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**\$6.5 million grant to establish and permanently
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The Ohio State University College of Nursing

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THE OHIO STATE UNIVERSITY
COLLEGE OF NURSING

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FEATURES

Cover story

10 **Fuld grant is largest in college's history**

By Jill Jess Phythyon

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

13 **Nursing research: Breaking new ground**

By Jill Jess Phythyon and Meggie Biss

The depth and breadth of nursing science research at Ohio State continues to expand.

18 **New associate dean for research and innovation appointed**

By Melissa Weber

Mary Beth Happ wants to change the way the College of Nursing thinks of research and innovation.

24 **Nursing graduate volunteers aboard hospital ship in Africa**

By Meggie Biss

A life-changing opportunity to work with patients in developing nations called to alumna Krystal Reynolds.

27 **Nurse Athlete: Securing your own oxygen mask**

By Melissa Weber

Nurses and healthcare professionals must take care of themselves first.

29 **New research faculty join college**

By Jill Jess Phythyon and Meggie Biss

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

31 **Grayce Sills, 1926-2016**

Remembering a legend of nursing.

COLUMNS

5 **DEAN'S MESSAGE**

By Bernadette Mazurek Melnyk
Dreams become reality with patience and persistence

39 **GIVING**

By Katie Trobitas
Donor loyalty can last for decades

35 **STUDENT AFFAIRS**

By Natasha Stouffer
College's diversity and inclusion program evolves

41 **ALUMNI**

By Colleen Pelasky
Nursing Alumni Society sets 2016 goals

DEPARTMENTS

6 **In Brief** 45 **College News**

48 **Class Notes** 49 **Faculty Focus**

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A New Degree for a New Era in Healthcare: The Bachelor of Science in Health and Wellness Innovation in Healthcare

The healthcare industry is changing — the focus shifting from treating illness to promoting wellness and prevention. The Bachelor of Science in Health and Wellness Innovation in Healthcare (BS HWIH) will prepare health promotion professionals to support health and wellness across the lifespan, in all states of health.

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To learn more about the Bachelor's in Health and Wellness Innovation in Healthcare, visit nursing.osu.edu/hwih.



THE OHIO STATE UNIVERSITY
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Transforming lives*

DEAN'S MESSAGE

BERNADETTE MAZUREK MELNYK

Dreams become reality with patience and persistence

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

It is with a heavy heart that I, along with our college, medical center, colleagues and friends throughout the United States, mourn the passing of an incredible woman, internationally renowned leader and psychiatric nurse, former dean, and friend Grayce Sills. I had the privilege and blessing of getting to know Grayce well over the past 4 ½ years. She was one of the kindest, passionate and wisest people I have ever known. Grayce told me several times over the past few years that she was so happy getting to see some of the dreams that she had for our college for a very long time finally coming true. I believe that she would advise us to keep paying forward our talents and gifts without skipping a beat, and to continue to pursue our dreams with patience and persistence. I have no doubt that we will all remember Grayce with the fondest of memories. Let us be thankful for the times we had with her and celebrate the life of this extraordinary woman and her landmark contributions to our profession. For more on the amazing life of Grayce Sills, please see page 31.

* * *

It has been a long-time dream of mine to establish a national institute for evidence-based practice (EBP), an entity that could be the nation's hub for the best and latest evidence



Bern Melnyk

to improve healthcare quality, safety and population health outcomes. After a more than 10-year journey of sharing this dream and outlining the amazing outcomes that could be accomplished by such an institute, the dream has finally come to fruition with the largest gift in our college's history from the Helene Fuld Health Trust. This very generous grant of \$6.5 million will establish and permanently endow the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare. It also will endow the Helene Fuld Health Trust Professor of Evidence-based Practice and provide operating funds to fuel our work in EBP further and faster across the United States.

So often, people give up on their dreams right before they would have come to fruition because they get impatient or start to believe they will never happen. I often tell our awesome students, faculty, staff and alums the story about an Asian bamboo tree in order to give them hope that, if they keep their dreams alive in front of them every day and persist through the "character-builders," they can be realized. The bamboo tree is planted as a hard seed in the ground and has to be watered every day for 5 years, not missing one day of watering. Then, after five years of daily watering, the seed finally breaks ground and grows 90 feet in 90 days. Then I ask: did the tree grow 90 feet in 90 days, or in five years and 90 days? Of course the answer is five years and 90 days. It takes five years of daily watering before any growth is seen.

The watering of our national institute took twice as long to see it come to reality. What would have happened if we had given up in years eight, nine or 10? However, we kept the dream alive, and persisted even though patience was not easy throughout the journey. I want to

thank and recognize Laurel Van Dromme, who stayed the course and watered the dream with me for over 10 years and Katy Trombitis, who was part of our terrific team in the last phase of the journey. I also want to give my most heartfelt thanks to the Helene Fuld Health Trust, which believed in the dream enough to substantially invest in it.

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

Warm and well regards,

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

Ohio State-India partnership formed

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

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

Raderstorf and Jennifer Kue, PhD, assistant professor and director of global affairs for the college, collaborated with the university's Global Gateway in Mumbai, India throughout 2015 to lead the relationship development. "We are very excited to have the opportunity to partner with such a reputable business in India," said Raderstorf. "This will be just the first step in what we hope will be a longstanding relationship with IL&FS," referring to the copyrighted materials licensing agreement for nursing assistant curriculum that was signed during Varma's visit. "Our potential for impact in India is unparalleled. With a population expected to rise to 1.4 billion by 2025 and an average workforce age of 29 years, providing evidence-based healthcare curriculum will be critical to meet the market demands," Raderstorf said.

The project will educate those in India and beyond.



University and college representatives attend a partnership signing ceremony; left to right: Tim Raderstorf, Ratnesh Bhattacharya, Arun Varma, Brenda Buffington, Bernadette Melnyk, Margaret Graham, Jennifer Kue, Cindy Anderson and Tim Landers.

Through the partnership with IL&FS, Kue plans to develop study abroad and academic immersion programming for Ohio State students. "We want to expose students to nursing in the international setting. These opportunities prepare our students to succeed in a global marketplace and be informed and engaged global citizens," Kue says.

One other element of the relationship is the potential to foster entrepreneurial efforts in India. "Dr. Varma's role as lead in entrepreneurship development further expands our potential for global impact as we strive to become the entrepreneurial epicenter for nursing. I see our students, alumni and faculty collaborating with Dr. Varma's team to promote economic empowerment through entrepreneurship."

The new partnership is an excellent example of the impact of the university's Global Gateway office in Mumbai. Ratnesh Bhattacharya, director of Ohio State's Global Gateway India, has been a catalyst in fostering such partnerships throughout the university with IL&FS. During his visit, Varma explored synergies with the colleges of Business, Engineering, Medicine, Veterinary Medicine and Public Health, as well as the Agricultural Engineering program, further showcasing the collaboration's potential for global impact and the interprofessional approach of the College of Nursing.

Rankings rise again for degree programs

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

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

Online courses offer flexibility for students—especially students who work—and are gaining in popularity. The college currently offers four online degrees—RN to BSN, Master of Science in Nursing, Doctor of Nursing Practice

Top 10 Best Online Graduate Nursing Programs
U.S. News & World Report ranks the following as the best online master's in nursing degree programs, based on factors such as graduation rates, academics and career support services offered to students and admissions selectivity.

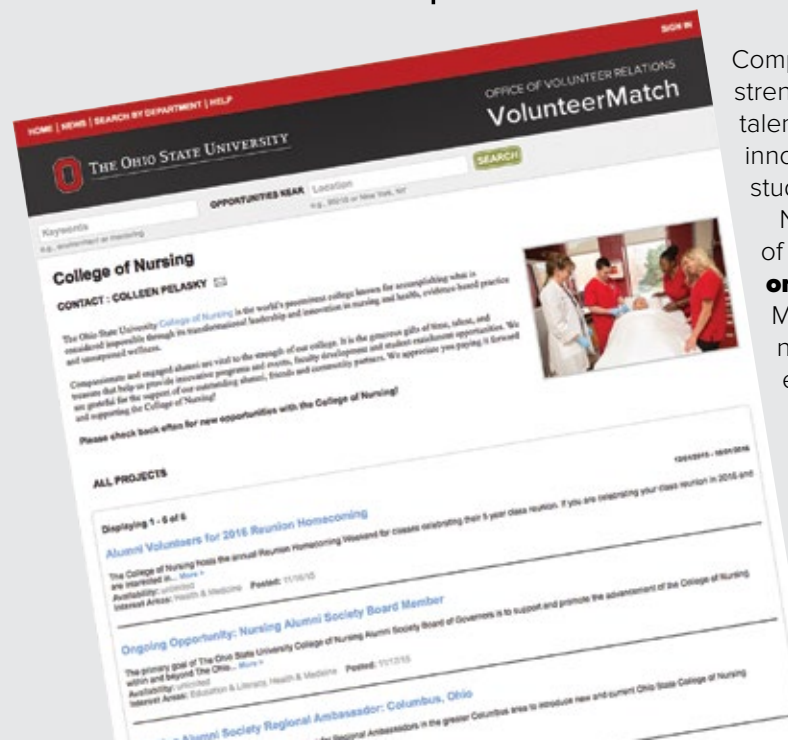
1. University of South Carolina
2. Medical University of South Carolina
3. St. Xavier University
- 4. The Ohio State University**
5. Duke University
6. Johns Hopkins University
7. University of Texas—Tyler
8. Georgia University & State University and University of Cincinnati (tie)
10. Stony Brook University—SUNY

and the Master of Applied Clinical and Preclinical Research, a joint venture among the colleges of Medicine, Nursing, Pharmacy and Veterinary Medicine.

Ensuring that online students receive the same high quality education as those on campus is a core principle of all Ohio State online degrees. "At the College of Nursing, our online students receive the same top-notch education from our world renowned faculty as students on campus," said Dean Bernadette Melnyk.

"This recognition from *U.S. News* reinforces that our faculty, staff and curricula are among the nation's best. We prepare students to deliver evidence-based healthcare to improve health and wellness outcomes of people across the nation and globe."

New website provides volunteer opportunities



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

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

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

College and OCN join to expand digital healthcare education

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

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

Nurse practitioner-based retail clinics provided more than 35 million patient visits during the last 15 years, and the need for convenient, quality care is expected to grow. Clinicians in this setting, including nurse practitioners and RNs, can offer services ranging from primary, preventive care to the management of many chronic illnesses, the release reported.

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



The OCN examination room combines the latest 3D imaging technology with state-of-the-art medical devices, making it possible for healthcare providers to see, diagnose, treat and interact with patients. The technology projects the provider's image directly into the CareSpace, enabling face-to-face, eye-to-eye virtual interaction between patient and provider.

