

Transformations

IN NURSING & HEALTH

Autumn 2013

The Ohio State University
College of Nursing

Ohio State hosts first national summit on Building Healthy Academic Communities



Ohio State University Associate Vice President for Health Promotion, Chief Wellness Officer and Dean of the College of Nursing Bernadette Melnyk addresses the opening session of the BHAC summit, attended by more than 300 participants from 93 institutions of higher learning



Save The Date! **March 29, 2014**

Centennial Gala

The College of Nursing's Centennial Gala will be held March 29, 2014, at The Ohio Union—on the campus of The Ohio State University.

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



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AUTUMN 2013

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Transformations in Nursing & Health is a publication of The Ohio State University College of Nursing; all content © 2013.

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DEAN'S MESSAGE

BERNADETTE MAZUREK MELNYK

Health and wellness: Usually not appreciated until it's gone

It's time to make just one healthy lifestyle change

The health of the American people is in crisis. This is the first time in our history that our children are predicted to have a shorter lifespan than their parents. Seventy-five percent of our youth are not physically fit for military service. Approximately one out of four children, adolescents and adults has a mental health problem,



Bern Melnyk

yet less than 25% receive any treatment. Americans average 21 hours a day leading a sedentary lifestyle, and the Centers for Disease Control and Prevention predict that one out of three Americans will have diabetes by 2050. Further, nurses have higher obesity, hypertension and depression rates than physicians, and nine out of 10 Americans die from preventable diseases. Despite the fact that we spend trillions of dollars on health-care, our country is 37th in world health outcomes.

I wish these startling figures were enough to urgently motivate every person in America to make just one healthy lifestyle change, but information alone unfortunately does not usually result in a change in behavior. Most individuals do not change their behavior until a crisis happens or their emotions are raised. Unfortunately, most people do not appreciate their health until it's gone—and wait until then to make changes in their lifestyle behaviors.

At Ohio State, we have committed to becoming the healthiest university in the world and have initiated many strategic tactics to see that vision come to fruition, including creating a culture and environment that makes it easy and fun for our faculty, staff and students to engage in healthy lifestyle behaviors. We also are dedicated to teaching our students how to take great care of themselves and to live well in addition to providing the best evidence-based care to others.

In April, we hosted the inaugural Building Healthy

Academic Communities National Summit that brought some of the country's best wellness experts together with more than 300 leaders from over 90 universities and colleges across the country to share best practices on how to improve population health in institutions of higher learning and their surrounding communities. In this edition of *Transformations*, you will read about this landmark summit along with the launching of the new Building Healthy Academic Communities National Consortium, which is determined to improve population health outcomes across the nation. You also will read about how we have engaged the local and global community in major initiatives to improve health and wellness outcomes for the most vulnerable populations.

Research has shown that just four behaviors—i.e., not smoking, eating five fruits and vegetables per day, engaging in 30 minutes of physical activity five days per week, and drinking only in moderation if you drink alcohol, which is one drink a day for

women and two drinks a day for men—result in 66% less diabetes, 45% less heart disease, 43% less back pain, 74% less stress and 93% less depression, in addition to less absenteeism and higher presenteeism at work. Won't you make just one of these healthy lifestyle behavior changes today for you and your family, who want to have you around for a very long time? If you are currently blessed with great health and wellness, appreciate it now, and don't wait until it's gone to make another behavior change that can result in you leading a long, high-quality and healthy life.

Warm and well regards,

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, 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

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Powerful solutions for evidence-based practice

BREAKING NEWS

Melnyk elected to IOM

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

By Kathryn Kelley

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



VP for Health Promotion and Dean Bernadette Melnyk

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

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

Melnyk's evidence-based COPE program for parents of premature infants is improving outcomes for parents and infants across the nation and globe, including shortened length of stay in the neonatal intensive care unit and decreased hospital readmission rates. In addition, Melnyk's evidence-based COPE Healthy Lifestyles TEEN (Thinking, Emotions, Exercise and Nutrition) Program is currently being adopted by schools

to prevent overweight/obesity and improve mental health, social skills and academic performance in high school and middle school adolescents.

The Institute of Medicine is unique in its structure as both an honorific membership organization and an advisory organization. Established in 1970 by the National Academy of Sciences, the IOM has become recognized

as a national resource for independent, scientifically informed analysis and recommendations on health issues. New members are elected by current active members through a selective process that recognizes individuals who have made major contributions to the advancement of the medical sciences, health care and public health. With their election, members make a commitment to volunteer their services on IOM committees, boards and other activities.

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

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

Kathryn Kelley is chief advancement officer for the College of Nursing.

Ohio State creates and hosts the Building Healthy Academic Communities Inaugural National Summit

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

By Kathryn Kelley

If you build it, they will come . . . and play in a wellness ball pit, gleefully engage in a Nine Pillars of Wellness Walk, take a dance break during the plenary sessions and absorb mindfulness and meditation techniques. In other words, they walked the wellness talk. When health and wellness leaders and organizers from The Ohio State University convened more than 300 individuals representing 93 institutions for the inaugural Building Healthy Academic Communities National Summit last April, they did not intend for a simple gathering of opinions and recitation of individual program ideas over chips and dip. They wanted to start a cultural revolution surrounding academic health and wellness.

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

"Academia is fertile ground to enhance the population health of 33 million students, faculty and staff, who live and work in higher education settings. Unfortunately, academic set-



tings have lagged behind the pace that corporate America has set for the past decade in offering aggressive wellness programs for their employees," said Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, The Ohio State University chief wellness officer, associate vice president for health promotion, and dean of the College of Nursing. Melnyk founded the Building Healthy Academic Communities Summit. "Universities are in a unique position to set the national agenda for health and wellness on the critical issue of improving population health to positively impact faculty, staff, students and the surrounding community."

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

"Engagement is key. In order for any effort to be successful,



Clockwise, from top left: Nick Baird, CEO of US Healthiest, leads a panel discussion; Jim Warner, director of nutrition services at the Wexner Medical Center, conducts a healthy cooking demonstration; a breakout session on student wellness; the Wellness Innovation Challenge ball pit, with speakers Jack Groppel, co-founder of the Human Performance Institute, Bernadette Melnyk and Michael Roizen, chief wellness officer at the Cleveland Clinic; attendees enjoy a recovery break between sessions; Eddie George, Ohio State's assistant vice president for business advancement.



“Without doubt, our country needs to change its story and approach around health and wellness, and a natural place to start is in America’s educational institutions, teaching new and progressive ways of well-being. For that reason, I totally support the need for a national academic health and wellness agenda.”

—Jack Groppe, BHAC presenter

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

Building blocks of a summit

Conference-goers participated in presentations during session tracks that encapsulated timely issues involving faculty and staff wellness, student wellness, academic medical center wellness and wellness innovation tracks.

In addition to providing a venue with innovative and fun workshops, panels, posters and innovations, visionaries in health and wellness gave energetic plenaries during the summit, including:

Michael F. Roizen, MD, co-founder of RealAge, Inc. and chief wellness officer of the Cleveland Clinic, presented “RealAge and you: The Cleveland Clinic experience on controlling your genes and what it means for you,” on how four factors—tobacco, physical inactivity, food choices and portion size and unmanaged stress—largely cause America’s healthcare cost and job competitiveness problems.

Wesley F. Alles, PhD, director, Stanford Health Improvement Program, shared “Innovation: Bringing ideas to life through clear vision, creative thinking and collaborative engagement,” on several paradigms for health promotion that sharpened the focus of academic institutions’ strategic planning and encouraged “out of the box” thinking about wellness.

John Clapp, PhD, associate dean of research of The Ohio State University College of Social Work and former direc-

tor of the US Department of Education’s Higher Education Center for Alcohol, Other Drug, and Violence Prevention, presented “Preventing substance abuse in college communities: Building an evidence-based, multi-level wellness approach.”

Jack Groppe, PhD, co-founder, Human Performance Institute, described “The biology of business performance in academia: A business case for individual and organizational health,” on the organizational impact of strategic movement throughout the workday and its importance on employee engagement.

Bernadette Melnyk PhD, RN, CPNP/PMHNP, FNAP, FAAN, university chief wellness officer, associate vice president for health promotion and dean of The Ohio State University College of Nursing,

discussed survey findings conducted on the healthy lifestyle beliefs and behaviors of BHAC Summit participants in “A comprehensive and integrated approach to wellness for academic communities innovation: Bringing ideas to life through clear vision, creative thinking and collaborative engagement.”

Janet Wright, MD, executive director of Million Hearts®, described how universities and academic medical centers can improve the heart health of the nation with her presentation, “Million Hearts and universities: Changing the heart health of the nation together.”

“I wanted my message to be both informative and inspirational,” Alles stated. “The message focused on health promotion as a significant contributor to a new America. We need to create a new para-



Members of the BHAC Planning Committee, back row: Alex Barkley, Connie Boehm, Ben Van Treese, Bernadette Melnyk, Jonathan Nutt; front row: Kathryn Kelley, Megan Amaya, Laurel Van Dromme; not pictured: Larry Lewellen, Nick Baird, Tom Best, Kathi Kemper, James Larcus, Steve Pariser, Kelsey Perkins

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

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

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

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

A consortium is born

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

“People want to raise the visibility of wellness initiatives at their institutions. Some may feel pushback from leadership, others may feel restrained by upfront costs. The consortium builds upon the energetic foundation created by the summit as a forum for people to share successes and challenges to academic wellness,” said Amaya. “Since this was the first summit—and the first consortium—of its kind, the amount of support demonstrates that people from different sized institutions agree with or are interested in comprehensive academic wellness and understand its need in higher education.”

The culture change needed to break

Stanford University to co-host next BHAC Summit in 2015

Wes Alles, PhD, director of the Stanford Health Improvement Program, discusses why the first summit captured his imagination and motivated him to co-host the next biennial summit with The Ohio State University.

Ohio State was a wonderful host. The planning was meticulous. The implementation was flawless. The outcome was miraculous. The energy and sense of community that grew during the conference was a “feeling” experience.

What was interesting to me was the diversity of the colleges and universities represented. It was striking that elite universities, small liberal arts colleges, community colleges, large and small institutions, colleges from major cities and from rural America all had a focused energy and commitment about making wellness a national imperative. Even in the large-group plenary sessions, people felt comfortable asking questions and interacting with the speakers—this triggered common purpose and engagement in the proceedings.

We want to ensure that this energy, this vision for the future, is not lost but rather enhanced by a second summit that creates the same amazing impact. Stanford is a beautiful campus and our BeWell program brings together a collaboration of many departments that touch the lives of everyone on campus. While here, participants can observe wellness in action like they did at The Ohio State University.

Our goal is to perpetuate this energy and then pass the baton to the next college or university. It is a privilege to be a part of an academic community and it is an even bigger privilege to host hundreds of people who come together in common purpose for the betterment of individuals, communities and the nation. We want to build upon the energy that was created in this inaugural conference.

BHAC in real time

Response from the engaged participants was instrumental to the summit becoming a huge success. Comments captured from the #BHAC Twitter feed ranged from lessons learned to excitement conversing with like-minded professionals:

Amy Christman: “There is something very powerful about being in a room of like-minded people sharing ideas and goals!”

Carlene Thomas, RD: “The #bhac summit I attended showed that you MUST get 10k steps for the health benefit. 8k only gives about 50% of the benefits! Get steppin!”

Holly Kahn: “Behaviors are the #1 killer of Americans. How do we work to help individuals change their behaviors? #BHAC”

Doug Wolf was impressed with Eddie George’s impromptu comments: “@EddieGeorge27 “It’s not just working out. It’s how you think....I cannot do this [being healthy/well] by myself. It takes a team” #BHAC.”

Tracey Walterbusch: “@MillionHeartsUS I downloaded the Heart Heart Healthy App to learn more about my heart health #bhac#osu.”

Survey findings suggest healthy activities for staff and faculty should be supported and accessible

Newly released results from a health and wellness survey at The Ohio State University match what previous research has shown to be true: respondents who reported higher beliefs in their ability to engage in healthy lifestyle behaviors also reported more participation in behaviors that support their overall health.

These data and others will help Ohio State create more faculty and staff “believers” that one’s pursuit of health and wellness doesn’t have to stop when the work day begins, according to Bernadette Melnyk, Ohio State’s chief wellness officer and dean of the College of Nursing, who spearheaded the survey.

“Implementing programs that can strengthen faculty and staff’s beliefs about engaging in wellness and improve their ability to engage in healthy behaviors will impact what they actually do in terms of leading a healthy lifestyle,” Melnyk said.

Melnyk presented the findings at the conclusion of the inaugural Building Healthy Academic Communities (BHAC) National Summit hosted at Ohio State,

a major national initiative to improve population health in higher educational institutions. In addition to presenting Ohio State survey findings, she shared early findings from a similar survey conducted with summit attendees from 90-plus academic institutions across the nation.

Results from both recent surveys also suggest that while many academic institutions have taken important steps to foster a more healthful work environment, some obstacles hinder broader faculty and staff engagement in wellness activities, including a lack of workplace flexibility and perceived low leader support.

In particular, respondents from the two surveys reported, on average, that it is “somewhat” easy to engage in health and wellness activities and indicated that colleges or units were “somewhat” supportive of employee participation in wellness events. Staff and faculty also reported, on average, that they believe university leader engagement in promoting and role-modeling health and wellness fell between “somewhat” and “moderate” levels.

The survey of summit participants’

institutions about their wellness efforts suggests that the obstacles identified at Ohio State are fairly typical in institutions across the US.

“Perceptions that faculty and staff have about the wellness culture and environment affect their lifestyle beliefs and behaviors, so those perceptions are extremely important,” said Melnyk.

