PhD, RN, NEA-BC, FAAN**  
Dean and Distinguished Professor  
Indiana University School of Nursing

**Ellen Fineout-Overholt, PhD, RN, FNAP, FAAN**  
Mary Coulter Dowdy Distinguished Nursing Professor  
University of Texas at Tyler College of Nursing and Health Sciences

**Alyce A. Shultz, PhD, RN, FAAN**  
Director, Center for Nursing Research and Quality Outcomes at Main Medical Center  
Former Clinical Professor and Associate Director  
Center for EBP, Arizona State University

Another plenary session focused on how the Dayton Veteran’s Administration hospital implemented a strategy based on the best evidence that greatly improved opioid-related outcomes in their drug-treatment facility. In another session, North Carolina House Representative Gale Adcock, MSN, FNP-BC, FAANP, FAAN, spoke about how to work with local state representatives to create evidence-based healthcare change in your community. “You need the same data when dealing with legislators as you do with patients as a clinician,” she said, and advocated for presenting that data in the form of a story so that the legislator can understand and engage with it.

Lynn Gallagher-Ford, who spoke on the relationship between EBP and QI, pointed out the importance of culture in relationship to change. “The spotlight we shine on evidence-based practice is not only about treating one patient; it’s about creating a culture in which this approach can thrive and truly improve healthcare,” she said. “Organizations that can build a sustainable culture to support EBP will see improvements in quality, safety, population health, cost control and clinician satisfaction.”

The Fuld Institute for EBP, now three years old, had many things to celebrate at this event: It honored EBP grant winners and the first 50 recipients of its new EBP-C certificate, updated attendees on its many initiatives, including a recent EBP immersion simulcast to 18 facilities and honored EBP trailblazers, including three of its leaders.

Executive Director of the Fuld Institute for EBP Bernadette Melnyk closed the summit with evidence-based strategies to address clinician burnout and well-being. “The health of clinicians needs to be improved and healthcare systems have major responsibility to do that,” she said, advocating for nurses and other clinicians to prioritize good self-care. “We also have to be proactive and change ‘sick care’ to ‘well care,’ because the majority of chronic disease can be prevented with a few healthy lifestyle behaviors.” ✨

EBP study trains bystanders to be lifesavers

Kendra Hoepper, DNP, APRN, PNP-BC, Mary McCormack, DNP, APRN, FNP-C and Carol Zarcone, DNP, APRN, AANP-C, of Molloy College conducted an evidence-based initiative with the goal to increase bystander awareness and comfort level with performing CPR during out-of-hospital cardiac arrests (OHCA).

Their poster presented some alarming facts: Rates of bystander CPR and automatic external defibrillator (AED) training are reported at less than 3% in the United States. Nationally, approximately 326,000 episodes of OHCA occur annually, but less than 6% of victims survive to hospital discharge. “We want to improve awareness that the faster you can [get] CPR, the better the outcome,” said Hoepper.

They provided CPR and AED training to over 200 participants at Molloy College and in the community. As a result, participants had improved knowledge of AED locations on campus and felt more comfortable performing hands-only CPR if they were to witness an OHCA.



Kendra Hoepper (left), Mary McCormack (right) and Carol Zarcone (not pictured) won second place in the summit’s poster presentation competition for their poster, *Expanding the Campus-Wide Sudden Cardiac Arrest Safety Net*.



# Alumni



## 12th Annual Alumni Society Hockey Night

Alumni, family and friends met at the Schottenstein Center to watch the Ohio State men's hockey team take on Big Ten rival Wisconsin.



## Wood sign workshop

College of Nursing alumni and guests met at Board and Brush for a wood sign workshop, completing custom masterpieces from food trays to signs.



## Blown glass ornament class

Alumni and guests created personalized ornaments during a glass blowing workshop at Glass Axis in Columbus, Ohio.





# 2019 Nursing Alumni Society Award Recipients

Now accepting 2020 nominations!  
Find out more at:  
[go.osu.edu/NursingAwards](http://go.osu.edu/NursingAwards)



**LEADERSHIP SERVICE AWARD**  
Penny Marzalik, PhD, APRN-CNM, IBCLC ('81)

Penny Rall Marzalik is a certified nurse-midwife and lactation consultant with more than 30 years dedicated to maternal-child health and graduate education. She is currently the director of the nurse-midwifery and women's health nurse practitioner specialty tracks at The Ohio State University College of Nursing and practices at Total Health and Wellness at The Ohio State University Wexner Medical Center East Hospital in Columbus, Ohio. Marzalik is a lifetime member of The Ohio State University Alumni Association and serves as the treasurer for the College of Nursing Alumni Society.



**STUDENT LEADERSHIP SERVICE AWARD**  
Angela Humbel, Junior, BSN Program

Angela Humbel is a third-year honors student. She serves as a student representative for the Young Alumni Committee for the College of Nursing Alumni Society. Humbel is also the activities retention chair for the Buckeye Nurses Association. In addition to assisting College of Nursing faculty Todd Monroe, PhD, RN-BC, FNAP, FGSA, FAAN, with research on dementia, Humbel works as a patient care nurse assistant at the Cleveland Clinic.



**DISTINGUISHED ALUMNUS AWARD**  
Eric A. Yap, RN, DBA, MS, MHA, CRRN, FACHE ('95, '98 MS)

Eric Yap has over 22 years of clinical and leadership experience in the field of physical medicine and rehabilitation. Since 2015, Yap has also served as the chief clinical officer to Global Hospital Services, LLC. He began his career in rehabilitation management in 2000 when joining RehabCare as an operations consultant. In 2003 he was promoted to executive director and by 2010 RehabCare merged with Kindred Healthcare and he was again promoted to area director of operations. He received his BSN and Master of Science in Nursing from Ohio State and is an adult health primary care nurse practitioner certified in rehabilitation nursing.



**COMMUNITY SERVICE AWARD**  
Amy M. Provenzano, MS, APRN-CNP, CPNP-PC ('17 MS)

Amy Provenzano extended her foundation in teaching into healthcare as she earned a Master of Science degree with a specialty in pediatric nursing from Ohio State in 2017. Provenzano worked for a Federally Qualified Health Center providing primary care services to pediatric patients. She later partnered with the Connexion West Community Center in Lancaster, Ohio, leading her to start a nonprofit clinic, Sozo Pediatrics. She is the chief executive officer and serves on the board of directors for the clinic. Provenzano is currently a member of the National Association of Pediatric Nurse Practitioners and continues to pursue her passions of serving others, promoting health and wellness, providing patient education and attending to neurodevelopmental disabilities.