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

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

Partners against women's heart disease

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

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

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

"They were impressed with the creative ideas and volunteerism that our students, faculty and staff offered with fun, engaging ways to educate students about heart disease," said Van Dromme. "In addition, WHA values Ohio State's research expertise and our creation of the



US Rep. Joyce Beatty (center) welcomed to her Washington, D.C. office (from left) WHA Chief Executive Officer British Robinson, Chief Wellness Officer Bernadette Melnyk, Ohio State University President Michael Drake and Ronald O. Perelman Heart Institute Director of Education & Outreach Holly Anderson.

interprofessional Million Hearts® modules."

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

Groups from across campus including Student Life, Greek Life and others are supporting the program and working together to plan heart healthy events for next school

year in the areas reducing stress, improving nutrition awareness and increasing physical activity.

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

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

It's LaBlast!

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

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



Fuld grant is largest in college's history

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

By Jill Jess Phythyon

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

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

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

“Evidence-based practice by clinicians from all disciplines is critical to improving healthcare quality and patient outcomes as well as reducing costs,” said Ohio State University President Michael V. Drake. “We are grateful for the opportunity to advance our patient care and nursing education while serving as a national model for evidence-based practice and working with other institutions across the nation.”

The new institute will accelerate and expand the efforts of the College of Nursing's Center for Transdisciplinary Evidence-based Practice (CTEP), including:

- working with nursing faculty across the nation to integrate EBP throughout their curriculums to produce the highest caliber of evidence-based nursing graduates

- educating nursing students at all levels and nurses on how to access the latest gold standards of care and also how to implement as well as to sustain EBP
- assisting nursing leaders, hospitals and healthcare systems to advance and sustain evidence-based care to improve the safety and quality of care that is provided to patients and families
- conducting research on the most effective interventions to teach and rapidly accelerate the translation of evidence-based interventions into clinical settings
- providing online resources of best practices and other methods to enhance healthcare quality and core performance metrics
- conducting national webinars and summits on the best and latest evidence to guide the highest quality of care.

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

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

Expanding and sustaining EBP

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



Evidence-based practice mentors at the Ohio State University Wexner Medical Center, developed by the Center for Transdisciplinary Evidence-based Practice (CTEP) and the medical center, are improving healthcare quality and patient outcomes while reducing costs.

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

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

“We really feel it has been a great partnership between the

medical center and the College of Nursing to move forward with EBP mentors,” said Jackie Buck, PhD, RN, NE-BC, administrator of health system nursing quality, research, education and evidence-based practice at the medical center and clinical assistant professor for the College of Nursing.

EBP mentors work with direct care providers to promote EBP and guide staff in clinical settings. Mentors are a key component of the Advancing Research and Clinical practice through close Collaboration (ARCC) model, a conceptual framework for system-wide implementation and sustainability of EBP, developed by Melnyk and Ellen Fineout-Overholt. In this model, not only do EBP mentors need to be competent in EBP, but they also need to have working



The leadership team of the Center for Transdisciplinary Evidence-based Practice (CTEP), from left: Cindy Zellefrow, assistant director; Lynn Gallagher-Ford, director; Bindu Thomas, technology coordinator; and Bernadette Melnyk, dean of the College of Nursing and university chief wellness officer.

knowledge in individual behavior change and how to change organizational culture to make EBP the norm. Research on ARCC has shown that when hospital and healthcare systems implement ARCC and develop a critical mass of EBP mentors, clinicians' beliefs about the value of EBP increase and implementation improves, which ultimately results in better patient outcomes and decreased costs.

The Wexner Medical Center has two associate directors of nursing who monitor and manage EBP projects across the health system and ensure nursing practice is evidence-based, Buck said, as well as 50 EBP mentors.

Brenda Vermillion, DNP, RN ACNS-BC, ANP-BC, CCRN, is director of nursing education at the Wexner Medical Center. She has been instrumental in incorporating EBP into the clinical ladder program.

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

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

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

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

The two also would urge institutions invest in training such as a CTEP immersion.

"I think a lot of individuals think they know how to use evidence-based practice ... but it's interesting how much individuals learn at immersions," Vermillion said. "Because saying 'That's evidence-based' doesn't mean you're using evidence-based practice. You need to be able to speak to the evidence and understand how it impacts patient outcomes."

Continuing global outreach

Expanding globally, the college signed a memorandum of agreement early this year with Dr. Xiao-Ping Shen, vice president and dean of the Shanghai Sipo Polytechnic School of Health Sciences and Nursing, to teach Chinese nurses how to practice evidence-based care, mentor other nurses in EBP, and establish an ongoing training program modeled on the work of CTEP. "I see it as sort of like a franchise," said Gallagher-Ford. "We want to help facilitate EBP within the Chinese paradigm. It likely will look slightly different than what we can

expect in a U.S. health system; but that's OK. Our hope is that they can make it their own."

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

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

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

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

Dreams become reality

The Helene Fuld Health Trust is the nation's largest private funder devoted exclusively to nursing students and nursing education. In 1935, Dr. Leonhard Felix Fuld and his sister, Florentine, created a foundation in honor of their mother, Helene.

The \$6.5 million grant will provide \$4 million to permanently endow the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare; \$1 million to permanently endow the Helene Fuld Health Trust Professor of Evidence-based Practice. Additionally, \$1.5 million will be used for operating funds to fuel and further expand the EBP work of the CTEP throughout the United States.

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

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

Focus on EBP and research at the College of Nursing

NURSING RESEARCH BREAKING NEW GROUND

THE DEPTH AND BREADTH OF NURSING SCIENCE RESEARCH AT OHIO STATE CONTINUES TO EXPAND

By Jill Jess Phythyon and Meggie Biss

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

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

The college is home to two nationally recognized centers of research excellence: the Center of Excellence in Critical and Complex Care and the Center for Women, Children & Youth. Each center comprises top-notch faculty who conduct research to advance the science and care of vulnerable populations. The Center for Research and Transdisciplinary Scholarship provides outstanding research infrastructure to support faculty and students, including pre-award and post-award grants management, IRB coordination, clinicaltrials.gov administration, material transfer agreements and data use agreements.

Additionally, the College of Nursing houses the Center for Transdisciplinary Evidence-Based Practice (CTEP), which teaches nurses and interprofessional healthcare providers to translate the best and latest research findings into their daily practice in the form of evidence-based practice. CTEP faculty also advance the science of EBP through their research.

Following are a few recent examples of some of the cutting-edge research by College of Nursing faculty.

A national study of chief nurse executives reveals major shortcomings in evidence-based practice

College of Nursing Dean Bernadette Melnyk has dedicated much of her career to research on evidence-based practice (EBP), teaching EBP, and promoting evidence-based care throughout hospitals and healthcare systems across the world. The February issue of *Worldviews on Evidence-Based Nursing* featured startling research that may reveal one reason why hospitals fall short in improving patient outcomes and reducing costs (see onlinelibrary.wiley.com/doi/10.1111/wvn.12133/abstract).

A research team led by Melnyk surveyed 276 chief nurse executives across the United States to gauge how highly EBP ranks as a priority in their institutions. Findings from multiple studies support that care that is evidence-based results in high quality care, improved population health and a better patient experience, lower costs, and higher provider satisfaction, now referred to as the “Quadruple Aim” in healthcare.

Despite this fact, data from the survey revealed that the implementation of evidence-based practice among chief nurses and their hospitals is relatively low. Additionally, many of the hospitals involved in the study reported poor scores on key performance measures, such as falls and pressure ulcers.

“We found that a substantial percentage of hospitals were not meeting national benchmarks for quality and safety,” explained Melnyk, PhD, RN, CPNP/PMHNP, FAANP, FNAP, FAAN, who also serves as Ohio State’s associate vice president for health promotion and chief wellness officer. “As you look at explanations for why 30-40 percent of these hospitals aren’t meeting benchmarks on key quality indicators—one key explanation is the low level of evidence-based practice happening in those hospitals.”

Lynn Gallagher-Ford directs CTEP and is co-investigator of the national study. She also co-authored the *Worldviews* article.

“When patients get evidence-based care, they have 28 percent better outcomes. That’s a big deal,” said Gallagher-Ford, PhD, RN, DPNAP, NE-BC. “When they don’t get evidence-based care, those outcomes go away. There’s a public perception that this



is what hospitals are already doing, and the sad news is, many are not.”

While most chief nurses who participated in the survey said they believe in the value of EBP, more than half of them reported that evidence-based care is practiced in their organization “not at all” or only “somewhat.” When asked to list their organization’s top three priorities, quality and safety ranked first and second. Evidence-based practice was ranked among the lowest priorities. These results cast doubt on the Institute of Medicine’s goal that 90 percent of healthcare decisions will be evidence-based by 2020.

The study points to a lack of understanding that EBP is a major contributor to quality, safety and decreased costs as the root problem.

“The chief nurses we surveyed reported that they planned to focus on EBP as soon as they had a handle on quality and safety. That’s the disconnect—leaders think EBP is a competing priority when, in reality, EBP is the exact mechanism that needs to be integrated in order

to achieve and sustain quality and safety,” explained Gallagher-Ford, also noting that this misconception likely exists among other hospital leaders, not just nurses.

Researchers say that, without leadership support and engagement, it’s nearly impossible for an organization to successfully sustain a culture of EBP. Many hospitals stop at some EBP education of frontline staff and fail to create leadership champions who can help create an environment and culture that supports evidence-based care.

The study also revealed that nearly half of the chief nurses surveyed were unsure of how to measure patient outcomes, a statistic Melnyk and her team find concerning.

“To me, this finding signifies a real gap in the preparation of nurse leaders,” said Melnyk, co-editor of the widely-used book “Evidence-based Practice in Nursing & Healthcare: A Guide to Best Practice” and editor of the top-ranked journal *Worldviews on Evidence-based Nursing*. “If we’re graduating nurses with graduate and doctoral degrees who have not mastered EBP, and a part of that is measuring outcomes of evidence-based practice changes, then we’re not going to have nurse leaders with that knowledge and skill set. And, if these leaders don’t have those EBP skills, how are they going to be able to create the culture

and infrastructure that’s needed for their staff to practice evidence-based care in a consistent manner? Culture eats strategy every time and without a culture of EBP, it will not sustain.” Melnyk stresses the importance of patients asking for EBP when they receive healthcare services. She says patients should ask their provider for the evidence

behind the care, medications or treatments they are receiving. If patients are not satisfied with the answers given, they should seek out a nurse practitioner or physician provider who does deliver evidence-based care.