“In the Ohio State survey and the summit survey, we had similar findings: How people perceive that their leaders support and role-model healthy behaviors was relatively low, so we need the leaders in our academic institutions to support health and wellness programs in their units and to role-model those behaviors.”

In all, 3,959 Ohio State staff and faculty responded to the survey, and almost two-thirds of those who reported their sex were women. Of those who identified their university roles, faculty represented 18.4 percent of respondents, and the highest percentage of responses, 30 percent, came from administrative staff. Almost 73 percent of respondents were based at the Columbus campus.

The appointment of Melnyk as the

university’s first chief wellness officer shows that Ohio State is serious about taking care of its own, she said. She also noted that conducting the comprehensive survey represented an investment of resources to help determine the health and wellness needs of faculty and staff as well as how best to respond to those needs. In addition, the university has formed the One University Health & Wellness Council, a university-wide leadership group setting wellness goals and developing plans to reach them.

With an estimated 33 million students, faculty and staff working and learning in higher education institutions across the country, Melnyk argues that universities should feel compelled to create an environment that supports health and well-being.

“Evidence from studies has shown that when people have higher levels of wellness, they are more happy, engaged and productive and have fewer chronic illnesses, which means they miss less work and cost less in terms of healthcare claims,” Melnyk said. “There is an economic incentive to keep staff and faculty healthy, but it’s also simply

the right thing to do as an employer.”

Ohio State faculty and staff respondents also reported that day-to-day stress at work, on average, fell between “somewhat” and “moderate” levels. In addition, most respondents reported that they participated in three Ohio State wellness programs that also were ranked as the three most important wellness opportunities the university offers: the Your Plan for Health web portal, flu shots and free health screenings, in that order. Your Plan for Health is an Ohio State benefit program designed to promote prevention of health problems through a variety of services and incentives.

The survey data will be used to drive the next steps in Ohio State’s effort to become the “healthiest university in the world,” which will include a leaders wellness program, positioning wellness activities directly in campus units and monitoring health outcomes.

More than 90 other universities and colleges joined together for this first BHAC summit in an effort to promote the health and wellness of students, faculty and staff across the United States. Early findings from the survey of

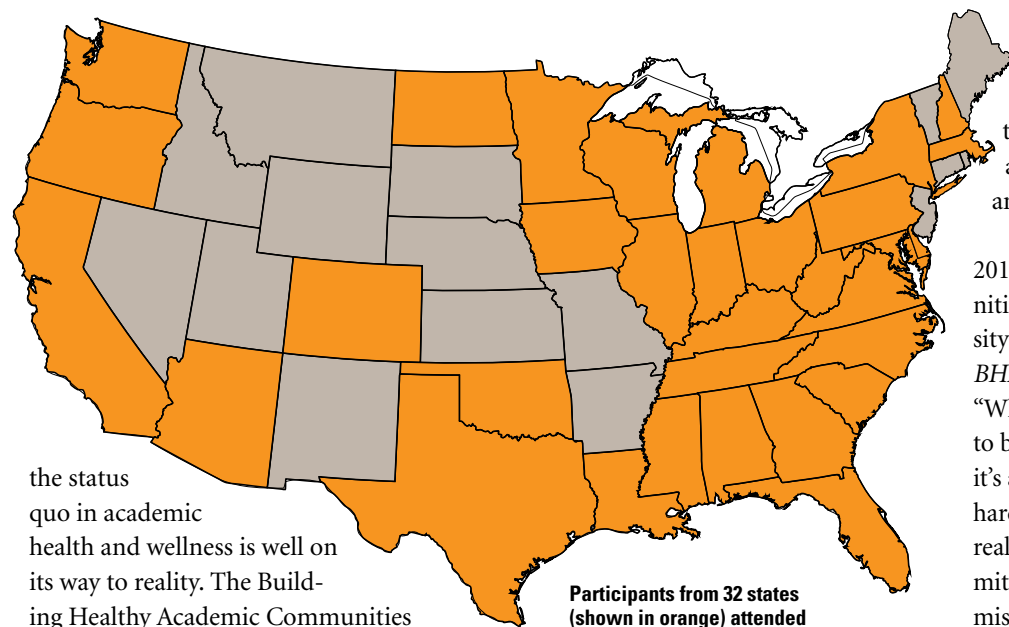
participating institutions suggest areas for improvement in institutions’ wellness cultures.

When asked what one thing would help with participation in wellness activities at their institutions, the most common responses were:

- Flexibility in work schedules/time to participate
- A culture that encourages wellness
- Good communication about available programs and activities
- Leaders/administrators being fully engaged and supporting wellness
- Convenient locations and improved access to wellness resources
- Incentives

“Building a culture and ecosystem of wellness is critical for sustainability of wellness in institutions, and it will require working with individuals on behavior change since behaviors are truly the number one killer of Americans,” Melnyk said. “The wellness journey might be character-building at times, but it will be worth it as we foster healthier, happier and more engaged faculty, staff and students.”

— Emily Caldwell



Participants from 32 states (shown in orange) attended the Inaugural Healthy Academic Communities National Summit.

the status quo in academic health and wellness is well on its way to reality. The Building Healthy Academic Communities consortium has begun signing up groups of academic institutions—large and small, public and private—and like-minded in-

dividuals across the country dedicated to crafting a framework together to comprehensively enhance the health and wellness of students, faculty, staff and the surrounding community.

Alles, who has offered to co-host the 2015 Building Healthy Academic Communities National Summit at Stanford University [See “Stanford University to co-host next BHAC Summit in 2015,” page 11], stated, “When Bern said that [Ohio State’s] goal is to be the healthiest university on the globe, it’s a challenge to other universities to work harder toward being at the top. It gave real credibility to the institutional commitment. Take a look at the institution’s mission and vision—one of its priorities should be the health of its community.”

Based on a survey taken after the April consortium, the vision is centered

around developing a transformational collaborative to advance higher education with a mission to equip institutions with evidence-based strategies and resources to improve population health and well-being of faculty, staff, students, alumni and the communities they serve. The goals include:

- Share best practices to enhance the health and wellness of academic communities
- Set national standards for academic health and wellness
- Collect and evaluate data and outcome metrics from the BHAC national database
- Promote transdisciplinary wellness collaborations, education and initiatives across academic institution
- Use data generated from the con-

sortium for institutional benchmarking

- Establish BHAC Consortium committees and taskforces
- Provide technologies that enable inter-institutional networking, collaboration and dissemination

Memberships will support dedicated staff who will organize regular educational webinars and the biennial summit, coordinate research and outcomes management projects among consortium members, maintain and update the consortium’s knowledge bank and online journal, synthesize the best available health and wellness resources and tools, coordinate e-newsletters, website features and staff advisory board meetings.

As Melnyk ventured, “Our hope is for the consortium to become the ultimate collaborative gathering place—a place

where people can openly discuss the successes and challenges they have with their wellness initiatives and to learn from each other. A place where ideas are generated that become reality. Where folks share resources, best practices, tools and evidence—and outcomes-based results.”

Higher education institutions, corporations and individuals interested in the BHAC Consortium may register for institutional and individual memberships at healthyacademics.org.

For additional information about the BHAC Consortium, the new upcoming BHAC webinar series or contact information, see the BHAC ad on the back cover. ■

Kathryn Kelley is chief advancement officer at the College of Nursing.



Community outreach

Making a difference in one neighborhood

A health and wellness program for residents of the King-Lincoln District surrounding Mount Vernon Avenue in Columbus aims to help stem key illnesses that disproportionately affect area residents

By Kathy Baird

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

The Making a Difference program is funded through a two-year, \$60,000 grant from The Ohio State University Office of Outreach and Engagement. Additional in-kind contributions of College of Nursing faculty and staff services are valued at ap-

proximately \$100,000 over the two-year term of the grant, with additional support provided through student efforts.

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

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

“We have a lot going on,” said Jennifer Kue, PhD, assistant professor and co-director of the program. Ongoing clinical

Students from the College of Nursing perform health screenings at A Cut Above the Rest barbershop in Columbus' near eastside neighborhood.

services are provided by nursing students several days a week at various neighborhood sites, with 19 nursing students involved in clinical efforts there during fall semester as part of their community health course work.

Community health screenings are being offered in varied locations for easy access. Screenings follow the Million Hearts® guidelines designed to improve cardiovascular health, and are often coupled with other screenings such as

blood sugar testing, foot care and mental health.

“We also have Ask a Buckeye Nurse forums,” Kue said, where a nurse is available in barbershops or other community locations to answer residents’ health questions.

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

many patients from underserved communities.

Teaming with a local leader

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

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

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

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

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

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

Community goal-setting: From the inside out

“The principle of community-engaged work is that it comes from the community,” Kue said.

“Al is really focused on empowering his community,” Menon added. “It’s less about making the community healthy immediately and it’s more about raising awareness and helping them build capacity to get to that health and wellness, whatever that may mean for them. We don’t want to impose a nutrition or a diet



Al Edmondson, president of the Mount Vernon Avenue Business Association, owner of A Cut Above the Rest barber and beauty shop, and CEO of Making a Difference, Inc.

Fit Fest brings Ohio State health expertise to the community

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

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

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

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

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

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

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

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

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



The College of Nursing was a sponsor and participant in the Eastside community’s Fit Fest, held August 17 at CarePoint East. Million Hearts screenings and information were provided.

program on people. It’s about ‘What does health and wellness mean to you?’ We like for things to grow organically from the community so they take ownership for it. The result then will be culturally appropriate.”

To pinpoint ongoing community needs, College of Nursing students will conduct regular neighborhood needs assessments each summer, using observations of the community environment and health resources, as well as interviews with residents and key stakeholders.

Connecting for the long-term

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

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

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

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

Broadening the horizon

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

“I work with the Asian community and I would love to model something like this there,” Kue said. “There’s a huge need



College of Nursing students, faculty and staff with community leader Al Edmondson in his barbershop. From left: Linda Daley, assistant dean for prelicensure programs and professor of clinical nursing; Madhurima Sarkar, research associate; Laura Szalacha, associate director of the Center for Research & Scholarship and research associate professor; Edmondson; Graduate Entry students John Hegarty, Rhyann Williams and Alyssa Schultz; and Julia Donegan, clinical instructor.

for something like this in all of these underserved communities.”

Menon agreed. “Our hope is to model this and work not only with the Asian subgroups, but also with the very large, rapidly-growing Somali and Ethiopian refugee populations,” she said.

Already making a difference

College of Nursing involvement has already made a difference in the neighborhood, Edmondson observed. “It has helped tremendously with expertise and with resources to make major impacts within the community,” he said.

“It’s been a great experience,” Kue said. “It is a real privilege to work with people who are so passionate about the neighborhood they live in. They really want to see it grow and transform.”

“The thing that most ignites my passion about what we’re doing here is the success that we’ve had already just getting

things running and partnering with someone who is so committed to that community,” Menon said. “This is such an incredible privilege to be a part of this transformation.”

Two advisory groups contribute to the college’s Making a Difference program. Joining Menon and Kue on the Making a Difference core team at the college are Linda Daley, PhD, RN, assistant dean for prelicensure programs and professor of clinical nursing; Barbara Warren, PhD, RN, CNS-BC, PMH, FAAN, professor of clinical nursing; Karen Clancy, MS, RN, clinical instructor of nursing; Laura Szalacha, EdD, research associate professor and associate director of the Center for Research and Scholarship; and Madhurima Sarkar, PhD, research program manager.

Serving with Menon and Kue on the community steering committee are Autumn Williams, program director for

near east side redevelopment at Partners Achieving Community Transformation (PACT); Kevin Brooks, PhD, program coordinator for the OSU African American and African Studies Community Extension Center; Canise Bean, DMD, MPH, associate professor and clinical director of community education for The Ohio State University College of Dentistry; Carl Williams, MPA, legislative aide to Columbus City Councilwoman Priscilla R. Tyson; Howard Washington, pastor of Second Baptist Church on North 17th Street; Orvell Johns, assistant deputy director in the equal opportunity division of the Ohio Department of Administrative Services; and Sharon Marshall, M.Ed., co-director of member impact/wellness for the Eldon and Elsie Ward Family YMCA on Woodland Avenue. ■

Kathy Baird is a freelance writer based in Columbus.

CTEP a global EBP pioneer

Center grows vital new connections for evidence-based practice



By Kathy Baird

CTEP director Lynn Gallagher-Ford presents at a September CTEP immersion workshop

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

When questions like these arise, rather than resorting to entrenched habits or taking a trial-and-error approach, practitioners can uncover what actually works best by employing evidence-based practice (EBP). EBP relies on

the use of research findings to select interventions with proven outcomes.

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

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

also serves as associate vice president for health promotion and chief wellness officer for the university. “We know it leads to higher quality of care, better patient outcomes and reduced costs. It’s imperative—especially in the current healthcare environment with the Affordable Care Act,” she said. “In the United States, we spend the most money on healthcare of any Western country, but we rank 37th in health outcomes.

“The Institute of Medicine set a goal that by 2020, 90 percent of healthcare decisions will be evidence-based,” Melnyk said. As healthcare organizations make this move toward evidence-based practice, Ohio State’s Center for Transdisciplinary Evidence-based Practice serves as a leading resource. It is one of only three centers of its kind within colleges of nursing nationally, and offers unique expertise on implementing and sustaining EBP.

“Evidence-based practice is one of our differentiators from other colleges of nursing,” said Lynn Gallagher-Ford, PhD, RN, CTEP director; Bindu Koshy, CTEP technology coordinator; Lynn Ellingsworth, CTEP program manager; Lisa English Long, MSN, clinical instructor and EBP mentor.