**DISTINGUISHED RECENT ALUMNUS AWARD**  
Tim Raderstorf, DNP, MSN, RN ('19 DNP)

Tim Raderstorf, DNP, RN, is the chief innovation officer at the College of Nursing. As the first nurse to hold this academic title in the United States, he takes great pride in educating the nation on the role of the nurse as an innovator and entrepreneur. In 2017, he founded The Innovation Studio, a makerspace/incubator to provide interprofessional healthcare teams with the tools and mentorship needed to turn ideas into actions. Raderstorf is an assistant professor of clinical practice in the Masters of Healthcare Innovation program at the College of Nursing. Outside of Ohio State, he is the founder of Quality Health Communications, a digital platform that communicates real-time patient quality and safety metrics to healthcare teams and co-author of *Evidence-Based Leadership, Innovation and Entrepreneurship in Nursing and Healthcare: A Practical Guide for Success*.



**MILDRED E. NEWTON DISTINGUISHED EDUCATOR AWARD**  
Charold Lee Baer, PhD, RN, FCCM, CCRN ('68, '70 MS, '77 PhD)

Charold L. Baer is currently retired and professor emerita at the Oregon Health and Sciences University School of Nursing in Portland, Oregon. Here she developed and implemented the first acute nurse practitioner program in the state. She worked as a clinical specialist in critical care and nephrology and has been involved in renal patient care for 35 years. For the last 24 years, she has provided care for renal, liver and pancreas transplant patients. Baer has served as vice president of the Kidney Association of Oregon and Washington. She was elected to fellowship in the American College of Critical Care Medicine in 1990 and served as chancellor of the Board of Regents, American College of Critical Care Medicine from 2004-2005, the second nurse to hold that position. Baer has authored numerous articles and book chapters related to nursing and led many continuing education tours for nurses and physicians around the globe.





# Precepting Nurse-Midwives

## Buckeye Nurse Kay Smith gives back

by Victoria Ellwood

“As a preceptor, you provide the ability for students to learn in a safe environment, a protective learning window where they can grow and mature as nurse-midwives,” said Kay Smith MSN, CNM, WHNP-BC, from her office in ProMedica’s Toledo headquarters in the historic Steam Plant building. “We set a pretty high standard here and give students the extensive experience to be the best they can be.”

Despite the time it takes in a hectic workload, being a student’s coach, confidant, teacher and role model is oh-so-worth-it, said Smith, who is vice president-operations at ProMedica, where she oversees 14 nurse-midwife preceptors at ProMedica’s three hospitals in northwest Ohio. The preceptors guide students aiming to become certified nurse-midwives, including several each year from the College of Nursing’s nurse-midwifery specialty track of the Master of Science in Nursing program.

Overseeing ProMedica’s team of preceptors brings things full-circle for Smith. After all, she was one of the first to graduate from Ohio State’s nurse-midwifery specialty program in December 1998. “I had worked as a labor and delivery nurse my whole career, and heard about the nurse-midwifery program. I thought, I can do this!”

And so she has. Now she is leading one of the largest cohorts of certified nurse-midwives in the state, with 32 working in ProMedica’s Toledo-area hospitals, and she regularly gives back by connecting with Ohio State to coordinate student clinical experiences.

Most important, she emphasized, is helping the emerging nurse-midwives transform from being nurses to being advanced practice nurses, wholly capable of making critical clinical decisions on their own, often at a moment’s notice.

“They’re learning how to be the one making those crucial decisions based on a patient’s needs,” Smith said. “That means helping them hone their skills in critical thinking, multi-tasking and prioritizing.” Nurse-midwives need to know how to handle real-life challenges and often-stressful situations. “It’s not all fun and happy babies,” Smith said.

The students aren’t the only ones gaining from the clinical experience. “They keep us sharp, too,” Smith said. “Working with the students keeps us as preceptors up to date on trends, the latest in research, the latest in evidence-based practice. They bring ideas from what they’ve learned in their coursework and literature, too – ideas we can explore together.”

Precepting also helps ProMedica find new certified nurse-midwives to join its hospitals’ teams. “A few years ago, we looked at how best to recruit for the open positions here at ProMedica,” Smith explained. “As an alumna, I reached out to Ohio State to see what we could do together.”

From there the relationship blossomed and today, at least eight certified nurse-midwives on ProMedica’s staff are graduates of the College of Nursing’s program. “We both benefit from the partnership – Ohio State students gain strong clinical experience, and we gain a great source for qualified team members.”

When Smith is not at work, she’s still championing causes and events in support of women and children, including the Komen Race for the Cure and the Women’s Heart Health Walk. Always a Buckeye, she added, “I greatly enjoy meeting many young women who are pursuing careers in nursing and midwifery through mentoring students. They are our future!”



# Celebrating Our New Books

by Elisabeth Mach

Over the past year, many College of Nursing faculty have hit an exciting milestone in their careers: publishing a book. Tim Raderstorf, DNP, RN, and Kate Gawlik, DNP, APRN-CNP, FAANP, both first-time textbook editors, felt that this experience was especially meaningful and impactful. “Having an avenue to potentially broaden my scope of impact on our profession beyond the walls of Newton Hall is incredibly exciting and humbling,” said Raderstorf.

Neither Raderstorf or Gawlik imagined publishing a textbook one day. “I remember being in graduate school and holding one of my huge textbooks and thinking to myself, ‘who writes these things?’ Now I know – it is crazy people like me,” said Gawlik.

Writing and editing a textbook takes extensive time and dedication. “It was an amazing feeling seeing the final product after spending over a year and a half of my life working on it,” said Gawlik. “It feels good to be part of something that will hopefully be meaningful and make a difference.”

Experienced textbook writers and editors find that each project presents new challenges. “We wanted to present information that wasn’t written about in standard textbooks,” said Dianne Morrison-Beedy, PhD, WHNP,

FNAP, FAANP, FAAN, of *Intervention Research and Evidence-based Quality Improvement, Second Edition: Designing, Conducting, Analyzing and Funding*, which she co-edited with Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN. Morrison-Beedy and Melnyk gathered and presented several real-life experiences of successful researchers so that, in Morrison-Beedy’s words, “the reader feels like they have a trusted mentor or colleague sitting next to them explaining the details of how to carry out research and evidence-based practice quality improvement projects.”