Researchers emphasize that, until hospitals can rally leadership to support investment in EBP education, infrastructure, job description changes, accountability, and cultural changes across all disciplines, quality, safety and patient outcomes will continue to suffer.

The study was conducted in 2014 and

received funding from Elsevier Clinical Solutions. “Discovering the barriers to EBP is important in order for providers to deliver EBP as a standard of care,” said Michelle Troseth, RN, MSN, DPNAP, FAAN, Elsevier’s chief professional practice officer and one of the researchers who contributed to the study. It was published by The Honor Soci-

ety of Nursing, Sigma Theta Tau International (STTI).

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

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

Research by Mary Beth Happ, PhD, RN, FGSA, FAAN, associate dean for research and innovation, distinguished professor, and director of the college’s Center of Excellence in Critical and Complex Care, found that more than half of mechanically ventilated patients in intensive care units (ICU) could benefit from assistive communication tools.

The findings by Happ and colleagues at the University of Pittsburgh were published in *Health & Lung* in the article, “The number of mechanically ventilated ICU patients meeting communication criteria.”

The study found that 53.9 percent of the 2,671 mechanically ventilated (respirator) patients screened met basic communi-

cation criteria and could potentially benefit from the use of assistive communication tools and speech language consultation. According to the study, eligible patients were awake, alert and responsive to verbal communication from clinicians for at least one 12-hour shift while receiving mechanical ventilation for two or more days. Patients who did not meet basic communication criteria were younger, had shorter lengths of stay and lower costs, and were more likely to die during the hospitalization.

“Our findings challenge the commonly held assumption of many clinicians and researchers that these patients are unable to communicate or participate in their care,” explained Happ. “Establishing lines of communication is the first step in a patient

being able to make his or her needs known, have accurate symptom assessment and management, and contributes to an overall better patient experience. We know from interviews with patients who remember their critical care experience that the inability to communicate is anxiety producing and, in some cases, terrifying.”

While the study indicates that many patients do have the ability to communicate, that doesn’t mean that communication is being properly facilitated, says Happ. “We need to change the culture of care teams in the ICU to better address communication support needs,” she said. “We often don’t have the necessary tools at the bedside, and it does require a certain skill level on the part of the clinician to be able to assist patients without both parties becoming very frustrated.”

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

The study notes that “as critical care clinical practice moves toward less sedation, promoting wakefulness and early mobilization during mechanical ventilation, the proportion of awake and poten-



Mary Beth Happ, during her study on communicating with mechanically ventilated patients.

Courtesy Robert Wood Johnson Foundation

tially communicative patients is likely to increase, therefore increasing the need for communication support.”

“We’ve known that this is a problem for over 30 years, but it’s an area that has been largely ignored because it’s a need that crosses disciplines. It becomes an issue of

‘who’s responsible?’” explains Happ. She says the next steps for identifying a solution are to design implementation programs for care teams that can fully address communication needs for mechanically ventilated patients while also measuring patient care outcomes related to this practice change.

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

Hand hygiene recommendations are helping to prevent infection

The researchers in the laboratories at the College of Nursing also produce nationally recognized work. Assistant Professor Timothy Landers, PhD, RN, CNP, CIC, has worked for many years in hand-hygiene research. Recently, he helped write a new guide for the Association of Professionals in Infection Control and Epidemiology (APIC).

The “APIC Implementation Guide: Guide to Hand Hygiene Programs for Infection Prevention” is designed as a best-practices primer for beginning to intermediate infection preventionists, their clinician colleagues and healthcare facility executives.

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

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



COPE program can improve teen physical and mental health

As a pediatric and psychiatric nurse practitioner, Bernadette Melnyk has a research focus in enhancing healthy lifestyle behaviors and mental health in children and youth. In December, she published in the *Journal of School Health* the results of a study funded by the National Institutes of Health/ National Institute of Nursing Research.

The study showed that schools can

significantly improve the long-term physical and mental health of teens by implementing cognitive behavioral skills-building into already existing high school health curriculums. Twelve months after completing the COPE (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise and Nutrition) Program, students had markedly lower body mass index than students who

received a more standard health curriculum. Additionally, COPE teens who began the program with extremely elevated depression had symptoms in the normal range after 12 months.

COPE teaches adolescents that how they think is directly related to how they feel and behave. It also teaches them how to turn negative beliefs triggered by “activating events” into positive beliefs so that

they feel emotionally better and engage in healthy behaviors. The program is based on cognitive behavioral therapy (CBT), with an emphasis on skills-building.

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

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

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

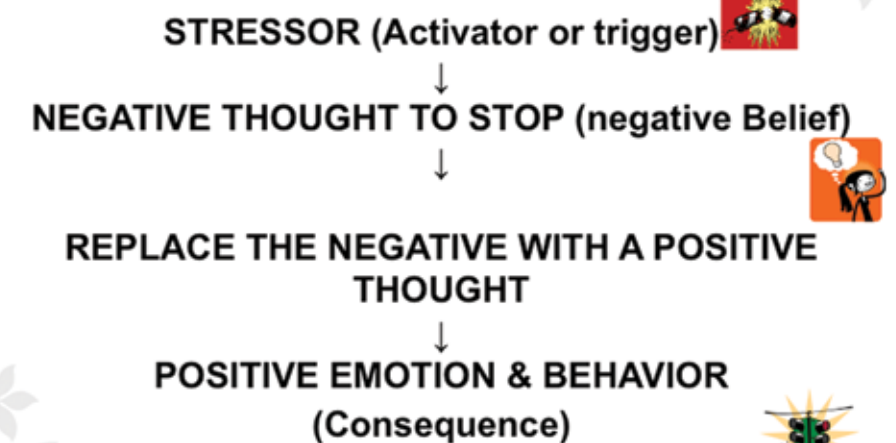
Health teachers were provided a full-day workshop on COPE and how to teach the program. The classroom curriculum blends cognitive-behavioral skills sessions with nutrition lessons and 20 minutes of physical activity, such as dancing, walking or kick-boxing movements.

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

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

“Because the majority of adolescents with depression do not receive treatment, and even fewer receive CBT, it is vital that

The COPE Program Teaches the ABCs



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

we provide them the tools and ability to engage in positive thinking and employ effective coping,” she said. “The feedback from the teens during the open-ended evaluations included hundreds of comments specifically indicating that the COPE program helped them deal effectively with stress and anger as well as to feel better about themselves.”

The COPE Program also has been selected by the National Cancer Institute as a Research-Tested Intervention Program (RTIP). RTIPs is a searchable database of cancer control interventions and program materials designed to provide program planners and public health practitioners easy and immediate access to research-tested materials. The online directory provides a review of programs available for use in a U.S. community or clinical setting. The COPE program was scored by external peer reviewers and rated on four criteria: research integrity; intervention impact for obesity; intervention impact for physical activity; and dissemination capability.

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

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

rated by teachers; and lower alcohol use.

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

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

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

* * *

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

Jill Jess Phythyon is director of marketing and strategic communications and Meggie Biss is a writer and editor for the College of Nursing.



Focus on EBP and research at the College of Nursing

New associate dean for research and innovation appointed

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

By Melissa L. Weber

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

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

Happ takes over the associate dean role from Kimberly Arco-

leo, PhD, MPH, who is returning to the University of Rochester. The college will soon appoint a new director of the Center of Excellence in Critical and Complex Care.

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

Good teachers innovate

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

“We must systematically utilize a scientific method that can improve patient care, speed healing, and promote optimum health and wellness.”

questions for the sake of general knowledge. There is too much human suffering. There are many people with serious health conditions and illnesses that require us to examine methods to prevent disease and improve healing. Sometimes things aren't going to work. We must systematically utilize a scientific method that can improve patient care, speed healing, and promote optimum health and wellness.”

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

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

Collaborations are key

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

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

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

Collaboration and dissemination as a model

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

“My work has been to better under-

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

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

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

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

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

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

Melissa L. Weber is a freelance writer in Columbus.

OPEN FOR BUSINESS

DEVELOPING THE NURSING ENTREPRENEURIAL SPIRIT

By Melissa L. Weber

When nurses decide to hang out their own shingles to practice, or to create a small business of any kind, understanding the skills needed to do so are crucial

In a recent episode of the updated BBC series, “Sherlock Holmes,” Sherlock discovers that Mary Watson has been spying on him, hired by his own brother. He speaks to Dr. Watson: “Has it never occurred to you [that] your wife is excessively skilled for a nurse?” Mary replies: “Of course it hasn’t, because he knows what a nurse is capable of.”

The Ohio State University College of Nursing also understands what nurses are capable of, and a new



Participants at the first nurses and healthcare professionals’ entrepreneurial workshop, held last autumn

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

program has launched to provide specific business skills for budding entrepreneurs. If you have ever dreamed of starting your own business—small, large, in-between—now may be the best time to make that dream a reality, and the College of Nursing is prepared to support your efforts through practical, hands-on skill development.

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

The first workshop was offered in the autumn of 2015: “Entrepreneur and Innovation Workshop for Nurses and Healthcare Professionals: How to Launch Practices and Businesses that Succeeds.” The two-day program offered an overview of important business fundamentals for anyone with an interest in starting a business, be it clinically-based or otherwise. Sessions ranged from developing a business plan, pitching your ideas, raising capital and marketing tips. Other sessions included remembering to “pay yourself,” and the best ways to maintain the private health data of patients to comply with HIPAA regulations.

Workshop participants indicated in follow-up surveys that they particularly enjoyed learning about business fundamentals, a concept that is often omitted from nursing curriculum. Amelia Roberts, founder of Solutions by Amelia, found the presentation on how to pitch your business ideas particularly helpful in advancing her entrepreneurial goals. She said: “Your Pitch Presentation is pretty much my business plan! It was that helpful!”

Participants also indicated a strong interest in better understanding some of the technology that is crucial to the new economy: website development and how to create an app for a smart phone. The col-

lege is responding to that with a workshop on May 10 that will offer fundamentals of creating a mobile app.

Currently, 21 states and the District of Columbia allow nurse practitioners to see patients without requiring a collaborating physician on staff at their clinical setting. In Ohio, House Bill 216 (introduced in May of 2015 and currently being reviewed by the Health and Aging committee) would allow nurse practitioners to offer an independent scope of practice in the state. This is a

clinical instructor of practice. “We want to provide educational experiences that give nurses and nurse practitioners the confidence and tools to decide if starting their own business is the right choice for them.”

“While hospital settings might not change as dramatically, a new ability to deliver family medicine, pediatric care, and critical care will benefit from the autonomy presented through the capabilities of nurse practitioners,” explained Raderstorf. Beyond individual leadership in health care, nurses



Tim Raderstorf, presenting at last year's nurses and healthcare professionals' entrepreneurial workshop

dynamic time in the delivery of healthcare and nurse practitioners may be ideally positioned to lead changes to benefit patients and other healthcare providers, including their nurse colleagues.