“We have research and we have practice, but historically we haven’t been very efficient at getting the research into practice,” said Gallagher-Ford. “Evidence-based practice fills the gap to take a body of evidence and get the science to the patient.”

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Technology is key

“The reason evidence-based practice can even happen is because of technology,” Gallagher-Ford said. “The ability to access, sort through and get to a body



Clockwise from lower-right: Lynn Gallagher-Ford, PhD, RN, CTEP director; Bindu Koshy, CTEP technology coordinator; Lynn Ellingsworth, CTEP program manager; Lisa English Long, MSN, clinical instructor and EBP mentor.

of literature about a topic has only been possible because of computers.” Database searches provide access to multiple articles to compare outcomes and drive sound decision-making.

“We have research and we have practice, but historically we haven’t been very efficient at getting the research into practice,” said Gallagher-Ford. “Evidence-based practice fills the gap to take a body of evidence and get the science to the patient.”

Evidence-based practice can have a dramatic impact. One Ohio nurse used EBP to solve a problem of cardiac patients experiencing falls during the night. She found research documenting that when diuretics were given earlier in the day rather than in the evening—to also reflect patient preferences—the medications worked just as effectively. Yet patients made fewer bathroom visits at night, decreasing their potential for falls. “Once the hospital made that switch, their fall rate went down,” said Lisa English Long, MSN, RN, CNS, an expert EBP mentor for CTEP and clinical instructor at the College of Nursing.

A Mississippi nurse used EBP to solve a problem of recurring catheter-

associated urinary tract infections among long-term acute-care hospital patients. Research revealed that delays in catheter removal while awaiting physician orders can lead to an increased rate of infection in such patients, but if “nurse-driven” protocols for catheter removal are established, catheters can be removed by nurses based on specific criteria and fewer infections develop as a result. This new process was adopted, and catheter-associated infections significantly decreased in this high-risk group of patients. This outcome is especially significant in the current healthcare climate where care for hospital-acquired infections is no longer going to be reimbursed.

Options for learning

The Center for Transdisciplinary Evidence-based Practice offers several training options for health professionals in all fields, ranging from physicians and nurses to librarians, physical therapists, administrators and others.

For clinical professionals, a five-day, “deep-dive” immersion training at CTEP teaches clinicians how to effectively engage in the EBP process and how to mentor others to integrate and sustain EBP in their organizations.

For health professionals at academic institutions, a three-day immersion training program at CTEP shows faculty how to embed EBP into their classroom and clinical teaching.

On-site immersion training is also conducted on location at hospitals or academic institutions to take training directly to large staff groups. At Mercy Health System in Saint Louis, for instance, an on-site training program was conducted for about 30 people, several from each hospital within its health system.

Consulting relationships, or collaborating partnerships, can tailor training to the specific needs of a health care organization, then supplement that training with on-site consulting services to help implement and sustain evidence-based practice.

One sample project

A six-month on-site consulting pilot with Dayton Children’s Hospital involved a

series of education sessions, including train-the-trainer activities which prepared staff members to serve as in-house EBP mentors. Another session was held for a group of about sixty people—including several top hospital leaders—and an additional session was conducted to teach a group of nurses to implement EBP.

“If you develop and support EBP mentors, then they help others learn the EBP process,” Long said. Long visited the hospital weekly to support three in-house EBP mentors, all from different areas of the hospital, as they implemented evidence-based practice. “I worked with them on projects they had on their units, as well as how this might look from a systems perspective overall,” she said.

The hospital conducted an in-house study to identify both the gaps and strengths in care, then evidence-based practice was applied to cement the gaps, already with measurable outcomes.

Enhanced website with online training

This fall, CTEP launched an online version of its program designed to provide a basic understanding of the steps and process of EBP to large numbers of clinicians and academics.

The program includes 14 self-paced online program modules. Users can select from various format options to meet their own learning style, whether they prefer to view a set of slides, listen to a presenter, or view video taken at a live immersion session. Background reading materials are also included. Each module is completed with a test, and a certificate is provided upon final course completion.

A future supplement to online learning will offer interaction with a live mentor during and after the course who will provide customized advice on the EBP process.

Online modules will be just one key feature of a fully-redesigned CTEP website, set to for launch in the coming months. “It will be interactive and user-friendly,” said Bindu Koshy, technology coordinator for CTEP. Collaborating partners will have deeper access to reference materials.

“Bimonthly webinars will keep



Attendees at a recent CTEP workshop immersion

past mentors connected,” Koshy added. As participants complete the immersion program and transition from co-mentor status to become full-fledged mentors, “These webinars can connect them with the community to share the challenges and progress they’ve had,” said Lynn Ellingsworth, program manager for CTEP.

Implementing the change

Use of EBP requires a different way of looking at things, rather than making decisions “because we’ve always done it that way.” For those trained in the past, “Implementing evidence-based practice is a real culture change, because we never learned about it; it didn’t really exist,” Gallagher-Ford said. “The key is for clinicians to integrate EBP as the foundation of practice as opposed to something on top of what they are already doing. It’s not something else that you do; it’s the way that you do what you’ve always done,” she explained.

“Many people claim that ‘EBP takes too much time,’” Gallagher-Ford said, “but EBP can actually be a more efficient way to solve problems, where practitioners’ time is just spent differently.” Rather than brainstorm for solutions, then implement solutions through trial and error, evidence-based practice helps clinicians focus their efforts. “They can go into the literature and find out what has really worked and fix it right the first time,” Gallagher-Ford said.

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

Ford said:

1. Visionary commitment from high-level administration
 2. A culture of inquiry, where inquiry is welcomed, invited and rewarded
 3. Mentors with relationship-based personalities who have knowledge about the process and are able to connect to clinicians, bring the knowledge to the bedside, and effectively manage change
 4. Administrative support and role modeling
 5. Resources including computers, access to databases and librarian support, and dedicated space and time
 6. Timely and meaningful recognition for successful implementation
- “It takes time to change a culture,” Melnyk said. “Culture is caught, it’s not taught. It takes a lot of time and lot of persistence to create these environments and cultures for change, but it can be done.”

Nurses take the lead

“Nurses are the leaders in their organizations in moving evidence-based practice forward, making it formalized and having an infrastructure with systems in place to advance EBP,” Long said.

Appropriately, then, at Ohio State, “The College of Nursing is the leader in terms of looking at evidence-based practice from an overall perspective and helping to educate others,” Ellingsworth said. Evidence-based practice is already underway in the medical center; it also is being taught in the College of Nursing and in the College of Medicine.

Melnyk chairs a campus-wide Inter-professional Education and Practice (IPEP)



CTEP Director Lynn Gallagher-Ford (center) and (from left) Elizabeth Barker, associate professor of clinical nursing and director of the college's Office of World Health Outreach greet faculty members of the Shanghai Sipo Polytechnic School of Health Science and Nursing: Xio-Ping Shen, MD, vice president and dean; Meng Ye, RN, vice dean; and Xiang Wang RN, deputy director, Division of Medical English.

Collaborative involving 14 colleges and schools campus-wide. Evidence-based practice has been identified as one of the core competencies for all students in these units and it will be gradually integrated into the interprofessional curriculum.

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

Professional dissemination

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

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

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

Another survey they conducted as-

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

International reach

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

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

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

In addition to making two personal visits to the CTEP office at Ohio State, Shen sent six Chinese nurses to Ohio State as visiting scholars, where they also underwent CTEP immersion

training. Several of these Chinese nurses will return to the College of Nursing for advanced training, then will serve as junior faculty during the CTEP immersion training in Shanghai next summer. Ultimately, with oversight by CTEP's team, "They'll be able to run the immersions themselves," Ellingsworth said.

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

Powerful results

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

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

Kathy Baird is a freelance writer based in Columbus.

College momentum continues to build with New leadership and faculty

Two new associate deans and four key faculty join college

By Taylor Humphrey

This fall, the College of Nursing welcomed nationally renowned leaders as two new associate deans and four key faculty members joined the college in "transforming health, transforming lives."

Cindy Anderson, PhD, RN, WHNP-BC, FAAN, is the new associate dean for academic affairs and educational innovation. Anderson joined the college after being the associate dean for research and PhD program director at the University of North Dakota. Prior to her experience there,

she completed a doctorate in physiology from the University of North Dakota, became a certified women's health practitioner and spent eight and a half years in active duty as a nurse officer in the US Air Force.

Anderson said that she is looking forward to getting to know her fellow faculty members and furthering the college's programs. She added that she hopes to communicate the unique aspects of the programs and increase their visibility across the nation to attract great students and faculty.

"I was attracted [to the college] by the dynamic nature and the strategic vision of Dean Melnyk," Anderson said.



New leadership and faculty (from left): Loren Wold, director of biomedical research; Cindy Anderson, associate dean for academic affairs and educational innovation; Michele Balas, associate professor in the Center for Critical and Complex Care; Michelle Fennessy, assistant professor in the Center for Excellence in Critical and Complex Care; Kim Arcoleo, associate dean for research and transdisciplinary scholarship; and John Brion, associate professor of clinical nursing.

In appreciation Karen Ahijevych

Karen Ahijevych, PhD, RN, FAAN, successfully completed her term as associate dean for academic affairs and will continue at the college as a professor, a position she has held since 1992, until she retires next year.

Ahijevych plans to stay connected to the university through a five-year National Institutes of Health and Food and Drug Administration federal grant for the Ohio State Center of Excellence in Regulatory Tobacco Science (CERTS). She will have a role as director of the developmental and pilot research core.

Throughout her 21 years with the college, Ahijevych said her main role was to facilitate the academic mission by making herself available to faculty, celebrating successes and helping to solve issues.

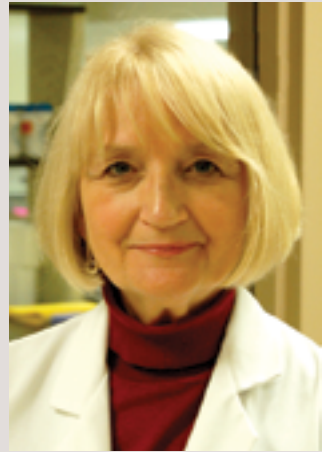
“I have been an active member on several development projects for new programs and tracks and seeing those move forward through a complex process has been rewarding,” Ahijevych added.

Ahijevych stated that she has enjoyed her time teaching and being able to further her own research in the process.

“I particularly enjoy students—most recently teaching at the PhD and MS levels as well as advising doctoral and honors student research,” Ahijevych said. “My research program in nicotine dependence has been a critical and gratifying aspect of my career.”

As she transitions to the next step in her professional career, Ahijevych said she is looking forward to having more time to play her harp, travel and relax at her home which overlooks miles of valleys and trees.

“My husband and I will be spending more time with our fabulous grandchildren in South Carolina and a number of trips are planned, including one to Belarus to explore my husband’s roots,” Ahijevych remarked.



institutions,” Arcoleo said. “In this challenging funding climate, it’s important that we think creatively about how to leverage joint transdisciplinary collaborations, so that instead of competing against each other for funding, we work as teams to help all of us succeed.”

Outside of work, Arcoleo said she enjoys cycling, hiking, playing golf, attending jazz concerts and Buckeyes games, and exploring different areas of Ohio with her husband.

Although Arcoleo and her husband are empty nesters, with a blended family of four adult children, they have a yellow lab named Cody, whom Arcoleo said loves to go on hikes and be outdoors with them.

As Arcoleo moves into her new role, she said she hopes to emulate Melnyk by fostering open communication, transparency and creative, entrepreneurial thinking.

Michele Balas, PhD, RN, APRN-NP, CCRN, is a new associate professor in the Center for Critical and Complex Care. She came to the college after being an assistant professor at the University of Nebraska. She has been both a staff nurse and a nurse practitioner at the Hospital of the University of Pennsylvania and the Nebraska Medical Center.

“My biggest motivators will always be the patients and families I care for,” Balas said. “They have touched my life profoundly and I am deeply committed to helping them recover from serious illness and lead healthy, productive and spiritually fulfilling lives.”

She said that the college’s biggest draws to her were the opportunities to help develop the critical care center, work with Mary Beth Happ, PhD, RN, FAAN, be an integral part of Melnyk’s vision and to collaborate with the “wonderful staff” she met during her interview process.

Working with talented people, brainstorming important issues and soaking up as much information as possible about how to become a better researcher are aspects of the position that she is most looking forward to experiencing.

Outside of work, Balas said she enjoys spending time with her husband,

children and their German Shepherd.

Michelle Fennessy, PhD, APRN, BC, joined the college as an assistant professor in the Center for Excellence in Critical and Complex Care after working as an advanced practice nurse in interventional cardiology. Before that, she completed her doctoral degree at the University of Illinois at Chicago and did a postdoctoral fellowship at the University of California Davis.

“I thought that the College of Nursing was ground zero for innovation,” Fennessy said. “I really felt like I would have an opportunity build programs here.”

Fennessy stated that she is eager to get to know her colleagues and begin learning from them and that she is excited to work with students and begin to make Ohio State her home.

“I feel like everyone can make an impact in our healthcare system so I’m looking forward to inspiring people to do that,” Fennessy said.

Fennessy remarked that she hopes to make a smooth transition and have a successful grant submission so that she can begin teaching soon thereafter.

In her free time, Fennessy said she keeps busy by restoring her 1985 Toyota 4Runner.

“The hood is always up and I’ve always got something I’m fixing on it,” Fennessy said. “I’m looking forward to taking it to games once I get him looking a little better.”