“I remember being in graduate school and holding one of my huge textbooks and thinking to myself, ‘who writes these things?’ Now I know – it is crazy people like me.”

— Kate Gawlik



Bernadette Mazurek Melnyk, co-editor of three new books, is The Ohio State University chief wellness officer, vice president for health promotion, College of Nursing dean and professor and executive director of the Helene Fuld Trust National Institute for EBP.



Timothy Raderstorf

***Evidence-based Leadership, Innovation and Entrepreneurship in Nursing and Healthcare*** edited by Bernadette Mazurek Melnyk and Tim Raderstorf provides a practical leadership approach for today’s healthcare environment. Rooted in AACN essentials for DNP and master’s education, this textbook focuses on best practice applications for healthcare and non-healthcare industries to improve outcomes in real-world settings. It provides innovative and evidence-based leadership strategies that build creative, high-functioning and sustainable organizations.

Raderstorf is the chief innovation officer for the college and an assistant professor of clinical practice.



Kate Gawlik



Alice Teall

***Evidence-based Physical Examination*** edited by Kate Gawlik, Bernadette Mazurek Melnyk and Alice Teall, DNP, APRN-CNP, FAANP, is the first book to teach physical assessment techniques based on evidence and clinical relevance. The book uses a holistic approach grounded in science and research to provide practicing clinicians and students with information about advanced history-taking and evidence-based physical assessment techniques. Each chapter uses a lifespan approach, features important normal and abnormal findings, and focuses on the assessment of patients’ health and well-being. It also offers unique chapters written by experts that are not typically found in other assessment books.

Gawlik and Teall are both assistant professors of clinical nursing.



Lynda Hardy

***Fast Facts in Health Informatics for Nurses*** by Lynda Hardy, PhD, RN, FAAN, provides an overview of informatics knowledge, empowering nurses to use data to optimize patient outcomes. This book provides nurses and students with an introduction to informatics – an important factor in providing quality patient care – and its impact on patient lives. *Fast Facts in Health Informatics for Nurses* connects day-to-day informatics practices to larger initiatives and perspectives while highlighting the complexities of healthcare data, data mining and data organization.

Hardy is an associate professor of clinical nursing and the director of data science and discovery.





Jackie Loversidge



Joyce Zurmehly

**Evidence-informed Health Policy** by Jacqueline Loversidge, PhD, RNC-AWHC, and Joyce Zurmehly, PhD, RN, focuses on the impact of health policy at the local, state and federal levels on patients, nurses and nursing practice. This book is designed for healthcare professionals who feel intimidated by the complicated policy process or want to take the first step toward implementing policy change. *Evidence-informed Health Policy* equips nurses and other healthcare professionals with the tools, knowledge and confidence needed to navigate the process of influencing policy.

Loversidge and Zurmehly are both associate professors of clinical nursing.



Dianne Morrison-Beedy

**Intervention Research and Evidence-based Quality Improvement, Second Edition: Designing, Conducting, Analyzing and Funding** edited by Bernadette Mazurek Melnyk and Dianne Morrison-Beedy provides researchers, clinicians and doctoral students with the essentials of intervention research. This second edition of the book contains additional content on evidence-based quality improvement and key strategies for moving research-based interventions into real-world settings rapidly. It also examines the challenges of an increasingly diverse professional research environment. The text covers every phase of the intervention research process, from the pilot study phase to full-scale randomized controlled trials. Content includes designing, conducting, analyzing and funding intervention studies that improve healthcare quality and health outcomes. The text also provides information on writing grant applications and examples of real applications that have been funded by the NIH and other organizations. This book received an AJN Book of the Year Award.

Morrison-Beedy is chief talent and global strategy officer and Centennial Professor of Nursing.



Dónal P. O'Mathúna

**Disasters: Core Concepts and Ethical Theories** edited by Dónal P. O'Mathúna, B.Sc. (Pharm), MA, PhD, Vilijus Dranseika and Bert Gordjin, is the first book to use a multidisciplinary perspective to examine disasters. Part One is a discussion of the conceptualization of disasters in various academic disciplines. Part Two discusses fundamental normative approaches in moral and political philosophy that can address ethical issues that arise when disasters strike. This book provides disaster scholars and researchers, ethical and political philosophers, policymakers, humanitarians and intergovernmental organizations with an analysis of core concepts that have real-world relevance.

**Ethics and Law for Chemical, Biological, Radiological, Nuclear & Explosive Crises**, edited by Dónal P. O'Mathúna, B.Sc. (Pharm), MA, PHD, and Iñigo de Miguel Beriain, analyzes the legal and ethical challenges of preparing for and responding to chemical, biological, radiological, nuclear and explosive (CBRNE) crises. Written by an international panel of leading ethical and legal scholars, this is the first book to evaluate the EU response to a CBRNE crisis in the aftermath of the new wave of terrorists attacks and threats in Europe. It examines crises from the Cherobyl nuclear incident in Russia to the Ebola crisis in Africa. This book is for both students and scholars of bioethics, international law and public health in addition to regulators and administrators developing policy and legislation related to public health planning and emergency responses.

O'Mathúna is an associate professor at the College of Nursing at The Ohio State University and the School of Nursing and Human Sciences at Dublin City University in Ireland.

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# PhD Phenomenon

by David Gerad

Ohio State’s PhD nursing program is thriving.

That’s not the case for PhD programs everywhere, according to the American Association of Colleges of Nursing (AACN), which reported that doctoral nursing programs, especially PhD, have declined nearly 10% since 2014. However, at Ohio State the number of applicants has grown steadily, as has the size of the program.

“Our faculty’s engagement in the scientific community and their dissemination of work is a huge factor in our success here. We’re very fortunate at Ohio State given the depth of our active and successful faculty with strong programs of research,” said PhD Program Director Rita Pickler, PhD, RN, FAAN. “In addition to our world-class faculty, I also attribute our success to the excellent students who are setting themselves up for successful postdoctoral opportunities and longterm careers.”

All of our current PhD students have received funding to support their dissertation research and all are being published in important scientific journals, according to Pickler. “Our students have experienced around a 65% success rate for all grant applications over the last five years,” she said. “All of our students at the dissertation stage have received some funding both from prestigious small and large agencies, including a very high success rate for NIH National Research Service Award F-31 fellowships.” These F-31 fellowships provide dissertation and institutional funding, tuition and a living stipend.

Stephanie Sealschott and Laura Beth Kalvas exemplify the standout students in the PhD program. We asked each to tell us more about her research, inspiration and educational journey.