“The advancements in practice over the next five to 10 years will likely have a drastic impact on the way nurses provide care,” said Tim Raderstorf, MSN, RN, executive director of business development, innovation, and AcCELL (Academy for Continuing Education and Lifelong Learning), and

are also positioned to drive other businesses in new ways.

Raderstorf believes that entrepreneurial thinking must be encouraged in nurses who find themselves in more traditional settings, as well. He noted that nurses have always developed methods and products to improve patient care and create a better work environment in healthcare settings.

“Too often, those ideas are called “work-arounds,” said Raderstorf with a smile. “We believe that our workshops can

Innovation in nursing: Graduate student's research addresses diabetes education

Some students attend graduate school and learn about innovation through their research. With graduate student Eileen Faulds, a nurse practitioner with the Wexner Medical Center, the desire to make a difference in the lives of children with Type 1 diabetes sent her to graduate school with an innovative idea.

“I’ve had a pattern of working for a bit and then returning to school,” she explained. Faulds started college as a theater arts major. Fortunately, she found herself in a science class surrounded by nursing majors, and realized that she could combine a love of working with people with her interest in science.

“My parents were thrilled when I chose something practical,” she said with a laugh. She has continued to go back to school every few years, becoming a nurse practitioner and most recently, entering the PhD program at the College of Nursing.

“Fortunately, I’ve been employed at the Wexner Medical Center,” she said. “It’s helpful to be at Ohio State because I’m surrounded by academics, so a desire to continue my education seems normal. Plus, I would think, ‘well, if they can do this, so can I.’”

While working in the Central Ohio Pediatric Endocrinology and Diabetes Services (COPEDS), Faulds had the opportunity to work with children diagnosed with Type 1 diabetes. She recognized that her patients and their parents often had a real gap in the level of knowledge required to manage their disease.

“There has not been a lot of innovation,” she said. She hopes to change that with a new product that teaches children how to use an insulin pump more effectively, and coaches them on symptom management. A full-featured video game-style app is being developed for children that would offer an attractive and entertaining method of providing instructions.

“The adverse effects of too much or too little insulin can be serious and dramatic,” said Faulds. “It’s a really complicated disease to manage. It’s hard for kids to understand the level of planning and measurement that are required to prevent adverse effects. This is a group of patients that I really enjoy working with. They really need the support and we can help them lead normal lives with no limit to what they can do.”

She was concerned that the College of Nursing wouldn’t support her idea—or her interest in research this early in her doctoral program. “Fortunately I have great advisors,” she said.

They have helped Faulds create a team to assist with designing the game. She has collaborators at the Wexner Medical Center and Nationwide Children’s Hospital, including endocrinologist Kathleen Dungan, MD. A group of MBA students is working on a business plan to help take the game from planning and research to the marketplace. The Ohio State College of Engineering will be providing additional design support through one of their capstone courses. She is thrilled with the support and enthusiasm shown by her collaborators.

“I now realize that actually taking the product all the way from prototype to market is too big for one dissertation,” said Faulds. “We totally needed to adopt this team approach. Plus, I still have four semesters of classes to take.”

Fortunately, her course work and her research will begin simultaneous progress during the upcoming summer, when she will be working with a group of adolescents with a paper prototype of the game.



Eileen Faulds, MS, RN, FNP, CDE

offer healthcare professionals the confidence to take a work-around and develop a scalable product or method that can and should be shared.” He believes that people need to learn to think and act differently in order to drive improvements in healthcare, and nurses on the frontlines of patient care can drive that innovation.

In addition, academic institutions need to shorten the time from research results to changes in practice, and developing the entrepreneurial spirit may drive that. There is an average of 17 years from the time new research is published until those discoveries are put in to practice to benefit patients.

“We need to learn how to narrow that gap,” said Raderstorf. “In academia, the motto was always, ‘publish or perish.’ We want to turn that in to a ‘publish and produce’ model.”

In addition to creating new business models in healthcare, many nurses are interested in running a different kind of business that taps in to a hobby or other skill set. Some nurses may work three days per week and may wish to use the rest of the week to pursue other business interests.

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

He admits that defining the entrepreneurial spirit is a challenge. “We need to

Save the date now for the next Innovation and Entrepreneur Workshop!

It will be held on September 22 and 23, 2016 at the Ohio Union on the Ohio State Campus. Registration information will be available at go.osu.edu/innovationseries in June. For more information, contact Tim Raderstorf at raderstorf.3@osu.edu.

be able to listen, too,” he added. “I want to know what my colleagues want to learn, and provide that educational experience.”

That certainly demonstrates an entrepreneurial spirit in the College of Nursing’s AcCell program. ■

Melissa L. Weber is a freelance writer in Columbus.

Nursing graduate volunteers aboard hospital ship in Africa

A life-changing opportunity to work with patients in the third world called to alumna Krystal Reynolds

By Meggie Biss

Driven by a passion for helping others, alumna Krystal Reynolds, BSN 2012, packed her bags, quit her job as a neonatal nurse and left home in August 2015 to board a ship docked off the coast of Madagascar. What was originally intended to be a two-month volunteer service quickly turned into a near six-month-long stretch onboard the Africa Mercy, a vessel with Mercy Ships and the largest private hospital ship in the world.

It was something the Cincinnati native had wanted to experience long before she even became a nurse.

“Back in high school, I saw an episode of ‘20/20’ on Mercy Ships, and I immediately fell in love with the organization and why they do what they do,” remembered Reynolds. “I have always felt called to third world healthcare, and volunteering with Mercy Ships has always been an absolute dream of mine since I saw it on TV.”

A great need

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

The need for volunteers like Reynolds is great. Many people in Africa have little or no access to healthcare. According to Mercy Ships, there are only 2.5 healthcare

College of Nursing graduate
Krystal Reynolds

Mercy
Ships®

providers per 10,000 people in Africa, compared to 33.3 providers per 10,000 people in Europe. In low-income countries, it is estimated that 85 percent of children need treatment for a surgical condition before the age of 15. Lack of treatment or a sometimes simple surgical solution often leads to complications, lifelong disability or death.

Restoring hope

As a nurse in the ship's pediatric intensive care unit (PICU), Reynolds helped care for patients suffering from a number of disfiguring conditions that often resulted in their exile from society, including facial and neck tumors, and burns that caused skin contractures, in which scar tissue and muscle become stiff and often lead to deformities.

"It's common in African countries to prepare food over an open fire, so many of the burns we see are from accidents involving boiling water spills or falling into fires. The resulting contractures could cause the patients' arms to be pinned down to their sides or their necks to be contracted to their chests, so that they are permanently looking at the floor," she explained.

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

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

it's an incredible thing."

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

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

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

Despite the challenges and heartache she witnessed abroad, Reynolds found her time on Africa Mercy to be incredibly



Krystal Reynolds treats a patient aboard the Africa Mercy.

gratifying and full of memories she'll always cherish.

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

The journey continues

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

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

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

Meggie Biss is a writer and editor for the College of Nursing.

More about Mercy Ships

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

Visit mercyships.org to learn more about the organization.

Nurse Athlete: Securing your own oxygen mask

Nurses and healthcare professionals must take care of themselves first

By Melissa L. Weber

If you have ever flown on a commercial airplane, you have been treated to a description of your aircraft's safety features. Your flight attendant also explained what to do in the "event of a change in cabin pressure." Do you remember? When the oxygen masks drop down, secure your mask first, before helping traveling companions, or anyone else who needs assistance.

This advice is also appropriate for daily living: To be most effective in our personal lives and at work, we need to take

care of our own bodies first. But too many of us fail to manage our health effectively. The Nurse Athlete and Health Athlete workshops available through The Ohio State University College of Nursing are effective, hands-on programs to teach health professionals and academics how to achieve a better life through better health.

"The dirty, little secret in nursing is our macho culture—in too many cases, it's considered a weakness to take a break or ask for help," says David Hrabec, PhD, RN, executive director, academic innovations and partnerships, and associate professor of clinical



Participants and instructors at a two-day Health Athlete program in New Albany, Ohio in 2015

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

nursing. “That mistreatment of your physical nature by denying bathroom breaks or food during a typical 12-hour shift injures your body—especially over the long term.”

The two-day Nurse Athlete/Health Athlete Program is a distillation of a five-day workshop offered by the Corporate Athlete® program at Johnson & Johnson’s Human Performance Institute Division of Wellness & Prevention, Inc. The program—rooted in 30 years of proprietary research based on their training of elite athletes and Fortune 500 executives—focuses on human energy management and utilizing personal goals to create sustainable behavior change.

Living a purposeful life

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

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

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

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

“We all want to maintain good health throughout our lives, and that is best achieved with a plan of action. The Nurse Athlete/Health Athlete program teaches

participants to live their lives on purpose and with purpose. By prioritizing healthy living, you can achieve greater emotional connections with the people and causes you care about because you have the physical energy to achieve your goals.

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

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

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

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

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

“Nearly 700 faculty and staff have already participated in the Health Athletes workshops,” said Hrabe. In fact, Ohio State’s Interim Executive Vice President and Provost Bruce A. McPherson is a graduate of the course. He is encouraging deans, chairs and provosts to participate in a Health Athletes session scheduled for June, 2016 and designed for academic leaders. Here is what

he said about the session:

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

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

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

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

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

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

Melissa L. Weber is a freelance writer in Columbus.

NEW RESEARCH FACULTY JOIN COLLEGE

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

By Jill Jess Phythyon and Meggie Biss

Karen Patricia Williams, PhD

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

Before joining Ohio State, she was a full professor with tenure at Michigan State University, College of Human Medicine Department of Obstetrics, Gynecology & Reproductive Biology. Williams is the creator of the Kin KeeperSM Cancer Prevention Intervention program, and has been continuously funded by a National Institutes of Health grant.

The program is designed to educate African-American, Arab and Latina women about breast and cervical cancers by using family circles. Most recently, her work was featured at National Institute of Nursing Research’s 2016 Scientific Planning meeting.



“My work dovetails perfectly with the efforts of the Center for Women, Children and Youth to optimize health outcomes and—through collaboration—outreach, research and educational efforts,” Williams said. “I look forward to working with the faculty to expand the Center at the College of Nursing and beyond.”

She is widely published on her Kin KeeperSM research, cancer disparities and recruitment of underrepresented women into biomedical research. Williams has presented the Kin KeeperSM model internationally and hopes that it could eventually be expanded to other kinds of diseases and chronic conditions.