Loren Wold, PhD, FAHA, FAPS, is filling the new role of the director of biomedical research for the college. Before taking this position, he completed his master’s and doctorate at the University of North Dakota and did a postdoctoral fellowship at the Heart Institute at Good Samaritan Hospital and The University of Southern California College of Medicine. He has taught at both the University of New England as well as at Ohio State as a professor of pediatrics.

He said that he was drawn to the college because of the faculty and their interest in becoming more involved in basic biomedical research. He also said that he looks forward to introducing students

In appreciation Donna McCarthy

Donna McCarthy, PhD, RN, FAAN, former associate dean for research and the Mildred E. Newton Professor of Nursing has left the college after nearly seven years as an associate dean and an active instructor and researcher. McCarthy accepted a full-time faculty position at Marquette University in her home state of Wisconsin.



During her time with the college, McCarthy served as a mentor for junior faculty members by helping them develop their research and funding portfolios. She also taught in the PhD program, which allowed her to advance her own research regarding cancer-related fatigue.

Although she is moving on to the next stage in her career, McCarthy leaves behind the fruits of her hard work and productive collaboration with colleagues.

“I thank Esther Chipps and Tim Landers for my most rewarding moment: an externally funded clinical-academic research endeavor,”

McCarthy said. She added that she believes her signature legacy to be the establishment of the college’s core laboratory, which supports biobehavioral research. She said she hopes to remain affiliated with the university through research partnerships.

“The exquisite IT resources in the college make it possible to attend lab meetings and student exams in a virtual format and to access research data and email connections,” McCarthy stated.

McCarthy said that Columbus has been a wonderful place to live for the past few years, adding that the tennis culture is fabulous and populated with great people. However, she added that Madison is her home and returning there is all the relocating she plans to do for a while.

“In my new position, I expect I will have to become more of a weekend warrior on the tennis court until summer rolls around again,” McCarthy said.

to the exciting opportunities available through basic research.

“My biggest goal is to get the word out that those of us who work with mice and rats can help you!” Wold said.

Whenever he’s not working, Wold said he enjoys having dinners with his group of academic friends, watching his friends who are in the National Hockey League play their games both in Columbus and elsewhere, and spending time with his two Siberian Huskies. Wold also said that he enjoys getting to travel, even if it is for work purposes.

“My biggest motivators have been my teachers, as well as my students,” Wold said. “Nothing makes this job more fun

than watching a student make progress in the lab and publish their work.”

John Brion, PhD, RN, associate professor of clinical nursing, joins the college after having completed his doctoral degree in nursing from Ohio State and working extensively not only in the field of nursing, but also as a professor.

He said that part of the reason he chose to accept this position is that he is originally from Columbus and is also a former Buckeye. He also said that he was captivated by the vision of the college’s leadership team and the direction that the college is headed.

Continued on page 62

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

By Kathryn Kelley and Christine O'Malley



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

The One Health Summer Institute inaugural series of classes, projects and workshops, held in Gondar, Ethiopia from June 17 to August 10, 2013, partnered 20 faculty and students from The Ohio State University with hundreds of Ethiopian students, university faculty, healthcare professionals and policymakers eager to improve their nation's well-being. This initiative is a collaboration among the university's seven health sciences colleges, along with the College of Food, Agricultural and Environmental Sciences, the Office of International Affairs, and academic and government partners in Ethiopia.

With all seven health sciences colleges—Dentistry, Medicine, Optometry, Nursing, Pharmacy, Public Health and Veterinary Medicine—on one campus, Ohio State has a greater capacity for this comprehensive partnership than any other university in the nation.

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

"It was truly inspiring to have faculty from diverse health sciences partici-

pate in the research methods workshop, said Usha Menon, PhD, RN, FAAN, vice dean at the Ohio State College of Nursing, who traveled to Ethiopia during the One Health program this summer stated, "Not only did it speak to the commitment of the University of Gondar faculty and leadership to our collaboration, it helped our faculty establish relationships that are already leading to positive outcomes such as joint appointments between OSU and UoG, sustainable research projects and a new study abroad program for nursing students."

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

As an example of this mission, the

“The Ohio State College of Nursing team conducted a unique and unprecedented scholarly activity at the University of Gondar this past summer. The UoG faculty, students and staff greatly admire the commitment for scholarly partnership. I have no doubt that this engagement will result in mutually-beneficial and sustainable long-term partnership.”

—Desalegn M. Degefaw, PhD, Academic Vice President of University of Gondar



The Ohio State delegation to the One Health Institute: Usha Menon, Jennifer Kue, Jodi Ford, Sisay Yifru (dean of medicine at the University of Gondar), Tim Landers and Baye Molla

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

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

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

health and violence against women.

The current One Health program grew out of a partnership initiated in Ohio State’s College of Veterinary Medicine.

“Ethiopia has pumped a lot of resources into its educational system, but this has created a knowledge gap because there are not enough professionals with the proper teaching skills in key sciences

to simultaneously increase the availability of healthcare practitioners,” said Wondwossen Gebreyes, professor of veterinary preventive medicine and director of global programs in Ohio State’s College of Veterinary Medicine. “Ohio State will not be there forever—we intend to build their capacity to train future trainers.”

This summer was only the beginning of what is expected to be a fruitful collaboration, according to Gebreyes. He noted that between summer sessions, participants plan to take advantage of technology by populating a global online repository with recorded lectures and course materials. The target launch date of the site is August 2014.

Future projects could include service-learning opportunities for Ohio State students, development of new certification and PhD programs, and research on additional health problems that include leishmaniasis—a parasite-transmitted disease, HIV-tuberculosis interaction, and shortages in mental health care.

“We truly believe this is the start of productive partnership that will be mutually beneficial and sustainable. It isn’t



Desalegne Mengesha, Academic Vice President of University of Gondar, with Usha Menon



At the Dabark outdoor market in Ethiopia; photographed by College of Nursing Assistant Professor Jennifer Kue

just about Ohio State giving; the warmth and gracious hospitality of the University of Gondar faculty and students was humbling and inspirational,” exclaimed Menon. The College of Nursing team will return to Gondar in January 2014 to continue their collaborative work and build Ohio State’s reputation globally.

Tim Landers, PhD, FMP, assistant professor at the Ohio State College of Nursing, is working on two projects with researchers at the University of Gondar. One project looks at the causes of coma in patients at the University of Gondar hospital. Patients who are non-responsive when they arrive could have a blood sugar abnormality, brain abnormality, infection or another problem. However, sometimes hospital staff do not have enough blood sugar strips to check blood sugar on every comatose patient. They have one CT scanner which occasionally breaks, so not every coma patient receives a brain scan.

In addition, Landers will be including the results of a study conducted by Nura Muhammed, a UoG nurse, in a practice guideline on hand hygiene and

is helping her develop a presentation for the national Association for Professionals in Infection Control and Epidemiology (APIC) conference. One of the interesting findings is that providers who are aware of an institutional infection control committee are more likely to perform hand hygiene.

“For me, it was not just about the professional collaborations—even though they were tremendously valuable,” commented Landers. “It was also about relationships. Ohio State and University of Gondar are forming a strong partnership. While we don’t know where these relationships will lead, we are laying the groundwork and preparing for future collaborations.”

An Ethiopia short-term study abroad program and a collaboration between the Ohio State College of Nursing and the University of Gondar, is planned for spring break 2014 to focus on assessing the healthcare needs in Ethiopia and understanding concepts of intercultural health care. As a result of completing the one-credit hour study abroad class and

travel to Ethiopia, 10 to 12 junior and senior undergraduate students will meet the following learning objectives:

- Learn the culture and history of Ethiopia and the University of Gondar
- Gain exposure to a healthcare system different than that of the United States
- Apply experiences to immigrant healthcare delivery in the United States
- Learn to provide nursing care including health promotion and disease prevention to people in Ethiopia
- Assess the healthcare system in Ethiopia and sub-Saharan Africa

Next year, the College of Nursing plans to create a center for evidence-based practice in partnership with the University of Gondar. In addition, the college will offer non-salary adjunct appointments to four faculty members from the University of Gondar College of Nursing to visit the US. ■

Kathryn Kelley is chief advancement officer at the College of Nursing; Christine O’Malley is executive director of health sciences at Ohio State.

LAPP goes national

The Leadership Academy for Peak Performance and the American Nurses Association join forces to provide leadership development



A breakout session at a recent LAPP workshop

By Taylor Humphrey

The Ohio State University College of Nursing is partnering with the American Nurses Association to take its Leadership Academy for Peak Performance (LAPP) program to a national level. LAPP, which began in 2012, is an immersion program geared toward helping nurses and healthcare professionals develop and sustain the skills required to be a leader in today's workforce.

LAPP seeks to help nurses and healthcare workers as they begin the process of transitioning to higher positions within their fields. In addition to the hands-on component of the program, the partnership with Ohio State to provide advanced leadership programs—as well as Capella University providing emerging and developing leader programs—will furnish the ANA's Leadership Institute with a multitude of online resources to help nurse leaders acquire and maintain important skills to aid them in their professional development.

“With these two partner organizations, we are able to build on ANA's rich tradition of excellence and the faculty reputation and evidence-based instruction of The Ohio State University College of Nursing to enrich the learning experience of

programs offered through our ANA Leadership Institute,” said Marla Weston, PhD, RN, FAAN and CEO of the ANA.

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

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

The College of Nursing faculty is nationally recognized for its expert skills in innovation, healthcare leadership and evidence-based practice and research. Faculty members have held executive leadership positions within complex organiza-



T. Scott Graham, director of the Leadership Academy for Peak Performance

tions and have worked with different healthcare systems in the United States and beyond, adding to the level of credibility of the programs offered through LAPP.

The ANA Leadership Institute selected the partner organizations from a competitive application process, incorporating experience from a piloted series of live webinars to determine the program needs and technology requirements to reach nurses at various levels of their careers. It has designed programs to reach the emerging, developing and advanced nurse leader, regardless of past experience or training, to help advance their careers and leadership opportunities. According to Susan Potter, LAPP program manager, the partnership with The Ohio State University College of Nursing will focus mainly on the developing and advanced type of leaders.

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

“Those who have attended previous LAPP immersions have openly shared how valuable the experience has been to their own leadership development,” said LAPP Director T. Scott Graham, PhD, USAF Lt. Col. (ret.); associate professor of leadership, Wright State University; and president, Scott Graham Group. “Additionally, the year of follow-up coaching provides them vital and ongoing support as they change behaviors at work.”

In addition to Melnyk and Graham, members of the expert LAPP faculty include **Tim Porter-O'Grady**, DM, EdD, ScD(h), APRN, FAAN, GCNS-BC, NEA-BC, CWCN, CFCN, senior partner, Tim Porter-O'Grady Associates, Inc.; clinical professor and leadership scholar, The Ohio State University College of Nursing; adjunct professor, School of Nursing, Emory University; **Kathy Malloch**, PhD, MBA, RN, FAAN; president, KMLS, LLC; clinical professor, The Ohio State University College of Nursing; professor of practice, Arizona State University, College of Nursing and Health Innovation; clinical consultant, API



Tim Porter-O'Grady, LAPP faculty member

Healthcare; **Mary Nash**, PhD, RN, FAAN, FACHE, chief nurse executive, OSU Health System; associate vice president, Health Sciences at The Ohio State University; chief nursing officer, Wexner Medical Center at The Ohio State University; assistant dean, The Ohio State University College of Nursing; **Susan Brown**, PhD, RN, CNA, NEA-BC, chief nursing officer, Arthur G. James Comprehensive Cancer Center & Richard J. Solove Research Institute at The Ohio State University; **Lynne M. Genter**, MS, RN, CRRN, director of nursing-rehabilitation and clinical resources, Wexner Medical Center at The Ohio State University; and **Jerry Mansfield**, PhD, RN, chief nursing officer, University Hospital & Ross Heart Hospital, Wexner Medical Center at The Ohio State University; clinical professor, The Ohio State University College of Nursing.

The immersion programs are currently being held on The Ohio State University campus, with ongoing instruction offered online through sessions from various speakers, webinars, monthly updates and reminders, and tools to connect with other nurse leaders in hopes of fostering a continued learning process.

With the goal of educating nurse leaders and healthcare professionals in mind, LAPP is structured as a proactive, work-oriented retreat where attendees completely engage in the

program. The activities of each day reflect a specific theme: day one focuses on inspiration and self-evaluation, day two on peer coaching and interaction and day three on communication and staff engagement.

“My hope for everyone who comes to the workshops that we offer is that they each learn something about themselves, perhaps something they didn't know prior to coming here,” Graham said. “First it's about leading themselves...and then it's about leading others.”

The program is organized to allow its attendees to relax and fully focus on bettering themselves as leaders. Potter said

that one of the goals of the program is to alleviate breakdowns in communication that can occur when nurses and healthcare professionals transfer up to a supervising position. In addition, she said that the program is geared toward reaching all types of audiences—both those who want to learn about teaching and also those who want to find out more about the learning process.

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

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

Taylor Humphrey is a sophomore strategic communications major and a marketing communications intern at the College of Nursing.

Faculty research projects receive **worldwide coverage**

Two recent research projects by College of Nursing Dean Bernadette Melnyk and faculty member Linda Chlan have been covered by media outlets from all over the globe and continue to generate interest. What follows is an account of the studies' research findings and examples of the attention following their papers being published in major medical journals.

By Emily Caldwell

COPE teen study suggests focus on **mental health** is key to improving **physical health**

Adding a mental health component to school-based lifestyle programs for teens could be key to lowering obesity, improving grades, alleviating severe depression and reducing substance use, a new study suggests.