## Stephanie Sealschott, MS, RN

“Before I started my program, I developed a passion for working as a bedside nurse in the Neonatal Intensive Care Unit (NICU) at Cincinnati Children’s Hospital and knew that neonates were the population I wanted to focus my career on, working with them and conducting my research with them to hopefully make a difference,” said Sealschott. Now Sealschott is recruiting for her research at Nationwide Children’s Hospital. She is in her fifth year in the program and, besides securing funding, has contributed to publications in infant neurodevelopment with Pickler.

Sealschott worked as a research nurse in Cincinnati from 2012 to 2015 for Pickler, who was then Scientific Director of Nursing Research at Cincinnati Children’s Hospital Medical Center. Pickler strongly encouraged her to return to school for her PhD. Both were surprised and delighted to be working together again at Ohio State.

“I live in Cincinnati and commute to Columbus. While going to a university in the Cincinnati area would have been easier, they did not have the opportunities or the support that Ohio State did, especially the T-32 fellowship, which paid my tuition and gave me a living stipend for the first three years of my program,” said Sealschott. “The best part is that after I decided to enroll at Ohio State, I heard Dr. Pickler was moving up to Ohio State, too.”

Sealschott is studying the symptoms of infants suffering from neonatal abstinence syndrome (NAS). Her subjects are infants who are less than one week old, have been exposed to opioids during pregnancy and experience drug withdrawal after birth.

“NAS babies develop a cluster of symptoms that affect their ability to calm, feed and bond with their parents. In many situations, treatment includes putting the infants back on opioids, often morphine, to reduce their symptoms and then wean them off slowly again,” said Sealschott. “This approach has not changed drastically over the last 40 years, and there hasn’t been a lot of research on factors that may influence NAS symptoms.”



Stephanie Sealschott

Sealschott’s dissertation study will focus on gut microbiota, or bacteria in the gastrointestinal tract, and the factors that influence symptoms. She is hoping to find that there are differences in the gut microbiota in NAS infants versus infants without NAS. She also hopes to find relationships between the microbiota present in the infant gut and the NAS symptoms being experienced. If the study is successful, it could lead to the development of interventions aimed at reducing symptoms and improving overall health for this infant population.

To conduct her study, Sealschott has secured about \$10,000 in funding from organizations such as the Association of Women’s Health Obstetric Neonatal Nurses (AWHONN) and Ohio State’s Alumni Grants for Graduate Research and Scholarship (AGGRS). She is also one of two recipients of the first College of Nursing Dissertation Award.

“Thanks to the College of Nursing, I was fortunate enough to attend nursing science conferences (Midwest Nursing Research Society and Council for the Advancement of Nursing Science) where I was able to present my work, meet other nurse scientists, network with peers and obtain cutting-edge research knowledge,” said Sealschott. “It’s been an incredible experience at Ohio State; not only do we have expert faculty who are so supportive and insightful, but the college has presented me with great opportunities to enhance my skillset and education as I get closer to starting my career as a nurse scientist.”



Laura Beth Kalvas

## Laura Beth Kalvas, MS, RN, PCCN

"Seeing patients suffering from delirium is hard. It affects the patient, their family and the nursing staff," said Laura Beth Kalvas ('13), who is focusing her studies on sleep disruption and delirium in children under two years of age in the ICU at Nationwide Children’s Hospital.

She was first introduced to this condition when she was a trauma nurse at Riverside Methodist Hospital. A lot of the older adults she cared for there who came in for surgery would quickly regress and become very confused and agitated.

“Other nurses typically attributed these effects to older people coming to the hospital, but when I started looking into ICU delirium in grad school, I made a connection [between delirium and young children], and with Ohio State’s pediatrics-focused T32 fellowship combined with a lack of industry knowledge regarding delirium in children, I wanted to pursue it.”

Delirium is an abrupt change in the brain that causes mental confusion and emotional disruption. Patients experiencing delirium may have difficulty thinking, remembering, sleeping and paying attention. According to Kalvas, this condition is connected to cognitive decline/dementia in older adults and worse clinical outcomes.



“Babies may be able to recover from delirium, but we don’t know how this affects their cognitive function long term throughout their lives. Preliminary evidence in older children shows that they are experiencing hallucinations, which leads to symptoms of post-traumatic stress disorder,” said Kalvas. “I want to look at how the hospital environment is affecting patients, from sleep disruptions, lighting patterns and noises that patients in the ICU are experiencing to see if we can make any connections.”

Kalvas’ dissertation study will focus on collecting continuous measures of the environment and sleep for patients throughout their hospital stay. She will then look for an association between these exposures and delirium. If connections are made linking hospital conditions to delirium, Kalvas hopes to implement nurse-driven interventions to modify the ICU environment and promote sleep in order to reduce the chance of delirium.

Kalvas has also been very successful in obtaining grant funding for her program, with funds totaling around \$22,500. She has received funding from many prestigious organizations including the National Institutes of Health/

National Institute of Nursing Research, Ohio State Alumni Grants for Graduate Research and Scholarship, Sigma Theta Tau International, the Council for the Advancement of Nursing Science, Midwest Nursing Research Society and the American Association of Critical-Care Nurses.

Her favorite memory from the program so far: a trip to Switzerland with fellow Ohio State and international doctoral students. “We stayed in a cabin in the mountains where we discussed and received feedback for our dissertations, did grant reviews and generally learned a lot.”

“I’ve had such a wonderful experience in my program here ... working with the faculty, especially, my advisor, Dr. Mary Beth Happ,” said Kalvas. “Not only does she have a great mind for research, but she and the other faculty have been so supportive of my funding opportunities, research and including me in publication opportunities.”

For more information on the College of Nursing’s PhD program, visit [nursing.osu.edu/phd](https://nursing.osu.edu/phd).