Williams earned her doctorate in community development, with emphasis in community-based health programs, from MSU. She holds a master’s degree in higher education administration, with emphasis in adult and continuing education, also from MSU. She was trained at the National Cancer Institute in cancer prevention and control and completed a health services research fellowship with the American Association for Medical Colleges. She is a past president of the American Association for Cancer Education.

Jie Hu, PhD, RN, FAAN

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

Ohio State, Hu was at the University of North Carolina at Greensboro where she was a full professor at the School of Nursing.

With a strong interest in minority health, Hu's primary area of research has focused on developing and testing culturally appropriate, family-focused nursing interventions to improve diabetes self-management among Hispanic Americans. Her areas of expertise include minority health, quantitative methods, cross-cultural research methods, instrumentation and gerontology.

As a principal investigator on several grants funded by the National Institutes of Health, Hu tested the effectiveness of diabetes self-management intervention for low-literacy minority populations. As a result, she successfully delivered culturally tailored diabetes intervention programs to Hispanics with type 2 diabetes and their family members. In China, Hu tested culturally appropriate and low-literacy interventions for behavior change among older adults with chronic illnesses.

Hu says she looks forward to the many opportunities her new role at the College of Nursing will afford her.

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

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

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

Mei-Wei Chang, PhD, RN

Mei-Wei Chang has joined the College of Nursing as an associate professor. Her area of research focuses on helping low-income overweight and obese pregnant and non-pregnant young mothers become healthier. Chang is the principal investigator on a \$3.2 million grant from the National Institute of Diabetes and Digestive and Kidney Diseases for an intervention program called Mothers in Motion. Aimed



at low-income young mothers who are overweight or obese, the program focuses on how to eat well, be physically active and deal with daily stress.

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

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

Alai Tan, PhD

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

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

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

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

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

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

Jill Jess Phythyon is director of marketing and strategic communications and Meggie Biss is a writer and editor for the College of Nursing.

Grayce Sills, 1926-2016

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



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

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

such a warm, caring, passionate leader who made a huge impact to all whom she touched. Her family is in our prayers. Grayce will always be a part of this college. Her passing brings great sadness but also evokes the fondest of memories.”

Sills was born April 18, 1926, in Bremen, Ohio, and grew up there, graduating from high school in 1944. She attended Ohio University for two years, but a summer program at Rockland State Mental Hospital School of Nursing in New York resulted in her deciding to become a nurse. She graduated from Rockland State Hospital School of Nursing in 1950 and attended Teachers College, Columbia University in 1950-51.

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

In 1964, Sills received a master’s degree in sociology from The Ohio State University. That same year she began her teaching career in the School, later College, of Nursing. She received her PhD in sociology from Ohio State in 1968.

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

Sills has been an international consultant for community-based mental health nursing, as well as a visiting professor at Case Western Reserve University’s Frances Payne Bolton School of Nursing, the University of New Mexico School of Nursing, Rutgers Graduate School of Nursing, Oregon Health Sciences University, Indiana University School of Nursing and Fairfield University School of Nursing. She was a founding member and president of the American Psychiatric Nursing Association, president of the American Nurses Foundation, a founding member of the American Nurses Association Commission on Human Rights, and a Fellow of the American Academy of Nursing, recognized as an Academy Living Legend in 1999. She chaired the Study Committee on Mental Health Services for Ohio, and, in 1986, was chosen as a Woman of

One student’s tribute to a legacy



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

In her response to Christopher, Sills said, “As a teacher you never know where your words will go nor what, if any, meaning they have for the student! You have honored me by paying forward. I am deeply touched and grateful. Moreover, I am pleased that through this gift you will help ease the financial burden of future nurses.”

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

Achievement by the Columbus YWCA.

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

Sills has been a pioneer in psychiatric mental health nursing nationally and globally, providing consultation to colleagues in Italy, Japan and South Korea. She has

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

She also has been a pioneer in interdisciplinary collaboration among health-care professionals. In the early 1970s, she

“Simply put, Grayce was transformational in my life. She helped me move from tight conceptual thought to the fluidity of process and inter-relatedness of systems. She fostered a sense of my own mastery and independent thought rather than reliance on external experts to define experience. She encouraged interpersonal process and realistic self-assessments in a safe environment in such a way that Harry Stack Sullivan’s words rang true: ‘We are all more alike than we are different; we are all more simply human than not.’

“I am a better person for having known Grayce and incredibly grateful that our paths crossed. The work done with her has been the foundation for both my personal and professional life...and both have been rich.

“While I mourn her loss, I am grateful that her passing found her surrounded by those who loved her. It seems a worthy ending to for such a gifted, kind and humble woman who had lived such a remarkable life.

“May she be welcomed by her many good deeds.”

Mary Webster, RN, MS ‘74

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

Nicholas Croce Jr., MS
Executive Director

spearheaded an interdisciplinary learning and practice initiative. Her commitment to interdisciplinary collaboration has led to the recent projects of Bridges, funded by the Columbus Medical Association, and the OSU STAR (Stress, Trauma, and Resilience) Program, focused on providing clinical care for healthcare professionals, patients and families affected by trauma. In 2013 her book, co-edited with Yeager, Culter, and Svendsen, “Modern Community Mental Health: An Interdisciplinary Approach,” was published by Oxford University Press.

Sills enjoyed gardening, tending to her bumper crop of tomatoes, OSU athletics, golf, mastering the slots and traveling widely (especially to the Southwest and the Outer Banks). Picking black raspberries was

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

“Two of the most memorable academic events that Grayce led were when we were working towards college status (1984) and approval of the PhD program (1985). She had celebrations for both of these accomplishments. When she was appointed the first dean of the College of Nursing, we had a faculty retreat at Deer Creek Park that combined some meetings with a lot of fun activities, including the coronation of Amazing Grayce.”

Edna Menke, RN, PhD
Emeritus Associate Professor
The Ohio State University College of Nursing

a joy that took her back to her childhood. She was a philanthropist who lived her life paying forward and she inspired others to do the same.

She was preceded in death by her parents, Joseph and Edythe (nee Smith); partner Sharon Huesman; sister Mabel McVeigh Arnold; brothers Emil Clifton McVeigh and James Lester McVeigh and nephew Michael Arnold. Survivors include her daughter Kathleen Sills of Concord, MA; and her grandchildren Talia and Sage Hahn of Concord, MA; as well as nephews and nieces, Walter Arnold Jr. (Sue) of St. Petersburg, Florida; Judy Arnold of Indianapolis; Mark Arnold Sr. (Carol) of Pickerington, Ohio; Timothy Arnold of Baltimore, OH; Ruth Ann McVeigh Corder (Robert) of

“Before the advent of cell phones and widespread use of phone cards, Grayce advised me that one should always have a colleague who could be called collect from any part of the world, at any time of day or night. Grayce was that person for me. I hope sincerely that she is taking phone calls from heaven.”

Joyce J. Fitzpatrick, MS ‘67, PhD, MBA, RN, FAAN
The Elizabeth Brooks Ford Professor of Nursing at the Frances Payne Bolton School of Nursing at Case Western Reserve University

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- **Doctor of Philosophy in Nursing (PhD)** is a full- or part-time program to prepare nurse scientists and scholars who are skilled researchers and seek to advance the discipline. nursing.osu.edu/phd
- **Doctor of Nursing Practice (DNP)** is an online program offering doctoral preparation to nurses who want to tailor their careers toward leadership roles in healthcare, nursing administration or health policy. nursing.osu.edu/dnp
- **NIH T32 Grant** – Optimizing Health Development Across Childhood is the only training grant awarded by NINR that focuses on pediatrics. nursing.osu.edu/T32
- **Post-doctoral fellowship program** provides opportunities for nurses with a PhD to gain further skills as a researcher.



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College's diversity and inclusion program evolves

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

This year the College of Nursing celebrates its 10-year anniversary of creating an office of diversity and inclusion—now known as the Office of Equity and Inclusion. The college has a long tradition of educating nurses who are prepared to work in a variety of settings and with diverse populations. In 2006, the college affirmed this commitment to developing culturally competent nurses by creating a diversity and inclusion coordinator position and electing four faculty, three staff

and two student members to the college of nursing's diversity committee. This committee helped to develop the College of Nursing's definition of diversity which reads as "the variety of differences and similarities/ dimensions among people, which can be along the lines of gender, race/ethnicity, tribal/ indigenous origins, age, culture, generation, religion, class/caste, language, education, geography, nationality, different abilities, sexual orientation, work style, work experience, job role and function, military involvement, thinking style, personality type and other ideologies." As

outlined in this definition of diversity, the college values the diverse experiences and ideas of its students and how these experiences shape the learning environment in the classroom. As the nation continues to discover and assess health disparities based on race/ethnicity, socio-economic status, sexual orientation, national origin and more, it is becoming more apparent that educating students in culturally relevant care is crucial to providing exceptional healthcare.

In 2004, the Sullivan Commission published a report titled "Missing Persons:

Minorities in the Health Professions" that looked at the lack of racial/ethnic, cultural, and gender diversity in nursing staff members in the United States. This report sparked a discussion on how the lack of racial, cultural and gender diversity in nursing staff could be negatively impacting patient outcomes and adding to gaps in healthcare. This report becomes even more concerning when one looks at the nation's most recent census predictions. The United States Census Bureau predicts that by 2043 the majority of our nation's population will be composed of racial/



High school students receive a demonstration on patient care at a Summer Institute for Diversity in Nursing session.

ethnic and cultural minorities. Therefore, if the general population continues to become more ethnically and culturally diverse and there continues to be health disparities based on cultural and racial/ethnic differences, to achieve the best patient care outcomes, the nation must seek ways to increase the diversity of the nursing workforce. All future nurses must be culturally competent and be able to communicate across differences. For more information about the need for cultural competence in nurse education, please read former Equity and Inclusion Program Manager Jen Robb's "The Case for Diversity in Nursing" found on the College of Nursing's website at nursing.osu.edu/diversity.

Since 2006, the College of Nursing's Office of Equity and Inclusion has been actively providing nursing-focused college access programming for underrepresented populations in the nursing profession. The equity and inclusion office has been developing opportunities for students to receive culturally competent training and informing students about fellowship opportunities that promote research on health disparities and culturally relevant care. The office is also hosting diversity forums to engage faculty, staff, and students in meaningful dialogues focused on developing a welcoming climate for all the world's people. In 2014, the equity and inclusion office was expanded to include a program manager, a program coordinator, a graduate assistant, and an undergraduate student worker. This expansion allowed the equity and inclusion team to conduct more than 45 recruitment outreach events and climate initiatives, offer four diversity-related student organizations for nursing students, and train over 300 faculty, staff, and students through Ohio State's Open Doors anti-bias training.