As a group, high school students who participated in an intervention that emphasized cognitive behavioral skills building in addition to nutrition and physical activity had a lower average body mass index, drank less alcohol, had better social behaviors and higher health class grades than did teenagers in a class with standard health lessons. Symptoms in teens who were severely depressed also dropped to normal levels at the end of the semester compared to the control group, whose symptoms remained elevated.

Most of the positive outcomes of the program, called COPE, were sustained for six months.

Thirty-two percent of youths in the United States are overweight or obese, and suicide is the third leading cause of death among young people age 14 to 24, according to the Centers for Disease Control and Prevention. Yet most school-based interventions don't take on both public health problems simultane-

ously or measure the effects of programs on multiple outcomes, said Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, creator of the COPE program, dean of The Ohio State University College of Nursing and lead author of the study.

"This is what has been missing from prior healthy lifestyle programs with teens—getting to the thinking piece. We teach the adolescents that how they think directly relates to how they feel and how they behave," said Melnyk, also Ohio State's chief wellness officer.

The study is published in the *American Journal of Preventive Medicine*.

A total of 779 high-school students age 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 intervention Melnyk and colleagues were testing for its effectiveness—a program called COPE: (Creating Opportunities for Personal Empowerment) Healthy Lifestyles TEEN (Thinking, Emotions, Exercise, Nutrition).

Melnyk began developing COPE more than 20 years ago while she was a nurse practitioner at an inpatient psychiatric unit for children and adolescents. The program is based on the

COPE study media coverage

Stories about Bernadette Melnyk's research originally published in the *American Journal of Preventive Medicine* have appeared in or on:

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

concepts of cognitive behavioral therapy, with an emphasis on skills building.

It's not counseling in the classroom, however: The entire COPE curriculum, a blend of weekly 50-minute behavioral skills sessions, nutrition information and physical activity over the course of 15 weeks, is spelled out for instructors in manuals and PowerPoint presentations.

"These are skills that I can teach a variety of professionals how to deliver, and they don't have to be certified therapists," said Melnyk, also a professor of pediatrics and psychiatry in the College of Medicine.

At its core, the COPE program emphasizes the link between thinking patterns, emotions and behavior as well

as the ABCs of cognitive behavioral skills building: activator events that trigger negative thoughts, negative beliefs teens may have about themselves based on the triggering event, and the consequences of feeling bad and engaging in negative behavior as a result.

"We teach kids how to monitor for activator events and show them that instead of embracing a negative belief, they can turn that around to a positive belief about themselves," Melnyk said. "Schools are great at teaching math and social studies, but we aren't giving teens the life skills they need to successfully deal with stress, how to problem-solve, how to set goals, and those are key elements in this healthy lifestyle intervention."

COPE also includes nutrition lessons on such topics as portion sizes and social eating and 20 minutes of movement—dance, dodge ball, taking a walk, anything to keep the students out of their seats.

Immediately after the programs ended, and six months afterwards, COPE students' outcomes exceeded the control

group's, on average, in several areas: 4,061 more steps per day; a significantly lower average body mass index (BMI); better scores in cooperation, assertion and academic competence, and a trend toward lower alcohol use among COPE teens. In addition, 97.3 percent of COPE teens who started at a healthy weight remained in that category.

Melnyk noted that it's not possible to tease out exactly which component of the program has the most profound effect on teens, but it is likely to be the combination of all of them together.

Two school systems and a YMCA chapter in Ohio have adopted COPE. Melnyk plans to continue testing the program in schools in other areas of the country.

The National Institute of Nursing Research supported this research.

Co-authors include Diana Jacobson, Stephanie Kelly, Michael Belyea, Gabriel Shaibi, Leigh Small, Judith O'Haver and Flavio Marsiglia of Arizona State University.

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

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

In a clinical trial, the option to listen to music lowered anxiety, on average, by 36.5 percent, and reduced the number of sedative doses by 38 percent and the

intensity of sedation by 36 percent compared to ventilated intensive care unit patients who did not receive the music intervention. These effects were seen, on average, five days into the study.

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

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

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

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

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

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

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

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

Researchers instructed patients to use the intervention if they were feeling

Music study media coverage

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

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

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

anxious, wanted to relax or needed quiet time. Nurses were asked to prompt patients twice during each shift about their interest in listening to music.

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

A complex statistical analysis of the data showed that significant reductions in anxiety and sedation could be seen in

patients in the music intervention within five days when they were compared to patients who received usual care. Patients using noise-canceling headphones showed some improvements in anxiety and lower sedation intensity, but the effects were not as strong as those seen in the music group.

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

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

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

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

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

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

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

Ellen Rudy awarded Ohio State honorary doctorate

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

By Kathy Baird

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



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

University of Pittsburgh, was one of two honorary doctoral degree recipients at the Summer 2013 commencement ceremony on Sunday, August 4. Honorary degrees recognize recipients' significant impact on their discipline and their unique contribution to their professions at the national or even international levels.

"I couldn't believe it was happening to me," Rudy said. "It was just wonderful; I was floating on air."

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

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

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

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

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

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

Three College of Nursing faculty members nominated



Ellen Rudy (center) with College of Nursing faculty Gerene Bauldoff, Deborah Steward, Victoria von Sadovszky, and Distinguished Professor Mary Beth Happ.

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

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



Ted and Ellen Rudy

Victoria von Sadovszky, PhD, associate professor of nursing, added, "She is internationally renowned for her research in the area of critical care outcomes. Throughout her academic career,

with all of her multiple awards, honors, and successes (culminating in being dean of one of the most respected schools in the US), she never lost sight of the primary focus of what nursing is and who we serve."

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

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

Kathy Baird is a freelance writer based in Columbus.

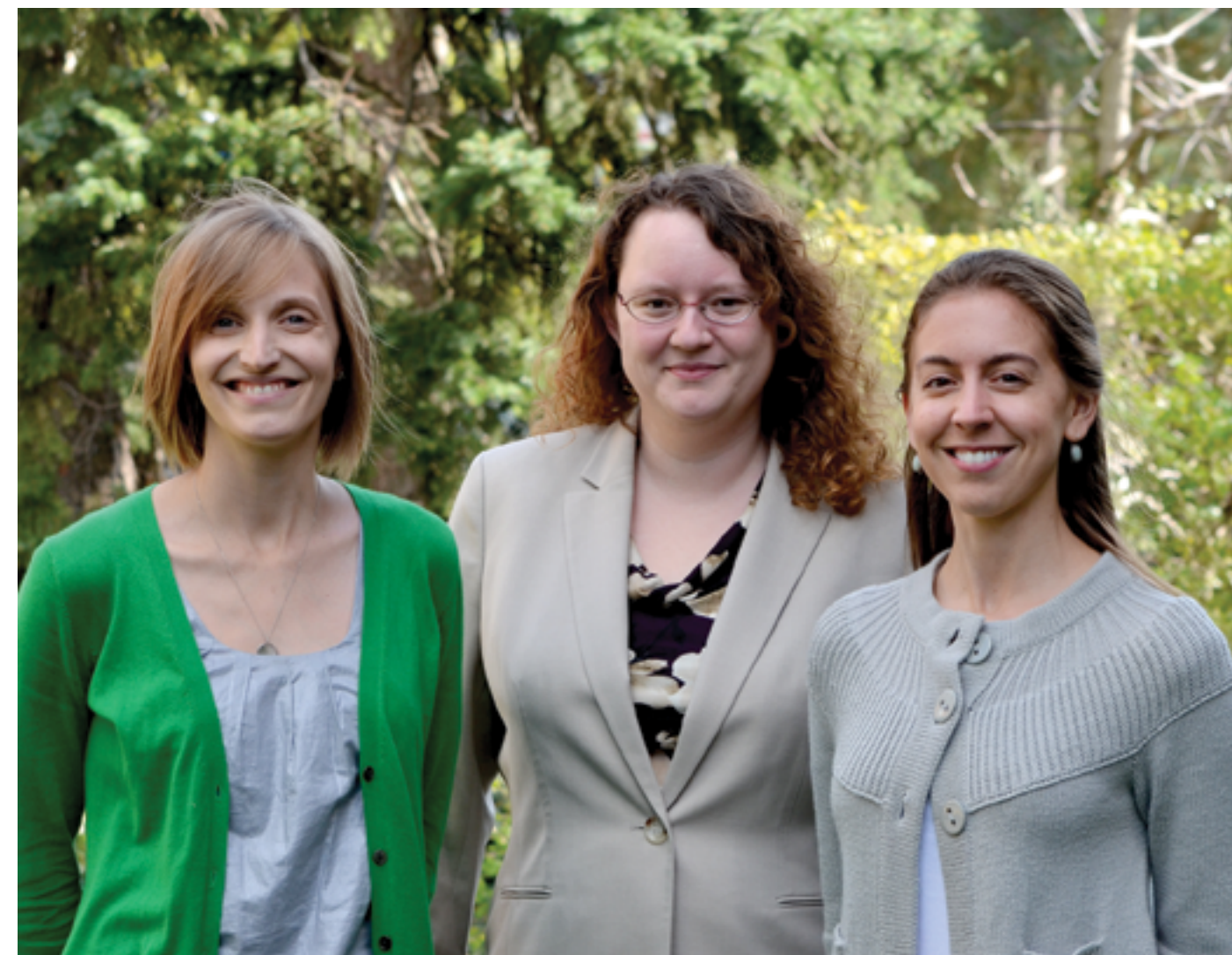
COLLEGE RECEIVES FIRST T32 GRANT FROM NIH/NINR

\$1.2 million grant funds pre-doctoral fellows

By Kim Arcoleo

The College of Nursing is the recipient of a \$1.2 million, five-year National Institute of Nursing Research (NINR)-funded grant, Optimizing Health Development Across Childhood (OHDAC), to support a pre-doctoral training program. The

NINR grant is the first for the college; with it, the college will be able to support 10 pre-doctoral trainees for two years each. The overarching objective of this interdisciplinary training program is to prepare nurse scientists to understand how biology, behavior, social and environmental factors intersect during



The college's inaugural cohort of T32-funded pre-doctoral fellows (left to right): Tiffany Taylor, Lisa Blair and Randi Bates

Advanced practice nurses needed as preceptors



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

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



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

childhood to influence life course health development and to use this knowledge to develop rigorous interdisciplinary programs of research to optimize health.

The focus of OHDAC is on health development in children, broadly defined to include the period from conception through adolescence. This framework transforms how health development is conceptualized by its focus on life course health trajectories and integrates the health production models from individual and public health. The training plan builds on considerable strengths within the College of Nursing, superb interdisciplinary relationships with researchers at Nationwide Children’s Hospital (NCH), the Ohio State departments of Pediatrics and Sociology and the College of Public Health.

The inaugural cohort of trainees began their studies in August. They are:

Randi Bates, BSN, RN, is a College of Nursing alumna who spent several years after graduation as a Peace Corps volunteer in Uganda. This experience has led to her interest in the long-term consequences of health disparities affecting children in developing countries. Pamela Salsberry, PhD, FAAN, professor and director of the PhD program will serve as her advisor.

Lisa Blair, BSN, is a recent graduate from Ohio University and most recently employed in the NICU at Cincinnati Children’s Hospital. Lisa grew up in Appalachia and has witnessed the effects of health disparities among this population, which begin during the prenatal period and persist over the entire life course. She is interested in research examining the

complex interplay between individuals and their environmental, biological, social and cultural origins during pregnancy and early childhood. Cindy Anderson, PhD, RN, WHNP-BC, FAAN, associate dean for academic affairs and educational innovation, is Blair’s advisor during her doctoral studies. Blair is currently doing a research residency at the Institute for Behavioral Medicine Research.

Tiffany Taylor, RN, PNP, received her master’s degree in nursing from the College of Nursing in 2009 and spent several years working in a clinic in Springfield, Ohio with a specialty in the medical evaluation of suspected victims of child abuse. Her research focus is on examining the pathways from abuse to mental and physical health outcomes and the development and testing of interventions to prevent adverse outcomes delivered in primary care settings. Bernadette Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN, dean, associate vice president for health promotion, and chief wellness officer, is Taylor’s advisor. She is currently doing a research residency on Melnyk’s Creating Opportunities for Personal Empowerment (COPE) studies in Ohio and Arizona.

The college plans to expand the program to include post-doctoral fellows in the future. ■

Kim Arcoleo, PhD, MPH, is associate dean for research and transdisciplinary scholarship; associate professor; and director, Center for Women, Children and Youth at The Ohio State University College of Nursing.

CENTENNIAL

DIANE SHEETS AND
LAUREL VAN DROMME

Our valued keepsakes

Fond memories and historic memorabilia keep the past alive

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

We asked, and you responded

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

We cleaned out Newton Hall

Hidden among the deepest

corners, highest shelves and forgotten storage areas in the college were a number of mythical and/or forgotten treasures. While emptying an old storeroom, we dusted off boxes of nursing uniforms, files from our 50th and 75th anniversaries (much of which is handwritten), heavy and somewhat tarnished silver tea services, and a huge box of dolls. The

history of the dolls is somewhat unknown, but there are approximately 40-50 handmade dolls that are dressed in period costumes from the

16th century to the mid-1960s. Many facets of nursing are represented—military, home health, nursing students etc. We continue to search for the origin of these dolls and how they might have been used. At one time, they were in a glass showcase on the first floor of Newton Hall. Any



A nursing student uniform from the 1940s

further information about the dolls would be appreciated.