# Wellness Tips for Working From Home

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

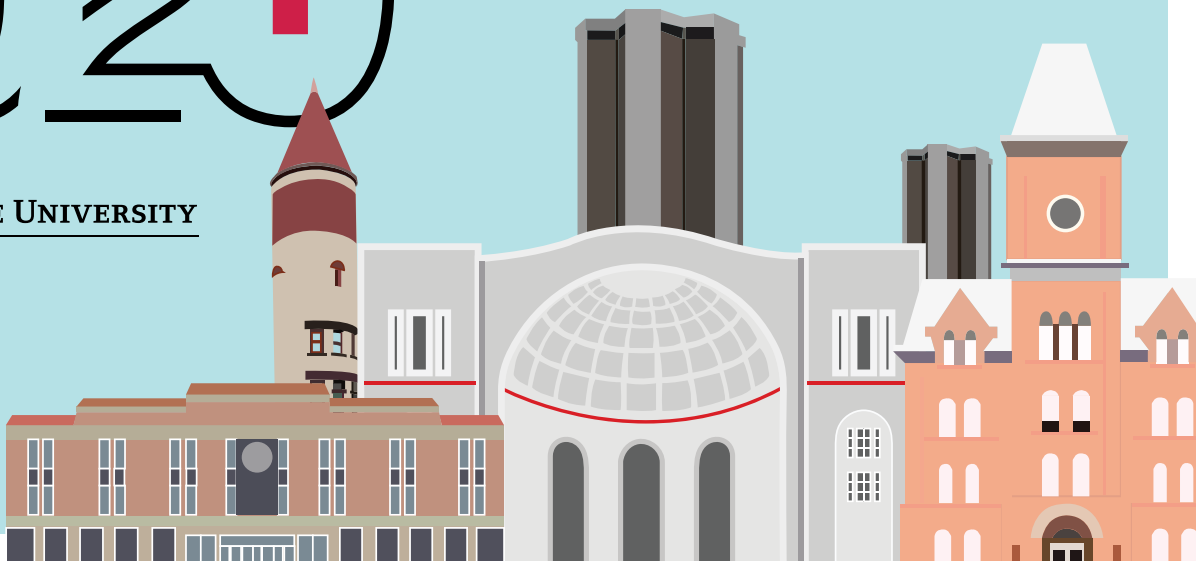
When working at home, it is important to maintain your health and well-being, especially during these stressful times. Here are some tips for how to stay well while working from home:

- **Guard your sleep by keeping a regular schedule:** Set a regular schedule for getting up and going to sleep. It’s ideal to continue to get up and go to bed at the same time as you would if you were still going in to the office. Also keep in mind that stress takes a toll on your body; you may need more sleep than usual, and that’s okay.
- **Eat healthy:** You now have more access to your food supply than you would in your office, so be conscious about how and what you are eating. Remember the 80/20 rule – 80% healthy foods and 20% “want” foods. It can be easy to fall into the pattern of grabbing a little food every time you are in the kitchen, but those little nibbles can pile on a lot of extra calories. Instead, set yourself regular snack times and have a healthy snack, such as piece of fruit, a low fat yogurt or a cup of popcorn. Drink at least eight eight-ounce glasses of water per day, as even slight dehydration can make you feel tired.
- **Beware of the chair:** It is important not to sit for long periods of time. Sitting is not good for your heart health and it drains your energy. Try getting up and moving around once an hour to sustain your energy throughout the day. Put on some music and dance for 10 minutes, lift weights or household objects, walk up and down the stairs or take a quick wellness walk outside. If you’re home with your children, ask them to join you. You can construct a standing desk at home by piling up books or putting your laptop on a foot stool on top of a table.
- **Shed stress regularly:** Instead of waiting until work time is over, try to release stress regularly throughout the day so that it doesn’t build up and wear you out. Try a five-minute meditation, take five slow deep breaths at regular intervals throughout the day, or write in a journal about what is on your mind. Start each day by counting a few people or things you are grateful for and read for five minutes in a positive thinking book. This “me” time will help you be more present for others. If you are stressed or anxious to the point that it is starting to interfere with your functioning, reach out to your healthcare provider or employee assistance program.
- **Monitor your social wellness:** Feeling isolated? Miss talking to people? Pick up the phone and call a co-worker instead of sending an email. Have a virtual lunch with a friend. Don’t wait until feelings of loneliness become overwhelming – try to get a little “social time” by video conference or phone every day after work so that you can keep your spirits up.
- **Help prevent the spread of infection:** Wash your hands thoroughly with soap and water, maintain physical distance from others and do your part to keep the coronavirus from spreading.

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# Touching Many Lives:

## Katherine “Kitty” Kisker (’66, ’67 MS) Selected for 2019 Distinguished Service Award

by Chelsea Schmitz



Above: Kitty Kisker receiving the Distinguished Service Award from President Michael V. Drake. Left: Kitty Kisker, family and friends.

Over five decades.

That is how long Kitty Kisker (’66, ’67 MS) has served The Ohio State University as a faculty member, advisor and volunteer leader. From beginning her nursing studies at Ohio State in 1963 to her continued service in several capacities, Kisker has always found a way to help and support others.

The Ohio State University honored Kisker with the 2019 Distinguished Service Award for her dedication to service. Established by the Board of Trustees in 1952, this award recognizes individuals who have rendered exceptional service to the university. Awards are not made on the basis of long, faithful or loyal service alone, but rather for service that is truly distinguished.

Kisker began her relationship with Ohio State in 1963, when she enrolled as an undergraduate nursing transfer student. Immediately, she started getting involved. She joined the residence hall government and helped create the constitution for the South Campus Student Association for bi-gender residence hall student governance. Kisker was selected for the honor society Mortar Board and is still active with this organization today.

“I had a very happy and meaningful undergraduate experience,” Kisker said. “It was enriched by being taught by caring faculty, getting to know not only my group of classmates, but also being able to interact with students from so many other disciplines and areas of interest.”

This involvement is, in part, what led to her continued commitment of service to the university. Upon earning her bachelor’s degree in 1966 and master’s degree in 1967, she accepted a faculty position with the college in 1968. Kisker taught undergraduate students for several years, guiding their clinical experiences at (what is now) The Ohio State University Wexner Medical Center Dodd Rehabilitation Hospital before assuming the role of director of student affairs in the College of Nursing in 1985.

“Kitty was one of the best instructors I had during my undergraduate studies,” Kathleen Binzel Bringardner (’78, ’80 MS) said. “Her animated lectures and stories made the nursing subjects come alive. I was a nursing instructor for several years at an associate degree program and I tried to model my teaching style after Kitty’s. We are better nurses because of her teaching, and through her, have touched many lives.”

Kisker’s love for nurturing and mentoring students expanded beyond the classroom. She served as the faculty advisor for Nursing Student Council, Alpha Tau Delta, Chimes, Mortar Board and Ohio Staters Inc. In addition, she served as an advocate for students through her numerous contributions to academic affairs, which included coordinating the university’s Committee on Academic Misconduct from 1993 to 2002.