Over the past 10 years, the



The College of Nursing helps middle school families from Columbus City Schools make "blueprints" for college success through Ohio State's former Blueprint College program.

College of Nursing transformed from an institution that supported those who advocated for diversity in healthcare, to an institution that provides a culture where all members can actively pursue ways to enhance cultural competence. One of the challenges with so many faculty, staff, and students in the college actively pursuing ways to increase diverse education within the field of nursing, is tracking all of the initiatives. In the 2014-2015 academic year, Robb and former program coordinator Josh Roush developed the Diversity in Healthcare Certificate as a way of tracking the involvement of nursing students, staff and faculty in diversity-related programs. The certificate also gives the college a way to recognize individuals who go above and beyond to further the college's mission to train culturally competent caregivers.

College of Nursing faculty, staff, and students can earn one

of three levels of certification—ally, advocate, or champion—depending on the number of diversity-related programs they participated in that year. Also, because gaining cultural competence is a life-long journey, participants can work towards a higher level of certification each year for up to three years. The certificate program experienced a huge success in its first year. More than 400 people participated in at least one event. More than 80 faculty, staff and students earned their first level of certification last spring. Recently, the Diversity in Healthcare Certificate received national recognition in the Insights into Diversity magazine. Also, the healthcare certificate creators, Robb and Roush, are scheduled to discuss the certificate at the 2016 National Conference on Race and Learning. The Office of Equity and Inclusion is highly encouraged by the well-received response. It truly shows that the

college has a strong commitment to diversity and takes delivering culturally relevant healthcare seriously.

In addition to providing current students with opportunities to explore and learn more about culturally relevant care, the Office of Equity and Inclusion focuses on developing pipeline programs for middle and high school students. Pipeline programs are college access opportunities that provide hands-on experiences and information on nurse career pathways to students from underrepresented populations. In nursing, underrepresented populations include but are not limited to racial/ethnic minorities, gender (male), students with disabilities, first-generation college students and more. One of the signature pipeline programs coordinated by the Office of Equity and Inclusion is the Summer Institute for Diversity in Nursing (SIDN)—a four-day long hands-on immer-

sion into the career of nursing. It is open to current sophomores, juniors and seniors who have been admitted to The Ohio State University. Each year approximately 25 students participate in this program. The students listen to culturally relevant lectures from nursing faculty members, work through various patient simulations in the Technology Learning Complex (TLC), visit the anatomy lab and receive ACT test preparation training. In reference to SIDN, a participant remarked, "This is the day I decided I want to be a nurse."

This past year, five of the senior SIDN participants enrolled into Ohio State's pre-nursing program in the fall. In addition to SIDN, the Office of Equity and Inclusion now conducts an average of 22 outreach events each year.

For the upcoming academic year, the College of Nursing will open its Diversity in Healthcare



At the Summer Institute for Diversity in Nursing

Certificate to alumni. Alumni will be able to participate in qualifying culturally relevant seminars and conferences, and become eligible for the appropriate level Diversity in Healthcare Certificate. Those who earn the certificate will be invited to attend the diversity recognition

ceremony in the spring.

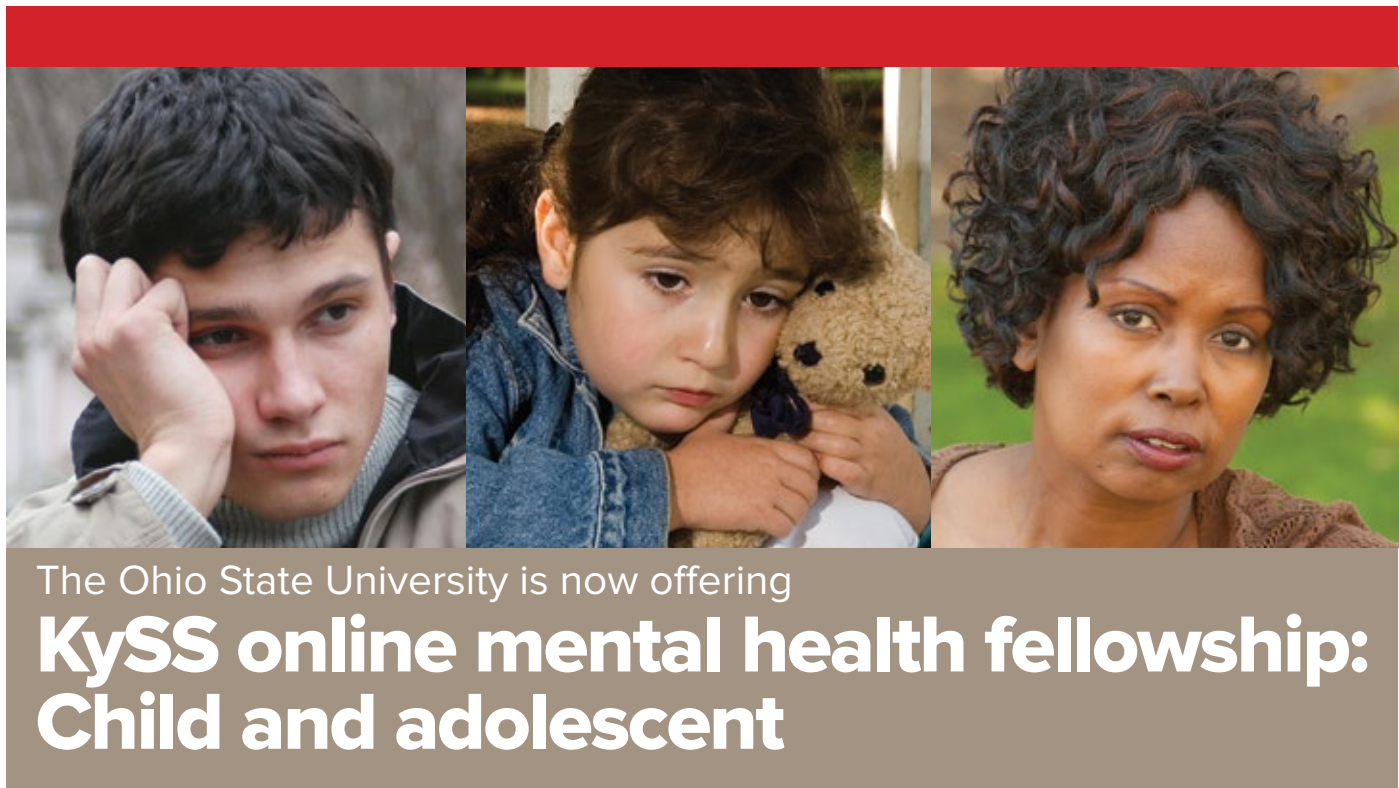
Outreach programming is another area that the office of equity and inclusion is seeking to expand. To achieve this expansion, the Office of Equity and Inclusion and the diversity committee are partnering with the college's advancement office

to expand the Summer Institute for Diversity in Nursing. Currently this program functions much like a day camp. This limits the participants to just those in the Central Ohio area. The goal is to turn this program into an overnight program so that more students can participate. Changing the program will also give the students more time to practice nursing skills and gain the education necessary to be community ambassadors for health. The College of Nursing has added the Diversity in Nursing Outreach and Access Fund to start raising money to expand SIDN and other outreach programs. By reaching students while they are young, the College of Nursing plants the seeds of learning that begin the process of cultivating a diverse student body. ■

Natasha Stouffer is coordinator for equity and inclusion for the College of Nursing.



College of Nursing student organization NSPIRE hosted a 5k run to raise funds to support outreach and education about healthcare inequities in the Columbus community.



The Ohio State University is now offering

KySS online mental health fellowship: Child and adolescent

The Ohio State University is offering a self-paced online mental health program to nurses.

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

What is the program structure?

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

content covered in the lecture and required readings.

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

Each participant will be assigned a faculty mentor who will provide expert

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

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

How do I register?
For questions on the program, please e-mail slevin.8@osu.edu, attention: Caitlin Slevin, program coordinator.

Topics covered include:

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



GIVING

Donor loyalty can last for decades

KATY TROMBITAS

Recent and longtime alumni donors have given back to the college for a variety of personal reasons. Meet just a few of them.

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

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

Peggy Agle
BSN 1981
Years of Giving: 34

"I want to try and help give other students the opportunity to pursue their education and obtain their degree. I enjoyed



Peggy Agle

my years at OSU and have made lasting friendships. I want to help others do the same!

"I usually donate to the College of Nursing Scholarship Fund (#645280) in order to help those with the most need. Through this, I get to participate in the college's annual scholarship reception where I enjoy meeting the students and learning their goals."

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

David Merriman
Current graduate student
Years of Giving: 1

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

"My focus for giving is on mental health initiatives. This year the graduate entry class of 2017 decided to establish the



David Merriman

Kyle Witham Fund (315374). Kyle was a student a few years ago in the College of Nursing who recently took his life. This tragedy sparked a powerful giving campaign in his name to support mental health efforts here in the college. OSU prepares its nurses well for the rigors of the nursing profession, but it's equally imperative to help prepare students for the ebbs and flows of life. My hope is that the fund will be used to spread the word that help is always available, and that one need not feel ashamed for reaching out. Healthcare so often is about helping others, but we really have to help ourselves first."

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

Barbara Warren
MS Nursing 1990,
PhD Nursing 1995
Years of Giving: 23

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

"I give to several scholarship funds including the College of Nursing Minority Scholarship (#601384), the Carole A. Anderson Graduate Fellowship Endowment Fund (#640164), the Grayce M. Sills Professorship and the Edna Menke Community Scholar Fund (482412). I feel strongly committed to providing support for students and/or faculty who are commit-



Barbara Warren

Student Spotlight

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

Nathan Royster, an undergraduate student from Grove City, OH, plans to graduate in May 2017 with his BSN.

This year, he is the recipient of The College of Nursing Minority Scholarship and The Ruth Haignere Rose Student Nurse Scholarship. The College of Nursing Minority Scholarship was established in 1987 by Ethelrine Shaw Nickerson, alumni and friends. Funds provide scholarships for minority students demonstrating academic ability, need, motivation and concern for minority issues. The Ruth Haignere Rose Student Nurse Scholarship was established in 1986 by Ralph and Ruth Rose. Funds provide tuition and incidental fees for qualified and need-based undergraduate African-American students.

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

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

Nathan Royster



Nathan Royster

How has this scholarship made an impact in your life?

I cannot even put into words how grateful I am. This has not only decreased my financial burden after graduation, but has also allowed me to work fewer hours and increase my study time. Thank you to all of the scholarship donors!

What is an interesting fact about you that most people would find surprising or unexpected?

During my senior year of high school, I was nominated for Most Noticeable Laugh!