We also found a play written by Lou Anne Koch for the 50th anniversary of the (then) School of Nursing in 1964,

entitled, “Now I’m Soooo Big.” It was narrated by Ms. Koch as the voice of the nursing school, and enacted as a skit by two nursing students (one as a nursing student from 1917 and one from 1964, each dressed in period nursing uniforms. The 17-page skit can be found on our Centennial website at nursing100.osu.edu.

Our memorabilia is safe at the Medical Heritage Center

Since 1997, the Medical Heritage Center (MHC), the special collections of the Health Sciences Library, has been a repository for all things healthcare-related in Central Ohio. Currently, the MHC has archived approximately 100 linear feet of memorabilia from the College of Nursing. That’s approximately 17 shelves full of uniforms, books, scrapbooks and more. The tea services and dolls also reside at the MHC. However, we will be borrowing these items for use during our Centennial events. Also during 2014, the MHC on the fifth floor of John A. Prior Hall will rotate displays of nursing



Four samples from the extensive collection of nursing dolls, with original descriptions, left to right: "St. Francis of Assisi. Developed Franciscan orders. Gave care to lepers;" "Sairey Gamp, Typical Nurse, 15th-19th Century;" "Navy Nurse;" "Linda Richards, First trained nurse in America."



history as well as historical items from other colleges in the health sciences that are also celebrating their centennial anniversaries. If you wish to donate items to the MHC, please contact Kristin Rodgers, curator, at (614) 292-9966 or rogers.102@osu.edu.

On the MHC website at hsl.osu.edu/mhc, one can search their archival collection, finding aids and a library catalog. In addition, since 2000, members of the MHC Friends of Nursing History Steering Committee have taken oral histories from prominent local nurses in the Central Ohio community. Those recordings are not yet available on the website, but may be accessed by visiting the center. Finally, every spring the MHC hosts a lecture on a topic related to nursing history and every five years this lecture includes a reception honoring Local Nursing Legends who are nominated by the community. The list of Local Legends is on

the MHC website at hsl.osu.edu/mhc/local-nursing-legends.



A commemorative brick from Neil Hall

What happened to the class composites...and those Neil Hall bricks?

Over time, the class composite photographs in the frames at the southeast end of Newton Hall were at increased risk of damage. They have all been digitally scanned, with the originals preserved at the MHC. We have access to the digitized pictures and can use them in many ways. As an example, Kathy Peppe's

student picture was digitally cropped from the 1969 composite (See "Remember when" opposite). Large poster-size composites can be printed for display during milestone class reunions; and digital views are available on the Centennial website at nursing100.osu.edu. Composites were ceased being made after 2007 due to lack of participation from the majority of students.

Neil Hall stood on Neil Avenue between 10th and 11th Avenues until December 1997. For the last 25 years of Neil Hall's existence, nursing students resided in it. There are numerous pictures and stories of Neil Hall. When the building was demolished to make way for the Younkin Success Center, its bricks were used to raise money for a Mildred E. Newton endowment at \$125/brick. Some of those bricks are known to exist in a not-so-secret location in Newton Hall!

What now?

We have been collecting "1-0-0" pictures—a takeoff on the

(Continued on page 42)



Neil Hall in 1959, the nursing students' residence hall.

Remember when?

The Bibbee Nursing Scholarship House, the "tearing of the blues" and the new Newton Hall

By Kathy Kluss Peppe, '68

I applied for admission to nursing school during freshman year at OSU and was thrilled when I was accepted! In the fall of 1966 I was one of 150 nursing students in the first class



Writer Kathy Peppe, in 1969, and today

not to be housed in Neil Hall. The curriculum then required 15 consecutive quarters including summers. I was assigned a big sister, "Pinkie G.," who gave me my first school cap and encouragement through killer courses like physiology, comparative cat anatomy, and pharmacology. I loved our trendy new uniform—a collarless blue shirtwaist dress with roll-up sleeves and white plastic buttons attached to our white aprons at the shoulders and waist. White hose and white nurses' shoes completed the uniform. The school had a strict dress code requiring us to either wear our uniforms or skirts and hose. Slacks or jeans were forbidden on campus, in class or at the hospital even during the coldest winter storms.

During my sophomore year I moved to the Bibbee Nursing Scholarship House, a co-op on W. 10th Ave. for 14 student nurses. Room and board cost \$100/quarter plus our labor for cooking and cleaning. Unlike dorms, we had no housemother and were honor-bound to obey university rules like "hours" when we had to return from dates. Once each quarter we invited a special dinner guest and hosted Columbus's Mayor M. E. Sensenbrenner and our physiology professor, among others. Some of us participated in "Medical Center Night Out," an amateur variety show held at Mershon Auditorium and directed by John Davidson who later became a nationally known entertainer.

Classes moved into the new school of nursing building—Newton Hall—in spring 1968. During my junior year, many classmates thought the school cap was too plain so we folded the flat back of the cap and made the sides soar like wings. Miss Newton was appalled and shamed us at a class assembly for disrespecting the cap and its traditions.

The Junior-Senior Banquet, hosted by juniors, was a highly anticipated event. Fundraising activities to pay for the banquet had included washing airplanes and being paid to tour a local funeral home. The end of junior year was marked by the banding ceremony, held at Battelle Hall Auditorium. Our parents watched us get a school cap with a black velvet band. A reception followed with the school's silver tea

service prominently used.

Newton Hall was dedicated on February 14, 1969, making the Class of 1969 the first to graduate from the newly named building. During my senior year, I went to Dayton for public health rotation while others went to Toledo or stayed in Columbus. We wore a blue overseas cap with our blue uniform without its apron and made home visits.

Graduation was a whirlwind—"tearing of the blues" when we ripped our student uniforms to shreds, strung



September 25, 1968: Kathy Kluss Peppe (left) attends 20th birthday party for Bibbee Nursing Scholarship House roommate Jane Steinman Kaufman (front), along with Diane Magyary (in front of window) and Judy Auker Moffett (in front of drape).

them together and draped them in the trees to highlight our last day in the hospital as nursing students. My class gained notoriety for dressing the statue of William Oxley Thompson in a huge nursing student uniform complete with a white nurse's cap. At a special ceremony prior to OSU graduation we received our school pin, took the Nightingale Pledge, and enjoyed a reception featuring the school's silver tea service. Sigma Theta Tau induction also had a reception using the tea service. Somehow, those 15 quarters had flown by and my nursing career began. ■

Kathy Kluss Peppe, RN, MS, FAAN, received a BSN from the College of Nursing in 1969 and an MS in 1971.

Living and learning together

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

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

sity as one of the strongest, most dynamic living-learning environments.

With more than 20 learning communities (LCs) on campus, Ohio State offers a variety of living experiences. According to the Office of Student Life, "Learning communities are unique educational experiences that extend the reach of the classroom

and create learning opportunities all across campus." Learning communities offer programming and events that are specifically tailored to the interests of the students and the opportunity for residents to frequently network with faculty and staff. Hall directors and resident advisors (RAs) work in collaboration with college faculty and staff

to offer robust academic and social programming.

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



A silver tea set from the College of Nursing archives.

famous O-H-I-O pose—from students, faculty, staff and alumni. You may have noticed by now that this image forms part of our Centennial logo. Send your 1-0-0 pictures to nursing100@osu.edu and see them posted on our Centennial website at nursing100.osu.edu.

Perhaps the most poignant and priceless mementos are your own personal recollections. Those stories take our older alumni back to "what it was like then," and allow younger alumni and current students to appreciate how we got to this point. The question of

which era is better, of course, is different for each person. Personal recollections have been shared in the Centennial column sidebars in *Transformations* biannually, and will continue beyond 2014. Your feedback tells us that you enjoy reading these as much as we do collecting them.

Finally, a monumental effort has been made to mark significant historical facts and events on a Centennial Timeline, which is also on the Centennial website, with

key portions to be printed in the Centennial Gala commemorative program.

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

* * *

The College of Nursing's Centennial Gala will be held March 29, 2014 at The Ohio Union, on the campus of The Ohio State University.

Reservations are being accepted online at nursing100.osu.edu.

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

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



A silver tea tray, a gift from the Class of 1921.



Members of the Nursing Learning Community at Park-Stradley Hall join with college faculty and staff at last November's "Dinner with the Dean."



Some Nursing Learning Community staffers, from left: Meghan Zapiec, assistant hall director of Park-Stradley Hall; Dom Julian, resident advisor; and Nate Steingass, resident advisor.

amenities, including private study areas, kitchens, lounge spaces and a sky lounge offering gorgeous views of campus and downtown Columbus. The building is now one of

the most beautiful and state-of-the-art residence halls on campus.

Students in the LC live in double-occupancy rooms with a roommate who shares an interest in the field of nursing. Living in this community helps students to succeed both personally and academically through increased resources and knowledge about current trends in healthcare. Living with students of the same major also allows students to easily form study groups, become involved on campus, and form connections to college faculty and staff.

The Nursing Learning Community offers a combination of both academic and social programs for the students throughout the year. Programs are offered once a week to keep students engaged in their community. In August, the RAs hosted this year's kick-off event in the courtyard next to Park-Stradley Hall. The event, which featured barbecue food and lawn games, allowed the residents

to meet one another, as well as the hall staff and academic contacts. The following week, five former members of the LC visited the community and served on a panel where current students were able to ask questions about life as a pre-nursing student. A number of events are planned for this year, including a nursing application workshop, 5 under 25 young alumni panel, pumpkin painting and cookie baking. Additionally, students from the LC will have the opportunity to travel to the Cleveland Clinic for a tour. The trip includes a visit to the Rock and Roll Hall of Fame and dinner in downtown Cleveland.

One of the most notable and longest running programs at the Nursing Learning Community is the annual Dinner with the Dean which takes place each November. Faculty and staff are also invited to the LC to share a Thanksgiving-themed meal with the residents and to discuss the nursing profession.

Last November, Dean Bernadette Melnyk shared remarks about health and wellness and focusing on one's passion for nursing to find future success. The students who attended the dinner enjoyed the chance to get to know faculty from the college and the event concluded with student-led tours of the building. The LC staff is already planning for this year's event and it once again promises to be one of the most popular events of the semester.

Other popular programs last year included yoga with former president E. Gordon Gee, a visit from head football coach Urban Meyer and a tour of the college's Technol-

What LC students say

"I absolutely loved my experience living in the Nursing Learning Community. When I hear anyone tell me that they are coming to Ohio State, the first words of advice I offer are to live in an LC if one is available. It creates a family and really bonds the people on your floor since you live together, go to classes together and often end up becoming great friends. You always hear the advice 'make a big school smaller.' To me, living in an LC is the best way to do that."

—Chandler Wilson, BSN student

"We could all study together and bounce ideas off each other, activities that my other friends who were not in the LC did not get the opportunity to participate in. I think it was very beneficial and definitely helped me succeed in my classes!"

—Melanie Hlahol, BSN Honors student

"Being involved in PAC for the Nursing LC allowed me to build my own community with other students who would be going through nursing school with me. As social chair, planning events where we could all come together, have fun, and become closer, helped create a strong LC."

—Nicole Behm, Pre-Nursing student

Meet the Nursing Learning Community staff

Meghan Zapiec, assistant hall director, Park-Stradley Hall

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

Lisa Mowery, academic contact

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

Chelsea Cochrane, resident advisor

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

Dominic Julian, resident advisor

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

Ashley Rambacher, resident advisor

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

Nate Steinglass, resident advisor

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

ogy Learning Complex (TLC).

Last year, the Pre-Nursing Activity Council (PAC) was established to offer leadership opportunities for motivated students living in the Nursing Learning Community. The PAC serves as a student group

in the LC which provides social, wellness, educational and community service events.

The PAC functions to support students' academics and wellness at Ohio State, specifically helping students through the nursing program applica-

tion process. PAC members and advisors act as a resource and support system for LC members through programming, delivering information and learning and supporting the needs of all LC members. The PAC is composed of three

executive board members, a president, vice president and secretary, as well as community service, social programming and academic programming coordinators. These positions are filled through an application process at the beginning of each school year. The PAC meets weekly and coordinates several programs each month.

The Nursing LC staff is looking forward to another fun and successful year. If you are interested in attending an event at the LC or getting involved in program planning, please contact Lisa Mowery at mowery.52@osu.edu. ■



This Nursing Learning Community barbecue enabled LC members to interact with college faculty and staff. Here, clinical instructor Christine Sayre, right, chats with some students.

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

Take the next step to advance your nursing career!

Graduate nursing programs at Ohio State

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

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

Traditional Master of Science program for licensed RNs who hold a bachelor's degree. Visit nursing.osu.edu/ms

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

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

Doctor of Philosophy in Nursing (PhD) is a full- or part-time program to prepare nurse scientists and scholars who are skilled researchers and seek to advance the discipline. Visit nursing.osu.edu/phd

Doctor of Nursing Practice (DNP) is an online program offering doctoral preparation to nurses who want to tailor their careers toward leadership roles in healthcare, nursing administration or health policy. Visit nursing.osu.edu/dnp

Our out-of-state online students now receive the same high-quality education at the same tuition rate as our in-state students! The DNP program, Family Nurse Practitioner and Psychiatric Mental Health specialties are offered only online.



THE OHIO STATE UNIVERSITY

COLLEGE OF NURSING

nursing.osu.edu

GIVING

PAMELA LOWE

Easton and Mourad gifts help students, faculty

Flo Ann and John Easton and Leona Mourad found personal ways to help the college

Flo Ann and John Easton

Taking leadership responsibility to a new level is just one reason why Flo Ann and John Easton made an investment in the College of Nursing to establish the Flo Ann Sours Easton Faculty Scholarship Fund. Established in 2011, this fund provides support for clinical faculty at the College of Nursing to pursue a Doctor of Nursing Practice degree, either at The Ohio State University or the university of his or her choice.