“I remember Kitty Kisker as being a nurturing and inspirational leader,” Jeanette Newman Lepinski (’73) said. “She was never too busy to talk to a student or explain and clarify points when a student did not understand.”

Since retiring, Kisker looks back fondly on her time spent at Ohio State. She co-chaired the College of Nursing Alumni Society Scholarship Committee from its inception until it reached its goal of raising \$1 million by the college’s centennial. She currently serves on the University’s Alumni Advisory Council.

“I love what I have done with the university and the time I have invested,” Kisker said. “I’m very appreciative of those that put my name forward for this award. It’s a wonderful recognition that I did not seek. I’m still overwhelmed by it.”

In 2000, Kitty Kisker and Carol Kennedy-Jones (BSN ’67, MS ’70) came together as co-chairs and set a goal to raise \$1 million in endowed funds in support of nursing scholarships by the college’s centennial in 2014. They accomplished and surpassed this goal.

**To date, The Ohio State University College of Nursing Endowed Scholarship Fund (fund #645280) has raised \$1.5 million, awarding roughly \$68,000 annually to nursing students.**

If you would like to support this fund, please visit [go.osu.edu/conscholarship](https://go.osu.edu/conscholarship).



# Raderstorf speaks at TEDxColumbus: SPARK

by Elisabeth Mach and Susan Neale



"I want to share something personal with you all ... I am a nurse," Chief Innovation Officer of the College of Nursing Tim Raderstorf, DNP, RN, told the crowd at TEDxColumbus: SPARK in his talk about democratizing innovation. "Being a nurse is just part of who I am. It impacts how I think, how I care for others, even how I pay my mortgage ... but I know how most of the world sees nurses when it comes to innovation. They don't see us at all."

That's exactly why Raderstorf wants to inspire other nurses to see their own potential as innovators. Innovation, he pointed out, is most impactful when it is initiated by people on the frontlines, who are familiar with the problems to be solved – like nurses. "Innovation is not an elitist sport!" he declared.

"I have the privilege of working with people from a variety of different professional and education backgrounds," Raderstorf said. "And I've found that within all of us lies a fundamental truth: we all have the ability to change the world. Within this room are thousands of ideas, just bursting at the surface, waiting to get out if someone would just give you the permission and the pathway to be innovative."

Raderstorf explained how the College of Nursing inspires innovation through the Innovation Studio: "We set up a physical space outside a high-traffic location in our university," and ask people to "come in and engage with us. We ask them what they're excited about, what makes them curious, what things they would solve themselves, if they only had the permission. And then we provide that permission." The studio also provides tools, mentors, pitch sessions, funding and validation.

To find out more about what happens when you give yourself permission to innovate, see Raderstorf's talk, "The participation trophy model of innovation and why it works," at: [go.osu.edu/tedxraderstorf](https://go.osu.edu/tedxraderstorf)

## This drone developed with the help of the Innovation Studio helps map and monitor glaciers

Geography PhD candidate Forrest Schoessow set out to advance scientific understanding of glaciers as water resources and causes of natural disasters, through the development of custom sensors and unmanned aerial systems (UAS). With the support of the Innovation Studio, Schoessow led a student mountain drone team (MDT) that developed a high-altitude UAS and laser mapping system. The team field tested the drone in Peru. Schoessow is currently working with Ohio State and Peruvian collaborators to process the data with the hope that the system will change the way high mountain hazard systems are monitored. "The MDT is special because our work has real world applications," said Cole Harlow, a student member of the MDT. "In addition to getting to experience applying knowledge from our classes, we are also potentially helping large communities of people."

See more at [go.osu.edu/mountain-drone](https://go.osu.edu/mountain-drone).







The Future of Work

In October, the Starting Line, an entrepreneurship organization powered by the Innovation Studio at The Ohio State University College of Nursing, hosted "The Future of Work" at the STEAM Factory. The goal of the Starting Line is to provide resources and networking opportunities to Columbus professionals aspiring to start their own businesses.

The Future of Work featured 22 speakers who participated in one of the nine panels throughout the day, with discussion topics such as “the future of Columbus small businesses,” “creating an infrastructure for the future of work,” “funding your future” and “legal considerations to ensure you thrive in the future.”

“The Starting Line is helping to create opportunities by bringing together people from different industries and different backgrounds, but all experts in their field, to learn from each other,” said brand strategist Haley Boehning of Storyforge.

For more on this dynamic organization, see [nursing.osu.edu/startingline](https://nursing.osu.edu/startingline).

Faculty Focus

compiled by Elisabeth Mach

Awards and honors

**Balas, Michele.** Received the 2019 Presidential Citation Award from the Society of Critical Care Medicine (SCCM).

**Bauldoff, Gerene.** Received the L. Kent Smith Award of Excellence from the American Association of Cardiovascular and Pulmonary Rehabilitation.

**Breitenstein, Susan.** Elected to serve on the board of directors for the Global Implementation Society for 3 years as a Board Member and Secretary.

**Breitenstein, Susan.** Inducted as a Distinguished Scholar Fellow of the National Academies of Practice in Nursing.

**Breitenstein, Susan.** Received the Ohio Public Health Nurse of the Year award from March of Dimes.

**Chipps, Esther.** Received Ohio March of Dimes Nurse Researcher of the Year award.

**Chipps, Esther.** Selected as vice president for research (second term) for the Association for Leadership Science in Nursing. Elected for second term.

**Fitzgerald, Elizabeth.** Selected as associate editor for the Journal of Transcultural Nursing.

**Herbell, Kayla.** Received the Early Career Investigator Award from the Midwest Nursing Research Society (MNRS) Family Section RIG.

**Kue, Jennifer.** Elected to serve on the board of directors as vice president for the Asian Pacific Islander Caucus for Public Health (affiliated with the American Public Health Association) for three years.

**Loversidge, Jacqueline.** Received First Place at the Quality and Safety in Nursing Education (QSEN) Institute National Conference for her poster presentation “Combining Top-of-License (TOL) Practice and QSEN Competencies: Re-imagining Nursing Education using Top-of-License Study findings.”

**Masciola, Randy.** Invited to be a member of the Editorial Advisory Board for Women’s Healthcare Journal for 2020.

**McNett, Molly.** Appointed to the Scientific Advisory Council for the Curing Coma Campaign of The Neurocritical Care Society.

**McNett, Molly.** Received a Presidential Citation from The Neurocritical Care Society.

**Melnyk, Bernadette.** Invited to be an Advisory Board Member for Everyday Health.

**Melnyk, Bernadette.** Recognized as an Edge Runner by the American Academy of Nursing for Creating Opportunities for Personal Empowerment (COPE) Programs for Children, Teens and College Students.