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

Nursing is honestly the hardest, yet the most rewarding major here at Ohio State. If you think you have a passion for it, there is no better place to pursue it than here at OSU!

For more information on funding scholarships to support students like Nathan, please contact Katy Trombitas, director of development, at trombitas.4@osu.edu or (614) 688-1086.

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

ted to the embodiment of mental health and wellness within diverse community settings. These are doing this!"

Barbara Warren, PhD, RN, PMHCNS-BC, FNAP, FAAN, is a professor of clinical nursing and director of the psychiatric mental health nursing across the lifespan specialty. Her research focuses on interrelated perspectives of mental health, wellness and illness in the context of culture, inclusion and health-care disparities in relation to individuals, communities and populations.

Angie Supplee Chesser

Retired
MS Nursing 1975
Years of Giving: 34

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

"I give to the Grayce M. Sills Professorship (#606617)



Angie Supplee Chesser

because Dr. Sills has served as a mentor to me throughout my career and I want to continue to promote psychiatric nursing. I also contribute to the Dean's discretionary fund (#303492) because I believe the college leadership knows best what they need and I want to provide flexibility in my support to

reflect that."

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

* * *

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

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

ALUMNI

Nursing Alumni Society sets 2016 goals

Society launches mentorship and regional ambassador pilot programs

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

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

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

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

simultaneously serving as a scholarship fundraiser.

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

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

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

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

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

Along with the mentorship program, the Nursing Alumni Society is also planning to



Recent alumni events



Homecoming—Class of 1965: Members of the class of 1965 and guests enjoyed a luncheon at the Fawcett Center with Dean Bern Melnyk (far left) and former classmates.



Left: Homecoming—Tailgate: Alumni enjoyed a tailgate brunch on the front lawn of Newton Hall before the Homecoming football game.



Nursing alumni and their families at the 8th Annual Society Hockey Night Tailgate held February 17 at the Longaberger Alumni House.



Below: Homecoming—Friday Social: Alumni gathered at the Mershon Auditorium to reunite with classmates and watch the Homecoming parade.



5 Under 25—Five recent graduates spoke with pre-nursing students about their experiences while in nursing school and what life has been like post-graduation.



Dinner for 12 Buckeyes—Six alumni had the opportunity to meet and engage with six current nursing students.



Scholarship Reception—Alumni and donors gathered at the Faculty Club to honor 2015-2016 scholarship recipients.

launch a hospital and regional ambassador pilot program this year in Columbus and Cleveland.

The hospital and regional ambassador program was created out of a need to keep current and new nursing alumni connected with each other and the College of Nursing. In addition to fostering relationships between nursing alumni in the area, ambassadors serve as a point of contact for new graduates and help make them feel welcome to the area or place of employment.

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

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

If you are interested in becoming a mentor or regional ambassador, please contact us

Regional alumni events

This summer, Dean Bern Melnyk and College of Nursing Alumni Affairs staff will travel to Akron and Dayton to strengthen alumni ties to the college and provide updates on our new programs and initiatives. Invitations to be sent in April.

Akron
Tuesday, June 14; 4:30 - 6:30 pm; location TBD

Dayton
Tuesday, August 9; 4:30 - 6:30 pm; location TBD

10th Annual Wine Tasting Fundraiser
Tuesday, August 16
Ohio Union Performance Hall
Join us for the 10th Annual Wine Tasting Fundraiser. Proceeds benefits the College of Nursing Scholarship Fund.

2016 Homecoming Weekend
Friday, September 30-Sunday, October 2
Mark your calendars for Homecoming Weekend and reconnect with your fellow Buckeyes! This year we will honor all BSN, MS and PhD graduates from years ending in “1” or “6”. Not a milestone year? Come anyway! Registration will open this summer.

More information about upcoming events can be found at nursing.osu.edu/alumni.

Nursing Alumni Society 2015 award recipients

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

Distinguished Alumna Award Adele Webb, MS 1985

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

Community Service Award John C. Welch, 2003

John Welch divides his time between two

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

Distinguished Recent Alumnus Award Denise Minor, DNP 2011

Denise Minor is the associate chief nursing officer for surgical services at the Cleveland Clinic and is an assistant professor of practice in the College of Nursing DNP program. Prior to accepting her position as the ACNO for surgery, Minor held the position of chief nursing officer for Cleveland Clinic's Lutheran Hospital. Where among other accomplishments, the hospital achieved "ANCC Pathway to Excellence" Designation, was recognized by *Consumer Report* as the "Second Safest US Hospital" and received the Press Ganey

National "Commitment to Excellence Award" for most improved patient experience scores.

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

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

* * *

Call for nominations

Would you like to see a classmate recognized during the 2016 Homecoming Weekend?

Nominate him or her for a Nursing Alumni Society Award!

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

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

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



at nursingalumni@osu.edu.

* * *

In October, we welcomed back over 250 alumni and guests to campus for Homecoming Weekend. Alumni, their families and friends enjoyed a tour of the James Cancer Hospital and the College of Nursing's Technology

Learning Complex; a continuing educational opportunity: Million Hearts®; Nurses Partnering Together One Heart at a Time; a luncheon for the class of 1965 who celebrated its 50th reunion year; Dean Melnyk's presentation on the State of the College; a healthy cooking demo; Friday

night social; and a tailgate before the Buckeyes took on the Maryland Terrapins on Saturday afternoon.

In addition, more than \$304,800 was raised by all of the college's milestone classes (years ending in "0" or "5"). The Class of 1955 had the highest

participation rate at 21 percent and the Class of 1970 raised the most with funds totaling \$158,960. Sincere thanks to all who contributed. ■

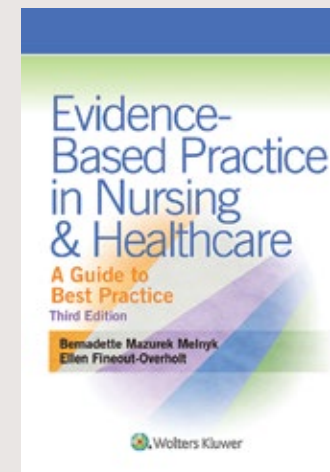
Colleen Pelasky is alumni engagement coordinator for the College of Nursing.

Melnyk receives AJN's Book of the Year Award

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

The third edition of Melnyk's published work, "Evidence-Based Practice in Nursing and Healthcare: A Guide to Best Practice," placed first in the nursing research category. Co-written with colleague

Ellen Fineout-Overholt, the book was selected by



AJN's panel of judges for its strong foundation of EBP principles, helpful resources, conversational style and an accomplished list of contributors.

In her review of the book, AJN judge Wendy C. Budin, PhD, RN-BC, FAAN, of New York University's College of Nursing wrote: "This comprehensive text provides a strong foundation for implementing and sustaining evidence-based practice (EBP) in clinical decision making for all levels of nurses, from undergraduate nursing students to doctors

of nursing practice and seasoned practitioners. Even beginner students will find the information interesting and will be encouraged to actively engage in EBP to improve patient outcomes."

Since 1969, the *American Journal of Nursing* has published an annual list of the best in nursing publishing. The AJN Book of the Year program is a prestigious competition that garners the attention of its readers (nurses in clinical settings, faculty and researchers) as well as librarians in hospitals and universities.

Hrabe and Zurmehly chosen as CCNE site evaluators

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



The Commission on Collegiate Nursing Education (CCNE) is an autonomous accrediting agency contributing to the improvement of the public's health. CCNE ensures the quality and integrity of

baccalaureate, graduate, and residency programs in nursing.

Evaluator selection is a highly competitive process at the national level.

Pickler delivers 2015 Fritz Lecture

Rita Pickler PhD, RN, PNP-BC, FAAN, FloAnn Sours Easton Endowed Professor of Child and Adolescent Health and director of the PhD in Nursing Science Program, delivered the annual Edna Lillian Fritz Memorial Lecture in December. The topic was "Opportunities and Challenges in Interdisciplinary Research Collaboration."

Pickler's studies focus on effective strategies for preterm infant care as well as women in the prenatal period.



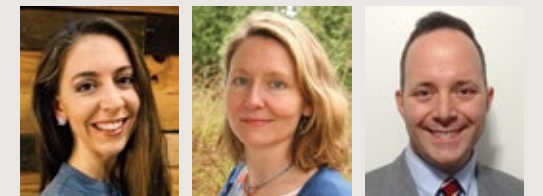
Jonas Center to fund doctoral students

A new grant of \$30,000 from the Jonas Center for Nursing and Veterans Healthcare, matched by \$30,000 of its own monies, will fund a College of Nursing scholarship for three doctoral nursing students in 2016. The college joins a national effort to stem the nursing faculty shortage and prepare the next generation of nurses—critical as a clinical nurse shortage is anticipated just as an aging population requires care.

The College of Nursing's Jonas Scholars join more than 1,000 future nurse educators and leaders at 140 universities across all 50 states supported by Jonas Center programs, the Jonas Nurse Leaders Scholars Program and Jonas Veterans Healthcare Program (JVHP). These scholarships support nurses pursuing PhDs and DNPs, the terminal degrees in the field.

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

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



New Jonas Scholars Bates, Dush and Vidourek

Wellness events happening for everybody



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

COSI Family Fit Day

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



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

OAHP/BHAC Summit 2015

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



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



State of Health and Wellness address kickoff BBTW (above)

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



BuckEye Opener

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

New faculty and staff join College of Nursing

New faculty members

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

New staff members

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

Share your professional accomplishments with your fellow alumni. Send your updates to Colleen Pelasky at nursingalumni@osu.edu.

1970s

1971 Nancy Robb Beinlich won the 2015 March of Dimes Ohio Nurse of the Year Award in Education.

1977, 1989 MS Sally Winters Morgan was elected president of the Ohio Nurses Association (ONA).

1979 Cynthia Moore-Hardy was recently appointed as chair of the Ohio Hospital Association Board, which represents 220 hospitals and 13 health systems in Ohio.

1980s

1983 Emily Lewis won the Daisy Award for Extraordinary Nurses in November 2015.

2000s

2009 Stacy Morehead Nagel recently graduated with a master of science from Wright State University and passed the Adult-Gerontology Acute Care Nurse Practitioner certification. She is now working for The Clinical Neuroscience Institute in Dayton, Ohio as a nurse practitioner covering neuro-critical care and neurosurgery.

2010s

2012 Krystal Reynolds volunteered in Madagascar, Africa, with Mercy Ships onboard the world's largest private hospital ship where she cared for patients in the pediatric ICU. (See story, page 24)

2013 Nancy Wollam won the Daisy Award for Extraordinary Nurses in November 2015.

2015 DNP Sharon Wrona was promoted to program director for Comprehensive Pain Services which includes Acute and Outpatient Pain and Palliative Care at Nationwide Children's Hospital.