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

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

"I would like to thank the



Flo Ann Easton

Eastons for allowing me this opportunity," states Thomas, a 2013 scholarship recipient. "Pursuing a DNP degree has been in my sights, but as with everything, it takes time to get the pieces into place and to be in the right time and place in one's life. I truly appreciate being selected for the scholarship."

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

Flo Ann Easton is a 1962 graduate of The Ohio State University College of Nursing and she and her husband are

members of the But For Ohio State capital campaign committee. In addition to their generous gift of the Flo Ann Sours Easton Faculty Scholarship, the Eastons have been loyal supporters of the College of Nursing for many years, including supporting the college's Technology Learning Complex.

Leona Mourad

An unconventional statue of a nurse with a stethoscope around her neck and a syringe in her hand has maintained a place of honor in Leona Mourad's home for the past 50 years. Mourad, an associate professor emerita in the



Leona Mourad

College of Nursing, often taught courses to pharmacy technician and dental hygiene students, and received the statue as a gift from a pharmacy technician class.

The students gave her the statue as a memento of gratitude for the invaluable lessons she provided in the class. "But for Ohio State, I would not have this meaningful symbol of the impact I was able to make on students and future health care providers," she said.

Mourad spent 20 years as a registered nurse before transitioning to teaching. She earned her bachelor's and master's degrees in education, with a major in nursing, from Ohio State and taught in the hospital's clinical areas from 1956 to 1984. "I became a nurse educator because I wanted to spread the message of nursing, change lives and inspire future students—all while teaching what I love," she said. The love went both ways, as indicated by a comment from Elaine Glass, a former student of Mourad's. "She was one of the best nursing instructors that I ever had. She is fantastic!"

Following Ohio State, Mourad taught state board

Financial help for trying times

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

We have all experienced times in our lives when action was the only appropriate response to financial uncertainty,

Florence Nightingale

graduate on time. Since then, the college has helped numerous other students experiencing job loss, illness, theft or

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

In 2011, senior Alainna Ipjian’s north campus apartment was gutted by fire. Her books, laptop, scrubs and all of her personal belongings were destroyed. At the time, the college helped her in many ways to reestablish stability and continue in the program. One of the most important was a fast and easy way to get a scholarship to replace those items necessary for her to continue in the program. The speedy influx of cash was greatly appreciated and put to good use allowing her to

unexpected family tragedy to get cash quickly and with few strings attached.

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

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

2012-2013 Scholarship Index

134 Graduate students received scholarships

96 Undergraduate students received scholarships

230 Total scholarships awarded

\$247,919 Scholarship amounts to graduate students

\$182,805 Scholarship amounts to undergraduate students

\$430,724 Total scholarship amounts awarded

To make a gift to the Nightingale Fund, please make your check payable to “OSU Foundation” and indicate fund number **314476** on the check’s memo line. Please send your check to:

The Ohio State University Foundation, 1480 West Lane Avenue, Columbus, OH 43221

Or, you may make your gift online by visiting osu.edu/giving. Questions about giving may be directed to Pamela Lowe, director of development, at (614) 688-1086 or lowe.360@osu.edu.

review courses for nurses, authored nine orthopedic nursing textbooks and contributed 25 chapters in other nursing books.

The Buckeye connection has stayed strong for Mourad and her family. She moved to California 18 years ago and often made it back to cam-

pus for faculty luncheons, reunions and football games. As a permanent honor, her daughter and son-in-law, both Ohio State graduates, had a brick engraved with Mourad’s name at the Ohio Stadium walk of honor.

Mourad found making a gift from her trust to the

College of Nursing an easy decision. She is committed to continuing the tradition of gratitude and service that she experienced from her students and time at Ohio State. “Nurses form a special connection with their patients,” she said. “I hope my gift will allow students with

financial need to explore their passion for nursing and develop the connections that will transform the lives of patients and future nursing students.” ■

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

ALUMNI

MEGAN DENISON

\$1 million raised for scholarships

Alumni efforts to benefit nursing students with new scholarship dollars

In 2000, Carol Kennedy-Jones, PhD (BSN ’67, MS ’70) and Katherine (Kitty) Kisker (BSN ’66, MS ’67) came together and set a goal to raise funds in support of nursing scholarships. By 2001, the College of Nursing Scholarship account became endowed and the two alumnae set the goal to raise \$1,000,000 by the college’s centennial in 2014. Kennedy-Jones and Kisker recruited other alumni volunteers and organized a scholarship committee in 2003 that was composed of former Nursing Alumni Society presidents. Over the years, the scholarship committee has organized a variety of fundraising events ranging from golf outings, chocolate tastings, a high tea and the ever-popular wine tasting at the Ohio State Faculty Club. They also initiated an annual mailing appeal to encourage alumni and past donors to give in support of student scholarships.

We are thrilled to announce that as of September 2013, this steadfast alumni volunteer group has met and surpassed their goal and raised more than \$1,000,000 for the College of Nursing Scholarship Fund! Thanks to their continued effort,



The College of Nursing Alumni Society Scholarship Committee, with three student scholarship recipients, from left: Linda Johnson, ’77, ’81; Sandy Cornett, ’65, ’70; student John Hegarty; Terry Smith, ’66; student Dacia Criper, Carol Prince, ’60, ’62; student Lesley Schroeder; Karen Lane, ’69; Marci Delson, ’77; Kathy Peppe, ’69, ’71; and committee co-chair Kitty Kisker, ’66, ’67. Committee members not shown are committee co-chair Carol Kennedy-Jones, ’67, ’70; Carol Baker, ’58, ’72; Sally Betz, ’77, ’90; Danette Birkhimer, ’86, ’94; Gretchen Curtis, ’69, ’71; Ellen Peterson, ’65, ’73; Laureen Smith, ’84; Barbara Warren, ’90, ’95; and Eric Yap, ’95, ’98.

the interest generated from the endowed fund has been distributed to more than 100 undergraduate and graduate students who demonstrated merit or need.

Without the determination and energy of our alumni volunteer leaders and their dedication to the scholarship committee, the College of Nursing could not award as many scholarships to its students. Thank you for your commitment to our students.

Although the committee has reached its fundraising goal, the need for student

scholarships has not diminished. Please consider making a gift to support our students. To learn more about how to make your gift, visit nursing.osu.edu/ways-to-give. If you are interested in volunteering your time to continue the fundraising efforts of the scholarship committee, please e-mail nursingalumni@osu.edu.

The college is coming to you!

In an effort to strengthen alumni engagement, Dean Bernadette Melnyk and college leadership have hit the

road to meet with out-of-town alumni.

Over the summer, the Colleges of Nursing and Public Health co-hosted regional alumni events in Cincinnati and Cleveland. Alumni living in those areas had the opportunity to meet Dean Melnyk and other Buckeye Nurses living near them, as well as learn about the exciting new developments at the College of Nursing.

This fall, Dean Melnyk also had the opportunity to meet with College of Nursing alumni living in Atlanta,

2013 Reunion Homecoming Weekend—Wow!



Joel Miller

Photography by Robba McGormick

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

Some of the weekend's highlights included:

The Class of 1963 celebrated its 50-year reunion with lunch in the Ohio Union. Members were

presented special medallions by Dean Bernadette Melnyk. Other alumni participated in a continuing education class in Newton Hall, named "Wellness 101: Exercise and movement, nutrition for health and managing stress."

Alumni took tours of Newton Hall and explored the Technology Learning Complex, heard from students about what it is like to be a nursing student today, witnessed the unveiling of Mission Impossible Brutus (see *College News*, page 56)

and listened to Dean Melnyk's State of the College Address.

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

Despite the rain, alumni and guests gathered Saturday afternoon to show their Buckeye spirit at the college tailgate lunch before the

football game. The event featured a student jazz trio, an appearance from Brutus and the Ohio State cheerleaders, prize drawings and even a photo booth!

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

2013 College of Nursing Alumni Society Award winners

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

Distinguished Recent Alumna/Alumnus Award

Carrie Keib, 2005 MS, 2007 PhD

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



Alumni award winners (from left): Barbara Warren, Kathleen Lux and Carrie Keib. Not pictured is Paula D'Auteuil.

Distinguished Alumna/Alumnus Award

Kathleen Lux, 1975

Lux has had successful careers in both the military and civilian worlds. She began her career assigned to the Air Force Academy Hospital and rose through the ranks to make colonel. She is currently a tenured faculty member in the Department of Nursing at

Capital University in Columbus, where she teaches in the traditional undergraduate, accelerated and graduate programs. Her undergraduate/accelerated focus has been community health.

Community Service Award

Paula D'Auteuil 1994 MS

Since 1999, D'Auteuil has

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

Mildred E. Newton Distinguished Educator Award

Barbara Warren 1990 MS '90, 1995 PhD

Warren currently serves as a clinical professor in the college and is the interim director of the Doctor of Nursing Practice program. Warren's research focuses on the interrelations of mental health in the context of systems and organizational structures.

Georgia and Akron, Ohio. If you are unable to come back and visit the College of Nursing as often as you'd like, please keep your eye out for an announcement regarding where the college leadership will be visiting next!

Nursing Alumni Society hosts 8th Annual Wine Tasting Fundraiser

This past July, the College of Nursing Alumni Society hosted their Eighth Annual Wine Tasting fundraiser event that benefits the College of



Nursing Scholarship Fund. Alumni, sponsors and guests came to the sold-out event at the Ohio State Faculty Club to taste wines from Northern



Dean Melnyk and college representatives met with alumni in Cleveland this summer (above left), Akron (above) and Atlanta (following page) this fall.



(Above) Dean Melnyk with alumni in Atlanta; (right) from the Eighth Alumni Society Annual Wine Tasting Fundraiser.



Italy, bid on silent auction items, mingle with friends and support the College of Nursing Scholarship Fund. Thanks to their volunteer work, the Alumni Society raised more than \$15,000 for student scholarships.

Alumni Society receives award from OSU Alumni Association

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

A message from the College of Nursing Alumni Society president

Linda Burnworth Johnson, 1977, MS 1981

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



I recently heard Dean Melnyk quote Carl Sandburg, who said, “Nothing happens without first a dream.” While my dream back in 1977 was to become an oncology nurse, I could not have imagined how much cancer care would change in the next thirty-six years or how much I would cherish my richly rewarding career as it blossomed over the decades. It is hard to believe that in just a couple of months we will begin a year-long celebration and gather together on March 29th for the College of Nursing Centennial Gala!

Before then, we have some other significant milestones to celebrate. Our College of Nursing Scholarship Committee had a dream to raise one million dollars to support students through scholarships. That dream has become a reality thanks to visionary leaders, generous donors and many well-attended College of Nursing Alumni Society wine-tasting events. In addition to that impressive achievement, the Col-

lege of Nursing Alumni Society recently received the 2013 Outstanding Alumni Society Award from the Ohio State Alumni Association. Please join me in thanking outgoing President Marci Delson, along with the college’s alumni and donor relations coordinator, Megan Denison, and the entire board for successfully meeting all the criteria for engagement, communication and student support.

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

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

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

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

Looking towards the future

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

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

Buckeye Nurses you should know

Angie Overholt, BSN ‘00, MS ‘05

“Nursing has meant more to me than a career or a job—it has been a calling. Being a part of the nursing profession has given me the opportunity to fulfill a desire to help others using the talents that I have,” said Angie Overholt (BSN ‘00, MS 2005).

Overholt started out as a registered nurse with a diploma from Grant Hospital School of Nursing. For 20 years, she was the school nurse for a boarding school for underprivileged youth in eastern Honduras where she set up a charting system for all of the students and community patients, and spearheaded the vaccination program for the students. At the time, only women were being vaccinated because of their pregnancies.



Angie Overholt, teaching oral hygiene to Honduran children

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

faculty advisor and offered to go with her to complete Overholt’s community investigation for Community Health.

Both Stone and Overholt saw a benefit for students to engage in an international cultural experience, with a health component. “The world is becoming a smaller place every day, and nursing students can have an educational experience that is applicable in whatever area of nursing in which they work. The study abroad program gives nursing students an opportunity for diverse experience under different conditions than they have previously experienced,” said Overholt. “The study abroad program is also beneficial for me in my work in the villages. We host an annual medical team to Choluteca made up of students, faculty and physicians. From a curative perspective, we are convinced that numerous patients’ lives have actually been saved because of the medical brigades.”

Looking to the future, Overholt is investigating the possibility of starting a vocational-technical nursing program that would be a step program, preparing high school students in the nursing field and enabling them to continue in the university to work towards a BSN degree. “There is no emphasis in the high school program on an increased education in the sciences, such as anatomy, physiology and microbiology, to prepare them for a healthcare university education. We have been in conversations with the university here trying to set up a curriculum that would be appropriate for this new educational opportunity,” Overholt explains. Stone and others from Ohio State are collaborating with her on this possible project.

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

Alumni Society Wine Tasting

Thank you to our sponsors



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The Ohio State University Wexner Medical Center

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University Hospital at The Ohio State University Wexner Medical Center



CollegeNews

Melnyk delivers second "State of Health and Wellness in Buckeye Nation" address



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

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

"You have to work in a social context, the organizational culture needs to support wellness, and the environment needs to be changed to make it easy and fun

for people to engage in healthy behaviors," Melnyk said.

Also speaking were Larry Lewellen, vice president of care coordination and health promotion, and A.J. Douglass,

senior vice president for talent, culture and human resources.

Lewellen said, "Our challenge is to be healthier next year than we are this year, and that's a huge challenge."