**Monroe, Todd.** Recipient of the Outstanding Early Alumni Award: The University of Tennessee Health Science Center.

**Morrison-Beedy, Dianne.** Received the 2020 Adolescent Research Legacy Award from the Midwest Nursing Research Society.

**Morrison-Beedy, Dianne.** Won second place in AJN Research Book of the Year for Leveraging Finnish Leadership in Nursing through Board Service.

**Morrison-Beedy, Dianne.** Won the Audrey Hepburn Award for Outstanding Contributions to the Health and Welfare of Children from Sigma Nursing.

**Moss, Karen.** Invited affiliate to 2019 BRAINS (Broadening the Representation of Academic Investigators in NeuroScience) NIH R25-funded National Institute for Neurological Disorders and Stroke (NINDS) at the University of Washington.

**O’Brien, Tara.** Received the Distinguished Educator in Gerontological Nursing Award from the National Hartford Center of Gerontological Nursing Excellence.

**Overcash, Janine.** Selected to the Peer Review Board for the Clinical Journal of Oncology Nursing.

**Pickler, Rita.** Appointed to the Council for the Advancement of Nursing Science, Duck-Hee Kang Memorial Mentored Workshop.

**Pickler, Rita.** Appointed as a member of the Extramural Research Nursing Advisory Committee for the Heilbrunn Family Center for Research Nursing.

**Pickler, Rita.** Appointed as an expert reviewer for the Swiss National Science Foundation.

**Pickler, Rita.** Received Lifetime Achievement Award from the Midwest Nursing Research Society.

**Tubbs Cooley, Heather.** Appointed as a standing member of the Health Systems and Value Research Study Section Agency for Healthcare Research and Quality for three years.

**Tucker, Sharon.** Received the Distinguished Evidence-based Practice Trailblazer Award from the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare.

**Warren, Barbara.** Appointed as a guest editor for the Jan/Feb issue of *Issues in Mental Health Nursing*.

**Warren, Barbara.** Received the LaVerne Gallman Distinguished Lectureship in Nursing award.

**Wold, Loren.** Appointed to the Oversight Advisory Committee for the Cardiometabolic Health Strategically-Focused Research Network for the American Heart Association.

**Wright, Kathy.** Appointed associate editor for nursing and clinical care for the *Journal of Immigrant and Minority Health*.

**Wright, Kathy.** Appointed to the Substance Abuse and Mental Health Services Administration (SAMHSA) Minority Fellowship Program on the American Nurses Association (ANA) National Advisory Committee.



## Grants

**Anderson, C.M.** Nurse Faculty Loan Program. The Health Resources and Services Administration (HRSA). 2019-2020. \$206K.

**Arthur, E.** (Co-PI), **Krok Schoen, J.** (Co-PI). Qualitative study of older cancer survivors’ assessment of the MyChart app to optimize behaviors and outcomes. The Ohio State University Center for Clinical and Translational Science. 2019. \$15K.

**Balas, M.C.** (PI), **Tan, A.** (Co-I), **Mion, L.C.** (Co-I), Vasilevskis, E.E. (Co-I), Pun, B.T. (Co-I), Harmon, L. (Co-I). Determinants of Implementation Success Coordinating Ventilator, Early Ambulation and Rehabilitation Efforts in the ICU (DISCOVER-ICU). National Institutes of Health/National Heart, Lung and Blood Institute (NIH/NHLBI). R01HL146781. 2019-2022. \$1,151,920.

**Bowles, W.** (PI), Jauch, A. Seamless Academic Progression Model for State of Ohio. The Ohio Board of Nursing 2019PL1. 2019-2021. \$200K.

**Bowles, W.** Choose Ohio First. The Ohio Department of Higher Education. 2020-2021. \$73K.

**Chipps, E.** (PI). Setting the Research Agenda for Nursing Administration and Leadership Science: A Delphi Study. The American Organization of Nurse Leaders and Association for Leadership Science in Nursing. 2019-2021. \$6K.

**Ford, J.L.** NIH National Center for Advancing Translational Science (NCATS) through the Clinical and Translational Science Award (CTAS) to The Ohio State University Center for Clinical Translational Science (CCTS) and sub-award to Nationwide Children’s Hospital: Integrating Special Populations (ISP) Pilot Grant titled “Feasibility of Collecting Stress Biomarkers among Homeless Youth.” \$26K.

**Ford, J.L.** Prevention of OUD: The HOME (Housing, Opportunities, Motivation and Engagement) Randomized Trial. National Institutes of Health/National Institute on Drug Abuse. UG3DA050174. \$705K.

**Hanners, A.** (PI), **Melnyk, B.M.** (Co-I), Volek, J. (Co-I). Keto Prescribed: Implementing ketogenic diet research evidence into clinical practice as a holistic

approach to wellness. Sigma Theta Tau International and American Nurses Credentialing Center. 2019-2020. \$20K.

**Militello, L.** Healthy lifestyles for families using an interactive voice ecosystem (Hi FIVE). College of Nursing Research Seed Grant. 2019-2020. \$10K.

**Morrison-Beedy, D.** (PI), **Bowles, W. King, T. Bochenek, J. Zellefrow, C.** Improving Nursing Education Quality and Evidence-Based Practice Through Joint Norwegian-US Clinical Experiences. Diku Norwegian Ministry of Education and Research: Partnership Program for North America. \$300K.

**Moss, K.** Pain in Persons with Alzheimer’s Disease and Their Caregivers. College of Nursing Research Seed Grant. 2019-2020. \$10K.

**Moss, K.** Differences in Pain Among Blacks and Whites with Alzheimer’s Disease. National Institutes of Health/ National Institute on Aging administrative supplement. 2019-2021. \$74K.

**Moss, K.** Two-year National Institutes of Health Loan Repayment Award from the National Center for Advancing Translational Sciences.

**Rinehart, C., & Kritikos, N.** Ending the HIV Epidemic. Supplement from the Health Resources and Services Administration (HRSA). H80CS33660. 2020-2021. \$251K.

**Tucker, S.** (PI). Developing Nurse Leaders in Evidence-based Practice: A Randomized Controlled Trial to Bridge the Research to Practice Gap in Healthcare. Fisher Business College Leadership Research Grant Program. 2019-2020. \$4K.