Ohio Nurse of the Year finalists

The following College of Nursing alumni were selected as finalists for the 2015 March of Dimes Ohio Nurse of the Year

1974 Mary Leben Mandell

1983 Emily Lewis

1985, 1989 MS Dorcas Richardson Lewe

1990 MS Kate King

1994 Jana Morris Miller

1996 Lisa Delliquadri Perry

1997 Karen Hughes

2000 Melinda Harter Wiles

2001 Christy Smith Yano

2003 Julie Schwieterman

2006 MS Shana Thompson

2007 MS Heather Cunningham

2007, 2010 MS Alexandria Adams Jones

2009 Andrea Hunt Ross

2011 MS Kellie Bass

2011, 2014 MS Bret Apple

2012 Maggie Faiella

2013 MS Amy Becher

2014 Erika Koors

In memoriam

Remembering our classmates, colleagues and friends

Beatrice L. Buchsieb 1953
Judith D. Calsing MS 1992
Catherine A. Casey MS 1972
Nettie B. Ferrall 1948
Margaret A. Goode 1957,
MS 1962

Barbara R. Harbin MS 1990
Kristina A. Herron 2009
Rachel B. Hess 1961
Evelyna L. Hidy 1961
Elizabeth F. McCoy 1964
Joan L. McCoy 1955

Barbara P. Mills 1963
Betty B. Schmoll MS 1978
Shirley W. Smeck 1957
Carole J. Tully 1973
Eloise N. Yates 1951






SAVE THE DATE!

HOMEcoming 2016 • SEPT. 30 - OCT. 2




ACTIVE FACULTY GRANTS (2015-2016)*

Anderson, Cindy M. (PD) HRSA, Nurse Faculty Loan Program [HRSA-14-072]. July 2015-June 2016.

Ralph, J. (PI), **Anderson, Cindy M.** (Co-I) National Institutes of Health, National Center for Research Resources (NCRR) Centers of Biomedical Research Excellence (COBRE). Center of Excellence in Epigenetics/Epigenomics of Development and Disease. COBRE Epigenomics Jumpstart Pilot Grant, Pregnancy outcomes and DNA methylation patterns in maternal and fetal tissue. April 2014-August 2018.

Ralph, J. (PI), **Anderson, Cindy M.** (Co-I) National Institutes of Health, National Center for Research Resources (NCRR) Centers of Biomedical Research Excellence (COBRE). Center of Excellence in Epigenetics/Epigenomics of Development and Disease. COBRE Epigenomics Jumpstart Pilot Grant, Epigenomic gestational responsiveness to vitamin D. April 2014-August 2018.

Anderson, Cindy M. National Institutes of Health, National Center for Research Resources (NCRR) Centers of Biomedical Research Excellence (COBRE). Center of Excellence in Epigenetics/Epigenomics of Development and Disease. COBRE Epigenomics Jumpstart Pilot Grant, DNA methylation patterns as a biomarker of heart disease. April 2014-August 2018.

Balas, M.C. (PI), Ely, E.W., Tate, J., Szachala, L. Helping older persons emerge stronger after intensive care unit (HOPES-ICU) admission. Select Medical. \$150K, January 2015-January 2016.

Bowles, Wendy, Nash, Mary, Schmidt, Carol, Walli, Jacqueline, Stevenson, Gwen, Walker, Sandy, Yates, Vivian, Hartman, Cindy, Wilcox, Kathy. Ohio Action Coalition grant from initiatives within the Robert Wood Johnson Foundation. \$8K, 2015.

Bowles, Wendy, Sigler, Ken, Nash, Mary, Buck, Jackie, Vermillion, Brenda and six associate degree sites. Ohio Board of Nursing, Nurse Education Program Grant (NEPG). Academic seamless progres-

sion model for the state of Ohio. \$150K, 2015-2017.

Chang, Mei-Wei, (PI), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) R18 (PAR-06-532: Translational Research for the Prevention and Control of Diabetes and Obesity). Mothers in Motion Program to Prevent Weight Gain in Overweight/Obese WIC Mothers. \$3.23M.

Buck J. (PI), Yen, Y., Chipps, E. (Co-I), **Gallagher-Ford, L.** (Co-I), & **Loversidge, J.** (Co-I). The American Nurses' Foundation. Evaluation of nursing activities and the alignment to top of license practice. \$7.5K, June 2015-2016.

Patterson E. & **Chipps, E.** (Co-I). The Ohio State University Wexner Medical Center, Division of Patient Safety. Increasing the efficiency of nursing documentation while avoiding unsafe "copy forward work-arounds." \$25K, January 2015-2016.

Ford, Jodi L. (PI); Browning, C.R.; Calder, C. Gender differences in the effects of adverse environments on physiologic stress, Ohio State University Institute for Population Research. \$25K, 2015-2016.

Ford, Jodi L. (PI), Browning, C.R., McCarthy, D. & Szalacha, L. (Co-I). Linking biological and social pathways to adolescent health and well-being, National Institutes of Health – National Institute on Drug Abuse (5R21DA034960-01). \$409K, 2013-2015.

Ford, Jodi L. (PI); Browning, C.R., Calder, C. Sociospatial exposures to crime and violence and chronic physiologic stress among urban adolescents, Ohio State University Criminal Justice Research Center. \$10K, 2015.

Gillespie, Shannon (PI). Pathways to shortened gestation among black women. Sigma Theta Tau International Epsilon Chapter Research Scholarship. \$500, 2015.

Happ, Mary E. National Institutes of Health R42 grant entitled "Improving

outcomes for mechanically ventilated patients with the Digital EZ Board." \$438K. (2015-2017).

Heathcock, J. (PI), **Harrison, T.M.** (Co-I). American Heart Association Grant-in-Aid, Informing developmental screening and evaluation procedures for young infants with complex congenital heart disease. 07/01/2015-06/30/2017.

Hu, Jie (PI). Large Study #2: A family-based diabetes intervention for Hispanic adults in an emerging community. 2P20MD002289-06, National Institute for Minority Health and Health Disparities/NIH. TRIAD-2 Center for Health Disparities Research. Wallace, DC (PI). 2012/05/30 – 2016/04/30. \$675.9K direct costs.

Kue, Jennifer (PI). Bhutanese refugee community needs assessment, OSU Center for Clinical and Translational Science, \$2,950, April 2, 2015-December 2, 2015, \$2.95K.

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Fields, S.K., MacDonald, J.*, Joseph, A.M.*, **Wold, L.E.***, Collins, C.L.* and Comstock, R.D.* (2015) “Consumption of sports and energy drinks by high school athletics in the United States: A pilot study,” *Beverages*. 1:218-224. *=equal contribution.

Norden, D.M., McCarthy, D.O., Bicer, S., Devine, R.D., Reiser, P.J., Godbout, J.P. and **Wold, L.E.** (2015) “Ibuprofen ameliorates fatigue- and depressive-like behavior in tumor-bearing mice,” *Life Sciences*. 143:65-70.

Stevens, S.C.W., Velten, M., Youtz, D.J., Clark, Y., Jing, R., Reiser, P.J., Bicer, S., Devine, R.D., McCarthy, D.O. & **Wold, L.E.** (2015) “Losartan treatment attenuates tumor-induced myocardial dysfunction,” *Journal of Molecular and Cellular Cardiology*. 85:292-293.

Devine, R.D. and **Wold, L.E.** (2015) “Could brown fat be good for the heart?” *Journal of Molecular and Cellular Cardiology*. 85:37-47.

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Gorr, M.W., Youtz, D.J., Eichenseer, C.M., Smith, K.E., Nelin, T.D., Cormet-Boyaka E. and **Wold, L.E.** (2015) “Mitofilin: Key factor in diabetic cardiomyopathy?”

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study, “Bhutanese Refugee Community Needs Assessment.”

Kue, Jennifer. NIH Loan Repayment Program Award, 2015-2017.

Landers, Timothy F., Malloch, Kathleen. Doody Award 5 Star Rating: Leadership in Nursing Practice: Changing the Landscape of Health Care; 2nd edition. 2015.

Melnyk, Bernadette M. 2015 American Journal of Nursing Book of the Year Award in Nursing Research.

Melnyk, Bernadette M. 2015 National Cancer Institute selectee for COPE (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise and Nutrition) Program selection for the Research-tested Intervention Programs (RTIPs) database web site.

Melnyk, Bernadette M. 2015 Invited Participant, Million Hearts Leadership Roundtable.

Melnyk, Bernadette M. Member, advisory board, Values Coach, Inc., August, 2015-present.

Kue, Jennifer. Community Engagement Partnership Planning Award for her pilot

Chipps, Esther. American Nurses Association, Professional Issues Panel on Workplace Violence and Incivility, Appointed Panel Member, Steering and Advisory Committee, 2015.

Chipps, Esther. American Nurses Association, American Nurses Foundation, Grant Reviewer, 2015.

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

Fennessy, Michelle. Excellence in Clinical Practice Award, American Heart Association Council on Cardiovascular and Stroke Nursing (CVSN) and the Preventative Cardiovascular Nurses Association, 2015.

Fitzgerald, Elizabeth M. Transcultural Nurse Scholar, Transcultural Nursing Society, October 2015.

Graham, Margaret. National League for Nursing Isabel Hampton Robb Award for Outstanding Leadership in Clinical Practice (NLN).

Brion, John M., Graham, Margaret, Warren, Barbara. Fellows, National Academies of Practice, 2015 (NAP).

Chipps, Esther. American Nurses Credentialing Center- Nurse Executive Advanced- December 2015.

AWARDS AND HONORS continued

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

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

Ryan, Sharon. Best Research Article Award 2015. *Journal of Midwifery and Women's Health* - Co-author, "Outcomes of nulliparous women with spontaneous

labor onset admitted to hospitals in pre-active versus active labor."

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

Warren, Barbara. Recognized for her outstanding accomplishments in the 13th edition of "Who's Who in Black Columbus."

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

Wills, Celia E., Polivka, B.J., Darragh, A., Lavender, S., Sommerich, C., & Stredney, D. (in press, 2016). "Making do" decision-making about home healthcare hazards among home healthcare personnel." *Western Journal of Nursing Research*. Recipient of the MNRS/WJNR Best Faculty Paper for 2015.

Wills, Celia E., Darragh, A., Lavender, S., Sommerich, C., & Stredney, D. "Environmental health and safety hazards experienced by home healthcare providers: a room-by-room analysis," *Workplace Health & Safety*. Selected as the continuing education article for the journal issue of publication. (2015).

Wold, Loren E. Star Reviewer, *Journal of Molecular and Cellular Cardiology*.

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