Linda Daley inducted as NLN Fellow

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

Linda Daley (center) with NLN President Marsha Adams (left) and NLN CEO Beverly Malone



Students create first Homecoming float

College of Nursing students, with the help and coordination of Student Affairs staffers Nicole Fette and Kristin Gebhart, designed and

built what is believed to be the first Homecoming float representing the college. The float design was based on the Centennial

celebration and incorporated a health and wellness theme. Current students dressed in nurses' uniforms from past generations.

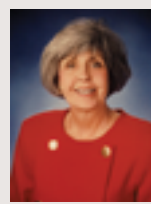


Students aboard the first College of Nursing Homecoming float, left to right: Leslie Schmidt (senior), Alyssa Maisonet (pre-nursing), Haley Sampsel (junior) and Haley Rohaley (pre-nursing)

Carole Anderson receives university's Distinguished Service Award

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

Anderson was dean of the college from 1986-2001. Afterwards, she served as interim dean of the Graduate School, executive dean of Health Sciences, vice provost for academic



Carole Anderson

administration and dean of the College of Dentistry. She has been considered an exceptional leader and university citizen.

Anderson is a past president of the American Association of Colleges of Nursing and has worked to elevate the status of nursing nationwide. She is also a fellow of the American Academy of Nursing and a past editor of the Academy's journal, *Nursing Outlook*. She is a charter member and two-term chair of the Scientific Review Group of the National Institute of Nursing Research, and currently serves on the National Advisory Council of the National Institute of Health's National Institute for Dental and Craniofacial Research.

Recognition for Melnyk

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

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



Bernadette Melnyk receiving the NONPF Lifetime Achievement Award from President Debra J. Barksdale

Gallagher-Ford named NAP Fellow

Lynn Gallagher-Ford, PhD, RN, DPFNAP, NE-BC, was inducted into the National Academies of Practice as Distinguished Practitioner and Fellow. The organization is an interdisciplinary body of healthcare practitioners that advises Congress on health issues and represents 10 interdisciplinary academies.

Faculty take evidence-based practice to China

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

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

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

Gerene Bauldoff, PhD, RN, FCCP, FAACVPR, FAAN, professor of clinical nursing, delivered the keynote address, "Evidence-Based Practice: What is it? How to we teach it to our students?" at the 2013 Nanning Nursing Education Forum in Nanning, Guangxi Autonomous Region, China in July. The nursing education conference had more than 100 nursing schools from China represented.

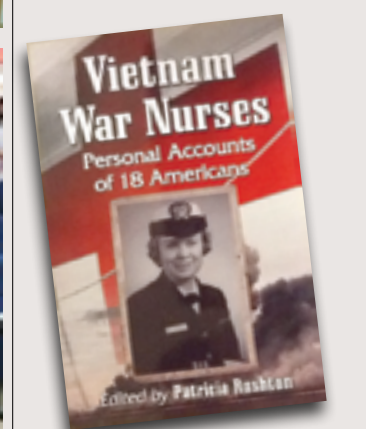


Clockwise from top: Lynn Gallagher-Ford (in red) with colleagues from the Shanghai Sipo Polytechnic School of Health Science & Nursing; conference sign; Elizabeth Barker (front row, fourth from left) with participants of the Evidence-based Practice Symposium in Shanghai; Gerene Bauldoff in Nanning.



New book features Barker's recollections

Elizabeth Barker, associate professor of clinical nursing, was featured in "Vietnam War Nurses: Personal Accounts of 18 Americans." Barker served in the Navy during the war on the hospital ship *Sanctuary* and stateside in Newport, RI.



Students take inaugural study abroad trip to Nicaragua

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

We visited NicaHOPE, a project that supports school lunches and educational programs to the communities around the city dump. . . Our students helped prepare and serve over 900 children lunch. . . We met with the human rights organization CENIDH. [It] works for economic and social rights, prisoner rights, freedom of speech, to expose governmental and police abuse, human trafficking, domestic violence and highlights what is [being] done [there] for healthcare.

Thursday we visited a women's center. The nurse running [it] shared what they do for women's reproductive and mental health: assess and treat cervical and uterine cancer and HIV/AIDS, provide self-esteem workshops and psychological

services, as well as clinical training and educational programs and assess for family violence and prostitution. They run a preschool serving 100 children in this poor neighborhood. . . The nursing director spoke with us about Nicaragua's healthcare system, nursing education and training and the role of the nurse in the hospital. We toured the overcrowded hospital; families are responsible for sheets, food, and direct care of their family members.



"Mission Impossible" Brutus Buckeye a new addition to Newton Hall lobby

The lobby of Newton Hall received a new expression of Buckeye Nation culture this fall with the installation of Mission Impossible Brutus Buckeye. The 5' tall sculpture stands on a 15" base. It was unveiled during Reunion Homecoming Weekend by Dean Bernadette Melnyk.

"Our college's new vision

conveys that we are known for accomplishing what is considered impossible, so we thought that this interpretation for Brutus would be perfect to stimulate our students, alums, faculty and staff to dream big and fully engage in pursuing their missions," Melnyk said. Greeting students, faculty,

staff and visitors as they enter the building, the new Brutus is outfitted in black "spywear" and glasses. The base holds a box to receive the vision and missions of the College of Nursing family, which will be posted on a special Mission Impossible blog.

"Evidence has supported that writing dreams and goals down with a date on them leads to a higher chance of success. We teach our students that the first step to success is dreaming and visualizing a big dream, believing in that dream and persisting through the character-builders until the dream. . . or mission is accomplished. Our entire lobby now conveys these important messages," added Melnyk.

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

—Compiled by Sanford Meisel

Ford receives NIH grant

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

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



Jodi Miller



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The American Nurses Association has selected the College of Nursing's Leadership Academy for Peak Performance as a partner to develop and launch the ANA Leadership Institute to advance the training and education of nurse leaders.

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ClassNotes



1950s

1954 Patricia McLaughlin Dressler has been a proud lifetime member of the Epsilon chapter of Sigma Tau Theta.

1959 Sue Kinney Klekner retired from the Massillon Board of Education as supervisor of school nurses.

1960s

1966 Judith MacQueen received her MSN in 1977 from Wayne State University, taught for 17 years and is still practicing at age 70.

1966, 1976 MS Jeanne Novotny began her position as founding dean and professor of the Gayle Greve Hunt School of Nursing in El Paso, TX on January 1.

1967, 1970 MS Carol Kennedy Jones, PhD received the Ralph Davenport Merston Award from The Ohio State University Alumni Association. The honor is awarded to alumni who have demonstrated exceptional leadership and service to The Ohio State University.

1969 Linda Crane retired from Miami Valley Hospital.

1970s

1971, 1972 MS Sondra Mooney is working as the regional risk management coordinator at Christus Health Shreveport-Bossier in Louisiana.

1976, 2000 MS Anne Grove is leaving her position as assistant chief of OB/GYN for a large Chicago federally qualified health center to work for the University of Illinois at Chicago Global Health Access initiative with the Bill Clinton Foundation. She joins 40 other certified nurse midwives

who trained the next generation of midwives in Rwanda this past summer.

1977 Walter Moran retired from surgery a few years ago and is now working in case management for women's services at Baylor Medical Center in Frisco, Texas.

1977 Margaret (Peggy) Garvey Sedlar received the Teacher of the Year Award in 2012 from Kemp Elementary School and was a finalist in the Dayton Public Schools Teach of the Year.

1978 Barbara Peterson Riley received the Carolyn Ladd Widmer Outstanding Alumni for Leadership in Nursing Award from the University of Connecticut, where Riley earned her MS in 1991. This award, named after the founding dean of the School of Nursing at the University of Connecticut, was established to honor distinguished alumni who have demonstrated excellence in nursing leadership.

1990s

1995 Janita Tibbs Mastin was featured in the *Atlanta Journal Constitution's* "The Pulse." Mastin discussed the use of human patient simulators in the School of Nursing at Brenau University—Gainesville, GA.

1995 Jennifer Roberts Ostrowski is working as a clinical outcomes specialist at the Hospice of Cleveland Clinic.

2000s

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

2003, 2007 MS Erika Kimble received the William Oxley Thompson Award from The

Ohio State University Alumni Association. The honor is awarded to young alumni who have demonstrated distinctive achievement in a career, civic involvement or both.

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

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

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

2010s

2010 MS Maghee Disch was a finalist in the Columbus Business First Health Care Hero program, which honors those who have made an impact through their work in the local healthcare community.

2011 Thomas Flood, MSN, FNP-BC, NP-C, was hired by AxxessPointe Community Health Center in Kent, Ohio as a family nurse practitioner.

2011 Laura Wetherell is working as an emergency room nurse at the Christ Hospital in Cincinnati, OH. In 2012, she received the DAISY Award, which honors the work nurses do for their patients and families every day.

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

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

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

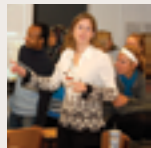
—Compiled by Megan Denison

Please share your professional accomplishments with your fellow alumni. Send your updates to [Megan Denison at nursingalumni@osu.edu](mailto:MeganDenison@osu.edu).

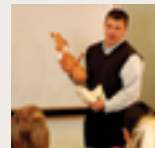
In memoriam

Remembering our classmates, colleagues and friends

Doris H. Bessor 1959	Janice G. Krizov 1955
Marjorie R. Bollinger 1945	Janice S. Mooney 1976 MS
Roberta T. Case 1957	Martha G. Nethers 1954
Margaret K. Clay 1972	Janet S. Plecha 1963
Phyllis L. Clowe 1951	Patricia B. Ream 1956
Ruth A. Dodson 1952	Kathleen A. Ritzert 1970
Sharon S. Farley 1966	Ruth H. Rose 1940
Jeanie M. Forte 1975	Dorothy U. Sawyer 1941
Kathy M. Fryman 1984	Maryellen Sims 1979
Esther L. Heer 1949	Marjorie F. Sparkman 1962 MS
Barbara C. Henson 1938	Adrienne P. Stapanian 1992 MS
Phyllis J. Kaldor 1976 MS 1993	Anne B. Wagner 1958
Barbara J. Kenworthy 1946	Constance C. Wylie 1951



Faculty Focus



RECENT AWARDS & HONORS

Anderson, Carole. Distinguished Service Award, The Ohio State University.

Anderson, Cindy. Fellow, American Heart Association.

Anderson, Cindy. Fellow, American Academy of Nursing.

Anderson, Cindy. National Advisory Committee, Robert Wood Johnson Foundation.

Anderson, Cindy. OMICS Working Group, "Idea Festival" for Nursing Science Education, Council for the Advancement of Nursing Science.

Anderson, Cindy. Board member at large, Midwest Nursing Research Society.

Barker, Lissa. Feature, "Vietnam War Nurses: Personal Accounts of 18 Americans."

Barker, Lissa. Chair, Fellows of the American Association of Nurse Practitioners.

Daley, Linda. Academy of Nursing Education Fellow, National League for Nursing.

Fennessy, Michelle. Top Fellow award from the Epidemiology Division of the American Heart Association.

Gallagher-Ford, Lynn. Distinguished Practitioner and Fellow, National Academies of Practice.

Gawlik, Kate. Outstanding Teacher Award, Ohio State University College of Nursing.

Gillespie, Shannon. 2013 Novice Researcher Award, Association of Women's Health, Obstetric and Neonatal Nurses.

Happ, Mary Beth. Fellow, Gerontological Society of America.

Hrabe, David. Outstanding member, Arizona Nurses Association.

Hrabe, David. Vice president, Arizona Nurses Association.

Jones, Carol Kennedy. Ralph Davenport Merston Award, The Ohio State University Alumni Association.

Masciola, Randee. Flo Ann Sours Easton Faculty Scholarship.

McDaniel, Jodi. First place faculty award, Center for Integrative Health and Wellness Poster Session, 2013, Johanna and Ralph Destefano Personalized Health Care Conference.

Melnyk, Bernadette. Editor, Sigma Theta Tau *International Worldviews on Evidence-based Nursing*.

Melnyk, Bernadette. Lifetime Achievement Award, National Organization of Nurse Practitioner Faculties.

Melnyk, Bernadette. Advisory Council, National Institutes of Health's National Advisory Council for Nursing Research.

Menon, Usha. Excellence in Mentoring Award, STTI Epsilon Chapter.

Menon, Usha. Planning committee co-chair, Fourth Annual Scientific Meeting of the Ohio State University Center for Clinical and Translational Science.

Patrick, Thelma. Research committee, National Association of Neonatal Nurses.

Szalacha, Laura. Statistical editor, *Life Sciences*.

Warren, Barbara. Ohio State Representative, Who's Who in Black Columbus.

Whitlatch, Ann. Ohio Nurses Association Excellence in Nursing Education Award. ■
—Compiled by Kathryn Kelley

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

Connect with the College of Nursing

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College strengthened

Continued from page 25

"All of the changes that have and are taking place seem to have provided a great energy that you can almost feel in the air at Newton Hall," Brion said.

Brion stated that he is looking forward to working with students both in a classroom as well as a clinical setting.

He also said he is excited to return to his research and the process of becoming a certified psychiatric nurse practitioner, something that was put on hold when he adopted four boys.

"I am looking forward to [the] opportunities to be of service to the college, the university and our global community," Brion added.

Outside of work, Brion said that his

partner and he keep busy by raising their adopted sons, spending time watching football and cheering on the Buckeyes, and exploring everything that Columbus has to offer. ■

Taylor Humphrey is a sophomore strategic communications major and a marketing communications intern at the College of Nursing.

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Building a sustainable wellness program with measurable impact: The basics and beyond
Patricia Benson, University of Louisville

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

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

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

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

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

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

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