**Warren, B.** (PI). Evaluating the Efficacy of a Mind-Body Intervention in Reducing Depression among Co-Morbid Individuals with Opioid Use Disorder and Psychological Disorders. Center for Clinical and Translational Science (CTTS). \$50K.

**Warren, B.** (PI). Keto Prescribed: Translating Ketogenic Diet Research into Clinical Nursing Practice as a Holistic Therapeutic Approach to Primary Care. Hillman Foundation. \$50K.

**Warren, B.** (PI). Research and Training Grant for Psychiatric Mental Health Nursing Specialty. Ohio Department of Mental Health, Grant Extension. \$15K.

**Wold, L.** (PI). Defining the Impact of E-Cigarettes on Cardiac Pathophysiology. Supplement from the National Heart, Lung, and Blood Institute (NHLBI). R01HL139348. 2019-2020. \$390K.

**Wold, L.** (PI). Airborne Hazards and Burn Pit Center of Excellence (AHPCE) War-Related Illness and Injury Study Center (WRIISC) PM2.5 Exposure Animal Model Project. The Veterans Administration. 2019-2020. \$500K.

**Wold, L.** (PI), Wu, J. (PI) Integrative approaches to complex cardiovascular diseases. National Heart, Lung, and Blood Institute (NHLBI). 2019-2020. \$30K.

## Publications

Albert, N., **Chipps, E.**, Olsen, A., Hand, L., Harmon, M., Heitschmidt, M., Klein, C., Lefaiver, C., & Wood, T. (2019). Fostering academic-clinical research collaboration. *Journal of Nursing Administration*, 49(5), 234-241.

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**Amaya, M.**, Conner, D., Donegan, T., Edwards, J., & Gipson, C. (2019). Building cultures & environments of wellness in academic institutions: What works! Proceedings from the 4th National Summit on Building Healthy Academic Communities. *Building Healthy Academic Communities Journal*, 3(2), 73-127. doi: 10.18061/bhac.v3i2.7286.

**Amaya, M.**, Conner, D., Donegan, T., Edwards, J., & Gipson, C. (2019). Creating a culture of wellness: A call to action for higher education, igniting change in academic Institutions. *Building Healthy Academic Communities Journal*, 3(2), 27-40. doi: 10.18061/bhac.v3i2.7117.

**Amaya, M.**, Gingerich, S., Sherman, B., & Shuck, B. (2019). Employee engagement in work and health: Definition and measurement insights – opportunities for industry. *Health Enhancement Research Organization*.

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**Arthur, E., Brown, C.**, Martz, L., Weatherby, L., Purcell, T., Dove, J., Ridgeway, E., Cheriki, M., **Sinnott, L., & Rosselet, R.** (2019). Taking the pulse on nurses’ attitudes towards research. *Oncology Nursing Forum*, 46(6), 727-737. doi: 10.1188/19.ONF.727-737.

**Arthur, E., Wills, C., Browning, K.K., Overcash, J., & Menon, U.** (2020). The self-efficacy to communicate about sex and intimacy (SECSI) scale: Psychometric assessment in women treated for cancer. *Supportive Care in Cancer*, 28(3), 1449-1457. doi: 10.1007/s00520-019-04963-2.

**Atalla, S.W.**, Kalvas, L.B., Campbell, J.L., Anderson, A.R., Cowan, R.L., Humbel, A.C., & **Monroe, T.B.** (2019). Neuroimaging methods for nursing science. *Nursing Research*. doi: 10.1097/NNR.0000000000000410.

**Atalla, S.W., Wright, K.D.**, Anderson, A., **Moss, K.O.**, Cowan, R., McDaniel, A., & **Monroe, T.B.** (2019). Recruiting older adults with dementia for neuroimaging research: Barriers and solutions. *Innovation in Aging*, 3(Suppl 1), S593. doi: 10.1093/geroni/igz038.2201.

**Balas, M.C.**, Barnes-Daly, M.A., Byrum, D.G., Posa, P.J., Pun, B.T., & Puntillo, K.A. (2019). The authors respond. *Critical Care Nurse*, 39(3), 14-15. doi: 10.4037/ccn2019690.

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# Build your resilience for optimal well-being

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

Resilience – that ability to bounce back from setbacks, overcome obstacles and grow despite physical or mental challenges – is on our minds at the College of Nursing as we celebrate the Year of the Nurse and Midwife. Can we as nurses and healthcare providers help people improve their ability to recover from difficult life events and illness?

Consumer health education organization Everyday Health partnered with researchers at The Ohio State University, including College of Nursing faculty Bernadette Melnyk and Jacqueline Hoying, PhD, RN, NEA-BC in 2019 to survey 3,538 Americans nationwide for their State of Health: Resilience special report. The study revealed that while most people surveyed believed that they have high levels of mental and physical resilience, only about 57% really do. That means many people aren't as prepared for what lies ahead as they think they are.

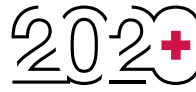
Fortunately, resilience is not just a matter of good genes: it can be built upon with learned and practiced behaviors. We can help others increase their resilience, and we can build our own resilience, too. To build your resilience, try these tips:

- **Practice self-care.** Take time to make your mental, emotional and physical health a top priority.
  - **See yourself as in control.** Focus on how you, as opposed to external forces, can control the outcome of events.
  - **Reframe negative thoughts.** You can retrain your responses to difficulties in your life. A positive outlook can help you to cope better.
  - **Build your social network.** Social support is important. Rely on family, friends and coworkers when needed, and continue to grow your social network.
  - **Increase your optimism.** Optimism can help you feel more in control of your circumstances. Focus on what you can do, and identify positive steps you can take to solve problems.
  - **Learn coping skills.** Find ways to release stress daily and learn techniques to reduce anxiety, such as deep breathing and meditation.
  - **Practice gratitude.** Try writing down three people or things that you are grateful for every day.
  - **Rely on your problem-solving skills.** Identify ways within your control to work with and solve problems.
  - **Know your strengths and areas for improvement.** Knowing what you do well and what stresses you out can help you deal with difficult situations and also help you avoid things that might overwhelm you.
- Be patient with yourself. Take one small step at a time. Then watch your resilience grow strong. Your health and well-being will benefit from it!





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To all of our fellow nurses and healthcare providers around the world  
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Your commitment to patient care and compassion for those you serve is inspiring.

*We are so grateful. Thank you.*

For ways to help, visit: [go.osu.edu/corona\\_help](http://go.osu.edu/corona_help)